

## The Main Character's False Impression in Zappia's *Made You Up*

**Cahya Ningsih**

English Literature Study Program, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang  
[cahyan43@gmail.com](mailto:cahyan43@gmail.com)

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Corresponding Author:

Cahya Ningsih

[cahyan43@gmail.com](mailto:cahyan43@gmail.com)

### ABSTRACT

*Delusions deeply held beliefs or false impressions, even though they contradict reality and what is generally thought to be true. This study used the theory of literary criticism because literary criticism focused on literary works. The researcher analyzed the delusional disorder experienced by Alex using literary criticism theory with a psychological approach. This study aimed to examine Alex's mental disorder in the book Made You Up using delusional theory within the scope of Literary Psychology. The researcher tried to find the dominant form of delusion experienced by the character and how the delusion affected personality development. The data were taken from the memoir Made You Up by Francesca Zappia in the form of sentences, conversations, and statements. The data were analyzed using the delusional theory by Leeser and O'Donohue. This study aimed to examine as well as distinguish several types of delusions that occurred in the book. Therefore, this study examined sequence by sequence occurred in the book. In this study, the results showed that Alex's delusions included threatening feelings, and having beliefs that were considered subjective. Then how did delusions affect Alex's personality development where he quickly became emotional, felt excessively anxious, and became depressed because he locked himself up in his room a lot. Some delusions were quick and immediate, while others were more enduring and persisting over a long period.*

**Keywords:** literary criticism, psychology, mental disorder, delusion

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### INTRODUCTION

Some people don't realize how necessary mental health. Not everyone has the same feelings, thoughts, and behaviors as others. This is due to abnormalities in behavior, ideas, and feelings that indicate a mental disorder. In Indonesia, it is noted that the issue of assault and violence perpetrated by people with mental disorders is currently being

discussed, especially in cases of delusions. In fact, according to the doctor at RSJ Soeharto Jedjan, Reporting from DINKES BANTEN said that only patients who might not receive treatment could commit acts of violence like most of them just wandering on the streets but recently, this delusion is common in schizophrenic patients who have false thoughts and beliefs that trigger a disturbance in the value of reality. For example, paranoid delusions, or feeling chased and will be hurt by others. Usually, individuals do things following the type of delusion that exists by having high suspicion, having great power, feeling that they have abilities far above ordinary humans, feeling that they have severe disease or can infect other individuals.

The case of delusional disorder in humans is also an attraction for literary connoisseurs in creating new things, one of which is raising the issue of delusion in literary works with a film called *The Shutter Island*—reporting from Tags. This film is an adaptation of the novel by Dennis Lehane of the same name. Starring Leonardo Di Caprio and Mark Ruffalo, the film revolves around the investigation of two United States Marshals, Teddy, and Chuck, into the disappearance of a patient named Rachel Solando from Ashecliff Hospital. During the investigation, Teddy finds evidence that the hospital is, in fact, a place where a group of people conducts dangerous experiments on their patients. At the end of the film, the audience is presented with another fact that the facts and data found by Teddy are only the product of his imagination. The plot twist of the surprising storyline is the main attraction in this Film.

Likewise, in a book by Francesca Zappia entitled *Made You Up*, a nonfiction literary work is written based on a true story. Events, establishments, organizations, or locales are intended only to provide a sense of authenticity. They are used to advance the fictional narrative. All other characters and all incidents and dialogue are drawn from the author's imagination and are not to be construed as accurate. This story is very worth reading because it teaches a lot about the meaning of life and new perspectives on the mental disorder of the main character, who has experienced delusion. The researcher also absolutely agrees with the above review of this book. This book is indeed straightforward to read for the readers. Moreover, this book also provides new insights into how Alex makes reality unacceptable because he believes what is in his mind is also known as his world. He's always trying to capture the real thing with cameras and photographs. Distinguish what's in his head.

Several discussions on the topic of Delusions were made by previous researchers, including a study conducted by Adillah (2019); Susanti et al., (2021); Gustin & Rizky, (2018). The three studies above examined a study that is a significant issue in discussing the types and causes of delusions in the main characters. The researcher on finding impact of behavioral changes due to delusions on the characters in the novel. Other research conducted by Sofiyanti, (2021); Haznawati, et al., (2018); Ward, T. et al., (2019); Charlie Kaufman and Duke Johnson (Azmi, 2019); Pandis et al., (2019); Noviana, F, (2017); whose research found the impact of behavioral changes due to delusions on the characters in the novel. The last previous studies combined hallucinations and delusions as distinct types of attributions, distinguished by whether or not the sensory perception is included only when it is relevant, and their presentation enables it. (Rodríguez et al., 2021). This study shows a concept that unifies two phenomena as people's attributions about themselves and

their circumstances, building on a long clinical tradition of discussing the differences between hallucinations and delusions while assuming their similarities. Then, any attribution factor can be utilized as a guide to build considerable literature on both and eliminate analytical uncertainty. Such attributions make more sense in the two-way structure of relationships with components in one's framework and surroundings.

