

**UNCOVERING THE MYSTERY OF GABRIEL'S
DEATH IN *THE SILENT PATIENT* BY ALEX
MICHAELIDES
THESIS**



UIN SUNAN AMPEL
S U R A B A Y A

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ABSTRACT

Widowati, D.A. (2023). *Uncovering the Mystery of Gabriel's Death in The Silent Patient by Alex Michaelides*. English Literature Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya. Advisors: (I) Dr. Wahju Kusumajanti, M.Hum., (II) Sufi Ikrima Saadah, M.Hum.

This study examines the uncovering of Gabriel's death and focuses on the plot of *The Silent Patient* Novel. *The Silent Patient* novel is a popular literature with a unique plot. The plot tells about the murder of Gabriel Berenson, conducted by his wife, Alicia Berenson. Alicia has a mental problem. There is no statement from Alicia about the fact of the murder. She remains silent and makes the judge not sentence Alicia to the punishment. At the end of the trial, the judge decides to send Alicia to The Grove, a Forensic psychiatric hospital. However, the way Alicia killed her husband has not yet been revealed. Based on that problem, the researcher is interested in discussing one point of the research problem, (1) how is the mystery of Gabriel's death uncovered in *The Silent Patient* novel.

This study uses a qualitative descriptive method in analyzing the narrative and conversations in *The Silent Patient* novel. To achieve the research problem, the researcher uses the formula approach by Cawelti. An explanation of the murder case is unrevealed in the story. The analysis begins with a description of the plot of the novel. The analysis is continued with an explanation of the story formulation, starting with the murder of Gabriel Berenson and the attempt the murder Alicia Berenson by using the mystery formula.

The research results show how the detectives managed to unravel the mystery of Gabriel's death. The truth was discovered that Gabriel's death was due to the influence of other people. Alicia, the suspect in the murder, is under pressure from a man. That man was Theo Faber. The truth behind Gabriel's murder is that Theo Faber, Alicia's psychotherapist, influenced and brought back Alicia's childhood trauma. Alicia feels unsaved because of Gabriel's betrayal and decides to kill him. The attempted murder of Alicia was carried out by Theo Faber while treating Alicia at The Grove Hospital. However, Alicia knows Theo influenced her the night he killed her husband. Alicia lies to Theo about Gabriel's death. Later, Theo fears his crimes will be exposed, so he decides to silence Alicia with morphine. This case was revealed by the detective, Chief Inspector Steven Allen, through Alicia's diary. Before Alicia fell into a coma caused by an injection of high doses of morphine, she had written down all the facts of the moment before Gabriel died.

Keywords: popular formula literature, mystery, murder case

ABSTRAK

Widowati, D.A. 2023. *Mengungkap Misteri Kematian Gabriel dalam The Silent Patient karya Alex Michaelides*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Dr. Wahyu Kusumajanti, M.Hum., (II) Sufi Ikrima Saadah, M.Hum.

Penelitian ini bertujuan untuk mengkaji pengungkapan kematian Gabriel dan berfokus pada plot Novel *The Silent Patient*. Novel *The Silent Patient* adalah karya sastra populer dengan plot yang unik. Plotnya menceritakan tentang pembunuhan Gabriel Berenson yang dilakukan oleh istrinya, Alicia Berenson. Alicia memiliki masalah mental. Tidak ada pernyataan dari Alicia tentang fakta pembunuhan tersebut, dia tetap diam dan membuat hakim tidak menjatuhkan hukuman kepada Alicia. Di akhir persidangan, hakim memutuskan untuk mengirim Alicia ke The Grove, sebuah rumah sakit jiwa forensik. Namun, bagaimana Alicia membunuh suaminya belum terungkap. Berdasarkan permasalahan tersebut, peneliti tertarik untuk membahas salah satu pokok permasalahan penelitian, (1) bagaimana misteri kematian Gabriel terungkap dalam novel *The Silent Patient*.

Penelitian ini menggunakan metode deskriptif kualitatif dalam menganalisis narasi dan percakapan dalam novel *The Silent Patient*. Untuk mencapai masalah penelitian, peneliti menggunakan pendekatan rumus Cawelti. Penjelasan tentang kasus pembunuhan tidak terungkap dalam cerita. Analisis dimulai dengan deskripsi plot novel. Analisis dilanjutkan dengan pemaparan rumusan cerita dimulai dengan pembunuhan Gabriel Berenson dan percobaan pembunuhan Alicia Berenson dengan menggunakan rumus misteri.

Hasil penelitian menunjukkan bagaimana detektif berhasil mengungkap misteri kematian Gabriel. Ditemukan kebenaran bahwa kematian Gabriel terjadi karena adanya pengaruh dari orang lain. Alicia yang menjadi tersangka pembunuhan mendapatkan tekanan dari seorang pria pada malam itu. Pria itu adalah Theo Faber. Kebenaran di balik pembunuhan Gabriel adalah bahwa Theo Faber, psikoterapis Alicia, memengaruhi dan mengembalikan trauma masa kecil Alicia. Alicia merasa tidak selamat karena pengkhianatan Gabriel dan memutuskan untuk membunuhnya. Percobaan pembunuhan terhadap Alicia dilakukan oleh Theo Faber saat merawat Alicia di The Grove Hospital. Namun, Alicia tahu Theo memengaruhinya pada malam dia membunuh suaminya. Alicia berbohong kepada Theo tentang kematian Gabriel. Kemudian, Theo takut kejahatannya akan terungkap, jadi dia memutuskan untuk membungkam Alicia dengan suntikan morfin. Kasus ini diungkap detektif, Inspektur Kepala, Steven Allen, melalui buku harian Alicia. Sebelum Alicia koma yang disebabkan oleh injeksi morfin dosis tinggi, dia menulis semua fakta momen sebelum Gabriel mati.

Kata Kunci: popular formula literatur, misteri, kasus pembunuhan

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CHAPTER I

INTRODUCTION

1.1 Background of the Study

The Silent Patient by Alex Michaelides (2019) highlighted the story of a woman named Alicia Berenson, who worked as a painter, and a man named Theo Faber, who worked as a British psychotherapist. This novel is alternately distributed through Theo Faber's point of view and Alicia Berenson's diary. These two points of view are used to complement each other's stories because these two points of view are notified at different times. So, it can give a clear picture of what happened to Alicia. The story began one night when the shots were heard from Gabriel and Alicia Berenson's house. Gabriel is found dead, and Alicia stands beside her husband, near the fireplace. Alicia becomes a suspect in the murder of her husband because she is the only witness and her fingerprint is on the gun that was found in that house. However, Alicia was silent when she was accused of killing Gabriel. She neither denied nor confessed. She never spoke again. The murder case becomes a mystery.

The concept of the story, which is covered with elements of Greek tragedy, is influenced by the background of the author's life. Alex Michaelides is a Cypriot writer with a Greek father and an English mother. He has an English Literature degree and an MA in screenwriting. Additionally, Alex Michaelides has studied psychotherapy and works in a secure unit. The first thriller novel was The Silent Patient, published in the UK in February 2019. His writing is heavily influenced by the author Agatha Christie with deep psychological complexities.

On the other hand, based on the research article Pratiwi & Pramesti (2022), The Silent Patient refers to the ancient Greek tragedy Alcestis by Euripides but in a modern way. That is because Alex Michaelides was born and raised in Cyprus, and the Greek tragedy myth is widely performed repeatedly in Cyprus. He discovered the story of Alcestis when he was thirteen. Alcestis by Euripides tells of a woman willing to die to save her husband. Then she was saved and revived by Heracles, a famous hero in Ancient Greek mythology. Alcestis refused to speak when reunited with her husband, and Alcestis's unexplained silence captured Alex Michaelides' imagination.

There are similarities between how Alcestis died to save her husband and how Alicia remains silent after she killed her husband. Alcestis was willing to die for her husband's destiny, so her husband could live longer. However, after she was rescued and returned to the world, she did not speak at all. Alicia was willing to die for Gabriel, but he did not do the same way. Gabriel did not want to die for Alicia. Because of that, Alicia thought that Gabriel had killed her. Gabriel lets Alicia die rather than having to sacrifice his life for Alicia. That is what made Alicia think that the dead cannot speak. It was the reason Alicia remained silent after Gabriel's death.

Furthermore, Alicia feels not safe. She feels that Gabriel is the same as her father. The trauma that her father gave when Alicia was a child made her kill Gabriel. She has no hope and feels her father was right that Alicia was unworthy of living.

Gabriel's death becomes a mystery, and the truth behind Gabriel's death is unrevealed. The way Alicia's killed her husband is unrevealed six years later.

Alicia remains silent, which makes everything unclear. She did not provide why she suddenly killed her husband. She did not give a statement when the trial took place. The unrevealing of Gabriel's death makes this novel interesting to study. The story became a mystery because of the uncovered case. Based on the issue in the story, Gabriel's death was uncovered six years ago and became a mystery. The mystery stories can be analyzed using the popular literary mystery formula.

According to Cawelti (1976), some genres, such as horror, adventure, romance, and mystery, can be analyzed using popular literary formulas. Some stories have a different side to analyze, such as the mystery genre novel. The mystery genre novel begins with a limited crime case or the existence of a questionable situation and becomes a mystery. The *Silent Patient* novel is a mystery genre novel with a plot based on the leading actor's psychological problem.

A mystery novel is a literary work that presents stories with many mysterious events. As indicated by Srinivasan et al., (2020) mystery stories focus on crimes and investigations that readers generally understand as crime fiction narratives. Mystery stories excite readers and challenge their rational faculties. In addition, the mystery story writer will involve the reader in gradually unravelling the mystery. This type of novel makes the reader feel tension and fear because the protagonist in the story is haunted or terrorized by mysterious things. The story in this novel is accompanied by a story of murder or crime with a detective who solves the puzzle in the story.

According to Saricks (2009), the mystery story was built around puzzles. The authors explained solutions but tried to obscure some information so that the

mystery could not be completed efficiently. So, it requires a detective to resolve the case. The puzzle involves crime, such as murder. Then, amateur and professional investigators or investigative teams resolve cases that are the story's primary focus. Detectives will track and investigate with exploration and the lives of the victims, killers, and detectives.

The characteristic of a mystery story is a criminal case, such as murder, with a plot that depends on the crime that occurs. Then, there is a detective figure who, together with the reader, will sort out the instructions to find the solution. In mystery stories, there is the term 'whodunit' for the understanding of readers and detectives with the conclusion of the book. According to Scaggs (2005), the term 'whodunit' was coined in the 1930s to describe a type of fiction in which a puzzle is the main focus. Besides that, the term 'whodunit' can be defined as a story or game about a murder where the killer's identity is not revealed until the end of the story. Detective stories are a subgenre of the mystery genre.

The detective genre began around the middle of the 19th century and remains very popular. Detective fiction is a popular type of literature. John G. Cawelti groups the types of popular literature under a larger category called 'archetypes' to distinguish between the two types of detective fiction, namely 'Mystery' and 'Adventure' (Rzepka, 2005). Detective fiction stories often begin with an unsolved crime; thus, a detective story fit into Cawelti's 'Mystery' archetype. Some of the most famous detective fiction heroes are C. Auguste Dupin and Sherlock Holmes. Detective's novel literary works were marked by great writers such as Edgar Allan Poe and Agatha Christie. In addition, novels with popular detective genres are present. Literary works that are light and have a story that is

relevant or close to daily life and is popular among people is referred to as popular literature.

