

**BIPOLAR DISORDER TOWARD THE MAIN CHARACTER
IN MICHAEL CUNNINGHAM'S NOVEL *THE HOURS*
(PSYCHOANALYSIS)**



THESIS

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Department

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STATEMENT OF ORIGINALITY

The writer certify declare that the thesis entitled **BIPOLAR DISORDER TOWARD THE MAIN CHARACTER IN MICHAEL CUNNINGHAM'S NOVEL *THE HOURS*** and all of its contents are truly her own work. Content of this thesis is the product of her own work and that all the assistance received in preparing this thesis and sources have been acknowledged.

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ABSTRACT

Furi Annisa Paramita. 2021. 4517051010. *Bipolar Disorder Toward The Main Character in Michael Cunningham's Novel The Hours*. English Language and Literature Program, Faculty of Letters. Bosowa University. Supervised by Dahlia D. Moelier and Asyrafunnisa.

The purpose of this study was to categorize and the explain the types of symptoms and impact of bipolar disorder experienced by the main character in novel *The Hours* by Michael Cunningham.

In analyzing the data, the researcher used descriptive qualitative research method with psychological approach. There are two types of data namely primary data and secondary. The primary data was the main data obtained from all the words, dialogues, phrases and sentences in the novel. The secondary data was library research, the supporting data taken from literary books, criticism, internet and some articles related to the novel and some aspect in psychology aspect. The data were obtained by read the novel for several times accurately, noting and quoting, collecting supported of the data that would relate with the object. The researcher would apply psychoanalysis created by Sigmund Freud such as Id, Ego and Superego.

The result of the study showed that the main character Virginia Woolf had 4 types of bipolar disorder symptoms that impacted her life and surroundings. The Researcher found 23 data and could be divided into: Mania 7 data, Hyphomania 5 data, Depression 9 data and Mixed Episode 2 data. From the explanation above, it could be concluded that bipolar disorder could occur in each individual with different impacts. One of several impacts were feeling sad or hopeless and losing interest or pleasure in most activities, even contemplating suicide.

keywords: *bipolar disorder, types and impact of bipolar, psychological, novel*

ABSTRAK

Furi Annisa Paramita. 2021. 4517051010. *Bipolar Disorder Toward The Main Character in Michael Cunningham's Novel The Hours*. Program Bahasa dan Sastra Inggris, Fakultas Sastra. Universitas Bosowa. Di bimbing oleh: Dahlia D. Moelier dan Asyrafunnisa.

Tujuan dari penelitian ini adalah mengkategorikan dan menjelaskan jenis gejala dan dampak dari gangguan bipolar yang dialami oleh pemeran utama dalam novel *The Hours* ditulis oleh Michael Cunningham.

Dalam menganalisis data, peneliti menggunakan metode penelitian deskriptif kualitatif dengan pendekatan psikologis. Ada dua jenis data yaitu data primer dan data sekunder. Data primer adalah data utama yang diperoleh dari semua kata, dialog, frasa, dan kalimat dalam novel. Data sekunder adalah penelitian kepustakaan, data pendukung diambil dari buku-buku sastra, kritik, internet dan beberapa artikel yang berhubungan dengan novel dan beberapa aspek dalam aspek psikologi. Data diperoleh dengan membaca novel beberapa kali secara akurat, mencatat dan mengutip, mengumpulkan didukung data yang akan berhubungan dengan objek. Peneliti akan menerapkan psikoanalisis yang dibuat oleh Sigmund Freud seperti Id, Ego dan Superego.

Hasil penelitian menunjukkan bahwa tokoh utama Virginia Woolf memiliki 4 jenis gejala gangguan bipolar yang berdampak pada kehidupan dan sekitarnya. Peneliti menemukan 23 data dan dapat dibagi menjadi: data Mania 7, data Hyphomania 5, data Depresi 9 dan data Mixed Episode 2. Dari penjelasan di atas dapat disimpulkan bahwa gangguan bipolar dapat terjadi pada setiap individu dengan dampak yang berbeda-beda. Salah satu dari beberapa dampaknya adalah perasaan sedih atau putus asa dan kehilangan minat atau kesenangan dalam sebagian besar aktivitas, bahkan berpikir untuk bunuh diri.

kata kunci : *gangguan bipolar, gejala dan dampak bipolar, psikologis, novel*

TABLE OF CONTENTS

TITLE OF PAGE	i
PAGE OF APPROVAL	ii
PAGE OF ACCEPTENCE	iii
ACKNOWLEDGEMENT	iv
STATEMENT OF ORIGINALITY	v
ABSTRACT	vi
ABSTRAK	vii
TABLE OF CONTENTS	viii
LIST OF TABLE	x
LIST OF APPENDICES	xi
CHAPTER I INTRODUCTION	
A. Background	1
B. Reason for Choosing the Tittle	4
C. Problem of The Research	5
D. Research Question	5
E. Objective of the Research	5
F. Scope and Limitation of the Research	6
G. Significance of the Research	6
CHAPTER II REVIEW OF RELATED LITERATURE	
A. Previous Studies	7
B. Literature	10
C. Novel	13
D. Bipolar Disorder	21
1. Types of symptoms and Phases of Bipolar Disorder	22
2. Subtypes of Bipolar Disorder	26
E. Psychoanalysis	28
CHAPTER III METHODOLOGY	
A. Research Design	34
B. Sources of the Data	34

