

**DISSOCIATIVE IDENTITY DISORDER OF MAIN CHARACTER IN *SYBIL*
NOVEL BY FLORA R. S BASED ON PSYCHOLOGICAL PERSPECTIVE**

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ABSTRACT

Sybil novel tells about woman that has sixteen personalities. This novel is very interesting because there is a psychology aspect in this novel. The writer intends to find out the characterization of the sixteen personalities and psychological problems in that novel, in this case, dissociative identity disorder. The writer wants to know about the symptom, the causes, and the treatment of dissociative identity disorder that found in *Sybil* novel. In finding the analysis of this paper the writer uses descriptive method and library research. The writer found that the author of the novel, Flora, uses both direct and indirect characterization to reveal the characterization of each character in the novel. The characterization can be seen from the character's word, character's thought, and the author's narration. *Sybil* as the main character suffers from dissociative identity disorder because she got physical and sexual abuse from his mother and she has no one to share and solve her problems. It forces her to get another solution by making other personalities to share her problems. Suffering dissociative identity disorder makes her losing her time. She does not know what she has done and what she told about until she meet with Dr. Wilbur, the psychiatrist who give her psychotherapy to bend all her personalities.

Keywords: *Literature, Psychology, Dissociative Identity Disorder*

I. INTRODUCTION

Literature is the study of life, humanity, perspective, social, and culture. An appreciation of literature can be enjoyed by many collections of poems, plays, novels, short stories, etc. Literature may also raise the realities of life in the society as a reality and objectivity. In addition to the reality and objectivity disclosed, literature also gives the literary interpretation of the meaning itself. Objective reality can be found in society in the form of events. Literature is also a means of communication between the authors (with their readers) through the medium of language in expressing ideas and feelings.

Literary language has a depth of meaning because it is often used to express a feeling or convey a moral message as well as good values. Literature is also commonly used to capture something that relates to the values that held a nation, such as religious, history, society, and culture of a nation values. Thus, the wealth of literary treasure can be viewed as a mirror of cultural wealth of a nation.

A literary work is a result of literature. It reveals about the problems of humanity. It tells about the meaning of life and living. It

also describes the human sufferings, struggles, love, hate, lust and all that experienced by humans. With literary work, the authors will show many higher values and more sublime. They also want to interpret the meaning of life and the essence of life.

One of the most popular literary works of fiction is novel. Kennedy (1983:180) stated that "a novel is a book-length story in prose, whose author tries to create the sense that, while we read, we experience actual life." The author of novel tries to present the sense that we can experience the story through reading novel. There are some kinds of novel such as, science novel, historical novel, picaresque novel, horror novel, psychology novel, etc.

One of the examples of Psychology novel is *Sybil* by Flora Rheta Schreiber. *Sybil* novel tells about dissociative identity disorder. It has complex situation which tell how each personalities appear. Flora Rheta Schreiber is an American journalist. Flora has written some book that had the same genre (psychology) because Flora Rheta Schreiber was the psychiatry editor of Science Digest when she first heard about *Sybil*. She spent seven years writing this book. Although the

story is quite difficult to comprehend, the reader can learn how to take care of their children. The reader also can learn that violence to children when they were child could make the children traumatic.

The core story of *Sybil* is about the character of Sybil who possessed by sixteen personalities or usually called by dissociative identity disorder. It describes Sybil's selves gradually becoming co-conscious, able to communicate and share responsibilities, and having musical compositions and art published under their various names. All of the personalities have their own characteristics and relate to each other.

Dissociative identity disorder (previously known as multiple personality disorder) is an effect of severe trauma during early childhood, usually extreme, repetitive physical, sexual, or emotional abuse. Most of us have experienced mild dissociation, which is like daydreaming or getting lost in the moment while working on a project. However, dissociative identity disorder is a severe form of dissociation, a mental process, which produces a lack of connection in a person's thoughts, memories, feelings, actions, or sense of identity. Dissociative identity disorder is thought to stem from trauma experienced by the person with the disorder. The dissociative aspect is thought to be a coping mechanism; the person literally dissociates himself from a situation or experience that's too violent, traumatic, or painful to assimilate with his conscious self.