## RESEARCH METHOD

This study used literary criticism theory because literary criticism focuses on literary work. The researcher analyzed the delusion disorder experienced by Alex using literary criticism theory with psychology and literature. The researchers analyze delusion by Leeser and O'Donohue's (1999) theory on the main character, who suffers from delusion, the types and the way the primary character faces delusion from the Theory of psychology to explore the mental disorder in the Novel "Made You Up" by Francesca Zappia.

In this study, the researcher was the primary tool for data collection. The data of this research was the Novel Made You Up, written by Francesca Zappia, and is the primary data source in this study. Francesca Zappia's Made You Up Novel's primary data sources include words, phrases, sentences, paragraphs, or character discussions that contribute to the main character's adolescent delusional disorder experience. This novel, 63 chapters, and 292 pages were published in 2015. Official publishers, such as Amazon, Goodreads, and others, purchase the e-book edition.

The collection of data was a systematic production to obtain data on the research problem to be solved. The data collection of this research took several steps, such as the researcher reads (close-reading) the novel Made You Up carefully to understand the intrinsic elements of the book. Highlighting words or sentences that are related and relevant to the research problem. Then, record and understand the novel's intrinsic elements and collect related quotes, including dialogue and prologue, according to the problem formulation. The last is classify data into several categories related to research problems.

## FINDINGS & DISCUSSION

Alex is a teenager who has a mental disorder called delusions. Alex begins his story when he goes to a grocery store with his mother and father. His mother left Alex in the lobster tank in the middle of the central valley while he went to get Dad's pork from the deli counter. The lobster fascinated him. Everything from their name to their claws turns majestic red and addicting. At that moment, Alex thought the lobster was talking to him for help. Alex felt they looked sad, so at that time, Alex thought he wanted to help him get them out of there. Then Alex put his hand in the water towards the lobster, hoping it would claw at him and curl up and untwist its tail. But not. For two years after that fateful day at the supermarket, Alex thought he would genuinely free the lobsters. He felt they crawled away, found the sea, and lived happily ever after. When Alex was ten years old, his mother learned that Alex was some lobster savior. He also discovered that all the lobsters looked bright red to Alex. First, he tells Alex that he hasn't let go of the lobster and just puts his arm in the tank before he appears to be tugging at it, embarrassed. Then Alex's mother explained

that the lobster only turned bright red after being boiled. Alex didn't believe him because they were never another color to him. Alex's first friend is a hallucination: An entry glistens on his new resume as a lunatic. Then his mother took Alex to a child therapist, and Alex first recognized the word crazy. Alex's medication sometimes helps. Alex knows it works when the world isn't as colorful and exciting as it used to be. Like when he found out the lobster in the tank wasn't bright red. Or when he realizes that checking her food for trackers is silly (but does it anyway because it soothes the prickling paranoia in the back of her neck).

Alex also knows it's at work when he can't remember things clearly, feels like he hasn't slept in days, and tries to put his shoes behind him. Half the time, doctors aren't even sure if the medicine is working. That should reduce paranoia, delusions, and hallucinations, but they'll have to wait and see if it's possible for the patient to feel tired sometimes. Doctors initially thought some dehydration could. Have caused a lot of fluctuations in Alex's weight. The doctors were beneficial, but Alex developed his system of figuring out what was real and what wasn't. Alex took the picture. Over time, the reality remains in the photo while the hallucinations fade. Alex found what kind of things he wanted to make, and it couldn't be separated from the delusional thoughts in his mind. Each has criteria and symptoms how delusion pictured on Alex include;

The following data shows that Alex began to show delusions when he saw a billboard depicting a resident wearing a gas mask.

*"Like billboards whose occupants wore gas masks and I reminded passersby that poison gas from Hitler's Nazi Germany was still a very real threat. I didn't have the luxury of taking reality for granted. And I wouldn't say I hated people who did because that's just about everyone. I didn't hate them. They didn't live in my world. But that never stopped me from wishing I lived in theirs (p. 8)*

The data above shows that Alex is delusional because of the belief he sees "Like a billboard whose occupants wear gas masks." This can be said to be delusional because what he sees and imagines on the billboard is not logically acceptable. Especially when he warned those around him that this was a real threat, "and I reminded passers-by that the poison gas from Hitler's Nazi Germany was still a very real threat." This includes delusion because, according to Munro (1999), delusional symptoms occur when a person has beliefs and is held with extraordinary conviction and with profound subjective certainty, as happened to Alex, who has thoughts, opinions, or perceptions that are not real. These ideas may contain an element of truth or be entirely imaginary when he chooses a billboard but what comes to his mind is something different from reality. Ultimately, people with delusional disorder believe in subjective things for which there is no reality or truth. These delusions usually involve false perceptions or experiences. But in fact, the situation is either not true at all or is greatly exaggerated.