C. Procedures of Collecting Data	35
D. Methods of Data Analysis	35

CHAPTER IV FINDING AND DISCUSSION

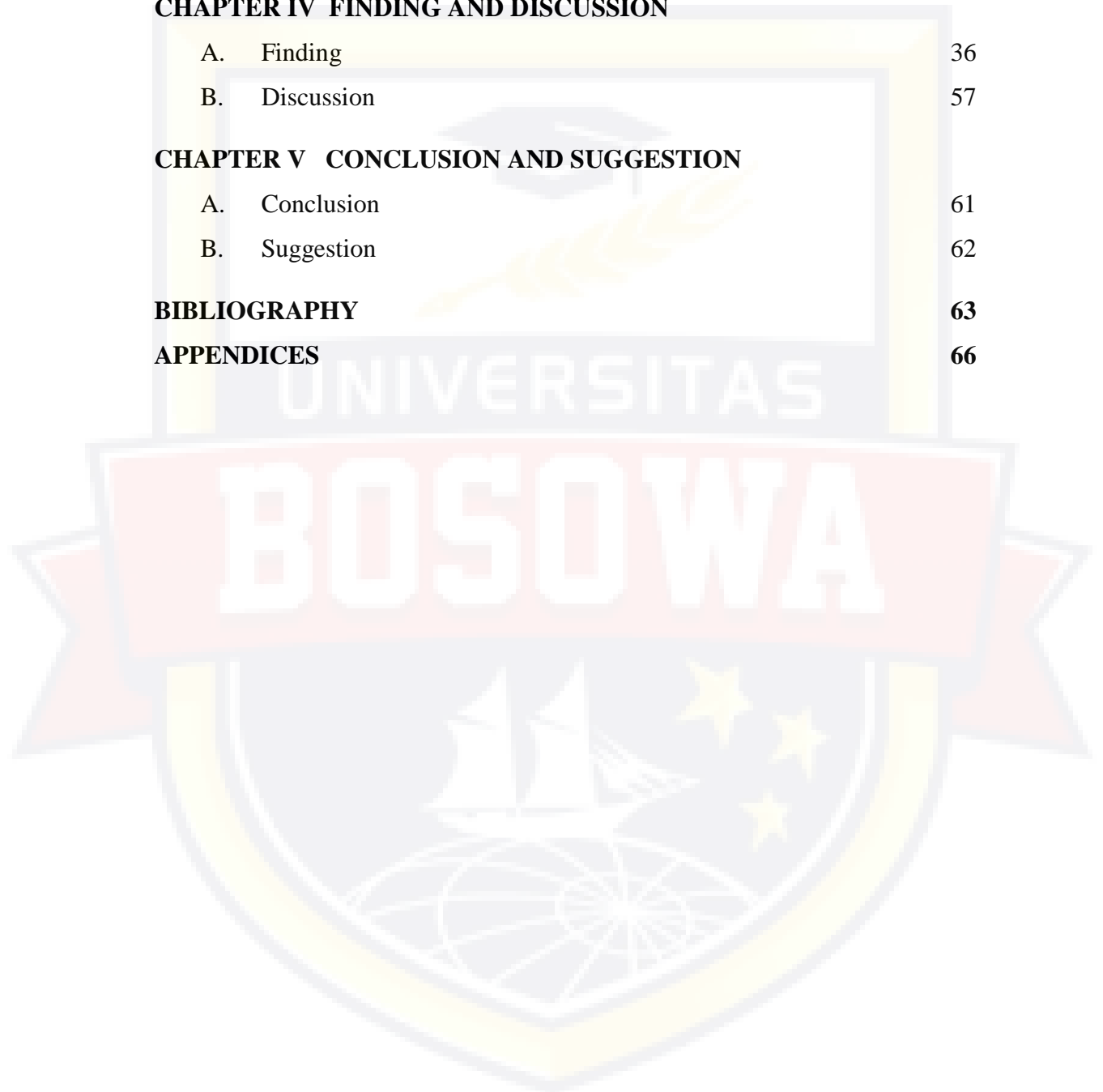
A. Finding	36
B. Discussion	57

CHAPTER V CONCLUSION AND SUGGESTION

A. Conclusion	61
B. Suggestion	62

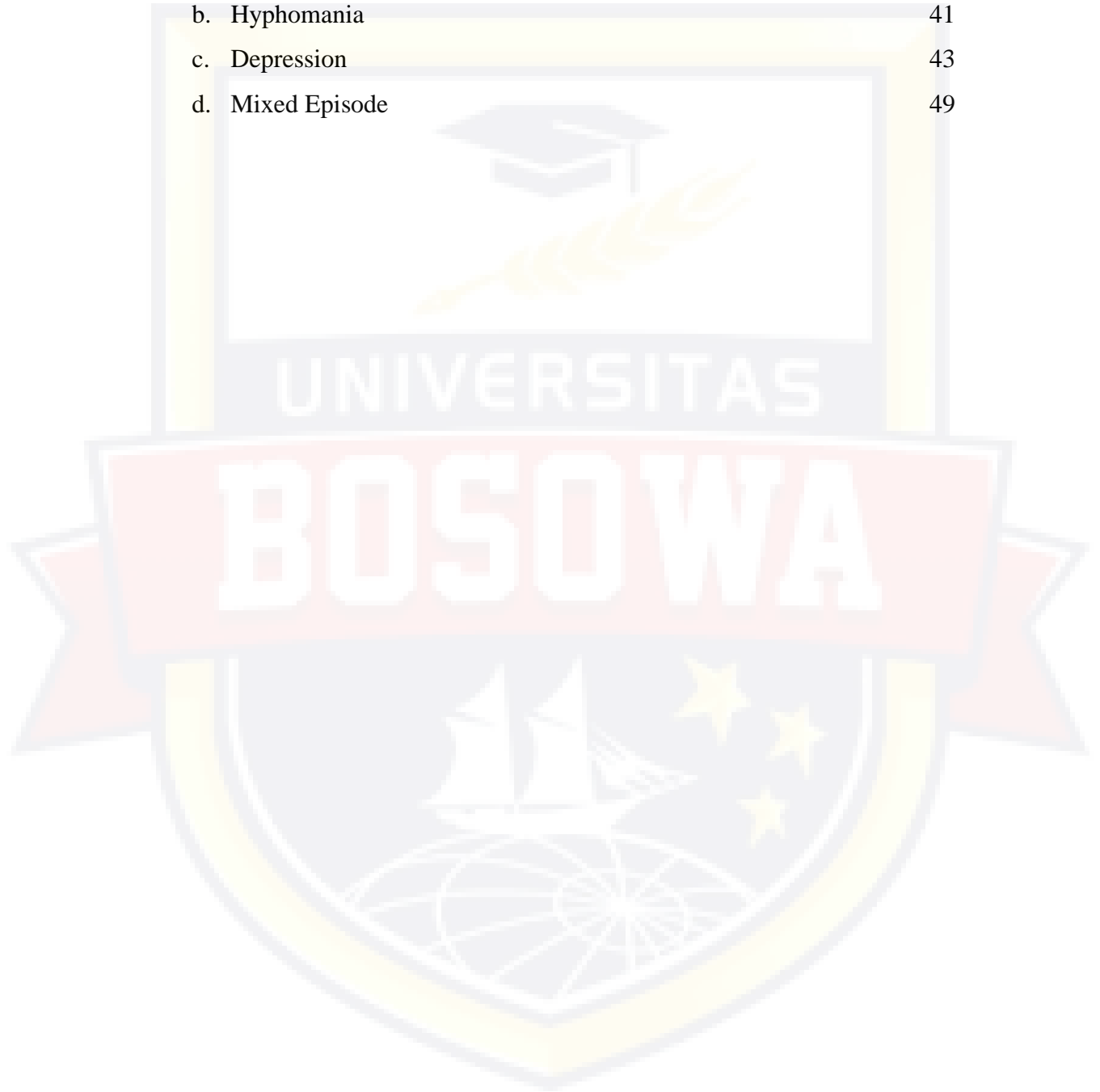
BIBLIOGRAPHY	63
---------------------	-----------

APPENDICES	66
-------------------	-----------



LIST OF TABLE

a. Mania	36
b. Hyphomania	41
c. Depression	43
d. Mixed Episode	49



LIST OF APPENDICES

Synopsis of <i>The Hours</i>	66
Biography of Michael Cunningham	70
Biography of Author	72



CHAPTER I

INTRODUCTION

A. Background

Literature is a product of human thought and also called as work of art. Literary works are mirror of human life, sometimes have a relation with author's life such as telling about what author's feel, see and face in this social life, but sometimes it comes from author's imagination or looking from interesting issues. Literature is a media which gives many benefit for human because literature covers the whole aspects of life so people can see and know anything from the world and every part of the world can be revealed in literature. It relates to all human aspect and world with its contents. Every literary work is always present about something that often gives people what they need and provides understanding that people can understand, therefore it will increase the knowledge to the people who understand it (Minderop, Albertine, 2011:34).

In literature, there are several kinds of literary works drama, prose, novel and others. Novel is dedicated to narrating individual experiences of characters, creating a closer, more complex portrait of the characters and the world they live in. Inner feelings and thoughts, as well as complex, even conflicting ideas or values are typically explored in novels, more so than in preceding forms of literature. It is not just the stories themselves that are more personal, but the experience of reading them as well. Literary works became the media to convey author's opinion, ideas, and experience to make it valuable to the society.

Therefore, literary works might have contributed greatly in influencing and delivering the value to the reader. The value itself might come from the author's imagination or inspired from the environment or society. Furthermore, the novel is as one of literary works then becomes the representative of the society. Novel also has a genre, the genre of a novel has encompassed and extensive range of types: mystery, horror, psychological, romance and thriller and in this research the researcher will analysis novel with the genre psychological (Forster, 1966).