From the story, the writer is interested to analyze the character of Sybil as her possessed by sixteen personalities and the treatment to make all the personalities becoming one personality. The writer also wants to analyze the effect from having sixteen personalities to Sybil's life and people around Sybil. Based on psychiatrist, condition that someone has more than two personalities is called by dissociative identity disorder. Inspired by this, the writer takes

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Statement of Problems

Based on the explanation above, there are some problems that will be discussed in this thesis. They are:

1. What are sixteen personalities that the main character has?
2. What are the dissociative identity disorder symptoms that the main character shows?
3. What are the causes that made the main character suffering dissociative identity disorder?
4. What is the treatment that Sybil takes to treat her dissociative identity disorder?

II. THEORETICAL REVIEW

A. Understanding of Novel

The word comes from the Italian, Novella, which means the new and small. The novel developed in England and America. The novel was originally developed in the region from other forms of narrative nonfiction, such as letters, biographies, and history. But with a shift in society and development time, the novel is not only based on data nonfiction, author of novel can change according to the desired imagination.

According to Kennedy and Gioia (2005:288) "a novel is a book-length story in prose, whose author tries to create the sense that, while we read, we experience actual life." Based on this definition, novel is the story that has sense from the author that can create the sense to make the reader follow the character feel, while the reader read the story. The story can come from the experience actual life or another person experience.

Novel is longer than short story and the plot is more complicated. The setting includes a number of different places, and times of the action may extend over months, years, and even decades as Bronze (1989:625) stated "a novel is longer-often much longer-than a short story."

Novel mostly talks about reality of life, such as social life, psychology, religions, or love. Novel tells about events that happen in the reality life. Siswantoro stated (2005:29) that

Novel atau cerpen sebagai bentuk sastra, merupakan jagad realita yang didalamnya terjadi peristiwa dan perilaku yang dialami dan diperbuat manusia (tokoh). Realita social, realita psikologis, realita religious merupakan terma-terma yang sering kita dengar ketika seseorang menyoal novel sebagai realita kehidupan. Secara spesifik realita psikologis sebagai misal, adalah kehadiran fenomena kejiwaan tertentu yang dialami oleh tokoh utama ketika merespon atau bereaksi terhadap diri dan lingkungan.

Novel or short story as a literary form is the reality of the universe in which events occur and the behavior of experienced and done by people (figure). Social reality, the reality of psychological, religious reality is these terms that we often hear when someone questions the novel as a reality of life. Specifically psychological reality as an example is the presence of certain psychiatric phenomena experienced by the main character when responding or reacting to themselves and the environment.

B. Dissociative Identity Disorder

Dissociative Identity Disorder (DID), previously referred to as Multiple Personality Disorder (MPD), is a psychological condition in which there is the apparent existence of two or more distinct personalities within the individual, with only one being evident at a time. As Carr (2001:128) stated in his book *Abnormal Psychology* :

The closest scientific equivalent to split personality is referred to as multiple personality disorder (MPD) in ICD 10 and dissociative identity disorder (DID) in DSM IV. The central feature is the apparent existence of two or more distinct personalities within the individual, with only one being evident at a time. Each personality (or alter) is distinct, with its own memories, behavior patterns and interpersonal style. Commonly the host personality is unaware of the existence of the alters and these vary in their knowledge about each other.

Dissociative Identity Disorder (DID) known in the past as Multiple Personality Disorder-MPD and other Dissociative Disorders are now understood to be fairly common effects of severe trauma in early childhood. The most common cause is extreme, repeated physical, sexual, or emotional abuse. Carr (2001:129) stated that "dissociative identity disorder or multiple personality disorder being the most extreme form of dissociation. More extreme dissociative conditions develop when the person has a strong capacity to dissociate and is exposed repeatedly to severe trauma." In addition Weseley and McEntarffer (2010:244):

Dissociative Identity Disorder (DID), formerly known as multiple personality

disorder, is when a person has several personalities rather than one integrated personality. Someone with DID can have any number of personalities. The different personalities can represent many ages and both sexes. Often, two of the personalities will be the opposite of each other. People with DID commonly have a history of sexual abuse or some other terrible childhood trauma.

