

CHAPTER I

INTRODUCTION

1.1 Background of the study

Dissociative Identity Disorder (DID) is a type of disorder where there are two or more identities with distinct memories and behaviors inhabit the body of a same person. A psychotherapist and a hypnotherapist in the field of trauma and dissociation, Jo. L. Ringrose (2012) defines DID as the presence of two or more identities alternatively emerge in one individual's identity including their behavior, feelings, and cognitions of the dominant host along with an inability to recall personal information (Ringrose, 2012, p. 3-4). Identity, according to a cultural theorist, Stuart Hall (1989), is never unified and is continuously damaged and fragmented; multiply constructed across different, intersecting discourses, practices, and positions. They are continually in the process of change and transformation (Hall & du Gay, 1996, p. 4). In relation to DID, as suggested by Ringrose (2012), the identity of a client with DID is characterized by their identity fragmentation or in other word having two or more identities in one individual.

DID is one the most rare and severe disorder that is not well-known to the general public and only occurs in such a small percentage of the population. Many people still identify Dissociative Identity Disorder by its former name, Multiple Personality Disorder. As stated by The American Psychiatric Association or APA (2000), DID was originally called Multiple Personality Disorder (MPD) until 1994. The name was changed to Dissociative Identity Disorder to reflect a better understanding of the condition, which characterized a fragmentation of identity

rather than a growth of separate identities (American Psychiatric Association, 2003, p. 292).

DID is usually developed by severe traumatic event in childhood mostly extreme, repeated physical, sexual and/or emotional abuse. Moreover, a poor, insecure, and unstable attachment with a parental figure especially mother is also one of the biggest factors in developing Dissociative Identity Disorder (Ringrose, 2012, p. 12). In return, a client with DID often harm themselves and tried to attempt suicide several times.

Although there is no cure for Dissociative Identity Disorder, long-term treatment can be quite successful. As stated by Ringrose, clients in treatment for longer period of time showed somewhat higher rates of symptom reduction than those who were in brief treatment (Ringrose in Howell, 2011, p. 246). In other words, if the client is persistent and stays committed with the treatment given by the experts, they will likely to reduce the DID symptoms. However the aim of treatment is to integrate all the different personalities into one whole identity.

Ringrose stated that, integration is the process whereby the host (a DID client) accepts all her thoughts, feelings, and behavior (past and present) as their own. It occur when a client accept a dissociated personality, part, or aspect of themselves and bring it into normal awareness (Ringrose, 2012, p. 58). Through integration, a DID client can become one whole identity by integrating the personalities of both the host and the alter through treatment by the experts.

According to The Diagnostic and Statistical Manual of Mental Disorders or DSM-5 (2013), the diagnosis of a client with DID include amnesia as one of the

symptom, since it has been proven that several clients with this disorder have memory loss of certain life experiences. The DSM states that the reason a person dissociates is so that a person can escape a traumatic event and allows them to neglect what is happening to them. Therefore, when a person dissociates they usually re-experience previous trauma, switch to an altered personality, and have nightmares or flashbacks but in return the client with DID or the host will not have any memories of what was happening to the alter (American Psychiatric Association, 2013, p. 292). Like other defense mechanisms, dissociation can be protective. For example, when unable to cope with an overwhelming stress, client with DID may unconsciously decide to be controlled by an alternative personality, the alter.

The identities in a client with DID usually exists without knowing other identities' existence, but usually the alters know that other identities other than themselves exist, and they can either cooperate with each other, fight, or ignore each other (Frances in Ringrose, 2012, p. 7). Often, one identity is dominant and dominates the host most of the time yet not aware of what the other alters have done when the dominant personality was out.

DID is observed by psychoanalysis as a disorder where client uses splitting and dissociative defenses, that include taking away an aspect of knowing in order to avoid any stressful event so that it can only “preserve the good self and the good object” (Marmer, 1991). Psychoanalysis is one of a therapy to treat mental disorders by examining the interaction of conscious and unconscious aspects in mind (Barry, 2009, p. 92). The term dissociation is used by psychoanalysis to

define the mental process a person uses to avoid danger or traumatic events by switching from one state of consciousness to another (Freud, 2003, p. 112). The aim of the switch is so the person can survive in as many parts as necessary to gratify his life and death instincts.

Sigmund Freud, the father of psychoanalysis, has developed a Theory of Drives that falls under the id desires which divided into the life drives (*Eros*) and the death drives (*Thanatos*). In Freudian psychoanalytic theory, the death drive is the drive towards death and self-destruction. The concept of the death drives was originally explained in Freud's book *Beyond the Pleasure Principle* (2003), in which he suggested that "the goal of all life is death". The death drives opposes Eros or the life drives which have the tendency toward survival, sex, and other life-producing drives. Freud claim that human behaviors are motivated by sexual drives known as the libido which is energy derived from the Eros or life drives (Freud, 2003, p. 112).

Freud then divided two levels of mind: unconscious and conscious. Unconscious comprises all the things that are not easily available to awareness, such as drives and instincts or things that can't be seen, like the memories and emotions related with trauma. Conscious, on the other hand, is a notion of awareness that presents perceptions, memories, thoughts, fantasies, and feelings (Freud, 2003, p. 95-98).