(Endraswara, 2013:96) state that human is creature that can not only move, have self-balance, and feel happy or sad, humanist, but there are also creatures that can talk, think, walk, behave, and many more needs. Humans are uniquely adept at utilizing symbolic communication systems such as language and art for self-expression, exchange of ideas, and organization. In human life, the world is filled with various needs to make their lives meaningful and prosperous. These needs have different characteristics. There are conditions that will be postponed to fulfill it, there are conditions that must be met immediately. Needs that must be met immediately are often referred to as basic human needs. Basic human needs are those that directly affect the life and death of a person, so they need to be immediately prepared to meet their needs (Maslow, 1968:16).

Mental illness is a mental behavioral and emotional disorder that makes it difficult for you to work, socialize, and do other activities. There are various kinds of symptoms of mental illness, based on the type of mental disorder (Lumongga, Namora.2016:34).

Symptoms that occur can affect both physical and psychological conditions, and affect emotions and thoughts. In addition, explained that a person who is mentally ill is able not to realize their abilities, handle stress in daily life, work productively, and cannot contribute to their surroundings. If it is unable to do these things, there is a chance that your mental health may suffer. There are many things that can affect a person's mental health, including a history of mental disorders in the family, life experiences, daily lifestyle, history of illness, and burden of thoughts. This explains that mental health is influenced by social, psychological and biological factors (Corey, Gerald. 2010).

One of the causes mental disorder is that result from insisting on basic needs so that it occurs bipolar disorder. Bipolar disorder (formerly called manic-depressive illness or manic depression) is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. There are three types of bipolar disorder. All three types involve clear changes in mood, energy, and activity levels. These moods range from periods of extremely “up,” elated, irritable, or energized behavior (known as manic episodes) to very “down,” sad, indifferent, or hopeless periods (known as depressive episodes). Less severe manic periods are known as hypomanic episodes.

From the definition above, the researcher decides to do psychoanalysis of bipolar disorder that faced of the main character in Michael Cunningham’s novel *The Hours*. It can be helpful for people to know more about identifying the types,

symptoms and causes of the main character's bipolar disorder, and how bipolar disorder impact of the main character.

B. Reason for Choosing the Title

Some reasons come up as the basis of the topic of the study.

1. This research is chosen because bipolar disorder is a matter which is commonly faced by people, thus, it can be seriously affects a person's thinking, feeling, behavior or mood through the main character of Michael Cunningham's novel *The Hours*. These conditions deeply impact day-to-day living and may also affect the ability to relate to others.
2. Life is closely related to basic human needs. Sometimes, basic human needs become an obstacle or a problem for humans and bipolar disorder is one of the problems. Then needed ways to avoid bipolar disorder. Therefore, it is hoped that this study may give contribution to the readers any inputs about bipolar disorder so that it can be avoided or cured when it comes.
3. The novel *The Hours* depicts the main character as a mentally disturbed person. Therefore, the writer hoped to examine the factors or causes of bipolar disorder as well.

C. Problem of The Research

There are two problems that the researcher finds in Michael Cunningham's novel *The Hours* as follows:

1. Identifying the types of the main character's bipolar disorder in Michael Cunningham's novel *The Hours*.

2. Explain the impact by the main character's bipolar disorder in Michael Cunningham's novel *The Hours*.

D. Research Question

In this research the writer purposed two questions as follows:

1. What are the types of bipolar disorder of the main character in Michael Cunningham's novel *The Hours*?
2. What are the impacts of bipolar disorder of Virginia Woolf in Michael Cunningham's novel *The Hours*?

E. Objective of the Research

The objectives of this research as follows:

1. To find out the types of bipolar disorder through the main character in Michael Cunningham's novel *The Hours*.
2. To explain the impact of bipolar disorder through the main character in Michael Cunningham's novel *The Hours*.

F. Scope and Limitation of the Research

This research discussed about Virginia Woolf psychological problem in the novel especially her bipolar disorder. The writer focused on identifying the types of symptoms and impact of bipolar disorder in the main character in the novel *The Hours* by using Sigmund Freud theory and NAMI (National Alliance on Mental Illness).

G. Significance of the Research

Theoretically, the researcher expects that this research could be a reflection through the characters and characterizations, psychological conditions and in the conditions of a person's life. Especially in a person's psychological condition, such as bipolar disorder, it is an abnormal condition which is caused many trouble of the sufferer's behavior cause a negative impact to the daily activities. Life is closely related to basic human needs. Sometimes, basic human needs become an obstacle or a problem for humans and bipolar disorder is one of the problems. Then needed ways to avoid bipolar disorder. Therefore, it is hoped that this study may give contribution to the readers any inputs about bipolar disorder so that it can be avoided or cured when it comes.

Practically, it is an information to the reader who wants to know about bipolar disorder in the novel especially in *The Hours*. It also can be used as a reference for the next writer.