Rob and Carolyn Spring (2010) described about the symptom of dissociative identity disorder. There are different types of dissociative disorder and they may include varying degrees of the following five core dissociative identity disorder symptoms:

- a. **Amnesia.** This will be for specific and significant blocks of time that have passed – gaps in memory or 'lost time'.
- b. **Depersonalization.** This is a feeling of being detached from yourself or looking at yourself almost from the outside, as an observer would. It can also include feeling cut-off from parts of your body or detached from your emotions.
- c. **Derealisation.** This is a feeling of detachment from the world around you, or a sense that people or things feel unreal
- d. **Identity confusion.** This is a feeling of internal conflict of who you are – having difficulty in defining yourself.
- e. **Identity alteration.** This is a shift in identity accompanied by changes in behavior that are observable to others. These may include speaking in a different voice or using different names. This may be experienced as a personality switch or shift, or a loss of control to 'someone else' inside.

Psychotherapy is the treatment of choice for individuals suffering from any type of dissociative disorder. As Carr (2001:129) stated "Psychological treatment commonly involves helping the person integrate the multiple personalities into a single personality and develop non-dissociative strategies for dealing with stress. Unlike schizophrenia, psychotropic medication is of little value in treating the core symptoms of multiple personality disorder." In addition, Weseley and McEntarffer (2010: 259) stated "Psychoanalysis is a therapeutic technique developed by Freud. A patient undergoing psychoanalysis will usually lie on a couch while the therapist sits in a chair out of the patient's line of vision." It can be concluded that the goal of treatment of Dissociative

Identity Disorder is usually to integrate the personalities into a single personality.

It can be seen that dissociative disorder is a disorder characterized by a change in individual's identity, memory, or consciousness. Individual with this disorder find a difficulty to remember important events that ever happened, forget the identity and form a new identity. This dissociative appears because of traumatic events. This dissociative is used as self defense to face the traumatic events.

1.4. Psychoanalysis

Psychological criticism approaches a work of literature as the revelation of its author's mind and personality. Psychological critics see literary work as intimately linked with their author's mental and emotional characteristics. Furthermore, DiYanni (2001:1363) stated "psychological criticism approaches a work of literature as the revelation of its author's mind and personality. Psychological critics see literary works as intimately linked with their author's mental and emotional characteristic."

Psychoanalytic criticism derives from Freud's revolutionary psychology in which he develops the notion of the "unconscious", along with the psychological mechanism of "displacement", "condensation", "fixation", and "manifest latent", "dream content." Freud concerns a conscious element of the mind below consciousness, just beneath awareness. As Freud in Milner (1992: 43) stated "*model kajian ini pertama kali dimunculkan oleh Sigmund Freud, seorang dokter muda dari Wina. ia mengemukakan gagasannya bahwa kesadaran merupakan bagian kecil dari kehidupan mental sedangkan bagian besarnya adalah ketaksadaran atau tak sadar.*" This study derived by Sigmund Freud, a young doctor from Vienna. He explained the idea that conscious is a small part of mental life, while unconscious is most of it."

Endaswara (2003:101) explained that "*Dalam kajian psikologi sastra, akan berusaha mengungkap psikoanalisa kepribadian yang dipandang meliputi tiga unsur kejiwaan, yaitu id, ego, dan, super ego. Ketiga system kepribadian ini satu sama lain saling berkaitan serta membentuk totalitas, dan tingkah laku manusia yang tak lain merupakan produk interaksi ketiganya.* Study of psychology literature will discover about psychoanalysis involves three psychological elements, *id, ego, super ego*. These third personality systems are interrelated to each

other and form totality and human behavior which are the product of interaction of *id, ego, and super ego.*"

Id is the most basic of human personality system. In addition Atmaja in Endaswara (2003:101) explained that "*id* merupakan acuan penting untuk memahami mengapa seniman atau satrawan menjadi kreatif. Id is an essential reference to comprehend why artists or writers becoming creative." It can be seen that artists create their works through id. Id is instinct and passion that does not know about the value. The id operates according to the pleasure principle.