In addition, the second data shows that Alex is showing his delusions when he is on the stairs.

*"It wasn't until I got to the stairs that I realized I was being followed. The hairs on the back of my neck prickled, and I grabbed for my camera as I spun around. Miles stood behind me. "Are you doing that on purpose?" I asked. "Doing what on purpose?" he replied. "Walking a*

*few steps behind me, close enough so I realize you're there but not so close you look creepy doing it. And staring. "He blinked. "No." "It sure feels like you are." "Maybe you're paranoid." I stiffened. He rolled his eyes. "Guthrie?" he asked. (p. 12)*

The data shows Alex is having delusions because Alex feels that something is following him on the stairs, so he feels threatened. As data shows, "It wasn't until I got to the stairs that I realized I was being followed." The hairs on the back of my neck got goosebumps, and I grabbed my camera while twirling." Alex, who believed that he was being followed on the stairs even though no one was following him, indicated that he was experiencing delusions because he was showing symptoms where he felt he was being followed when he wasn't. According to Munro (1999), one of the symptoms of delusion has criteria such as believing that another person is trying to hurt that person. They have an unshakable belief in something that is not true and is not based on reality.

Delusions are also related to situations believed to have occurred in real life, like the feeling of being followed, poisoned, or cheated. As happened to Alex, He believes that someone looks scary doing it on the stairs". Usually, people with delusional criteria will have so many strong beliefs that they think. Those who believe can counter all the other arguments of those who do not accept them (Jaspers, 1993). This is evidenced by what Miles said when Alex felt Miles make his hair throb and he felt, "I realized you were there." but not so close you look creepy doing it. And stare." He blinked. "No. "Maybe you're paranoid," Miles said.

However, the third data shows Alex is experiencing delusions when he looks at the art.

*"Jetta gave Miles a dimpled smile, shoveling her curls behind her shoulders. "Nice to meet you," he said, holding out his hand as he waited as long as it took me to shake it. I do not." Are you French?" I asked instead. "Oi!" Overseas. Foreign spies. The French Communist Party acted on Stalin's instructions during part of World War II. French Communist spies. Stop, stop, stop. I turned to Art, a black kid who was a foot and a half taller than me and whose chest would pop out of his shirt and eat someone. I gave him two on the delusion detector. I don't trust those pecs. "Hi," he said. I waved weakly. "It's another club, do you still believe the stupid thing about the Art," Miles said. "Theo, concession stand. Evan and Ian, bleach duty." "Aye aye, Boss!" The triplets saluted and went to their posts. "Jetta's, nets, and ball carts. Art, take the pole." The other two left too. I relaxed once they all left, though I still have to deal with Miles. Miles, who switched to scoreboard control and forgot about me. (p. 28)*

The data shows Alex was delusional when he saw the painting "Stop, stop, stop. I turned to Art, a black kid who was a foot and a half taller than me, and his chest was about to pop out of his shirt and eat someone". Based on this, it proves that Alex is experiencing delusional symptoms because Alex shows criteria where he cannot realize that what he sees and imagines is real or false. This is by the four criteria or signs of delusion in the DSM-IV book: a. false delusions, b. delusions are based on wrong conclusions, c. they believe despite much evidence to the contrary, and others do not accept them in the relevant subculture. Other evidence is reinforced by people around him who feel what Alex saw and imagined in the painting, not something real like in the sentence "This is another club, do you still believe stupid things about Art," Miles said.



On the other hand, the last data show Alex is experiencing delusions when he saw Miles being the same two people.

*"Go away!" I yelled at him. He didn't blink. His eyes were bluer than ever, bluer than they should have been in the darkness. The sun glowed behind them, melting them from inside like candle wax. The color seeped from his skin. "Alex!" Someone grabbed my arm. Spun me around. Miles was there, too. Except not bleeding. And his clothes weren't torn. And his eyes were the right shade of blue. I pulled my arm away and backed up. And ran into Miles. "Who are you talking to?" Miles—regular Miles—asked. Art was right behind him. "I... I don't..." Oh no. There were two of them. I knew it was wrong, I knew there shouldn't be, but he reached up for my face, and I felt the cold roiling off his skin. The roots of my hair screamed as I tugged on them. "Both of you stay away from me." I pointed to both Miles, backing up onto the nearest lawn. One Miles was bad enough. Two were unbearable. Regular Miles frowned. "What are you talking about?" Keep your mouth shut, idiot! the little voice in the back of my head screamed. It wasn't supposed to be this bad. He's not real. He is. He's not he's not. A cold finger brushed down my cheek. Then how can he touch you? Bloody Miles stared at me, his mouth curving into a wide grin. The blood-stained his teeth, too. Miles never smiled. Not like that. I dropped to the ground as Bloody Miles lunged at me. The world went dark. (p. 40)*

The data shows that Alex is delusional because Alex sees Miles as two people. This is evidenced in Alex's sentence, "I don't." Oh no. There are two of them. I know it's wrong. I know there shouldn't be, but he grabs my face, and I feel a chill run down his skin. The roots of my hair screamed as I pulled it. "You two stay away from me." I pointed at the two Miles and backed away to the nearest page." Alex was delusional because he was showing delusional symptoms in the data above. Munro (1999) listed several symptoms of delusions, one of which was believing that someone else was trying to hurt the person. Be swayed by something that is not true and not based on reality.