CHAPTER II

REVIEW OF RELATED LITERATURE

A. Previous Studies

There are five of previous studies related to thesis research:

It is stated in “Use of adjunctive stimulants in adult bipolar depression” (Dell’Osso et al., 2013) that bipolar depression represents a high priority research field, due to its pervasiveness, and high economic and personal (suicidality, impaired function, quality of life) costs, and the limited evidence base to inform therapeutics. Mood stabilizers and second-generation antipsychotics for bipolar depression were commonly only partially effective, and their side-effects may overlap with depressive symptoms such as hypersomnia, daytime drowsiness, fatigue, psychomotor retardation, and weight gain. Moreover, the use of antidepressants in bipolar depression was controversial due to concerns regarding the risks of inefficacy or switching to mood elevation. Stimulants and related compounds such as modafinil and armodafinil have on occasion been used as adjuncts in bipolar depressed patients with encouraging results, but their use was limited by the paucity of systematic evidence of efficacy and safety. The present review aims to provide an updated perspective on the use of stimulants and stimulant-like medications in adult bipolar depression, considered not only recent randomized controlled trials, but also open naturalistic studies, in order to clarify the strengths and limitations of using these agents.

It is declared “An intelligent System for Diagnosis of Schizophrenia and Bipolar Diseases using Support Vector Machine with Different Kernels” (Gohary

et al., 2016) that bipolar disorder and schizophrenia overlap in symptoms and may share some underlying neural behavior. The discrimination between the two diseases is one of the problems that face psychiatric experts. The present work would suggest a suitable solution to this problem based on artificial methods. Analysis of results have shown that the suggested algorithms would solve the discrimination problem between the two diseases.

It is revealed in “The intergenerational consequences of war: anxiety, depression, suicidality, and mental health among the children of war veterans” (Forrest et al., 2018) that the long-term effects of military deployment on the mental health of war veterans have been investigated extensively, but few studies have examined the long-term impact of parental deployment on children’s mental health. Using a retrospective, multigenerational survey and propensity score analysis to adjust for selection effects and endogeneity bias, the writer investigated the impact of parental deployment on the mental health of the adult children of Australian veterans of the Vietnam War. The results imply that there were significant and enduring adverse effects of parental deployment on the mental health of children in military families, and provided some insight into the potential long-term impacts of recent military engagements in Afghanistan and Iraq.

It is shown in “Improving Functioning, Quality of Life, and Well-being in Patients With Bipolar Disorder” (Bonnín et al., 2019) that people with bipolar disorder frequently experience persistent residual symptoms, problems in psychosocial functioning, cognitive impairment, and poor quality of life. In the

last decade, the treatment target in clinical and research settings has focused not only on clinical remission, but also on functional recovery and, more lately, in personal recovery, taking into account patients well-being and quality of life. Hence, the trend in psychiatry and psychology was to treat bipolar disorder in an integrative and holistic manner. This literature review offers an overview regarding psychosocial functioning in bipolar disorder. In the last part of this review, different interventions directed to improve patients' well-being, quality of life, and personal recovery were briefly described.

It is stated in “Polygenic Risk Scores Differentiating Schizophrenia From Bipolar Disorder Are Associated With Premorbid Intelligence in Schizophrenia Patients and Healthy Subjects” (Ohi et al., 2021) that impairments in intelligence were more severe in patients with schizophrenia (SCZ) than in patients with bipolar disorder (BD) despite clinical and genetic similarities between the disorders. Genetic loci differentiating SCZ from BD, that is, SCZ-specific risk, have been identified. Large-scale genome-wide association study data sets related to SCZ vs BD, childhood intelligence (CHI), and adulthood intelligence (n=12441–282 014) were utilized to compute PGSs. PGSs derived from the genome-wide association studies were calculated for 130 patients with SCZ and 146 HCs. These findings suggest that genetic factors differentiating SCZ from BD might affect the pathogenesis of SCZ and pathological differences between SCZ and BD via the impairment of premorbid intelligence, that was crystallized intelligence, while genetic factors for CHI might affect the pathogenesis of SCZ but not via impairments in intelligence.

It is revealed “Anxiety And Depressive Disorder Toward The Main Character In Paula Hawkins’ Novel The Girl On The Train” (Siregar, 2021) the purpose of the study was to categorize and explain about kinds and causes of anxiety, symptoms and causes of depressive disorder and what are the defense mechanism of main character to overcome her anxiety and depressive disorder in novel “The girl on the Train” by Paula Hawkins. The result of study showed that the main character had 3 kinds of anxiety and caused by environment, threat, frustration, gender, and fear.

The similarity with the six previous studies and this study is that they are talking about mental health and bipolar disorder. The difference between previous research and this research is the object, that is novel *The Hours* by Michael Cunningham as a literary work to analyzed.

B. Literature

People might use literature to know about others, or to convey their ideas related to human experiences. Literature not only gives us a fantasy of enjoying a reading, working of the creative imagination, including work of fiction and nonfiction, but also takes us to understand and to learn deeply about life experiences such as the differences of cultures, ethnics or languages. Life experiences bring into the fact of human conditions, feelings, and relationship with others and feelings, ideas, and interests. Generally, the functions of literature are as follows: the first function is literature gives knowledge of those particularities with which science and philosophy are not concerned. The second function is that literature makes the human perceive what human see, imagine what human already

know conceptually or practically. The final function of literature is that literature relieve human either writers or readers from the pressure of emotions. Literature covers social aspect such us social relations, social experiences and social values (Tailor, 2010:16).