According to McLeod (2008) stated that ego is part of the id which has been modified by the direct influence of the external world. The ego develops in order to mediate between the unrealistic id and the external real world. Like the id, the ego seeks pleasure and avoids pain but unlike the id the ego is concerned with devising a realistic strategy to obtain pleasure. While Super ego is incorporates the values and morals of society which are learnt from one's parents and others. It develops around the age of 4 – 5 during the phallic stage of psychosexual development. The superego's function is to control the id's impulses, especially those which society forbids, such as sex and aggression. It also has the function of persuading the ego to turn to moralistic goals rather than simply realistic ones and to strive for perfection.

There is relation between literature and psychoanalysis. Milner in Endaswara (2003:101-102) described that :

ada dua hal, pertama ada kesamaan antara hasrat-hasrat yang tersembunyi pada setiap manusia yang menyebabkan kehadiran karya sastra yang mampu menyentuh perasaan kita, karena karya sastra itu memberikan jalan keluar terhadap hasrat-hasrat rahasia tersebut. Kedua, ada kesejajaran antara mimpi dan sastra, dalam hal ini kita menghubungkan elaborasi karya sastra dengan proses elaborasi mimpi. Keadaan orang bermimpi adalah seperti penulis yang menyembunyikan pikiran-pikirannya. There are two things; first there are similarities between the hidden desires of the human which causes the presence of literary works that can touch our feelings because the literature gives the answer to the secret desires. Secondly, there are parallels between dreams and literatures. In this case, we connect the elaboration process of elaboration of literature with a dream. State of the dream is like a writer who hides his thoughts.

It can be comprehend from the definition above there is a relationship between literature and psychology. Artists' creativity process in creating their works is influenced by artists' psychological expression, emotion, and thought.

III. METHOD OF RESEARCH

a. Method

The writer uses descriptive analysis method and library research to fulfill data that will be needed. The writer searches data in some libraries or book store to get books that contains information to support her writing idea in the thesis. In addition, the writer also browses on the internet to get more information about the novel.

b. Data Source

This research studies a novel and focuses dissociative identity disorder (symptoms, causes, and treatments) . All data are taken from *Sybil novel* by *Flora Rheta Schreiber*

c. Data Collection

In this research, the writer uses the secondary source, that is documents to support the descriptive method. There are steps that the researcher takes to analyze the data:

1. Reading the novel
2. Collection the dialogues containing the dissociative identity disorder symptoms, causes, and treatments.

d. Data Analysis

The data analysis is the process of identifying and classifying the data. As mentioned before, the main objective of this research is to analyze dissociative identity disorder. The writer analyzes the the sympompms, causes, and treatments of dissociative identity disorder.

For these reasons, there are several steps taken in analyzing the data. The first is to analyze the symptoms of dissociative identity disorder. The second is to analyze the causes of dissociative identity disorder. The third is to analyze the treatments of dissociative identity disorder.

IV. DISCUSSION

A. Dissociative Identity Disorder

Sybil Dorsett is the main character of this novel. She is the core of *Sybil* novel. She is protagonist character. Sybil is woman who suffers dissociative identity disorder or multiple identity disorder. Dissociative identity disorder is a psychological condition in which there is the apparent existence of two or more distinct personalities within the individual, with only one being evident at a time.

Sybil also has 16 different personalities. They are Victoria Antoinette Scharleau, Peggy Lou Baldwin, Peggy Ann Baldwin, Mary Lucinda Saunders Dorsett, Marcia Lynn Dorsett, Vanessa Gail Dorsett, Mike Dorsett, Sid Dorsett, Nancy Lou Ann Baldwin, Sybil Ann Dorsett, Ruthie Dorsett, Clara Dorsett, Helen Dorsett, Marjorie Dorsett, The Blonde, and The New Sybil. All of the personalities have different memories, moods, attitudes, and different experiences.