In studying the patterns of the mystery story, the researcher used the mystery formula formulated by John G. Cawelti to analyse the plot. According to Cawelti (1976), the classic detective story formula is conventionally described as defining and developing a particular situation or circumstance, a pattern of action or development of a situation, characters and the relationships between them, and an appropriate setting of action. Based on the detective story formula, there are four patterns, the pattern of situation, pattern of action, character and relationship, and setting. In the pattern of action, use several steps to solve cases with clues that lead the suspect to reveal the truth and find the real suspect.

The pattern of the situation describes a myth series that begins with an unsolved crime and will move towards an explanation of the mystery. Then, the pattern of action will explain the detective's investigation and solution to the crime through several steps: The introduction of the detective, explaining who is the detective who will carry out the investigation and the reason for the figure to become a detective who solves the problem. Crime and clues that determine crime, evidence, suspects, and false solutions. The detective will investigate by examining all material evidence and the presence of possible suspects.

Furthermore, the announcement of the solution explains when the detective will arrive at the solution, namely the climax moment. An explanation of the solution will help reveal how the crime commits. The last is a denouement which explains the facts about the actual crime. In the mystery formula, characters and relationships explain through the presence of victims, criminals, and

detectives. Meanwhile, the setting in the mystery formula describes a story location that is different from other stories, such as an isolated place.

The researcher uses the mystery novel *The Silent Patient* by Alex Michaelides in this thesis. The researcher chose this novel because it has a unique issue regarding the mysterious murder of Gabriel by his wife for the truth behind the murder that are not revealed. In addition, the silence of the main female character adds a mysterious side to the novel. This study uses a famous literary formula to analyze mysterious cases in novels to find patterns and missing parts in novels. Thus, researcher find out the reason and the mystery behind the murder case that occurred. In the research findings and observations, the researcher found journal articles or previous studies related to the research subject, *The Silent Patient* novel.

The research article by Hossain (2021), "Adapting and Applying the Concepts of 'Container-Contained' and 'Holding Environment' Theorized by Wilfred Bion and Donald Winnicott", focused on exploring and investigating the nature of the relationship between the child, Alicia, and her father. The relationship could affect her childhood psychic development and how this could lead to the murder she committed against her husband from the psychoanalytic perspective of Bion and Winnicott. The research shows that Alicia's relationship with her husband and the murder that took place have something to do with Alicia's relationship with her father. Alicia did not get a good environment and relationship with her father.

The research article by Sarah & Asnani (2021) analyzed the stress experienced by the protagonist in *The Silent Patient* novel, Alicia Berenson, to

know the types and impacts of stress they experience. This study indicates that Alicia suffers from chronic stress, which she shows through impaired social relations and nervousness. Second, the behavioral impact shown by Alicia through changing the behavior system to silence is aggressive behavior and self-injury.

Hariri (2020), thesis analyzed the theme that reflects the obsessive love in Theo Faber's character in the novel *The Silent Patient*. This thesis uses two approaches, namely, intrinsic and extrinsic. The intrinsic approach used for the analysis includes direct and indirect methods, plot, and setting. At the same time, the extrinsic approach uses the theory of obsessive love. This study explains and describes the reflection of Theo Faber's obsessive love and its relationship with other intrinsic elements.

The research article by Shoukat et al., (2021) "A Psychoanalytic Analysis of the Character of Theo Faber in Alex Michaelides Novel *Silent Patient*" discussed the id and the ego. This study uses qualitative methods in its analysis. The researchers examined Theo Faber's personality changes through the Id and Ego. An id that shows the instincts of life (sexual) and death (aggression) shows Theo Faber's impulsiveness. On the other hand, Ego is used to describe the decisions made and rational actions of Theo Faber regarding the turmoil he creates due to his Id.

Ashraf et al. (2020) analyze Alex Michaelides' novel *The Silent Patient* (2019) in light of Lyotard's theoretical philosophy of postmodernism. The research article by Dini Anggriani and Clarry Sada (2022) aimed to determine the workability of the novel *The Silent Patient* by Alex Michaelides as reading material for EFL students. The results of this study indicate that from the

reflection of educational values such as truth, aesthetic, religious, and moral values. The conclusion is that Alex Michaelides' Novel *The Silent Patient* is suitable as reading material for EFL students.

Amuthavalli & Rajkumar (2022) employ Erikson's theory of psychosocial development to explore parental involvement through personality development in select novels, *The Sharp Objects* by Gillian Flynn and *The Silent Patient* by Alex Michaelides. The results of this study reveal how important the role of parents is in guiding their children to be born as the best version of society and for themselves. It also emphasizes the value of the perspective on child development systems, where parents are structurally and functionally integrated into biological, social, and historical systems.

The article by Deya, A (2022), "An Analysis of Personality Changes of Alicia's Character in *The Silent Patient* Novel by Alex Michaelides," discusses the Alicia's personality. This novel tells the story of Alicia Berenson, who becomes a suspect in the murder of her husband, Gabriel Berenson. After the murder, Alicia's personality changed. The writer analyzes the main character's personality before and after the murder and the causes of Alicia's personality changes using a psychological approach. This research used a descriptive qualitative method. The research data is taken from the narrative in the novel and the dialogue between characters. The theory used in this study is Murphy's theory of character and characterization to find out the characterization of the main character, and Hurlock's personality change theory to find out what changes the main character makes after the murder incident and its causes. The results of the research show that Alicia's character before the murder was a girl who looked beautiful, kind,

friendly, anxious, and obsessed with love for Gabriel. However, after the murder, his personality changed to that of a messy, aloof, quiet, and aggressive person. Alicia's personality changes are caused by an unsuitable environment and the role of an important person in her life, Gabriel Berenson.

Based on previous research on *The Silent Patient* novel, there has yet to be any research investigating unsolved crime cases in the novel's plot. Some of the research on the novel *The Silent Patient* examines it psychologically using psychoanalytic theory and character development. In this thesis, the researcher examines the plot and focuses on the two main characters, Theo Faber and Alicia Berenson, in *The Silent Patient* novel. The researcher chose a popular literary formula: the mystery genre, to study the literary works based on intrinsic elements, which include plot, characterizations, and relationships between characters.

1.2 Problems of the Study

In line with the background above, the problems of study are formulated as follows:

1. How is the mystery of the Gabriel's death uncovered in *The Silent Patient* novel?

1.3 Objectives of the Study

In line with the problems of the study above, this study aims to

1. To know how the mystery of Gabriel's death in the story uncovered.

1.4 Significances of the Study

The thesis provides theoretical and practical meaning to readers regarding the Formula of popular literature in literary works. Thus, this research can provide an

academic contribution. The results of this analysis are expected to provide involvement in the development of literary analysis studies related to the study of popular literary formulas in the novel *The Silent Patient*. The researcher contribution is to provide more knowledge about how each main character deals with various conflicts with complicated patterns presented in the novel and to learn more about the two main characters.

The researcher also hopes this research can be a valuable reference for people interested in studying the same topic. For the general reader, many moral values can be taken that not everything that happens, people involved and those not involved look the same as what is thought. In addition, this research can inspire and enrich knowledge, especially about mysterious murder patterns in literary studies. Thus, this research can provide a new perspective for future literary research.

1.5 Scope and Delimitations

This study collects data through conversations, attitudes, behaviors, and thoughts by paying attention to all relationships, conditions, possibilities, clues, and situations experienced by the two main characters in the novel *The Silent Patient*, namely Alicia Berenson and Theo Faber. The limitations of this study are the focus on plot of the story to uncovers Gabriel's death and focus on Alicia Berenson and Theo Faber as the main characters in *The Silent Patient* novel. The researcher focuses on how the detective uncovers the way Gabriel Berenson's death case with Alicia Berenson as the suspect and how the investigate changes the accusations and perpetrators using the popular Literary Formula by John G. Cawelti.

CHAPTER II

REVIEW OF RELATED LITERATURE

2.1 Theoretical Framework

In this chapter, the researcher explains the literary theory related to the issue of murder in the novel *The Silent Patient*. The novel *The Silent Patient* has a basic story in the mystery genre, namely investigating and uncovering the hidden secrets behind the murders committed by the characters in the novel. The theory is related with this study because what is a mystery in this murder case is Alicia Berenson's reason and motive for killing her husband, when their household was fine and normal. Alicia who suffers from mental health that she should need her husband as a companion for life, but instead he killed her. So that the motive that has not been revealed is a mystery in this story. Therefore, the researcher uses John G. Cawelti's book and other books to support the research to analyze the novel, especially the plot. Analyzing the plot with formula mystery by Cawelti helps the researcher to show how the murder case in *The Silent Patient* novel is revealed.

2.1.1 Popular Literature

This study uses the popular formula by John G. Cawelti. According to Cawelti (1976), the literary formula is the narrative structure used in most individual works. The first usage denotes the conventional way of treating certain things or people, and the second term, popular formula, refers to a more significant type of plot. One of the individual works is popular literature. *Popular literature* is a literary work accepted by many people in society to entertain as an

escape and relaxation for the readers. There are several types of popular literary works, such as novels, poetry, and short stories. Popular literary works have various genres, such as romance, adventure, horror, fantasy, and mystery. The concept of genre implies certain types of story patterns and effects in a story. Some genres are similar to the classification types involved in defining popular genres. Genre is used to divide or differentiate types between one novel and another. Each genre has its characteristics. In the mystery genre, stories are usually presented with an event that has yet to be discovered and attracts people's curiosity.

2.1.2 Mystery Genre

According to Saricks (2009), the mystery genre is built around puzzles in which the author provides some clues but still obscures some information, so the mystery must be solved quickly. Stories in the mystery genre will present characters as detectives who are drawn into puzzles to solve a case. These puzzles usually involve a crime, such as murder. The story has an investigator, but only sometimes a police officer and detective. It can be someone closest to family or friends. The mystery genre will conduct investigations and explore the lives of victims, killers, and the detective.

Some mystery novels sometimes make certain characters detectives even though these characters do not work as detectives or police. Suppose a character investigates uncovering the truth of a crime with a formula pattern identified in a story. In that case, the story can be called a detective story in the mystery genre. In John G. Cawelti's (1976) work, the classic detective formula is described as a way to define certain situations, patterns of action, certain characters and

relationships, and settings that suit the characters and actions. This research explain the formula pattern based on John G. Cawelti. There are four aspects to define and develop certain situations in the story through the following formula patterns.

2.1.2.1 Pattern of Situation

The description of the situation includes the place, time, and atmosphere contained in the novel. According to Cawelti (1976), in the classic detective story, the story begins with an unsolved crime and moves toward explaining the mystery (Cawelti, 1976, p. 80). The classic detective story describes the type of fictional story where puzzle and mystery elements are the main focus. The mystery story genre is based on a foundation for solving puzzles and is usually very difficult to explain.