Literary work is an expression of human life that cannot be isolated from genuine society, it may be a reflection of social culture that shapes the avoidance between the author and the social circumstances (Ghozi, 2008:14). Literary work is a reflection of human life, sometimes it has a connection with the author's life, such as telling stories about what the author feels, sees and faces in this social life, but sometimes comes from the author's imagination or sees interesting things.

Zeeger (1996:9) Literature is relation of life, seeing it's a way of reproducing or recreating the experience of life in the words, just of painting reproduces or recreates certain figures or scenes in out of line or color. Knowledge face value; it suggests that it is life which literature imitates or mirror, in the other words the subject matter of literature is the manifold experiences of loving people.

It can be said that literature is an activity of art which appear from our feelings, they are happiness, sadness, angry, loneliness, etc that created to literary work which have high aesthetic value.

Literature is a term used to describe written or spoken material. Broadly speaking, "literature" is used to describe anything from creative writing to more technical or scientific works, but the term is the most commonly used to refer to

work of the creative imagination, including works of poetry, drama, novel, fiction, and nonfiction. They have each character and superior to get attention of reader or hearer.

By reading literature the readers can learn many experiences of human life because the material or the subject matter of literature is a global issue such as man's fate, or human life. It can be said that literature is the basic expression of the people have witnessed in life, what people have experienced about life, what people have contemplated and felt about the aspects of life that attracted them directly and profoundly. In other words, literature is actually the representation of life in their form of language. From the explanation above, the researcher can say that literature has so many functions, such as understanding another culture, entertaining the readers, give an additional knowledge, helps students to express their feelings.

Literature itself has several definitions that given by some authors. Rees (1973:1-2) defines literature in broad and narrow senses. Rees said that literature in broad sense is anything written, such as: newspaper, travel brochures, timetables, and catalogues.

The readers are given information of fact by this kind of literature. In narrow sense, writing that expresses and communicates thoughts, feeling, attitudes, ideas about life and the word means literature. Novels, short stories, plays, are some examples of literature in the narrow sense.

In addition, Rees (1973: 20) defines literature as writing that expresses and communicates thoughts, feelings, and attitudes towards life. Through

literature, people will be able to find out the feelings, thoughts and attitudes of others in the form of written language. Barnet, et.al (1963: 8) states that, A literary work is a performance in words; it attracts our attention and seems completely in its place; it is not considered a source of factual information, it offers a unique pleasure satisfaction.

As a conclusion, It can be said that literature is a kind of writing that not only give the readers information but also a kind of writing that expresses and communicates thoughts, feeling, attitudes, ideas about life and it can be fact or fiction.

C. Novel

Novel is the reproduction and the recreation of life through narration using words as the medium and human experience as the materials. Likewise, it can also be created by using imagination to imagine a life in a fictions form as an illustration of human future life. Therefore, novel is the mirror of human life.

Wellek and Warren (1997:94) stated that literature represents life, and life is, in large measure, a social reality, even though the natural world and the inner of subjective world of the individual have also been objects of literature imitation.

The quotation above contains the meaning that novel is a literary work which tells about human life such as war, social gap, the oppression of the rich to the poor, failure in life struggle, triangle love, or other things concerning the real life of people in the world. Therefore, to read novel is an activity of gaining the information or social knowledge that the author represents.

Another definition of novel is also remarked by Gordon (1961:2) that novel is a process narrative, which is based firmly on the events of contemporary life and it tells the story about the life experience of human being as that author could see, hear, feel, experience, and imagine.

The definition of novel above illustrates that novel is a type of literary work of art that narrates the imagination aspect of human life. It is a piece of fiction or a prose narrative, based firmly on the events of contemporary life. It tells the story of ordinary man and woman in, and probable situation as human being.

Wellek, Warren (1970:282) defines that novel is the description of real life and behavior from the time the novel was written. Based upon the definition, we can conclude that novel is a large diffused picture which is narrating the social situation of human life. Therefore, an interesting novel is established by the conflicts which make the story become just like in the real life. The movement of the story can be the resolution of a conflict, such as a clash between one character and another, between the character and his environment or his personality, a clash of process in the universe, and even a struggle for meaning on the part of the reader who read the novel (Forster, 1966: 17).

Moreover, here some of element that construct a shape of novel that is a theme. According to Menrath (2013), theme is message or central idea of a literary piece of art. It is found out indirectly by the reader. A number of different motives may move around the central theme of the story. Examples of literary themes are love, war and peace, loneliness in the modern world, communication

problems, man and woman, nature and industry, and so on. The theme makes the story more focused, united, conical, and influential, so we can know what the theme raised by the author.

By understanding the main idea of the novel, there is also a great aspect for the reader how to understand the whole story of the novel that is a plot which is brings the reader from series of stories created by stage of events that build a story that presented by the actions in a story. The plot draws the reader into the character's lives and helps the reader understand the choices that the character makes. Character is the human element in the story who lead some series event, the appeal to our curiosity and our sympathy (Laughlin, 1989). Character is the term for the people in fiction, the heroes and love interest. Which, the character appears in a work of narrative.