There are some dissociative identity disorder symptoms that found in Sybil (main character in *Sybil* novel). The first symptoms of dissociative identity disorder that found in *Sybil* novel is Sybil always loses some days in her life or gets amnesia for long periods childhood and sometimes adulthood. She does not realize that she goes to some places and does something.

Sybil had not told the doctor about what puzzled her—some terrible, nameless thing having to do with time and memory. There had been times, for instance, during the last summer and early autumn, when Sybil had gone to the doctor's office without, later, having any clear recollection of what had transpired.(Chapter 3, p.30)

Yesterday? Sybil was silent. For her-she was beginning to know it now-yesterday was never. Things had taken place that she was supposed to have done or learned of which she had no knowledge. (Chapter 9, p. 146)

Sybil ever experienced long losing time. This happended when she was in elementary school. She suddenly stranded in fifth grade, whereas she is pretty sure that she is third-grade student.

The teacher, who talked quickly in short nervous sentences, was tall and thin. She wasn't Sybil's teacher. Miss Thurston, her teacher, spoke slowly and deliberately and was stout and of

medium height. The third-grade teacher was Miss Thurston. This should be Miss Thurston, but it was Miss Henderson. Sybil knew Miss Henderson as the fifth-grade teacher. What was happened? Sybil wondered. It was no dream. The room, a regular classroom in the school she had attended since kindergarten, seemed normal between its four walls. Only it wasn't her classroom.....somehow she had gotten into this fifth-grade classroom. She had done something wrong, a terrible thing. She had to get out, had to get back to the third-grade where she belonged, where Miss Thurston had probably marked her absent.....Then she began to notice the other children. There was Betsy Bush across the aisle, Henry Von Hoffman in front of her, Stanley, and Stuart and Jim and Carolyn Schultz and all the rest. Well, she thought, the whole third grade is in here. (Chapter 9, p.137)

But how much time had gone by? This she still didn't know. She was in the fifth grade and didn't remember being in the fourth. Never before had that much time passed. Things were happening to her of which she knew nothing and over which she had no control. (Chapter 9, p.147)

The second symptom is depersonalization. Depersonalization is a feeling of being detached from yourself or looking at yourself almost from the outside, as an observer would. It can also include feeling cut-off from parts of your body or detached from your emotions. Sybil usually feels that she cut-off from her own body, she can see herself in other personality.

Sybil could see herself *becoming* Sybil Ann. As Sybil Ann she had returned to the apartment and had been suddenly obsessed with the desire to go off on a trip. Somehow this trip had not eventuated, but while planning to go, she had looked at a purse on the dresser with Sybil Ann's eyes, thinking that she would take the purse with her and return it as soon as she got settled somewhere. Observing that the name on the identification card was Sybil I. Dorsett, Sybil in the person of Sybil Ann thought: that must be the owner. The memory of being Sybil Ann was so distinct that it had even included Sybil Ann's confusion as to who Sybil was. (Chapter 25, p.371)

The third symptom is derealisation. This is a feeling of detachment from the world around you, or a sense that people or things feel unreal. Sybil feels that she had saw and known the person before, but she do not know who the person is and how she meets with that person.

Sybil was in her dormitory room, studying for an exam in Professor Roma Gana's education course. There was a knock on the door. She thought that it was Teddy Reeves. Standing at the door, however, was not Teddy, but a tall, good-looking woman with bright brown hair and bright brown eyes, a woman who was probably in her early forties. Sybil didn't know that woman.....it's so unreal. Have I spoken to her before? I've seen her around, but we have never exchanged a single word. Yet she acted as if we were friends. Friends? The confusion raged. (Chapter 6, p. 100)

The woman that came to Sybil's dormitory is Marian Ludlow. She is a friend who Sybil known when she was becoming Vicky. It is the reason why Sybil feels that she ever seen the woman but she do not know who is that woman.

The fourth symptom is identity confusion. Identity confusion is a sense of confusion about who a person is. Sybil sometimes feel confuse about her identity. For example, one day Sybil surprised that her clothing style was very different from her own style. Sybil did not care about what she wore, but she saw that she really fashionable at that time and she did not know that she had bought a nice dress that she was worn.