The delusional disorder also involves delusions mistakenly related to situations believed to have occurred in real life, such as feelings of being followed, poisoned, and cheated. Alex is delusional because he has his criteria of having wrong beliefs when he sees Miles. He thought that Miles had two different forms. Not only that, but he also showed signs that he felt threatened by Miles' existence know there shouldn't be, but he grabs my face, and I feel a chill run down his skin. "The roots of my hair screamed as I pulled it" so that it is said to be a delusion. In addition, it is also reinforced by people who indicate that what Alex thinks is not the truth. He's not real. He is. He's not, he's not. A cold finger brushed down my cheek. Then how can he touch you?

Delusional disorder is a condition in which most sufferers who experience this disorder often affect their personality development. These delusions usually involve false perceptions or experiences. But in reality, the situation is neither actual nor greatly exaggerated. People with delusional disorder can often continue to socialize and function normally, regardless of the subject of their delusions, and generally do not behave in markedly odd ways. This is unlike people with other psychotic disorders, who may also experience delusions as a symptom of their disorder. But in some cases, people with delusional disorder may become so preoccupied with their delusions that their lives are disrupted. In harmony with the character Alex in Made You Up, which tells the story of a teenager with delusional disorder. Alex is a cheerful child and sees the world in his way, even if it's only in his mind.

*"He tripped up a little on the last word, but it didn't matter since I hadn't understood anything that had come out of his mouth. "I like scientific classification," he said. "I don't know what that means," I said. He pushed his glasses up again. "Plantae Sapindales Rosaceae Citrus." "I don't know what that means, either." "You smell like lemons." I felt a flurry of delirious joy because he'd said, "You smell like lemons" instead of "Your hair is red." I knew my hair was red. Everyone could see my hair was red. I did not, however, know that I smelled like fruit. "You smell like fish," I told him. He wilted, his freckled cheeks burning. "I know." (p. 2)*

The data shows that Alex is a cheerful child and sees the world in his way even though it's only in his thoughts. At his age, he can tell friends about what it smells like. His friend said he smelled like lemon. Alex, who heard this, made him feel delirious joy when his friend said, "You smell like lemon." It is said that Alex has various imaginations at his age. He could also tell that his friend smelled like fish: "He's withered, his freckled cheeks are burning." However, the dialogue below shows that this changed with the passage of the story, where he realized that he was mentally ill. Realizing this makes him different because the mental illness impacts his uncontrollable emotional state, makes him more withdrawn from the environment, and causes him to lose motivation and ordinary to the things around him. Alex was also found to have problems in thought processes, such as difficulty concentrating on his work so that he was fired, depression, and anxiety about things that he considered threatening himself.

*After that I avoided him. I tried to avoid Celia, too. I walked around the school complaining about "attempts on my life." and think to end my life. I glared at myself constantly and flipped my hair whenever I was near, highlighting how short forced to cut it. Even Stacey and Britney seemed a little wary of Celia now as if she'd set the fire herself. I didn't talk to Miles for most of the week. Not even in our lab on Wednesday, when I broke our watch glass, spilling chemicals all over the table. Miles bent down to pick up the pieces. Then, since our lab was ruined, he fabricated data that ended up being more accurate than anyone else's. (p. 94)*

Based on the dialogue above shows that the delusions experienced by Alex cause him to want to end his life, and he also withdraws from the environment around him. "After that I avoided him. I tried to avoid Celia, too. I walked around the school complaining about "attempts on my life." and think of ending my life". He glared at her and flipped her hair as if looking at herself in a mirror.

*But I didn't reassure him. "They're my friends. I mean, they are. Or were. I hope they're still my friends if they know. "If they're your friends, they won't care about your condition, Lex." Dad hugged me closer to his side. He smelled like rain. "Tell me" About them. "Do what you want, and don't stay away from your friends, let alone withdraw from social life." (p. 67)*

Based on the conversation above, shows how Alex's delusions make him withdraw from his environment "Do what you want and don't stay away from your friends, let alone withdraw from social life." He told this to his father at the same time his father saw him silent in the room and directly made Alex's father ask what you were experiencing. He also advises not to lock himself in his room anymore and not to care about how his friends think about Alex's mental illness.