However, in every story, the crimes committed are different. However, solving involves discovering the perpetrator's identity, the crimes' motives, and how they were committed. In modern stories, crimes such as murder appear, followed by most trouble. The external circumstances of the murder objectively cause the problem. In addition, there will be chaos, confusion, and frustration. The chaotic situation caused by the problem will be seen between the good and the flawed characters.

2.1.2.2 Pattern of Action

As Poe defines it, the detective story formula center on detective investigations and crime-solving. There are six main phases of this pattern: (a) detective introduction; (b) crimes and leads; (c) investigation; (d) announcement of solutions; (e) solution explanation; (f) ending. These sections only sometimes

appear sequentially, but it is easier to understand a classic story with them. Occasionally, the story begins with the introduction of the detective's passage through a small episode that demonstrates his problem-solving skills. Action patterns or story sequences can be adapted so that steps can be combined or omitted. The sequence may sometimes appear in different ways than the above structure (Cawelti, 1976. p. 82). The existence of variety is essential to maintain public interest in the genre. Detectives also have their steps to solve cases with clues that lead the suspect to reveal the truth and find the suspect.

A. Introduction the Detective

The introduction of a detective character can be told by an objective narrator who looks partially into the detective's mind or a character who is directly involved in the story. When viewed from a detective's point of view, the writer must keep the mystery in the story a secret without creating strange and arbitrary boundaries in the detective's reasoning process. The detective story begins with the sudden distraction of a quiet and secluded retreat. It is the initial rhythm with compelling emotion. The crimes that occur symbolize violations of the law and disruption of the standard order in society. It was something that had to be resolved to restore harmony after chaos. This recognition mode also emphasizes the detective's objectivity and lack of moral or personal involvement in the crime to be investigated. The crime is a disturbance outside his boundaries, which requires him to make a settlement.

B. Crime and Clues

According to Poe in Cawelti's book (1976), the crime and clue sections are followed by witnesses, suspects, and false solutions, constituting the investigation presented to the reader. The crime in the story should be surrounded by real clues that make it clear that someone is responsible for the crime and must be solved. The combination of evidence indicates that someone could be involved in a crime. Clues that appear will make the reader feel foreboded about wanting to point suspicion at one of the characters in the story. The creation of the impression of a thorough examination of all material evidence and possible suspects will make the situation in the story more mysterious than before, thereby paving the way for the intervention of a brilliant detective to solve the case.

C. Investigation

An investigation has a combined structural and emotional function in the short story "The Purloined Letter" by Edgar Allan Poe. In the story, Poe can create the impression of a thorough examination of all material evidence and the presence of possible suspects. In this case, it can be people but possibly hiding places. It makes the situation more mysterious than before, thus opening the way for the intervention of a brilliant detective. Poe's story, at least, develops two main characteristics of the investigative part. Just as a crime and a clue must give rise to paradoxes, parades, witnesses, suspects, and possible temporary solutions seem to be moving toward clarifying the mystery.

However, it is still so vague that the reader eventually arrives at a complete impasse. When the evidence seems bleak and impenetrable, and when this point is reached, the detective is ready to step in. Through the intuition of transcendence,

the detective has worked clearly and rationally towards a solution, while the reader will be lost in confusion. The investigation usually threatens to reveal faults of the character or characters with which the reader is encouraged to sympathize and identify with the character. Thus, the final solution of the detective is not only a mystery clarification but also the rescue of the character that the reader wants

D. Announcement of the Solution

A classic story action focused on investigating a mystery, the detective's calm announcement that he has arrived at a solution is the climactic moment. It is also the story's turning point in another way. In some stories, the reader is forced to follow the action from the point of view of a limited narrator. From this point of view, the investigation only leads to confusion. However, while the solution was announced, technically, the viewpoint has stayed the same. We now see the action from a detective's point of view.

As the detective explained the situation, what seemed chaotic and confusing unfolded clearly and logically. In addition, at this point, detectives usually take the initiative to fight criminals. Throughout the main body of the story, the narrator appears surrounded by mysterious villain plots. After announcing the solution, the reader will join the detective in his superior position. Finally, the closing moment would have allowed classic writers to have two powerful climaxes or peaks of suspense, namely the ending and ending moments where the villain is caught.

E. Explanation the Solution

An explanation is a reflection that will help explain the particular interest of the next section in the classic story pattern. In the explanation stage, the detective will discuss the reasons for the solution and reveal how and why the crime was committed. Whodunit readers will tire of the unimaginative or overly detailed handlers of the parade of clues, testimony, suspects, and explanations. Precisely a convoluted story is usually a high attraction. Explanation becomes essential because completing the investigation represents the destination where the story is moving. It also reflects the pleasure we feel when we are told the solution to an existing puzzle.

F. Denouement

The final chapter in the classic whodunit pattern involves the arrest and confession of the actual criminal. The denouement is closely connected with another climactic moment in the pattern, the announcement that the detectives have reached a solution. Sometimes a denouement is coupled with a solution. In some cases, within the story, the resolution functions more as a reinforcement of the detective's solutions and explanations than as a focus of interest and suspense. In most cases, the classics presented the arrest and confession of the criminal. However, they tended to follow the example of Edgar Allan Poe's stories by making the passage too brief to allow the criminal to outplay the detective. Even in a story like Doyle's "The Hound of the Baskervilles," the denouement is full of suspense and excitement.

The focus is not on the villain in the story but on the monstrous dog who is the vehicle for his crimes. The tendency to resolve only supports the detective's

solution rather than giving the reader a more complex interest in the villain's predicament is indicative of the observations made in the story. Classical stories are more concerned with the isolation and specification of guilt than with the punishment of the criminal. All classic detective stories contain the main elements, though not always in exact order: detective introduction, crime, clues, suspects and false solutions, the announcement of solutions, explanations, and conclusions.

2.1.2.3 Character and Relationship

In Cawelti's book (1976), Poe argues that classic detective stories require four leading roles: victims, criminals, detectives, and those threatened by crime but cannot finish it (*p. 91*). First is the victim, with the circumstances of death so strange and suspenseful. The fate of the victim makes other characters interested in finding out what happened to the victim. The next is the criminal, who will cause trouble, and the writer will hide the criminal's identity and motives until the story's final moments. The goal is a clear and definite determination of guilt for a particular crime.

The third is the detective in the story, who will uncover hidden secrets related to human life. The detective will have threatening skills to reveal some secrets on the part of the characters identified by the readers. The latter is a character involved in a crime but needs the help of a detective to solve it. These characters are usually polite and respectable people who suddenly find themselves in danger of being accused of a crime. The character of this group represents the norms of a middle-class society suddenly disrupted by complex crimes.

These four roles also mix and mingle, but all play essential roles in developing this classic formula. The other roles are not emphasized similarly, so the detective stands out. Most of the characters in this story are generally non-recurring when considering the focus on solving mysteries. The detective would be the central figure of the formula, and the other characters in the story would be identified by how they relate to the detective himself. The rationality of society arranged in a story will then appear to be guilt and chaos. Then a detective would step in to prove the general's suspicions right or wrong. Through his actions against the fourth group of characters, the classic detective writer proves faults that can be attributed to other individuals in the story. In the popular formula, all the characters built into the story will have a relationship with one another.

2.1.2.4 Pattern of Setting

The locations in different stories will be different. The author identifies a location between the inside and the outside as a combination of an isolated place and a bustling outside world (Cawelti. p. 96-97), for example, a locked room in the middle of a city, a small country house in the middle of a strange and frightening swamp, a walled college quadrangle, or a lonely villa in a suburban town. Mysteries and puzzles take the reader back and forth between solo crime scenes full of clues and the detective agency. The detective story setting is isolated from the world because it wants to portray the story in greater social complexity and confusion. It allows the reader to focus on the investigation itself. The isolated setting as a backdrop also helps build tension, given the crime and mystery often associated with deserted locations.

CHAPTER III

RESEARCH METHOD

In this study, the researcher used the mystery formula approach from John G. Cawelti to examine how unsolved murder cases and murderers were finally revealed in the novel *The Silent Patient*. The researcher focuses on data collection and data analysis of the study is organized into four sub-chapters: research design, data source, data collection, and data analysis.

3.1 Research Design

This research use qualitative descriptive methods to focus on the details of what happened, the problems that appear, and the conflict in the novel. Then, how these conflicts can occur through data analysis and process. According to Wray & Bloomer (2006), this approach involves description and analysis rather than data computation. In connection with the research methods, this research focus on the plot of *The Silent Patient* novel. The research is conducted based on a qualitative approach which is analyzed descriptively. The data from this research is a literary work in the form of text in the novel *The Silent Patient* by Alex Michaelides. The researcher also gets the information from internet sources and other sources such as journals and articles. Researcher use this second data source to support research.

3.2 Data Source

The research is conducted based on a qualitative approach which is analyzed descriptively. The data from this research is a literary work in the form of text in the novel *The Silent Patient* by Alex Michaelides.

3.3 Data Collection Technique

The researcher used literature studies to collect data. Therefore, the steps are as follows:

1. The researcher used data tables to understand and interpret the novel *The Silent Patient*.
2. With this data table, the researcher tried to understand in-depth and get problems from reading the novel *The Silent Patient*.
3. The researcher collected data about the issues and conflicts of murder cases in the story and revealed and investigated them in the novel.
4. This problem investigated with the theory of the popular literary formula by John G. Cawelti.
5. The researcher collected other data from articles, journals, and books to support the validity of data analysis.

3.4 Data Analysis Technique

Data analysis is a technique that typically involves multiple activities such as sorting and organizing the data.

After collecting the data, the researcher analyzed the data by following these steps:

1. The researcher divided the discussion into three parts: describing the situation, investigating the clues and crimes in the story, and uncovering the crime. This discussion is carried out through plot analysis in *The Silent Patient* using a popular literary formula by John G. Cawelti.
2. The researcher described the childhood experiences of the two main characters, which caused trauma and then caused mental problems that led

to murder cases in the story. Then, how the two main characters' awareness and point of view impact their relationship with other characters and can have a destructive impact on their lives.

3. Then, the researcher described the plot in detail, starting from the story's situation, clues and crimes, character investigations, and problem-solving. The researcher highlights how the disclosure of crime through the two main characters in the story ultimately changes the accusations and reveals the absolute truth.
4. The researcher interpreted the results of the analysis.
5. The researcher concluded the results of the analysis.



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CHAPTER IV

ANALYSIS

Uncovering the Mystery of the Gabriel's Death

In this chapter, the researcher answers the research question by analyzing the plot and the character of Alicia Berenson as the main character in the novel *The Silent Patient* by using John G. Cawelti's popular formulation, the mystery formula. There is one problem statement that the researcher analyzed. The researcher analyzes the mystery that is unrevealed in *The Silent Patient* novel. The discussion is carried out to find out the motive for the murder committed by Alicia to Gabriel through the series of events in the novel. On the other hand, the treatment given by the psychotherapist to Alicia finally changed the accusations and revealed the truth. The researcher uses a mystery formula in Popular literature, and the discussion focuses on the plot of *The Silent Patient* novel. For this discussion to be understood, the researcher summarizes the journeys of three interrelated characters in the novel: Alicia Berenson, Gabriel Berenson, and Theo Faber, who frame in *The Silent Patient* novel.