The last symptom that can be found in this novel is identity alteration which is the last symptom based on Rob and Carolyn Spring. It can be seen from different way of speaking, different voices and using different name. Sybil also can switch her personality to another personality at the same time.

Since the body was now simultaneously occupied by Marcia and Vanessa, the doctor wondered how she was going to be able to tell them apart. But after the first exchange of pleasantries, she was able to distinguish one from the other by the difference in their voices, which, even though both spoke with English accents in similar diction and speech pattern, were markedly individual. Vanessa talked soprano, Marcia alto.

Vanessa's voice had a lilting, Marcia's, a brooding, quality. (Chapter 11, p.179)

Vicky chuckled. "I suppose," she said with what seemed like deliberate ambiguity, "you might call it group therapy."

"You agreed you were sisters."

Vicky was quick. "Family therapy, then, if you insist. Thanks for the correction." Then, as surely as if she had physically left the room, Vicky was gone. A voice that definitely was not Vicky's remarked politely, "I'm glad to meet you, Dr. Wilbur."

"You're Marry?" the doctor asked

"Marry Lucinda Saunders Dorsett," the voice replied. (Chapter 11, p.171)

With fourteen alternating selves making spontaneous appearance in the world, the slender frame of Sybil Dorsett, roaming the streets of New York, often confounded comprehensibility. Peggy Lou walked in the rain, went into a store on Broadway, picked up a glass dish, wanting to break it. Vicky said no.

"Do you want the dish?" the clerk asked No," Peggy replied, "I want to break it."

"Put the dish back," Vicky ordered (Chapter 27, p.393)

B. Dissociative Identity Disorder Causes

The psychiatrist states that the primary cause of DID appears to be severe and prolonged trauma experienced during childhood. This trauma can be associated with emotional, physical or sexual abuse, or some combination. The author also narrates that Sybil as the main character experienced some traumas. The author tells in her novel that Sybil's mother often did physical and sexual abuse to her. Sybil has mother who suffers *scizophrenia*. The condition of her mother makes Sybil's getting many physical abuse and sexual abuse.

Flutered, defensive, he replied, "I did what i could." Then he told Dr. Wilbur about his having taken Hattie to see a psychiatrist at the Mayo Clinic in Rochester. The doctor there had diagnosed Hattie as a schizophrenic and had said that, although shedidn't have to be hospitalized, she should be treated on an out-patient basis. "Hattie saw the doctor only once," Willard remarked. "She wouldn't go back because she

said that all he did was stare at her. (p.271-272)

This condition becomes more complex because Willard Dorsett, Sybil's father, is aloof, passive, committed to not knowing facts that might distress them, too gentle to cope with the women they married, effectual in their business but ineffectual at home, and the main problem is Willard had not taken any action whatsoever against the most destructive mother of whom the doctor had ever had any knowledge. Willard Dorsett had acted as if he had not wanted to know. He had evaded the issue by never asking her what trouble was when they were alone and Sybil was free to communicate with him.

The example of sexual abuse that Hattie done is Hattie tied Sybil's feet with dish towels and stringed her to the end of a light bulb cord, suspended from the ceiling. Sybil was left to swing in space while her mother proceed to the water faucet to wait for th water to get cold. Then Hattie inserted the enma tip into Sybil's urethra and fill the bladder with cold water. After that Hattie forced Sybil to walk around the room holding the water in her body. The sexual abuse is closed with Hattie's menace that Sybil could not tell to anybody. This condition can make Sybil cramp.

These early morning rituals also included unneeded enemas, which Hattie gave her daughter with frightening frequency. Almost invariablyit was an enema of cold water administered from an adult-sized bag containing about twice as much water as would normally be given to a child or infant. After the enema Hattie insisted that the child walk around the rom holding the water. This resulted in severe cramps. But if Sybil cried, hattie would beat her and say, "i'll really give you something to cry about." (p. 215)

Hattie also ever inserted a flashlight, a small empty bottle, a little silver box, the handle of a rugalar dinner knife, a little silver knife, a buttonhook to her vagina. Sometimes she inserted her finger when she bathed Sybil. The effect of this events, Sybil who two and a half-year-old girl tried to lock the door and to bath herself. Hattie gave the comprehension to Sybil that what she has been done to Sybil will be done by the men. Men will push and hurt Sybil. Because of Hattie's action, Sybil's vagina was permanently scarred. The

gynecologist who examined Sybil when she was twenty years old stated that, because of the internal injuries, she would probably never bear a child.