Moreover, Freud developed an idea that the human mind is composes of three elements of personality which include the id as a part of the unconscious mind and it strives for prompt gratification of all desires. If not met, the person

will become anxious (Freud, 2003, p. 103). The ego on the other hand, functions on a conscious and unconscious level. It deals with reality and serves to satisfy the id's desires in a realistic and socially appropriate way. The ego serves as what may be called as reasons and calm considerations (Freud, 2003, p. 103). The id and ego conflict causes a reaction called anxiety. For a person to avoid having anxiety, the ego uses defense mechanisms such as repression, denial, reaction formation, displacement, rationalizations, fixation, regression, projection, introjection, and sublimation (Freud in G.Feist & J.Feist, 2008, p. 16). The last component is the superego, which controls all the social, cultural, and moral norms that have acquired and internalized. The superego is always clashing with the id. Thus in an unhealthy person, they would either be under the control of the id or superego, as their ego failed to take action between the two elements. This could lead to several dysfunctional behaviors (Freud, 2003, p. 111).

Furthermore, Freud believed that *The Interpretation of Dreams* (1900) serves as the "royal road" to the unconscious world. Freud stated that dreams should not be interpreted without the dreamer's associations to the dream (Freud, 1990, p. 48). In other words everything that happened in a person's dream links to their associations with their life. Freud proposed that dreams are motivated by wish fulfillments and is divided into two contents. The manifest content includes the real images and thoughts involved in the dream which usually comes from experiences of the previous day (Freud, 1990, p. 48). The latent content is the symbolic meaning of the dream which is formed in the unconscious and often goes way back to childhood experiences. Furthermore, by interpreting the

symbolic meaning of the dreams, Freud believed that people could resolve their problems in their lives.

However, in relation to DID, Freud was not the first prominent figure to bring this issue up. Janet (1889), a French psychiatrist, was the first person to point out the purpose of trauma in the dissociative symptoms, which at the time were called *hysteria*. Freud with his partner, Breuer, then developed his theory in his book *Sexual Theory of Hysteria* (1957) in which he argued that sexuality plays a huge role in the pathogenesis of hysteria as a source of psychic traumas. Abuse or neglect in childhood, rape, and loss of loved one are included in some of the causes of psychic trauma. Moreover, this could lead to an unconscious defense mechanism called repression, which in turn causes the dissociative symptoms to emerge (Freud, 1957, p. 3). This same idea of the emergence of dissociative symptoms is supported by today's professionals, including Ringrose as she stated the emergence of dissociative symptoms can result a person to have two or more identities in one body (Ringrose, 2012, p. 12).

Dissociative Identity Disorder is seen as a severe defense mechanism against unconscious conflicts. In *Beyond the Pleasure Principle* (2003), Freud asserts that when a person's boundary becomes overly stimulated, instead of experiencing the anxiety, that person becomes overwhelmed, leaving dissociation as the only sufficient defense for them (Freud, 2003, p. 70-72). In the case of DID, when a DID client is too overwhelmed with the stress, instead of experiencing anxiety, he or she will dissociate and create an alter to cope with it. Freud suggested in his early work, *Sexual Theory of Hysteria* (1957) that the best way to

treat a client with DID was by using hypnotherapy by going deeper into the unconscious mind to recall the forgotten trauma (Freud, 2003, p. 47). Later, as he began to develop his theory of psychoanalysis, he encountered difficulty in hypnotizing some patients which caused him to discard hypnosis in favor of free association which as stated by Freud, free association involves a client to talk about whatever that comes to mind without censoring or editing the flow of memories (Freud, 2003, p. 47). The goal of free association in DID is to instigate the client's integration of thought, feeling, agency, and selfhood.

Dissociative Identity Disorder has always been considered to be quite rare but it may be more common than previously thought and some estimate it to affect 1% of the population in America (American Psychiatric Association, 2003). This higher estimated prevalence may be due to the millions of now reported incidents of childhood abuse. Kaeleigh, as the main character of this novel is a reflection of that 1% of the population in America that suffered from Dissociative Identity Disorder due to the childhood abuse.

Dissociative Identity Disorder is depicted in Ellen Hopkins' *Identical*, published in 2008 by Margaret K. McElderly Books. The novel portrays DID through the main character, Kaeleigh as her traumatic events left her with no other defense but to unconsciously separate herself and create a new identity, Raeanne, her late twin sister who died in a car crash. Kaeleigh has been sexually abused by her father, Ray since she was nine. Her mother, Kay is never home which leaves Ray looking for the love he couldn't get from Kay by visiting little Kaeleigh in the night and sexually abused her. Kaeleigh's twin alter, Raeanne could only

watch and feels jealous of the attention and the pleasure her father has been giving to Kaeleigh since they were young. Raeanne wishes her father to love her instead and that she could gratify his sex need back. Since she couldn't, she eventually looks for something to fill the hollow inside her as she exchange sex for marijuana and experiments with drugs and bondage. Meanwhile, Kaeleigh deals as best as she can with Ray's continuing sexual abuse by finding comfort in her only friend Ian, binge eating and self-harming with a razor.