*"18 years old I feel nothing feels or feels or looks good anymore. I don't know if it was me or the new drug. Food makes me want to throw up, blankets and clothes scratched and twisted, and every light blinds me. The world has gone Grey. Sometimes I feel like I'm dying, or the earth is crumbling under my feet, or the heavens will swallow me whole. Some days I think I'll break down in the hallway or kitchen and fill the house with sobs. (p. 86)*

Based on the dialogue above, shows that Alex's psychological condition is disturbed, he always thinks about bad things that may not necessarily be his destiny. "Sometimes I feel like I'm dying, or the earth is crumbling under my feet, or the heavens will swallow me whole. Some days I think I'll break down in the hallway or kitchen and fill the house with sobs". He thought that the world had gone grey and there were only a few hopes left for him as if there were no. This certainly affects their personality condition in Alex which in general teenagers his age can do new things that he has never tried but it is very difficult for him especially if one day he feels again how it feels to be ostracized in the surrounding environment because he doesn't try to believe in himself sometimes experiencing hallucinations.

*"The night before my first day of senior year at East Shoal High School, I sat behind the counter at Finnegan's diner, my eyes scanning the dark windows for signs of suspicious movement. Normally the paranoia wasn't so bad. I blamed it on the first-day thing. Getting chased out of the last school was one thing— starting at a new one was something completely different. I'd spent all summer at Finnegan's trying not to think about I. "Yes, the symptoms of mono include reacting to things that aren't there, screaming for no reason at all, and flailing on the ground like you're about to be ax murdered." My face flushed with heat. "It was mono," I whispered. "You're schizophrenic." I stood there, blinking stupidly. Say something, idiot! If I didn't, he'd have no doubt. Say something! Say something! I turned and walked away. I wanted to shoot Miles in the kneecaps more than ever, but I threw a stone at Miles. (p. 9)*

Based on the conversation above, Alex's delusion is why he was expelled from school. Alex is forced to leave his old school and move to East Shoal because his delusions are too bad "The night before my first day of senior year at East Shoal High School, I sat behind the counter at Finnegan's diner, my eyes scanning the dark windows for signs of suspicious movement. Normally the paranoia wasn't so bad". At first, Alex scanned the dark windows for signs of suspicious movement. This was known to his friend when he saw Alex's behavior, so he was called schizophrenic. He also couldn't express his emotions, so there was a commotion between Alex and his school friends, which made Alex expelled from school because of actions that violated school rules "I wanted to shoot Miles in the kneecaps more than ever, but I threw a stone at Miles".

*"I called tucker at night and told him this night My mother's voice lowered to a whisper. "You know they're not like that anymore." I hurried to the living room and curled up on the couch, drawing my blanket tightly around me. So much for feeling good. My mother had removed my intestines and used them to tie a noose around my neck. She just hadn't kicked the stool out from under me yet. She couldn't send me to one of those places. It was my mother. She was supposed to do what was best for me, not what would get me out of her hair the fastest. How could she even think of that? (p. 90)*



Based on the dialogue above shows that the delusion of seeing appears when seeing his mother. First, when he saw his mother as a threat, he felt that she had taken his intestines and used them to tie his neck. Then, whenever he saw his mother, sometimes delusions appeared and made him so scared that at that time, he could only cover himself with a blanket so as not to see the figure of his mother. So much for feeling good. My mother had removed my intestines and used them to tie a noose around my neck. She just hadn't kicked the stool out from under me yet. She couldn't send me to one of those places".

*Half the time, the doctors weren't even sure what the medicine would do. "Well, it should lessen the paranoia, delusions, and hallucinations, but we'll have to wait and see. Oh, and you'll probably feel tired sometimes. Drink a lot of fluids, too—you can get dehydrated easily. Also, it could cause a lot of fluctuation in your weight. Really, it's up in the air." The doctors were oodles of help, but I developed my own system for figuring out what was real and what wasn't. I took pictures. Over time, the reality remained in the photo while the hallucinations faded away. (p. 8)*

Based on the data above, Alex tries not to find out about his illness. He had a habit of carefully examining his surroundings, whether it was a foreign place or one he had been. He said that "The doctors were oodles of help, but I developed my system for figuring out what was real and what wasn't." Alex took pictures of the odd-looking things in the area to see if what he saw was the same as the one in the photo. "Over time, the reality remained in the photo while the hallucinations faded."

*"Everyone believed me. Everyone except Miles, Tucker, and Art. art, because he'd carried me during my episode. Tucker, because his parents were doctors, could tell when someone didn't know the symptoms of schizo. Miles, for the obvious reasons. I did my perimeter check three times while I hid Erwin behind his bushes on the front walk, and my eyes were drawn again to the roof, where the men in suits monitored the parking lot. It took me a few minutes to realize that public high schools didn't have men in suits watching their parking lots. I took a picture of them. I wasn't sure if the pictures would help anymore, but doing it made me feel better. Like I was doing something to help myself. Like that was still possible (p. 92)*

Based on the data above shows that Alex did a mobile check, and he also did other ways to overcome his delusions. For example, when he saw someone in a suit, he thought it was one of the students attending school. He overcame his delusions by taking pictures of the moment" I took a picture of them. I wasn't sure if the pictures would help anymore, but doing it made me feel better. Like I was doing something to help myself. Like that was still possible ' He finally realized that the man in the suit was watching the parking lot and things he was sure of when he managed to photograph them.