The Silent Patient is a story about Alicia Rose, a famous painter. Alicia Rose is the main character in the story. Alicia started painting a few years after she graduated from university. Later, Alicia did an exhibition of paintings at a gallery under the responsibility of her friend, Jean-Felix Martin. Then, Alicia met a fashion photographer, Gabriel Berenson, and decided to get married. The story in this novel has a mixed plot, namely the forward plot and a flashback plot. Alicia's point of view is from the diary she writes. At the same time, the omniscient third-person point of view is from another character, Theo Faber.

Alicia's point of view is in Hampstead Heath, in northwest London. Alicia lives in Hampstead Heath after marrying Gabriel.

The Silent Patient novel tells the story of two different couples, but they are related. Alicia was married to Gabriel Berenson for seven years. Alicia and Gabriel had no children. Alicia and Gabriel's married life was happy, and they became the perfect couple. Alicia had a childhood trauma that resulted in her mental instability. However, Gabriel and Alicia were able to overcome that together. Another story is that of a psychotherapist who works at the Broadmoor mental hospital, Theo Faber. Theo has a wife named Kathryn, who works as a drama player. Their married life is also happy because Theo loves his wife very much.

This story continued with a sadistic murder case. Alicia Berenson, a famous painter, killed Gabriel, her husband, a famous photographer. Since that incident, Alicia never opened her mouth again. It is where Alicia Berenson's life changed. The motive for the murder of Gabriel Berenson was not revealed even for six years. Then, a forensic psychotherapist, Theo Faber, is eager to treat Alicia as his patient. In various ways, Theo tries to gain access to reach Alicia in order to break her silence.

Furthermore, as a psychotherapist, Theo takes on the duties of a detective investigating Alicia Berenson's life to get her to talk. However, the investigation carried out by Theo leads the situation to a false solution, and the motive for the murder that occurred six years ago is not revealed. The professional detective who investigate Alicia's attempted murder case found out that a someone behind Gabriel's murder apart from Alicia. There is an impact that caused by Gabriel's

death was the attempted murder of Alicia Berenson. In this study, the researcher starts discussing the novel's plot elements. These elements are situation, conflict, crime and clues, investigation, an announcement of solutions, explanation of solutions, and the last is, the settlement.

4.1 Uncovering the Mystery of Gabriel's death

The analysis of the mystery of Gabriel's death will be based on John G. Cawelti's 4 patterns of mystery formula.

4.1.1 Pattern of Situation: A Mystery of Gabriel's Death

1) Gabriel is Found Dead

Gabriel was found dead at his home in Hampstead Heath. Gabriel was killed six years ago when he was forty-four. He was killed on August 25, during the summer. At the end of his life, Gabriel did several photo shoots from the morning until night. However, Gabriel's photoshoot was delayed, and he was not brought home until 11 pm. Half an hour later, their neighbor Barbie Hellman heard several shots from Alicia and Gabriel's house. Mrs. Hellman decided to call the police.

“A gun was on the floor. Next to it, in the shadows, Gabriel was seated, motionless, bound to a chair with wire wrapped around his ankles and wrists. At first the officers thought he was alive. His head lolled slightly to one side, as if he were unconscious. Then a beam of light revealed Gabriel had been shot several times in the face. His handsome features were gone forever, leaving a charred, blackened, bloody mess. The wall behind him was sprayed with fragments of skull, brains, hair—and blood.” (Michaelides, 2019, p. 12)

The police department arrived at the Berensons' residence and found the door to the house open. The police walked down the hall and find Alicia standing

by the fireplace. There are guns on the floor of the house. Later, Gabriel's body is found next to the gun, seated and tied to a chair. Gabriel's body is found with multiple gunshot wounds to the face. Gabriel's face was bloodied and shapeless. His blood was everywhere, splattering along the wall behind Gabriel's body. There was blood along the grain of the wooden floor of the house. The police assume it is Gabriel's blood, but it turns out to be blood from Alicia's wrist. "Another beam of light revealed the blood splattered on Alicia's white dress. An officer grabbed her arms and held them up to the light. There were deep cuts across the veins in her wrists—fresh cuts, bleeding hard" (Michaelides, 2019, p. 12). Police found Alicia's wrist cut deep and bleeding profusely. There was a new wound on her wrist. If there was a new wound on Alicia's wrist, it meant that before slashing her wrist this time, she had done it before. Alicia once attempted suicide after her father's death. The same thing she did when Gabriel died. The police decided to take Alicia to the hospital to save her life, but Alicia rebelled. However, in the end, Alicia was brought to the hospital and ended up she was unconscious.

2) Alicia Does Not Speak

The next day, the situation in the hospital is that Alicia seems to have regained consciousness. She was lying in a private hospital bed. Simultaneously, a police officer questions her in front of legal counsel for more details about the night the murder took place at Alicia's house. However, Alicia was silent during the questioning.

"She answered no questions. She could not, would not, speak. Nor did she speak when charged with Gabriel's murder. She remained

silent when she was placed under arrest, refusing to deny her guilt or confess it. Alicia never spoke again” (Michaelides, 2019, p. 12-13).

After Gabriel was found dead in his house, Alicia did not speak to anyone.

Alicia did not provide information to the police and her lawyer about how Gabriel's death and who actually killed Gabriel. The only evidence and witnesses at the scene of the murder were Alicia, but she did not speak at all. Alicia offers no other clues about any other evidence or witnesses that might have been present on the night of the murder. Even during the trial, Alicia did not say anything. She did not defend herself. This situation occurred after Gabriel died and lasted for six years. Because since Alicia went to a mental hospital for rehabilitation six years ago, she never spoke again.

4.1.3 Pattern of Action: Investigation

1) Introducing Police Department and Inspector Allen

A. Police Department

There are important figures in mystery genre novels, namely the main protagonist, killers or criminals referred to as antagonists, and a detective whose job is to solve puzzles in the story. The first expert who investigates the murder case in the novel is the police officer. The novel *The Silent Patient* describes the murder of a photographer named Gabriel by his wife, Alicia Berenson. The police officer is police community who served near Gabriel's neighborhood, on Haverstock Hill. The police department become an investigator because Gabriel's neighbor named Barbie Hellman reporting to the police that she heard gunshots coming from the Berenson couple's house. "Barbie phoned the police, and a car was dispatched from the station on Haverstock Hill at 11:35 p.m. It arrived at the

Berensons' house in just under three minutes (Michaelides, 2019, p. 12).” Officers from the Haverstock Hill Police Department visited the Berensons' house in northwest London, on the edge of Hampstead Heath. Officers found the house in darkness. The officers entered the house's hall and went into the living room. The police department used flashlights to illuminate the room. The police found a woman standing by the fireplace, identified as the wife of the house's owner, Alicia Berenson. The police department start to investigate the murder case in the Berenson's house.

B. Chief Inspector Allen

A detective is a character in crime fiction and mystery fiction subgenres. A professional, amateur, or retired investigator or detective investigates a crime, often in a murder case. The detective character introduces through his actions in the novel. There are two crime cases in the story of *The Silent Patient* Novel. The first case is the murder of Gabriel Berenson, with Alicia becoming the suspect. The impact of Gabriel's death is the attempted murder of Alicia Berenson when she was in recovery at The Grove Hospital. The first case was not uncovered because Alicia did not give her statement about the murder and brought Alicia to The Grove Hospital for her rehabilitation.

In this story, a detective named Chief Inspector Steven Allen is the one who investigates the attempted murder case of Alicia Berenson's attempted murder. Inspector Allen become an investigator because he got report from The Grove Hospital about the presence of suicide. Inspector Allen known as, “The investigation was led by Chief Inspector Steven Allen, heavysset, bald, with large reading glasses that distorted his eyes, magnifying them, making them seem

bigger than life, bulging with interest and curiosity (Michaelides, 2019, p. 266).” Alicia recovery at The Grove Hospital. When Alicia is found unconscious in her room, the head of The Grove Hospital calls the police. Inspector Allen and his subordinate are scatter throughout The Grove hospital, gathering evidence and sealing off Alicia's studio and room. Inspector Allen is the police investigating The Grove to find evidence and search for the culprit who tried to kill Alicia. Inspector Allen was a big man with a bald head and oversized glasses adorning his face. Inspector Allen is a cop who will uncover all the crimes in the story.

There are two criminal cases in the story, the first case is the murder of Gabriel Berenson and Alicia Berenson become a suspect. However, the truth and motive of the murder have not been revealed. The second case is the attempted murder of Alicia Berenson at The Grove Hospital. Besides the police department who found and investigate Gabriel’s murder, Inspector Allen is the one who saves the situation by solving a bogus solution created by the real criminals.

2) Crime and Clues

A. Crime: Gabriel’s Murder

Gabriel Berenson, 44-year-old man is a fashion photographer with a distinctive style, such as taking pictures of thin and half-naked women from strange and unattractive angles. “Gabriel Berenson was murdered six years ago. He was forty-four years old” (Michaelides, 2019, p. 11). One summer, on the 25th of August, Gabriel was found lifeless in his house, on the edge of Hampstead Heath. Gabriel was found dead with five gunshot wounds to his face. Police officers came to Gabriel's house after receiving calls from neighbors indicating

that Gabriel was killed with a shotgun found at the scene. The suspect in Gabriel's murder case is his own wife, Alicia Berenson.

A murder case highlights three points: the person as the suspect or perpetrator, the victim, and the evidence. Gabriel Berenson is the victim of the murder, and the main suspect is Alicia Berenson, Gabriel Berenson's wife. Alicia is named a suspect in Gabriel's murder case because she is the only person at the scene. Alicia is the only living witness in the case, and no other fingerprints are found except Alicia's mine. "The facts, such as they were, were simple: Alicia was found alone with Gabriel's body; only her fingerprints were on the gun. There was never any doubt she killed Gabriel" (Michaelides, 2019, p. 15). The fact the police officers found while investigating Alicia's house was that Alicia was standing next to Gabriel's body. Later, police officers also found a rifle lying on the house floor. When the case went to trial, it was found that Alicia's fingerprints were on the gun. The conclusion that made the most sense to everyone at the time was that Alicia had shot dead her husband, Gabriel Berenson.

However, the reason why Alicia shot Gabriel is yet to uncover because Alicia did not provide any information. While at the hospital, police officers questioned Alicia before legal counsel, but Alicia did not respond. Alicia was silent during the questioning. It continued until the trial started. Ultimately, because of Alicia's silence which some psychologists considered a psychiatric disorder, judge Alverstone accepted Alicia's sentence leniency, and she was placed in The Grove mental hospital. Six years later, Alicia's reason for killing Gabriel is revealed through someone who came into Alicia's life as her psychotherapist, Theo Faber.

B. Crime: Alicia's Attempted Murder

Following the trial verdict, Alicia was placed in The Grove mental hospital to receive rehabilitation for her mental health issues. Alicia is in a mental institution, and she gets back to talking. However, after six years, Alicia still does not speak. There was no progress in Alicia's rehabilitation. However, after six years of hospital nurses waiting for Alicia to speak, Alicia was found lying beside her bed, overdosed. Alicia was found unconscious on the floor by a nurse named Yuri. Alicia's attempted murder is happened after Alicia start to speak after six years recovery at The Grove Hospital.