Sybil also got physical abuse from her mother. Hattie slapped Sybil and knocked her to the ground. Hattie also pressed down a hot flatiron on Sybil's hand. It caused a serious burn to Sybil's hand. A rolling pin descended on Sybil's fingers. A drawer closed on Sybil's hand. A purple scarf was tied around Sybil's neck until she gasped for breath. The same scarf was tied around her wrist until the hand became blue and numb. The most serious action is Sybil was tied with dish towels to the scrolled piano leg while her mother played piano. Hattie put Sybil in the trunk in the attic and closed the lid or stuffed a damp wash rag down Sybil's throat and put cotton in her nose until Sybil lost consciousness. Hattie ever shoved a bead to Sybil's nose.

Physical and sexual abuse that Hattie has done makes Sybil thinking that the women that should love and care about her instead harm her. Sybil tries to fight back and look for shelter. She hopes her father will become her hero but the reality does not take to her side. Her father does not care with what happened to Sybil. It can be seen from the silence of Willard Dorsett to what happened with Sybil. He just believes what Hattie said and does not try to look for what is going on when he is not at home by himself.

Those abuses make Sybil looking for another solution. Sybil makes other personalities to rise up from her problems. Sybil knows that she could not rely on her father. That cause makes Sybil alters many personalities to express her life problems.

Sybil's parents also often expose their sexual scene in front of Sybil. They put a cot in their room. Sybil who is third-year-old baby girl often sees what her parents do in their bedroom. She always hears Hattie's sigh. Sybil is angry to her parents because they never show their intimacy in the front of other people. Her father even does not want to take Sybil on his lap. This condition happens until Sybil is nine years old. Sybil thinks that her parents are hypocrite.

C. The Treatment of Dissociative Identity Disorder

According to Carr's theory in his book "Abnormal Psychology" psychotherapy is the primary treatment for dissociative disorders. This form of therapy, also known as talk therapy, counseling or psychosocial therapy, involves talking about your disorder and related issues with a mental health provider. Your therapist will work to help you understand the cause of your condition and to form new ways of coping with stressful circumstances.

Psychotherapy for dissociative disorders often involves techniques, such as hypnosis, that help you remember and work through the trauma that triggered your dissociative symptoms. The course of your psychotherapy may be long and painful, but this treatment approach often is very effective in treating dissociative disorders.

In this novel, Flora Rheta also tells that treatment that the main character did is psychotherapy and hypnosis. Dr. Wilbur thinks that Psychotherapy is the best and save treatment for Sybil.

Her conviction that straight psychoanalysis was the treatment of choice in the Dorsett case remained firm, yet she was willing to experiment as long as there was no threat to her patient or the treatment situation. (Chapter 28, p. 400)

Dr. Wilbur uses psychotherapy to know each personality. She makes contact with Sybil's sixteen personalities to know and understand their role and function in Sybil's life. Sybil lies on the couch and answer the questions from Dr. Wilbur. Dr. Wilbur meets with other altered personalities and knows their characteristic. Dr. Wilbur also knows where they come from.

Dr. Wilbur also use hypnosis as part of Sybil's treatment for her dissociative disorder. Hypnosis creates a state of deep relaxation and quiets the mind. When Sybil is hypnotized, Sybil can concentrate intensely on a specific thought, memory, feeling or sensation that she hidden from her conscious minds. She can express what she feel freely.

Overpowering feelings of hatred flooded Sybil. "I hate her," she gasped. "Whenever she hurt me, I saw myself put my hands around her throat. Other ways, too. Stab her. Lots of times I wanted to stab her. Figures of her filled with nails. Never did it at home.