*"I spotted Celia Hendricks on the edge of a bigger group of students who didn't look like they were putting any effort toward actually watching the game. Parents filed into the gym from the rotunda, holding popcorn and hot dogs and wearing shirts that read "Go, Sabers!" "What a ridiculous sport," said a woman near me, her voice laced with acid. "Volleyball. They should call it 'sluts in spandex.'" I searched for the disgruntled parent, but teenagers surrounded me. I squeezed myself into a smaller space. "Did you hear that woman?" I asked Tucker. "What*

woman?" "The one who said the thing about volleyball players being sluts." Tucker looked around. "Are you sure that's what you heard?"

*I shook my head. "Must've been nothing." I'd learned a long time ago that asking someone else if they heard something was much safer than asking them if they saw it. Most people didn't trust their ears as much as they trusted their eyes. Of course, auditory hallucinations were also the most common kind of hallucinations. Not good for me. (p. 30)*

The data shows Alex's care overcame his delusions to become normal when he felt he was hallucinating what he saw. He asked Tucker what Alex saw and heard in the dialogue that showed the two talking. "Did you hear that woman?" I asked Tucker. "What woman?" "The one who said the thing about volleyball players being sluts." Tucker looked around. "Are you sure that's what you heard?" This he did to determine if Alex was having delusions or maybe it was real but asking other people if they heard something was much safer than asking if they saw it. Most people don't trust their ears as much as their eyes. Of course, auditory hallucinations are also the most common type of hallucination.

*"I checked my bag. Books, folders, notebooks, pens, and pencils. My cheap digital camera—one of the first things I'd bought when I'd gotten the job at Finnegan's— dangled from its strap around my wrist. I'd already taken a picture of four suspicious-looking squirrels lined up on the red brick wall outside my neighbor's house this morning, but other than that, the memory card was empty. (p. 23)*

According to the data above is another of the characteristics the situation where Alex overcomes the delusion. The characteristic of this delusion is the sufferer who feels threatened by an object so that he is found suspecting a squirrel that is lined up on a red brick wall outside a neighbor's house. "I'd already taken a picture of four suspicious-looking squirrels lined up on the red brick wall outside my neighbor's house this morning, but other than that, the memory card was empty". This suddenly disturbed Alex's mind when usually someone could think that the squirrel was unique and clever but different from what he saw and thought. For that, he took pictures of the four squirrels so that he could distinguish that what he saw. He uses the camera to be able to take pictures of everything she sees, whether it is accurate or not.

*My next three classes of the day were like the first. I walked into the classrooms and spun in a circle, checking everything. If I found something strange—like a World War II-era propaganda poster on the wall—I took a picture of it. I was asked four times if my hair was dyed. My AP Macro teacher let me know it was against the rules. I told him it was natural. He didn't believe me. I showed him the picture of my mother and my little sister, Charlie, that I always carried with me, because their hair was the same. He sort of believed me. I sat in the chair closest to the door and kept a watchful eye on him for the rest of the period. (p. 22)*

Based on the data above, it can be seen that Alex uses the photos he takes to make sure what he sees is his imagination or not, and it is helpful to prove to the teacher about his hair color. This is evidenced in Alex's words to his teacher " I showed him the picture of my mother and my little sister, Charlie, that I always carried with me because their hair was the same. He believed me. I sat in the chair closest to the door and watched him for the rest of the period.

*"Einstein's definition of insanity is doing the same thing repeatedly and expecting different results. I continued to shoot, hoping to look at it and find out that the subject was a hallucination. I did a round-the-clock examination, thinking that I would eventually be able to walk paranoia-free. (p. 45)*

Alex keeps a log documenting his delusions' intensity, frequency, and duration. This can help Alex figure out how to avoid situations that could trigger paranoia or delusions. "I continued to shoot, hoping to look at it and find out that the subject was a hallucination. I did a round-the-clock examination, thinking that I would eventually be able to walk paranoia-free". Some delusions are quick and immediate, while others are more enduring and persist over a long period. Wherever Alex goes, he always carries a camera to capture every moment he sees. When he gets home, Alex will print the photos to determine which ones are real and which ones are not. Even though he sometimes knows his brain plays weird tricks, Alex can't help but be paranoid. He was always doing parameter checks, ascertaining who was around him and checking for signs of the danger threatening to attack him. But it also makes Alex uncomfortable living in his delusions because one of the ways he uses his camera is to distract the people around him. However, this is still the only solution to overcome his delusions. At this moment, he could become a more confident and cheerful human being than before. This is evidenced when Alex begins to act normal when he mingles with his friends again. He also began to participate in activities outside of school and was able to overcome his problems. His attempts to become normal with his camera bear fruit, where when he finds his delusions appear, he can immediately notice them.