“How is Alicia?” I said. The doctor shook her head. “Not good. We had to induce coma. Her respiratory system failed.” “What did she take?” “An opioid of some kind. Hydrocodone, probably.” Yuri nodded. “There was an empty bottle of pills on the desk in her room.” “Who found her?” “I did,” Yuri said. “She was on the floor, by the bed. She didn't seem to be breathing. I thought she was dead at first.” (Michaelides, 2019, p. 260-261)

A hospital employee named Yuri found Alicia lying near her bed in the room. Yuri then told the news to Theo, the psychotherapist who treated Alicia. The initial suspicion about Alicia's condition was that the woman accidentally swallowed pills to the point of overdose because an empty pill bottle was found on the table in her room. The type of drug on Alicia's table is an opioid class of pain medication. Opioids are a drug that blocks pain signals on nerve cells that go to the brain. Another possibility that Yuri stated was that Alicia was taking an anti-pain medication called hydrocodone. Hospital staff knows that many drug transactions occur in the wards.

Thus, everyone believes that the prejudices about Alicia trying to commit suicide with drugs are authentic. Diomedes shrugged. “My personal opinion is Alicia has always been highly suicidal. As we know, when someone wants to die, despite your best efforts to protect them, it’s often impossible to prevent it” (Michaelides, 2019, p. 264). A hospital head named Professor Diomedes also believes that Alicia attempted suicide. Even though Professor Diomedes believes it, he is suspicious about something. Alicia was kept in a safe room, and no device could use to harm her, yet she was found to have a morphine overdose. There must be someone who harmed her.

On the other hand, all hospital employees believed that Alicia was found lying unconscious due to an overdose of drugs she had taken excessively on purpose. However, the psychotherapist who treated Alicia denied this statement. Even though Alicia has relatively high suicidal tendencies, this case is different. Something was off when the psychotherapist found Alicia's body.

“But here, under my fingertip, on the inside of Alicia’s wrist, was some bruising and a little mark that told a very different story. A pinprick along the vein—a tiny hole left by a hypodermic needle—revealing the truth: Alicia didn’t swallow a bottle of pills in a suicidal gesture. She was injected with a massive dose of morphine. This wasn’t an overdose. It was attempted murder.” (Michaelides, 2019, p. 262)

According to psychotherapist Alicia, the incident was not an accident. However, someone intentionally gave Alicia an injection of medicine. Theo stated that he found a needle prick in Alicia's vein. It looks like a small hole where a hypodermic needle has been punctured. So, it can be concluded that Alicia did not purposely swallow a bottle of pills in a suicide attempt. However, Alicia was injected with a massive dose of morphine. It is not an overdose case but a murder

case. Professor Diomedes and a hospital manager named Stephanie believe it was a suicide attempt because a staff member named Christian saw a recessed medicine cabinet. Christian sees Alicia wandering around and is convinced she is about to take drugs to make a suicide attempt. However, as Alicia's psychotherapist, Theo denied this and said Christian was lying. At last, Professor Diomedes decided to call the police to work on Alicia's case.

C. Clue: Alicia's Diary

In the formula formulated by Cawelti, clues will appear and raise suspicions about one of the characters in the story. Situations in the story will become more mysterious, then will pave the way for a detective to intervene to solve the case. In the novel *The Silent Patient*, the person close to and interacts intensely with the suspect, Alicia Berenson, is her psychotherapist, Theo Faber.

Theo is only given at least six months to take care of Alicia with the target that Alicia wants to talk again. Theo did everything he could to get Alicia to talk. At that time, Theo received advice from Jean-Felix, Alicia's friend, to get Alicia to paint again. However, after Alicia succeeded in producing a painting, the treatment was stopped by the hospital because one of the patients was injured by Alicia's brush. The patient's name is Elif. The woman crossed out Alicia's work and ended up with a brush stuck in Elif's eye socket. The next day, Theo went back to see Alicia and went back to her therapist. At that moment, Alicia passed Theo a book like a handwritten journal. The first person who knows about Alicia's diary is Theo Faber, Alicia's psychotherapist.

She held out her trembling hand toward me. She was clutching something —a small leatherbound notebook. “What’s that?” No reply. She kept holding it out. I peered at it, curious. “Do you want

me to take it?” No response. I hesitated and gently took the notebook from her fluttering fingers. I opened it and thumbed through the pages. It was a handwritten diary, a journal. Alicia’s journal. (Michaelides, 2019, p. 187)

At the meeting, Theo expressed all his concerns about the termination of painting therapy by the hospital. Theo reveals that he wants to help Alicia, but he cannot because Alicia does not want to cooperate. Then, Alicia's eyes moved, responding to what Theo said. Alicia passed a small leather-bound notebook to Theo with trembling hands. The notebook is a diary Gabriel gave several months before he was killed. Gabriel wanted Alicia to write down all her worries in the book to reduce her anxiety. Thus, all the writing in the book is about the events that Alicia experienced before Gabriel died. Theo took the book even though he had doubts. Alicia no longer answered the following questions asked by Theo. It was inevitable that Alicia wanted Theo to read her private journal.

AUGUST 25 I just heard something. A noise outside. I checked the window. And I saw someone, moving in the shadows— It’s the man. He’s outside. I phoned Gabriel but he didn’t pick up. Should I call the police? I don’t know what to do. My hand is shaking so much I can barely— I can hear him—downstairs—he’s trying the windows, and the doors. He’s trying to get in. I need to get out of here. I need to escape. Oh my God—I can hear him— He’s inside. He’s inside the house. (Michaelides, 2019, p. 207)

Theo reads Alicia's diary after he gets it. Based on the diary, Alicia last wrote on August 25, the day Gabriel died. In her piece, Alicia expresses her concerns about a man in a black suit and hat who watched over her house a few weeks before Gabriel died. Alicia suspects that a man supervises her. Alicia only opens up to three people in her life, Gabriel, her neighbor Barbie Hellman, and Dr. West, Alicia's personal physician. It is known that Alicia did have previous

mental health problems—however, dr. West is still mysterious for Theo because he did not testify in the original trial when Alicia became a murder suspect.

In addition, the diary ends abruptly, and no other writing would make the story clear—one person mentioned in Alicia's diary as Dr. West. Theo suspects Dr. West is Christian West. He is one of the psychotherapists at The Grove Hospital. If the Dr. West that Alicia mentioned was Christian West, why would Christian pretend not to know Alicia. So, Theo decided to meet Christian before meeting Alicia to get answers about Dr. West and why the diary stopped there.

“It was suicidal behavior, but I don’t believe she intended to die. She was too narcissistic to ever really want to hurt herself. She took an overdose, more for show than anything else. She was ‘communicating’ her distress to Gabriel —she was always trying to get his attention, poor bastard. If I hadn’t had to respect her confidentiality, I’d have warned him to get the hell out.” (Michaelides, 2019, p. 215)

Theo went to meet Christian, who was eating at the time. Theo asked if Christian could talk to him for a moment. Later, Theo asks Christian about Alicia's mental health issues. Christian says that when Alicia tried to kill herself after her father died, it was suicidal behavior, but Christian knows that Alicia does not want to die. Alicia was too narcissistic and was just trying to get Gabriel's attention. Besides that, regarding a man watching over Alicia's house, Christian said that it was just Alicia's hallucination. Because before Alicia and Gabriel move to Hampstead Hill, there was a same case about a man who stalks Alicia’s house. Christian reveals that Theo is wasting his time taking care of Alicia. Christian argues that Alicia is a deadlock case. However, Theo does not share Christian's ideas and decides to meet Alicia.

“There’s something else. The diary raises certain questions—questions that need answering. Certain things don’t make sense, don’t fit with information I have from other sources. Now that you’ve allowed me to read it, I feel obliged to investigate further. I hope you understand that.” I gave Alicia back the diary. She took it and rested her fingers on it. We stared at each other for a moment. (Michaelides, 2019, p. 218)

Theo goes to see Alicia even though the hospital stops Theo and Alicia's therapy session. However, with the help of Yuri, one of the nurses at The Grove, Theo can meet Alicia in the art room. Theo says that reading Alicia's diary raises several unanswered questions. Thus, Theo felt that he was obliged to investigate some unanswered questions after reading the diary. However, Alicia responded to only some of what Theo said. Alicia was silent. Theo returned the book to Alicia.

3) Investigation

1) Police Department’s Investigation

The police department’s who investigate Gabriel’s murder is regional police who arrived after receiving a report from Hampstead Heath. The investigation is start from the place where the murder happened, Berenson’s house. The Police department found a gun on the floor, and Gabriel Berenson, strapped to a chair with wire harnesses around his wrists and legs, was lifeless. The officers found Alicia's bloody hands and rushed her to the hospital. “The facts, such as they were, were simple: Alicia was found alone with Gabriel’s body; only her fingerprints were on the gun. There was never any doubt she killed Gabriel. Why she killed him, on the other hand, remained a mystery” (Michaelides, 2019, p. 15). An initial investigation by the police from the Haverstock Hill area brought the murder case to trial with Alicia become the suspect of the murder. The police

department found evidence, a gun with Alicia's fingerprints, at the crime scene. Besides, the only witness present was Alicia. In the case of murder, a statement from the suspect must be attached in addition to concrete physical evidence. However, Alicia's silence means that the trial cannot decide on Alicia's sentence. In conclusion, the police officer investigation made Alicia put on Trial, and here are the several results of Alicia's trial as the suspect of the murder.

a) **The Trial Did Not Sentence Alicia Yet**

The conflict in Alicia Berenson's story arises when the trial is held. The trial was held to uncover the motive behind Gabriel's murder. Alicia becomes a suspect in the murder case. Gabriel's rifle with Alicia's fingerprints on it is evidence against Alicia. However, there were no witnesses other than Alicia on the night of the murder. Alicia also did not speak during the trial. There was no confession or defense that Alicia did.

“During the trial, the judge took a dim view of Alicia’s persistent refusal to speak. Innocent people, Mr. Justice Alverstone pointed out, tended to proclaim their innocence loudly—and often. Alicia not only remained silent, but she showed no visible signs of remorse. She didn’t cry once throughout the trial—a fact made much of in the press—her face remaining unmoved, cold. Frozen.” (Michaelides, 2019, p. 16)

In court, evidence plays an important role and is the central point of examining cases in court. Proof determines the fate of the victim because, with this proof, it can be known whether the murder was committed or not. In addition, the suspect's attitude will also reveal the motive behind the murder. Thus, in making his decision, the judge will analyze and assess the evidence. Another obstacle that can impede the law enforcement process in handling murder cases

through clue evidence is the statement and attitude of the perpetrators of the crime.

