

## ABSTRACT

Puspananda, Josephine Alvina. (2018). *Ashley's Struggle for Her True Identity in Sheldon's Tell Me Your Dreams*. Yogyakarta: English Language Education Study Program, Sanata Dharma University.

This study discusses about Sidney Sheldon's novel entitled *Tell Me Your Dreams*. The novel tells about a dissociative identity disorder which is experienced by Ashley Patterson, the main character. Ashley has two other alternate personality named Toni Prescott and Alette Peters. Since she has another two different alters, she does not remember moments when the alters take over her body. Thus, she has to struggle for her true identity in order to be free from her dissociation.

There are three research questions to answer in this research: (1) "How is Ashley Patterson and her alter-ego described?", (2) "What are Ashley Patterson's experiences in having dissociative identity disorder?", and (3) "How does Ashley Patterson struggle for her true identity?".

This research employed the library research method to answer the questions. The researcher used two sources in this study. The primary data was Sheldon's *Tell Me Your Dreams* (1998) and the secondary data were taken from relevant books, journals, other printed references, and some electronic sources. The approach employed in this research was psychological approach. Psychological approach was used to understand the major character psychological illness and how she overcame her problems.

The findings showed that Ashley Patterson has three separated personalities with different characteristics. Ashley, herself, is described as a good-looking, intelligent, and insecure person. On the other hand, Toni Prescott, Ashley's other personality is described as a tempting, talented, cynical, and cruel woman. While the other alter named Alette Peters is depicted as a humble, kind-hearted, and talented woman. Since Ashley has three different personalities, she experiences of having the symptoms of dissociative identity disorder. First, she has gaps in her childhood memory. Second, she gets lapses in memory. She has lost her days and time without knowing what has happened. Third, she discovers the evidence of alters' actions. Ashley finds several things that do not belong to her, but her alters'. Besides, Ashley has to struggle for her true identity by rejecting to be the suspect of the five murders that have been done by one of her alters, going to the therapy session that never easy, and dealing with her traumatic memories which she never imagines.

The researcher provides suggestions for future research to conduct study on *Tell Me Your Dreams*. First, future researchers can analyze the David's motive to be Ashley's attorney. Second, the characteristic development of Ashley Patterson after the therapy will be an interesting topic to discuss as well. Third, the ending of the novel is also interesting to be analyzed by the future researcher.

Keywords: struggle, identity, dissociative identity disorder.

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Skripsi ini membahas sebuah novel karya Sidney Sheldon berjudul *Tell Me Your Dreams*. Novel tersebut menceritakan sebuah identitas disasosiatif yang dialami Ashley Patterson sebagai karakter utama. Ashley memiliki dua kepribadian lain bernama Toni Prescott dan Alette Peters. Dua kepribadiannya yang lain atau *alter ego* menyebabkan Ashley tidak mengingat apa yang terjadi ketika mereka muncul. Maka, dia harus berjuang untuk sembuh.

Terdapat tiga pertanyaan untuk dijelaskan dalam penelitian ini, yakni: (1) “Bagaimana Ashley Patterson dan kepribadian lainnya dideskripsikan?”, (2) “Apa saja pengalaman Ashley Patterson saat mengalami identitas disasosiatif?”, dan (3) “Bagaimana Ashley Patterson berjuang bagi identitas asli dirinya?”

Penelitian ini menggunakan metode studi pustaka. Sumber data primer dari penelitian ini adalah novel karangan Sidney Sheldon berjudul *Tell Me Your Dreams* (1998) dan data sekunder diambil dari buku-buku dan artikel yang relevan. Pendekatan yang digunakan dalam penelitian ini adalah pendekatan psikologi. Pendekatan psikologis dipakai untuk mengetahui kelainan psikologis dari karakter utama dan bagaimana dia mengatasinya.

Hasil dari penelitian menemukan bahwa Ashley Patterson memiliki tiga kepribadian dengan karakter yang berbeda pula. Ashley sendiri digambarkan sebagai seseorang yang berpenampilan menarik, cerdas, dan memiliki perasaan tidak aman. Di sisi lain, Toni Prescott, kepribadian kedua Ashley, dideskripsikan sebagai seseorang penggoda, bertalenta, sinis, dan kejam. Sementara, Alette Peters, kepribadian Ashley yang ketiga, digambarkan sebagai orang yang rendah hati, baik, dan bertalenta. Karena Ashley memiliki tiga kepribadian, dia mengalami gejala-gejala identitas disasosiatif. Pertama, dia mengalami kehilangan ingatan akan masa kecilnya. Kedua, dia mengalami kehilangan waktu beberapa kali. Secara tidak sadar, dia kehilangan beberapa hari dalam hidupnya. Ketiga, dia menemukan bukti-bukti keberadaan *alter ego*-nya. Ashley menemukan beberapa benda yang bukan miliknya. Selain itu, Ashley pun harus berjuang bagi identitas asli dirinya dengan cara menolak sebagai tersangka dari lima pembunuhan yang dilakukan *alter ego*-nya, menjalani terapi yang sulit, dan menghadapi memori kelam yang tidak pernah ia bayangkan.

Peneliti juga menyarankan tiga hal untuk penelitian selanjutnya tentang novel *Tell Me Your Dreams*. Peneliti selanjutnya dapat menganalisa tujuan David menjadi pengacara dari Ashley Patterson. Yang kedua, kedepannya perkembangan karakter dari Ashley Patterson setelah menjalani terapi pun bisa menjadi topik yang menarik untuk dibahas. Ketiga, bagian akhir novel dapat menjadi topik yang menarik untuk dianalisa oleh peneliti selanjutnya.

Keywords: *struggle, identity, dissociative identity disorder.*