*"Har har," I replied, trying to act cool. Beat down the crazy, said the little voice in the back of my head. Don't let it out, you idiot. The only reason I'd taken the job here was that I needed to appear normal. And maybe a little bit because my mother forced me to take it. (p. 19)*

Based on the data above shows how Alex overcomes delusions, namely by taking work to make himself look normal even though he realizes that the side always sides his thoughts with delusions. "The only reason I'd taken the job here was that I needed to appear normal. And maybe a little bit because my mother forced me to take it.". Still, he tries to fight the thoughts that arise when his delusions arise by staying calm and focused on that moment.

*I didn't have time to worry about what other people thought of me, yet I had to— if I seemed too on edge, too paranoid, it wouldn't matter what my grades were. If anyone decided I was crazy or dangerous, I could say goodbye to the future and hello to the Happy. Miles walked back into the gym and settled at the scorer's table. He turned, stared at me for half a second, and quirked an eyebrow. (p. 29)*

Based on these data, it can be seen how Alex becomes someone who is confident and leads to positive thoughts. I didn't have time to worry about what other people thought of me, yet I had to—if I seemed too on edge, too paranoid, it wouldn't matter what my grades were. If anyone decided I was crazy or dangerous, I could say goodbye to the future and hello to the Happy". He doesn't even want to worry about what people think of

him. He even determined that if those around him were disturbed by his delusions, he would leave that place and start a new life with a new person.

*"I walked over to Tucker. Then I thought, hey, I can hug him. I'm sure he wouldn't mind if I hugged him and did it as a friend request. But I know that physical contact means certain things in the normal world of social behavior, and while I trust Tucker more than most people I know, I don't want to tell those specific things in his direction. I also met Jetta, who I then greeted. Jetta! I smiled and waved as I walked away. Any feelings I'd hurt by not shaking her hand had been forgotten. "Um. See you," I replied. (p. 35)*

These data show that Alex's change in nature begins to accept and begins to show a cheerful attitude when he tries to start approaching Tucker. "I walked over to Tucker. Then I thought, hey, I can hug him. I'm sure he wouldn't mind if I hugged him and did it as a friend request. But I know that physical contact means certain things in the normal world of social behavior". He tries to act of service to his friends even though before that, he stayed away from his friends because of the effects of the delusions he was experiencing.

*"The only reason our mother stopped homeschooling me was that my therapist said I would do better around people my age. It led to my involvement in Hill park's Graffiti Gym in East Shoal. At that moment, I felt familiar guilt stab me in the stomach every time I saw Charlie. I am his older brother. I should set an example and lead so much so that people would say, "Hey, you're Alex's brother, aren't you? You two really look alike!" instead of "Hey, you're Alex's sister, right? Is are you crazy too?" (p. 43).*

The data below also shows a change in Alex's personality. Who has started to carry out activities as usual? "I didn't often ride my bike in the dark, but I walked now ". Previously, he rarely rode his bicycle at night because his delusions made him more frequent in dark or night situations. My delusions became more frequent in the dark. More than once, when I was little, I heard voices coming from beneath my ride, my bed claws reaching around the mattress to get me.

*"I had my camera pointed at her. I'd gotten it out before I realized that her burning hair was not a delusion. "You were right next to me!" she screeched. I shoved my camera into my pocket and tried to retreat, but the bench hit the backs of my knees. "You think I did it?" "You were RIGHT. NEXT. TO. ME. Who else?" you are schizophrenia right. I don't know. Only the ten or so people behind you. I stood there looking stupid because that's what I do when I'm accused of something I didn't do. "Celia grabbed at the burnt tips of her hair, her face contorting in rage. (p. 77)*

Based on the conversation, shows that Alex can handle his problems on his own when he is confronted by people who accuse him of doing something he didn't do. "I stood there looking stupid because that's what I do when I'm accused of something I didn't do. "Celia grabbed at the burnt tips of her hair, her face contorting in rage". He was also able to prove that what he saw was not a delusion even though he had taken the camera out of his bag. This could indicate that Alex is not having the usual delusions. He even became a calm person and was not easily carried away by emotions as usual.