Character is the human element in the story who lead some series event, the appeal to our curiosity and our sympathy (Laughlin, 1989). Character is the term for the people in fiction, the heroes and love interest. Which, the character appears in a work of narrative. There is another element created in novel beside character which is describe and explain naturally as a background that is the setting where in literary work is the place, the time, and the circumstance of the action. Setting is intangible certain times (day, month and year), weather, or a historical period (Stanton, 2007). Setting is the one of the elements of literary work influenced by place, time and action. Thus, According to (Nurgiyantoro, 2002:13), There are two elements of Novel as follows:

1. Intrinsic elements

Intrinsic elements are the elements that build the literary work from the inside of the literary work itself. Intrinsic elements also directly take part in the making of the story. These elements will be seen while reading a literary work. The intrinsic elements of fiction consist of theme, setting, plot, point of view, and the character. Those elements are related to each other as a whole literary work. The first of intrinsic Elements is the theme. Theme is the underlying meaning of the story, a universal truth, a significant statement in the story is making about society, human nature, the human condition. While setting includes the place and the time period in which the story take place. The next is plot. According to statement as quoted by Nurgiyantoro, plot is a story part which contain the chronological events, but each event is connected only through the causality relationship, an event causes or is caused by other events (Nurgiyantoro, 2002:17). Point of view is point toward how the story is told. As Abram's explanation which is quoted by Nurgiyantoro, point of view is a way or a view that the authors use as a media to represent the character, action, setting, etc. build the story, through the character point of view and through the eyes of the characters (Nurgiyantoro, 2002:248) The meaning of the character In English literature refers to two different meaning. Character can be meant as the person or people that exist in the story, or can be meant as a person that presented in the literary work. According to M.H. Abram, character is a person or people presented in dramatic or which by the reader, are interpreted to have moral quality and certain tendency like what is expressed in speech and action (Nurgiyantoro, 2002: 165).

In literary works, especially fiction works, characters are divided into some types. They are major character and minor character. Major character is main character when it is almost in whole of story. It is also related with other characters in the story. On the other hand, minor character is small character when it is only in some parts in the story. Usually minor character could exist when it has correlation with major character (Nurgiyantoro, 2002: 176-177).

2. Extrinsic elements

Extrinsic elements are the elements that build the literary work from outside of the work, but indirectly have effects to the construction of a literary work. The extrinsic elements consist of elements such as the author's biography and life (experiences), psychological aspect, social condition, culture, political, Economic, historical aspect. (Nurgiyantoro, 2002:72).

Novel and social life are related to each other. The novel cannot be separated from the cultural background of the society, because the literature works consists of, not only the collected story but it is also a chronological expression of the society. In the other words, it can be said the fiction is a useful word because it is about ourselves and as well as about the reflection of the reality in the world. It shows that novel is an imaginative world which is created, made up, as a real life and author. It likes to read it, as it gives pleasure and relaxation from our hand activity in daily life.

It has been explained that several kinds of novel based on article entitled typed of novel. They are:

1. Apprenticeship novel

A novel that recounts the youth and the young adulthood of a sensitive protagonist who is attempting to learn nature of the world, discover its meaning and pattern, and acquire a philosophy of life and “art of living”.

2. Detective novel

A story in which a crime, usually a murder the identity of the perpetrator unknown is solved by a detective through logical assembling and interpretation of palpable evidence, known as clues.

3. Epistolary novel

A novel in which the narrative is carried forward by letters written by one or more of the characters.

4. Gothic novel

A novel consists of in which magic, mystery, and chivalry that the chief characteristics.

5. Historical novel

The novel reconstructs a past period.

6. Novel of character

A novel emphasizes on character rather than exciting episode, as in the novel of the incident, or unity of plot.

7. Novel of incident

A term for novel in which episodic action dominates, and plot and character are subordinate.

8. Novel of manners

A novel dominated by social customs, manners, conventions, and habits of a definite social class.

9. Novel of sensibility

A novel in which the characters have heightened emotional response to events, producing in the reader a similar response.

10. Novel of the soil

A special kind of regionalism in the novel, in which people struggling for existence in remote rural sections are starkly portrayed.

11. Picaresque novel

It is a full-length fictional work, often satirical in nature, in which the principal character is cynical and amoral.

12. Problem novel

A narrative that derives its chief interest from working entral problems.

13. Propaganda novel

A novel dealing with special social, political, or moral issue or problem and possibly advocating a doctrinaire solution.

14. Psychological novel

Prose fiction that places unusual emphasize on interior characterization and on the motives, circumstances, and internal action that spring from, and develop, external action.

15. Sentimental novel

A novel that reflects the sentimentalism of the eighteenth century not only in the sentimental comedy and the domestic tragedy but also in the early novels as well.

16. Sociological novel

A novel that concentrates on the nature, function, and effect of the society in which characters live.

17. Adventure novel and fiction novel

The type of novel event that happens outside the course of the protagonist's ordinary life, usually accompanied by danger, often by physical action. Adventures almost always move quickly, and the pace of the plot is at least as important as character, setting and other elements of a creative work.