In the case of Alicia Berenson, no facts are revealed about Gabriel's murder, as Alicia remains silent throughout the trial. It means that the attitude of the perpetrator of the crime hinders the judge from imposing an appropriate sentence. Alicia remains a suspect in the murder. The judge found it challenging to uncover the motive for the murder because Alicia remained silent during the trial—the simple facts about finding Alicia alone with Gabriel's corpse. There are only Alicia's fingerprints on the weapon. However, Alicia's reason for killing Gabriel is still a mystery. Thus, no decision was taken by the judge on Alicia's sentence. Alicia has yet to be convicted of the murder.

b) The Agreement: Alicia's Mental Problem

The trial that was held to uncover the murder case of Gabriel by Alicia was conducted openly. The expert psychotherapists and lawyers came to attend the trial. The judge has yet to decide on Alicia's sentence, because Alicia does not speak. Furthermore, one of the defense attorneys gave a statement to commute Alicia's sentence. The attorney said, "Alicia had a long history of mental health problems, it was claimed, dating back to her childhood" (Michaelides, 2019, p. 16). The attorney's statement creates another presumption about Alicia's reasons for killing her husband. If Alicia has a mental disorder, the sentence imposed on Alicia may change. However, the judge rejected the attorney's request because he considered it an allegation. It happened because previously, there was much prejudice about the reasons for the murders committed by Alicia. Thus, the judge

did not immediately approve the attorney's request. In addition, during the trial, Gabriel's brother, Max Berenson, stated that Gabriel was a faithful husband.

So, the mystery of Alicia's silence remains a mystery. In the end, the judge was influenced by the statement of a Professor of Forensic Psychiatry who was present at the trial. "Professor Diomedes argued that Alicia's refusal to speak was in itself evidence of profound psychological distress—and she should be sentenced accordingly" (Michaelides, 2019, p. 16). Professor Lazarus Diomedes is a forensic psychiatry professor at Imperial College and clinical director of the closed forensic unit in north London, The Grove. Professor Diomedes says that Alicia's punishment needs to be adjusted because Alicia's silence proves the psychological pressure she is under. Indirectly, Professor Diomedes wanted to convey that Alicia had a mental disorder.

Moreover, Alicia also showed no remorse after shooting her husband in the face. What other reasons could be argued for a woman shooting her husband in the face if the woman was not mad? Everything makes sense, thanks to the statement made by Professor Diomedes. Professor Diomedes' statement helped the judge consider Alicia Berenson's leniency. In the end, Judge Alverstone accepted leniency for Alicia. The judge's decision did not put Alicia in prison. Instead, Alicia will be sent to The Grove, under the responsibility of Professor Diomedes.

c) The Result of the Trial: Alicia's Treatment at The Grove Hospital

The statement of the attorney and Professor Diomedes as an expert psychotherapist about Alicia's mental problem made the judge made decision that Alicia will be place at The Grove Hospital. After the judge's decision regarding punishment, Alicia Berenson was placed in The Grove Hospital for recovery.

Alicia is suspected by an expert psychotherapist of having a mental disorder that requires her to be rehabilitation. The court hopes that Alicia's rehabilitation will be successful and get her talking again. That way, the motive for the murder, in this case, can be resolved.

“In the end, Mr. Justice Alverstone accepted the plea of diminished responsibility and advised the jury to follow suit. Alicia was subsequently admitted to the Grove—under the supervision of the same Professor Diomedes whose testimony had been so influential with the judge.” (Michaelides, 2019, p. 16)

The court decision said Alicia had to be rehabilitation in a mental hospital. After being placed in The Grove Hospital, Alicia was cared for directly by Professor Diomedes. Alicia's treatment did not go as well as many had hoped. Alicia was treated through individual therapy as well as group therapy. However, both therapies were not successful. There is no significant progress in Alicia's recovery. Alicia seemed to be floating on the water. She has her body but not her soul. Thus, no progress showed any signs of Alicia talking. Professor Diomedes did not understand what was happening because, during the treatment, Alicia refused to see Professor Diomedes and refused to talk. During the six years Alicia was treated, she had no changes. Alicia was silent and never spoke at all.

2) Chief Inspector Allen

The investigation did by Inspector Allen, who was responsible for Alicia's murder attempt at The Grove Hospital. During her treatment at The Grove, after six years, Alicia spoke again. However, after Alicia spoke again, there was an incident, and a hospital nurse found Alicia lying near her bed unconscious. Everyone at the hospital suspected that Alicia had attempted suicide like she had

done several times before. Because there were several empty pill bottles on the table in Alicia's room, it was suspected the staff and nurse that Alicia took excessive doses of painkillers. However, a psychotherapist, Theo Faber, believes it was not a suicide attempt because he found an injection mark on Alicia's wrist. Theo believes that Alicia was intentionally killed.

I quickly told them everything that I had read in Alicia's diary: that Christian had been treating Alicia privately before Gabriel's murder; that she was one of several private patients he saw unofficially, and not only had he not come forward to testify at the trial, he had pretended not to know Alicia when she was admitted to the Grove. "No wonder he was so against any attempt to get her talking again," I said. "If she did speak, she would be in a position to expose him." (Michaelides, 2019, p. 265)

Alicia's psychotherapist, Theo Faber, stated that he suspected Christian, one of the psychotherapists at the hospital. Theo revealed that Christian had done private consultation treatment for several months before Gabriel's murder incident. Alicia is one of the unofficial patients Christian meets in a psychotherapy consultation. However, during Alicia's time at The Grove, Christian pretends he does not know her at all. Theo led to the opinion of Professor Diomedes as head of the hospital and manager Stephanie to agree with his statement. Even though Professor Diomedes and Stephanie agreed with what Theo said, but Professor Diomedes decided to call the police to reveal who committed to the crime.

Police officers swarmed all over the Grove, asking questions, taking photographs, sealing off Alicia's studio and her room. The investigation was led by Chief Inspector Steven Allen, heavysset, bald, with large reading glasses that distorted his eyes, magnifying them, making them seem bigger than life, bulging with interest and curiosity. (Michaelides, 2019, p. 266)

A Chief Inspector named Steven Allen leads an investigation into the attempted murder of Alicia Berenson. Inspector Allen mobilized all police officers to find evidence and witnesses that he could use as evidence to arrest the suspect. It is where the fundamental role of the detective appears. Inspector Allen asks Professor Diomedes, head of The Grove Hospital, and Theo Faber, the psychotherapist who has treated Alicia in recent months. After asking questions of the hospital staff and nurses, Inspector Allen returned to his duties.

Inspector Allen had commandeered Diomedes's office. He showed me out. After I made my statement to a junior officer, I hung around in the corridor, waiting. Soon enough, Christian was led to the door by a police officer. He looked uneasy, scared—and guilty. I felt satisfied he would soon be charged. (Michaelides, 2019, p. 266)

A few moments later, Inspector Allen exited Professor Diomedes' office. Then, Theo also stated that he had previously given Professor Diomedes to the junior officer staff. Shortly after that, Christian was brought by officers to the exit. The feeling of relief Theo Faber felt was odd. The anxiety, fear, and guilt Christian felt then calmed Theo. In this situation, Inspector Allen as a detective still comes up with a bogus solution for the motive for the attempted murder of Alicia Berenson. No concrete evidence has been found in the case, but Christian has been taken to the police station based on only one person's statement. Thus, the investigation into the attempted murder of Alicia Berenson will continue. The cop in charge of investigating Alicia's attempted murder is Inspector Allen. After searching for The Grove Hospital, the police decided to take Christian West as a temporary suspect.

The days after Christian West's arrest, Inspector Allen is still working to find evidence relating to the attempted murder of Alicia Berenson. Inspector Allen

decided to visit Theo's house, Alicia's psychotherapist. After meeting Theo at his house, Inspector Allen informs Theo that a friend of Alicia's named Jean-Felix Martin has also visited The Grove to see Alicia's condition. Inspector Allen meets with Jean-Felix Martin, talks with him, and asks a few questions about Alicia's life. Jean-Felix explains that Alicia was a good painter. Jean-Felix and Inspector Allen have a conversation in Alicia's room. When Jean-Felix saw the painting in Alicia's room, he decided to take one of the paintings by Alicia that she produced while at The Grove.

“Well, he came to the Grove to collect Alicia's art materials, and we got talking about one thing and another. Interesting man, Mr. Martin. He's planning a retrospective of Alicia's work. He seems to think now is a good time to reevaluate her as an artist. Given all the publicity, I daresay he's right.” Allen gave me an appraising look. (Michaelides, 2019, p. 287)

Before Alicia's coma, Theo did the therapy to Alicia. Theo made a request to Professor Diomedes so that Alicia could return to painting, and was approved by him. Alicia had painted as a method of healing therapy. At that point, Alicia still did not speak, and Theo did what Jean-Felix suggested, so Alicia spoke through the picture she was painting. After Alicia's coma, Jean-Felix as an artist, decided to take Alicia's work with her and put it in her gallery. Jean-Felix plans to restore Alicia's good name as an artist and plans a flashback to her work.

Inspector Allen deliberately tells Theo what Jean-Felix Martin wants. For six years, Alicia has been a suspect in her husband's murder, and after she spoke again, someone desperately tried to kill her. There was someone who did not want the truth to be revealed to the public about Gabriel's murder case. Furthermore, Inspector Allen discovers new evidence that could unravel Alicia's attempted murder case.

The inspector pulled out something from inside his jacket. I recognized it at once. The diary. The kettle boiled and a shriek filled the air. I switched it off and poured some boiling water into the mug. I stirred it and noticed my hand was trembling slightly. “Oh, good. I wondered where it was.” “Wedged in the back of the painting, in the top-left corner of the frame. It was jammed in tight.” (Michaelides, 2019, p. 288)

The evidence that Allen's instructor found was Alicia's diary. The diary that Theo once read as Alicia's psychotherapist. Before leaving The Grove, Theo had time to look for the whereabouts of the diary, because the diary contains the moments before Gabriel's death. However, he could not find it. Inspector Allen finally found the book when examining a painting that Alicia had made. The book is wedged tightly against the back of the painting, in the left corner of the painting's frame. Alicia put it there, a place Theo would never check, because Theo hated that painting. The painting depicts The Grove burning with a man holding a woman aloft. The man in the painting resembles Theo, and the woman resembles Alicia. The painting shows two meanings, the first is Theo saving Alicia from the flames, and the second is Theo throwing Alicia into the flames. If we look at Alicia's case, Theo, who insisted on saving Alicia's life, ended up destroying Alicia's life. So, Theo did not check the painting because he hated that art, and it turned out that the book was there.

Inspector Allen flicked through the pages to the end. He started reading from it aloud: “... he was scared—of the sound of my voice.... He grabbed my wrist and stuck a needle in my vein.” I felt a sudden rising panic. I didn't know those words. I hadn't read that entry. (Michaelides, 2019, p. 288)

Theo tries to play it cool because Inspector Allen found the diary that he looking for and try to hide it. Inspector Allen opened the book and looked through the pages. Inspector Allen said that the existence of arrows on the cover represents

the confusion within Alicia. Theo agreed. It was confirmed that the book showed a portrait of a woman's disturbed mind. Inspector Allen turned page after page and finally came to the last page. He read what Alicia had written. Then, Theo started to panic because it was a sentence he had never read. The sentence that Alicia wrote when she was dying because of the injection. Then, everything was revealed, someone who tried to cover Alicia's mouth by injecting excessive doses of morphine into her veins. Inspector Allen found that the person who revealed why Alicia killed her husband was her psychotherapist. Furthermore, the person who tries to kill Alicia Berenson is her psychotherapist.