*"That night was a fun night when I felt normal. I disassembled the fort of pillows enough to make the sofa sit up again. Dad and I watched the History Channel and played chess all day, and in the middle of the night, my mom and Charlie joined us. Charlie and I played behind a life-size statue of George Washington in the corner, reliving the Delaware crossing. When it was just Dad and me, he would ask about school and what I was doing while he was away. (p. 88)*

The data above shows Alex's cheerful attitude: "That night was a fun night when I felt normal." This happens when Alex and his family can gather and play together. Alex also enjoys watching channel history and playing chess all day" Dad and I watched the History Channel and played chess all day, and in the middle of the night, my mom and Charlie joined us. Charlie and I played behind a life-size statue of George Washington in the corner, reliving the Delaware crossing." That night also showed the intimacy between Alex and his father " When it was just Dad and me, he would ask about school and what I was doing while he was away."

*"By the end of the third week, the world balanced on its axis. Dad stayed home, Mom stayed happy, and I got to go back to school on Monday. Sure, I wanted to puke from the anxiety rolling around in my stomach, but now I could get back to my (admittedly late) college search, catch up on all that schoolwork, and see my friends again to play together (p. 89)*

The data shows that Alex is acting normally. He even came back to get on with his life. "Sure, I wanted to puke from the anxiety rolling around in my stomach, but now I could get back to my (admittedly late) college search, catch up on all that schoolwork, and see my friends again to play together". In addition, he seems enthusiastic about completing all school assignments and meeting with his friends, even though Alex was previously found to be indifferent to his friends due to the impact of delusions that had made him stay away from the environment and choose to isolate himself. Now he looks cheerful in the face of his day by spending his days as a schoolboy doing assignments, meeting friends, and playing together.

*"I'm already a teenager. I wanted to sneak out at night (not under the impression I was kidnapped by the Communists) and do what I was supposed to do. I want to do good for other people. Real people. Real people. Real people. People who knew there was something different about me and didn't care. (p. 130)*

Alex's personality change was also aimed at him, who when he was a teenager, he wanted to do what he liked to do positive things, and he also began to not care about how people around him commented about him". I want to do good for other people. Real people. Real people. People who knew there was something different about me and didn't care". Based on the description above, this study concludes that personality development means self-willingness to regulate the internal aspects of oneself or inner attitudes and external aspects of self- behavior, where most people present themselves or see the outside of themselves in perception from the other. To get it all, Alex must proactively increase self-awareness, self-knowledge, self-intelligence, self-identity, talents and potential, self-quality, and realize dreams and goals in life with a clear vision. Including having a prominent personality to be responsible for personal health, career, finances,



relationships, emotions, habits, and belief in the values of life that are championed. However, this is different because Alex has a delusional disorder.

The delusional disorder he experienced affects his personality development, which should allow personality development to create harmonious relationships in the social environment because participants have the correct self-concept. A good self-concept helps a person realize the positive and negative sides of himself, what kind of environment he is in, and what actions are allowed and not allowed in that position. But delusions have an impact on personality development. Research finds how delusions affect personality development in Alex, including most of its effects on some sufferers who have difficulty expressing emotions where they are found to be unable to control their emotions anywhere, so they are expelled from school and make them have to transfer to another school. Alex is also more often withdrawn from social circles and loses the motivation to be expected and mediocre towards the things around him. Alex was also found to have problems in thought processes, such as difficulty concentrating on his work, so he was fired, depression, anxiety about things that he considered threatening him, and his delusions got worse when he saw his mother at night. His delusions also appeared due to an obsession with Miles which made him unable to concentrate fully, and Alex was also found to be trying to commit suicide.

However, this is different when Alex does various ways with all the mental illness treatment efforts. Alex has become better at interacting with his environment. Alex used to stay away from his friends because he was ashamed of the mental disorder he had. He also began to participate in activities outside of school. He even ignored people's thoughts of him. He could also overcome delusions in his way, namely by taking pictures and observing things around him. He can also attend public schools because previously, he was home-schooled. At the end of the story, Alex seems more enthusiastic about living his life even though he lives accompanied by delusional thoughts.

## **CONCLUSION & SUGGESTION**

In the case of delusions that occurred in Alex, the researcher concluded that the delusions that occurred in Alex were not isolated and pure symptoms; it is always immersed in the context of delusions and other psychiatric symptoms. Alex has a form of delusion where Alex often experiences misperceptions in thinking about what he thinks is real. He also often feels threatened by the presence of the people around him.

Some of the delusions experienced by Alex affect personality development. However, most of the effects that occur in sufferers experience things such as; Difficulty expressing emotions, withdrawing from social circles, and Loss of motivation. Not interested in carrying out daily activities, ignoring personal hygiene, causing problems in thought processes such as difficulty concentrating, experiencing depression, anxiety, and often trying to commit suicide. In addition, the things that Alex experienced were withdrawal from family and friends, decreased performance at school, difficulty sleeping, and emotional fast.

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began to participate in activities outside of school. He even ignored people's thoughts of him. He could also overcome delusions in his way, namely by taking pictures and observing things around him. He can also attend public schools because previously, he was home-schooled. At the end of the story, Alex seems more enthusiastic about living his life even though he lives accompanied by delusional thoughts.

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