However, when the stress was too overwhelming as the flashbacks keeps haunting Kaeleigh and being reminded her with her past trauma, she would try to end her life. Then, Raeanne would show up to protect her and cope with the overwhelming stress Kaeleigh had to deal. Just like how the Thanatos opposes the Eros, Kaelegih represents the thanatos since she has unconscious desires to die by doing self-harming and trying to suicide several times and also avoid intimate relationship resulting the conflict between Kaeleigh's id and her ego. The ego reacted by repressing the id resulting to dissociate herself and creates another personality. Whereas Raeanne represents the eros as her id is always in need for gratification. She always wants to survive by having fun with alcohol and drugs and always in search for pleasure by having sex with lots of different men. At the end, Kaeleigh survives as Raeanne becomes the stronger part of Kaeleigh's personality after being integrated into one whole identity.

Ellen Hopkins' *Identical* is written in a switching viewpoint of the twins, Kaeleigh and Raeanne, with chapters alternating between their standpoints. Unlike the novels these days, the narratives are written in free verse in sometimes shapes

of hearts or liquor bottle, which supports the content of the text. Each twin's chapter begins on a right-hand page, while the other twin's chapter ends on a left-hand page. Where the two contents are in contrast, chosen words from each are identical, as if trying to show the twins' deep connection.

Ellen Hopkins is one of the well-known names among Young Adult novel writers. She is an award-winning author of twenty nonfiction titles and five New York Times Bestselling novels-in-verse. *Crank*, *Identical* and *Burned* are included in her key works. These novels discuss profound issues in teenagers that trouble young generation today such as, psychological problems, sex addiction, drug addiction and other issues.

There are several previous related studies of this research. A study conducted by Puji Lestari entitled *Multiple Personality in Sidney Sheldon's Tell Me Your Dreams: A Psychoanalytic Perspective*. From the analysis, the researcher wants to show how multiple personality disorder is illustrated through the main character, Ashley Patterson. Ashley has been raped by her own father repeatedly during her childhood which later causes her to develop multiple personality disorder. Therefore, resulting in the creation of her three other personalities to cope and deal with the overwhelming trauma she encounters.

The other two studies were conducted by analyzing films. A study conducted by Reham Al Taher entitled *A Psychoanalytic and Behavioristic Perspective and Critical Evaluation on Andrew/Teddy Daniels in Shutter Island Movie*. From the analysis, the researcher asserts that the main character, Andrew has developed another alter, Teddy, because of the trauma in the past. In Teddy's

case, his ego is fragmented as it could no longer function in reality; his id took over when he killed his wife and created two alters to avoid the guilt the super ego invoke to him. The other study was conducted by Maulida Rizki Nurani entitled *Personality Disorder of The Main Character in Waking Madison Film*. The researcher suggests that the main character, Madison has developed multiple personality disorder since she was 12 years old because she has been physically abused by her own mother. Thus to forget her trauma, Madison creates three new personalities, namely Alexis, Grace and Margaret to protect her. Both studies above were conducted using the psychoanalysis approach by Sigmund Freud.

The last related study was conducted by analyzing miniseries. A study conducted by Ratna Fatmala from *Universitas Negeri Jakarta* entitled *Dissociative Identity Disorder in United States of Tara*. The researcher concluded that the main character, Tara, had developed DID caused by the abuse she gets from her half-brother, Bryce as a defense mechanism to protect herself from danger and overwhelming stress. Tara had developed seven different alters including her abuser to project her unwanted feelings. This study was conducted using the psychoanalysis approach by Carl Jung.

Emerging and developing the previous related studies, this paper does not merely investigate how Dissociative Identity Disorder is shown in the novel which already been discussed the previous studies above, but also aim to reveal how Personality Integration of Dissociative Identity Disorder Client is depicted in Ellen Hopkins' novel, *Identical* through the perspective of the main characters, Kaeleigh and her alter, Raeanne. Furthermore, there hasn't been any study that

discussed DID in *Identical*. Thus, this study is conducted not only to get a thorough understanding but also to spread the awareness of Dissociative Identity Disorder in today's society through literature with the psychoanalytic approach by Sigmund Freud.

1.2 Research question

How Personality Integration of Dissociative Identity Disorder Client is depicted in Ellen Hopkins' *Identical* novel?

1.3 Purpose of the study

The main purpose of this study is to reveal how personality integration of Dissociative Identity Disorder client is depicted in Ellen Hopkins' *Identical* novel.

1.4 Scope of the study

This study focuses on the main characters of the story, Kaeleigh and her alter, Raeanne. Freud's psychoanalysis theory is used to investigate how personality integration of Dissociative Identity Disorder client is shown through the characters, while Ringrose's concept of Dissociative Identity Disorder is used to uncover the causes and symptoms of DID.

1.5 Significance of the study

The study is expected to contribute knowledge in psychological criticism study. The writer also hopes to contribute in broadening the readers' horizons about Dissociative Identity Disorder in both fiction and real life. This study will also help gain a deeper understanding of Sigmund Freud's psychoanalytical criticism.