4. Announcement of the Solution

1) Inspector Allen Found Out the Truth Behind Gabriel's Murder

In mystery stories, the plot focuses on the investigation and then comes to the detective's announcement that he has arrived at a solution. It is the climax moment in a mystery story. The detective will explain a situation that seems chaotic and confusing. Then, the situation will unfold clearly and logically. It is at this point that the detective will uncover the criminal. In the novel *The Silent Patient*, a detective is a Chief Inspector Steven Allen, who is in charge of investigating the attempted murder case of Alicia Berenson, finds a piece of physical evidence. This piece of evidence finally sheds light on the case of Gabriel's murder by Alicia. The evidence is a diary in Alicia Berenson's handwriting. In the book, Alicia writes about the events before Gabriel's murder.

That first time I met him in the therapy room, I wasn't sure—there was something familiar about him, but different—I recognized his eyes, not just the color but the shape. And the same smell of cigarettes and smoky aftershave. And the way he formed words, and

the rhythm of his speech—but not the tone of his voice, it seemed different somehow. So I wasn't sure—but the next time we met, he gave himself away. He said the same words—the exact same phrase he'd used at the house, burned into my memory: “I want to help you—I want to help you see clearly.” As soon as I heard that, something in my brain clicked and the jigsaw came together—the picture was complete. It was him. (Michaelides, 2019, p. 273)

One of the statements that Alicia Berenson wrote was that Theo was the same person who broke into her house six years ago. At the beginning of the therapy, Alicia did not realize that she did not even remember Theo. However, at the next meeting, Alicia remembers the figure of a man who infiltrated her house six years ago. That man is Theo Faber, who becomes her psychotherapist. Alicia could remember Theo's figure because of Theo's eyes and the smell of Theo's cigarettes. Besides, the same lines Theo said to Alicia like six years ago. Theo reveals that his goal is to help Alicia. However, Theo's actions say otherwise. Theo uses Alicia to get back at Gabriel, who is having an affair with his wife. After learning that and after several therapy encounters, Alicia finally spoke.

He had come back to gloat. “I want to help you—I want to help you see clearly.” Well, now I saw. I saw clearly. I wanted him to know that I knew. So I lied about the way Gabriel died. As I was talking, I could see he knew I was lying. (Michaelides, 2019, p. 274)

When Alicia had spoken, Theo asked a question about how Gabriel was killed. Alicia explains to Theo that Gabriel was killed by a strange man who infiltrated her home. The foreign man shot Gabriel in the face with six bullets in the rifle. However, Alicia did not tell the truth. Theo learns that Alicia lied how Gabriel was killed. In fact, Alicia know that the stranger man who come into Alicia's house is Theo Faber. The truth that happened at that night was Theo threatens Gabriel and said that he will kill Alicia. There were six bullets in

Gabriel's rifle that Theo was holding. Theo fire one of the bullets at the house's ceiling, and Gabriel thought that Theo was killed Alicia. However, Theo did not kill Alicia, and he left that house. From Alicia's statement about how Gabriel died, Theo realized that Alicia knows the stranger man who broke into her house and threaten her and Gabriel six years ago is Theo. He does not want everyone to know that he was at Alicia's house before the murder occurred. Theo does not want everyone to know that he was the one who caused Alicia to shoot her own husband dead. So, Theo decides to silence Alicia forever by injecting high doses of morphine into Alicia's body so Alicia doesn't reveal the truth to the public.

I've got to be quick. I can feel it now—the stuff he injected me with is working. I'm so drowsy. I want to lie down. I want to sleep. ... But no—not yet. I've got to stay awake. I've got to finish the story. And this time, I'll tell the truth. (Michaelides, 2019, p. 274)

By the time Theo entered Alicia's room, Alicia had noticed, but she put up no resistance. Alicia feels guilty for Gabriel's death. Alicia feel that she should be punished for her actions. When writing her last diary, where all of Theo's crimes were revealed, the morphine had already reacted in Alicia's body. However, Alicia continues to write about the facts in the diary. After finishing her writing, Alicia kept the book in the corner of her painting canvas. After that, a hospital nurse named Yuri found Alicia unconscious on the floor near the bed in her room. It was at this time that the investigation led by Inspector Allen began.

“So, Inspector? What was it you wanted to talk to me about?” “Well, about Mr. Martin, mainly.” “Jean-Felix? Really?” That surprised me. “What about him?” “Well, he came to the Grove to collect Alicia's art materials, and we got talking about one thing and another. Interesting man, Mr. Martin. He's planning a retrospective of Alicia's work. He seems to think now is a good time to reevaluate her as an artist. Given all the publicity, I daresay he's right.” Allen gave me an appraising look. (Michaelides, 2019, p. 287)

Inspector Allen has been investigating at The Grove Hospital. Conducted searches and interrogated many people at that hospital. Inspector Allen found a clue and decide to visited Theo Faber. That day, Inspector Allen visited Theo's house. Theo is Alicia's psychotherapist, so it would seem natural for Inspector Allen to visit him to let him know how Alicia is doing and other things. Inspector Allen tells Theo he ran into one of Alicia's friends at The Grove. Before Inspector Allen going to the Theo's house, he meets Jean-Felix Martin, a friend of Alicia Berenson's, at The Grove Hospital. Jean-Felix visited Alicia in The Grove to collect her art materials during this time. Then, Jean-Felix also noticed the presence of a painting in Alicia's room. Jean-Felix plans to take the painting with him. Jean-Felix talks to Inspector Allen about many things and shares his goal to restore Alicia's good name as an artist.

“Anyway, Mr. Martin was admiring the picture. And he picked it up to look at it more closely, and there it was.” “What was?” “This.” The inspector pulled out something from inside his jacket. I recognized it at once. The diary. (Michaelides, 2019, p. 288)

Inspector Allen kept talking to Theo about Jean-Felix Martin. Inspector Allen reveals that Jean-Felix finds something. At that time, Jean-Felix admired the painting up close, lifted the canvas, and there it was. A book. Alicia Berenson's diary. The book is tucked away at the back of the painting. It is in the upper left corner of the frame. The book was tucked firmly in there by Alicia. After Alicia is declared in a coma due to an overdose of morphine, Theo decides to search Alicia's diary. However, he did not find it. Now the diary is in Inspector Allen's hands. Theo is shocked by the fact that the diary is with Inspector Allen, but he tries to calm down and control his emotions.

Inspector Allen flicked through the pages to the end. He started reading from it aloud: "... he was scared—of the sound of my voice.... He grabbed my wrist and stuck a needle in my vein." I felt a sudden rising panic. I didn't know those words. I hadn't read that entry. It was the incriminating evidence I had been looking for—and it was in the wrong hands. I wanted to snatch the diary from Allen and tear out the pages—but I couldn't move. (Michaelides, 2019, p. 288)

Inspector Allen and Theo sat opposite each other in Theo's kitchen. Then Inspector Allen took out the diary and opened it to the end of the page. Inspector Allen read the book aloud, at the section, "*he was scared...of the sound of my voice...He grabbed my wrist and stuck a needle in my vein*" (Michaelides, 2019, p. 288) Theo panicked, but he could not do anything. He has been caught. What he has been doing to Alicia has been revealed. Inspector Allen already knew that. The fact that Theo was the mastermind behind Gabriel's murder, and then he tried to kill Alicia. It was true that Alicia pulled the trigger. However, Theo's presence in Alicia's life makes her pull the trigger on Gabriel. The revenge that Theo carried because of his wife's affair with Gabriel made Alicia kill her husband. Theo uses Alicia to avenge Gabriel for having an affair with his wife. However, despite all that, Theo remained silent before Inspector Allen.

"Ah. No, you're quite right. I thought it best not to announce the intention of my visit on the doorstep. But the fact is, this puts things in rather a different light." "I'm curious to hear it," I heard myself saying. "Will you read it aloud?" "Very well." I felt strangely calm as I sat in the chair by the window. He cleared his throat and began. "Theo just left. I am alone. I'm writing this as fast as I can...." As I listened, I looked up at the white clouds drifting past. (Michaelides, 2019, p. 289)

Theo realized Inspector Allen's arrival at his house was not just a routine visit or chatting. Theo knows that Inspector Allen has come to reveal all the

crimes committed by Theo. It is the solution to the story *The Silent Patient*. The detective has succeeded in uncovering the facts behind the murder of Gabriel Berenson and finding the suspect in the attempted murder of Alicia Berenson through a diary. Theo did not deny anything that Inspector Allen said. Theo could not help but let Inspector Allen continue reading the last part of the diary. The part that Theo never knew. Finally, Gabriel's murder and Alicia's attempted murder are revealed by Inspector Allen, who finds out about Alicia's Diary.

5. Denouement

1) Alicia Still Treated at The Grove Hospital

The denouement uncovers a final pattern in the classic whodunit by involving the arrest and confession of the real criminal. The detectives have solved this in this chapter. *The Silent Patient* novel focuses on the murder case of Gabriel Berenson, committed by his wife, Alicia Berenson. Even though the evidence and witnesses had been established, Alicia was free from prison because there was no confession regarding Alicia's motives and reasons for killing her husband. Furthermore, Alicia was placed in a psychotherapy hospital called The Grove because she has a mental problem. The Alicia murder case began to unfold when someone tried to kill Alicia while she was recovering at The Grove Hospital.

Inspector Allen finds evidence that reveals the reasons and motives behind Gabriel's murder and the attempted murder of Alicia. “Yuri took me through a series of locked corridors into the intensive care ward. Alicia was in a private room. She was hooked up to an ECG machine and a ventilator. Her eyes were closed” (Michaelides, 2019, p. 260). Alicia Berenson was found unconscious in

her room. The news shocked the entire hospital nurse. A nurse stated that the doctor diagnosed Alicia as taking some opioids, a pain medication.

However, Alicia seems to have taken an excessive amount of it and overdosed on it. Alicia was placed in a private room in the intensive care ward with an EKG machine and ventilator. Alicia has been named a suspect in this discovery, but her motive for killing Gabriel has not been revealed. It is known that in Alicia's room a medicine bottle was found which all employees of The Grove Hospital believed was the cause of Alicia's coma. Even though all the employees agree that it was Alicia's attempted suicide, to prove the truth, the hospital needs the police to investigate.

Professor Diomedes, as Head of The Grove Hospital, decided to call the police to investigate the case further. The investigation was led by Chief Inspector Steven Allen. He did an investigation all over The Grove Hospital. He asking question to the all employees, taking photographs and sealing off Alicia's studio and her room. Then, Inspector Allen met Jean-Felix Martin, Alicia's friend.

“Well, he came to the Grove to collect Alicia's art materials, and we got talking about one thing and another. Interesting man, Mr. Martin. He's planning a retrospective of Alicia's work. He seems to think now is a good time to reevaluate her as an artist. Given all the publicity, I daresay he's right.” Allen gave me an appraising look. (Michaelides, 2019, p. 266).