Sometimes at school, sometimes at the hardware store. But I wanted to do it. I wanted to. When she died, I thought for a moment i had killed her. I wanted to for so long. I wanted to kill my mother.” (Chapter 30, p. 421-422)

Dr. Wilbur also uses hypnosis to unite all Sybil’s altered personalities. Dr. Wilbur makes all personalities has same age, into Sybil’s age.

“We are going to start now,” the doctor announced decisively. “All of you are going to grow. You are going to keep right on growing. Fifteen minutes from now you will be thirty-seven and three months Sybil’s age.”

The patient seemed relaxed. Finally the doctor proclaimed, “You are all thirty-seven and three months and will never again be any younger. When you wake up, you will know that now you are thirty-seven and three months. You will all the same age as the others.” (Chapter.28, p.407-408)

Dr. Wilbur combines psychotherapy and hypnosis to cure Sybil from dissociative identity disorder. The combination of two treatments succeed to make the altered personalities integrated becoming the new Sybil who can live normally.

V. CONCLUSION

This thesis is focused to study the analysis of the main character and dissociative identity disorder in *Sybil* novel by Flora Rheta Scheiber. The writer finds out the symptoms of dissociative identity disorder, the causes of dissociative identity disorder, and the treatment of dissociative identity disorder that Sybil suffers.

The main character suffers dissociative identity disorder. She has sixteen personalities. They has different name, characteristic, and gender. The sixteen personalities are Victoria Antoinette Scharleau, Peggy Lou Baldwin, Peggy Ann Baldwin, Mary Lucinda Saunders Dorsett, Marcia Lynn Dorsett, Vanessa Gail Dorsett, Mike Dorsett, Sid Dorsett, Nancy Lou Ann Baldwin, Sybil Ann Dorsett, Ruthie Dorsett, Clara Dorsett, Helen Dorsett, Marjorie Dorsett, The Blonde, and The New Sybil. Vicky is self-assured girl and likes to know how to get along with people. Peggy Lou is willing to talk about herself and can express her feeling freely. Mary is a maternal little-

old-lady, plump, thoughtful, and contemplative. Peggy Ann has similar characteristic with Peggy Lou, but Peggy Ann is more tactful. Marcia is pert and assertive. Vanessa is tall and slender girl. Mike has olive skin, dark hair, and brown eyes; in other hand Sid has light skin, dark hair, and blue eyes. Nancy interests with politic, Sybil Ann is a stringy girl and Ruthie Dorsett is created by Sybil’s rejection of the seeing her parents having sex. Clara Dorsett is very religious, religion is very important for her and she believes in God and Bible. Helen Dorsett has light brown hair and hazel eyes. Majorie Dorsett enjoys making wry little jokes and something to tease The Blonde. The New can remember each day that she had spent.

The symptoms of dissociative identity that Sybil deals that found in this novel are losing time and switching personalities at the same time. The first symptom is losing time. Sybil always loses some times in her life. She could not remember what she has done, in the other hand the other personalities who do the activities. The second symptom is switching personalities at the same time. Sybil usually switches from one personality into other personality at the same time. She usually does it at the Dr. Wilbur’s room or some places. One personality is contrary with other personality.

Dissociative identity disorder that Sybil suffering caused by childhood traumatic. Sybil got physical and sexual abuse from her mother. Her mother who suffers schizophrenia even pressed down a hot flatiron on Sybil’s hand and inserted a flashlight, a small empty bottle, a little silver box, the handle of a rugular dinner knife, a little silver knife, a buttonhook to her vagina. Those abuses make Sybil looking for another solution. Sybil makes other personalities to rise up from her problems. Sybil knows that she could not rely on her father. That cause makes Sybil alters many personalities to express her life problems.

The treatment that is told by author in this novel to cure Sybil’s dissociative identity disorder is psychotherapy and hypnosis. Dr. Wilbur uses psychotherapy to know and understand the characteristic of the altered personalities while hypnosis is used to allow the altered personalities communicate each other and to integrate all personalities. Dr. Wilbur makes all personalities becomes one new personality, the new Sybil.

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