A police inspector named Mr. Allen leads the investigation into the attempted murder of Alicia Berenson. Inspector Allen made inquiries of all the nurses and searched every part of The Grove. However, Inspector Allen did not find any evidence. Next, Inspector Allen meets Alicia Berenson's friend, Jean-Felix Martin in Alicia's room. Jean-Felix said that he wants to bring back Alicia's good name as an artist. Jean-Felix with Inspector Allen walked to look at the

Alicia's painting in her room. Then, that is where the book was found. Everyone is looking for it—Alicia Berenson's diary. Inspector Allen finds the diary in Alicia's room.

The book was in the corner of the canvas, tightly squeezed. Finally, the book was brought by Inspector Allen. From the diary, he knows Alicia's reasons and motives for killing her husband, Gabriel. In addition, Inspector Allen also knows the perpetrator who attempted to kill Alicia from the diary. Inspector Allen flicked through the pages to the end. He started reading from it aloud: “... he was scared—of the sound of my voice.... He grabbed my wrist and stuck a needle in my vein.” (Michaelides, 2019, p. 288). Inspector Allen goes to see the criminal, known to be injecting Alicia with high doses of morphine. Inspector Allen reveals that this person is Alicia's psychotherapist, Theo Faber, the person who has been caring for Alicia and is actually behind all the disasters that have befallen Alicia.

Inspector Allen revealed the contents of the diary when he at Theo's house. Inspector Allen visited Theo's house with reasons to talk about Alicia's condition. Then, Inspector Allen revealed that he found the diary and read it in front of Theo. Theo heard about the accusation by Inspector Allen, but he did not denial about that. It means, Theo accept what Inspector Allen try to revealed about the murder case. The attempted murder of Alicia Berenson uncovers through her diary, and person who try to kill Alicia is her psychotherapist, Theo Faber. Inspector Allen know about who was influenced Alicia to killed Gabriel, and because of Alicia's mental problem. Alicia is coma, and she still placed at The Grove Hospital to doing her recovery.

2) Alicia Killed Gabriel Under her Psychotherapist's Influence

Theo and Alicia's first meeting at the night Gabriel was killed. However, Theo knew about Alicia and Gabriel because of his wife, Kathy. Gabriel and Kathy were doing an affair behind Theo and he knew about that. As a result of Kathy and Gabriel's affair, Theo decides to always follow Kathy secretly. Until Theo knew about who is Gabriel. He knew that Gabriel has a wife.

So I wasn't the only one being betrayed. He had returned home, after kissing my wife, and ate the meal this woman had prepared for him, as if nothing had happened. I knew I couldn't leave it here—I had to do something. But what? Despite my best homicidal fantasies, I wasn't a murderer. I couldn't kill him. I'd have to think of something cleverer than that. (Michaelides, 2019, p. 259)

Theo follows Kathy secretly and ended up with following Gabriel until his house. Then, Theo knew about the fact that Gabriel was married. Theo is consumed by anger and jealousy which makes him choose to do anything to save himself. Theo does not want to lose his wife. After that, he decided to supervise Gabriel's house. Then, at that night, Theo follows his anger. Theo enter from the Gabriel's back door and he know that Gabriel was not home, because Alicia just got off the phone from Gabriel. "I reached into my back pocket and took out the black balaclava I'd bought. I pulled it over my head. I put on a pair of gloves (Michaelides, 2019, p. 271). However, Theo would not commit crimes such as killing people. What he did after stalk Gabriel's house is enter that house and met Alicia, Gabriel's wife at the first time. Theo wears a black balaclava to covered his face. So, Alicia cannot see his face.

Six years after the murders, Theo became a psychotherapist who treated Alicia at The Grove Hospital. The psychotherapist who treated Alicia was also the one who made Alicia kill her husband. On the night of the murder, Theo only followed his revenge instincts. After stalks Alicia's house, he eventually enters

Alicia's house by threatening her. Theo tied Alicia in the chair. Theo makes a statement that, without him knowing, reveals Alicia's past childhood trauma. Theo provoke Alicia with the fact that Gabriel is cheating on her. "I was going to kill you. But Alicia pleaded for your life. So instead, I'm going to give you a choice. Either you die—or Alicia does. You decide." (Michaelides, 2019, p. 275). Theo tells Alicia that Gabriel is a coward, Gabriel's cheating on her and now Alicia knows the truth. Gabriel is cheating with Theo's wife. They were met behind Theo, and Alicia should know about that. When Theo asked Gabriel about his love to Alicia, Gabriel cannot answer. "I don't want to die," he said (Michaelides, 2019, p. 276). Theo told Gabriel to choose between his life or Alicia's life. Gabriel choose to save his life rather than save Alicia. Gabriel did want to die for Alicia. Theo said to Alicia that she would rather die because Gabriel does not love her anymore.

I saw it now. I would never be safe. Never be loved. All my hopes, dashed—all my dreams, shattered—leaving nothing, nothing. My father was right—I didn't deserve to live. I was—nothing. That's what Gabriel did to me. That's the truth. I didn't kill Gabriel. He killed me. (Michaelides, 2019, p. 276).

After provoke Alicia, Theo left that house. All the statements Theo made that night, about Gabriel betrayed Alicia, and Gabriel does not love Alicia anymore, made her feel the trauma that had happened to her when she was child. Then, all of Theo's statement made Alicia took an action to killed her husband. Because of her trauma to her father, Alicia feels never be loved, and never be saved in her life.

Alicia has trauma about her childhood because of her father. Alicia realized she was never safe, loved, or wanted. Before Gabriel betrayed Alicia's

belief, she has an experience of what it feels like to be cursed to death by her own father. Everything Theo said was as her father had said, and Gabriel's behavior proved that her father right. It was the second time someone cursed Alicia to death. First was her father, and now is her husband, Gabriel. Alicia's murders are resurrected from early childhood trauma, much later than Theo's. However, Theo remains Alicia's trigger in the murder. If Theo did not come with his grudge against Gabriel for having an affair with his wife, then the murder would never have happened.

3) The Psychotherapist Who Helped Alicia to Recover Was the One Who Tried to Kill Alicia

The psychotherapist who treated Alicia and got her talking again is the same person who tried to kill her. Alicia fell into a coma after high doses of morphine were injected into her vein. The psychotherapist's name was Theo Faber. He feels irresponsible for what happened to Alicia in the past when she killed her husband. So, he took care of Alicia and helped her talk so he could confirm that Alicia was utterly guilty.

I want to be clear—I never thought Alicia would shoot Gabriel. This is an important point. I never intended nor expected her to kill him. All I wanted was to awaken Alicia to the truth about her marriage, as I had been awakened. (p. 280)

Theo thought Alicia had never killed her husband that night. That Theo just wants Alicia to be able to think clearly about her relationship with her husband. Thus, Theo told the lies made up by Gabriel, Alicia's husband. However, the truth was that Theo did have every intention of going to Alicia's house that night. Everything Theo said about protecting and resuscitating Alicia was self-

righteous. Because, in the previous few days, Theo had been watching Alicia's house, and he was able to enter the house and meet Alicia to get his revenge on Gabriel.

In the last therapy section between Alicia and Theo, he again asked questions about the chronology of Gabriel's murder that night. Alicia lies about how Gabriel died, and it is clear that Alicia knew Theo, who was her psychotherapist at the time. *"Theo chooses to act, which is to silence Alicia forever, by injecting morphine (p. 281)."* In the end, Theo takes a shortcut to put Alicia in a coma so she can escape the responsibility. Theo's lies and everything that was done were finally revealed through the diary written by Alicia that Inspector Allen found.



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CHAPTER V

CONCLUSIONS AND SUGGESTIONS

5.1 Conclusions

In this thesis chapter, conclusions will be drawn from the analysis based on the findings discussed in the previous chapter. After conducting a thorough plot analysis, it can be concluded that *The Silent Patient* by Alex Michaelides has an action pattern based on the mystery formula by John G. Cawelti: introduction, situation, crime and clues, the introduction of detective, investigation, explanation of the solution, and denouement.

The introduction of the novel highlights the story of two different couples, Alicia Rose and Gabriel Berenson, also Theo Faber and Kathryn. The story begins with the murder case. Alicia, a famous painter, killed her husband, Gabriel Berenson. The situation is a mystery of Gabriel's death. Alicia is a suspect, but she never speaks at all after the murder. Because of that, Alicia place at The Grove Hospital. The mystery that need to revealed is Alicia Berenson has a mental problem, but she took an action to killed her husband, Gabriel Berenson. The motive of Alicia Berenson killed her husband was not uncovered until six years. So, to uncover the mystery of Gabriel's death, the researcher used mystery formula by following the pattern.

The following patterns are crime and clues. Two crimes exist in the story. The first is the murder of Gabriel Berenson, conducted by his wife, Alicia Berenson. Second, the impact of Gabriel's death is the attempted murder of Alicia Berenson by her psychotherapist, Theo Faber. The clues appear at the end of the story—the

clue found by a detective investigating Alicia Berenson's attempted murder, Inspector Allen. The clue is Alicia's diary.

The police department who investigate Gabriel's murder was brought the case into the trial, and made Alicia placed at The Grove Hospital. The second detective, Inspector Allen, handles Alicia's attempted murder case. The case happened six years after Alicia was at The Grove Hospital. For six years, Alicia did not speak at all. A new psychotherapist at The Grove Hospital, Theo Faber, is trying to treat Alicia, and he managed to get Alicia to talk. However, after Alicia speak, she found an overdose of morphine injection.

The announcement of the solution given by the detective, Inspector Allen, revealed the murder case of Gabriel and Alicia's attempted murder. Inspector Allen goes to Theo Faber's house and shows all of the proof Alicia wrote in her diary. Theo had indeed read Alicia's diary, but the last part that Inspector Allen had read he had not read because Alicia wrote the sentence after Theo returned the diary to Alicia. In Alicia's diary, Theo came to her room with a morphine injection that he gave to Alicia's wrist. Alicia is not against Theo because she feels she deserves it. Alicia thought that it was her punishment because she killed Gabriel. Everything Inspector Allen revealed was what was written in the diary. Theo never denied what Inspector Allen said and accepted everything he had done to Alicia.

Then the last is the denouement, and the novel ends with Alicia's coma and still being treated at The Grove Hospital. The discovery in uncovering Gabriel's murder is that Alicia's psychotherapist, Theo Faber, is the one who influenced Alicia to kill Gabriel six years ago. On the other hand, Theo also tried to kill

Alicia with a morphine injection because he did not want the truth to be exposed. The truth about Theo was a brain behind Gabriel's death. Theo's provocation and influence made Alicia killed her husband. Inspector Allen uncovers the murder of Gabriel Berenson and Alicia's attempted murder case through Alicia's diary that he found.

5.2 Suggestions

In this part, the researcher would like to contribute some suggestions for the researcher based on the findings and discussion. It is suggested that the researcher should be more creative and innovative to select the theory and strategy to analyze the literary works. In the novel *The Silent Patient*, there have been many studies using the psychoanalytic approach. Thus, for future researchers, especially those who have the same problem and are interested in conducting research, it is suggested that this research can be used as a reference for determining gaps. Hopefully, there will be further research on how to complement this technique.

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