18. Stream of consciousness novel

The type of novel talking as its subject matter the flow of the stream of consciousness of one or more of its characters.

The Hours novel is included in the type of psychological novel because the novel discusses the internal actions that arise from the main character.

D. Bipolar Disorder

Bipolar disorder (also known as manic depression) is a serious mental illness that causes unusual and severe mood changes. The person may experience 'highs' (clinically known as mania) and 'lows' (known as depression), which may persist for a few days or many weeks. The person may experience distinct episodes of mania and depression, and these episodes may switch rapidly, even multiple times in one week. A person with severe bipolar disorder may also have psychotic symptoms such as hallucinations or delusions and may even have thoughts of self-harm or suicide.

Bipolar disorder can inhibit the person's ability to function normally in daily life, and can result in damaged relationships, both professional and personal. Moreover, brain disorder that causes changes in a person's mood, energy, and ability to function. People with bipolar disorder generally have periods of neutral mood as well. When treated, people with bipolar disorder can lead full and productive lives. People without bipolar disorder experience mood fluctuations as well.

Bipolar disorder such as like diabetes or heart disease, is a long-term condition and needs to be managed through a person's lifetime. Proper diagnosis and treatment can help a person lead a healthy and productive life. Treatment can make an enormous difference by reducing the frequency and severity of episodes. A combination of medication, therapy and counseling (cognitive behavior therapy) can be very effective in treating bipolar disorder. Treatment may vary

depending on the age, medical history, severity of the condition, or the person's tolerance to medication.

Not getting treatment, or discontinuing the existing treatment or medication can actually worsen the condition or cause a relapse. In some cases, the symptoms may get triggered unexpectedly and the person may not even be aware of it or be able to control it.

However, these mood changes typically last hours rather than days. Also, these changes are not usually accompanied by the extreme degree of behavior change or difficulty with daily routines and social interactions that people with bipolar disorder demonstrate during mood episodes. Bipolar disorder can disrupt a person's relationships with loved ones and cause difficulty in working or going to school (American Psychiatric Association : 2021).

1. Types of symptoms and Phases of Bipolar Disorder

According to NAMI (National Alliance on Mental Illness) there are four episodes of bipolar disorder, they are:

a. Mania

Mania is the word that describes the activated phase of bipolar disorder. When it is less severe, it is called hypomania. The symptoms of mania may take a variety of forms. People on the "excited" side of bipolar disorder may feel on top of things, productive, sociable, and self-confident.

Elevated or irritable, behavior more unpredictable, and judgment more impaired as mania develops. People often make reckless decisions during periods of mania and put stress on their relationships, more often than not, the persons is

unaware often negative consequences of these extreme actions. Moreover, spending sprees, alcohol and drug abuse, and hyper sexuality are common. These periods of perceived self-importance and uncritical self-confidence can advance into a state of psychosis, with delusions and loss of contact with reality. People with bipolar disorder rarely seek treatment during a manic episode, because they may not recognize that anything is wrong.

According to Smith et al (2014) there are some symptoms of mania:

- 1) Felt unusually “excited” and optimistic or extremely irritable
- 2) Unrealistic, grandiose beliefs about one’s abilities or powers
- 3) Sleeping very little, but felt extremely energetic
- 4) Talking so rapidly that others could not keep up
- 5) Racing thoughts; jumping quickly from one idea to the next
- 6) Highly distractible, unable to concentrate
- 7) Impaired judgment and impulsiveness
- 8) Acting recklessly without thinking about the consequences
- 9) Delusions and hallucinations (in severe cases)

b. Hypomania

The term hypomania refers to a clearly altered mood state with mild to severe symptoms of mania that may last for a few days or may persist for many months. The difference between mania and hypomania is not so much the severity or duration of symptoms, but the impact the symptoms have on the person’s social or occupational function. While for some people the hypomania is a pleasant state of good humor and high productivity, for most people even hypomania can be

problematic. Many people have described the “high” of hypomania as feeling better than at any other time in their lives, but the feelings are exaggerated. They cannot understand why anyone would call their experience abnormal or part of a disorder.

c. Depression

Depression is the opposite of mania. The patient’s mood may be dejected, the outlook hopeless. Lost interest in other people and believes that unredeemable sinful or worthless (Gleitman et al., 2004:660). Explicitly, depression is more than just the sad mood that most people might experience when sufferer have had a bad day. Major depression is a medical disorder that lasts at least two weeks and that produces a combination of physical and emotional symptoms that makes it very difficult to function in live. At the heart of clinical depression is a loss of pleasure in activities that used to be fun or exciting. Also, people often have feelings of sadness, hopelessness, and pessimism. These symptoms are accompanied by a wide variety of physical symptoms, such as difficulties sleeping, poor concentration and memory, low energy, and change in appetite.

Smith et al (2014) wrote that there are some sign and symptoms of depression:

- 1) Feeling hopeless, sad or empty
- 2) Irritability
- 3) Inability to experience pleasure
- 4) Fatigue or loss of energy
- 5) Physical and mental sluggishness

6) Appetite or weight changes

7) Sleep problems

8) Concentration and memory problems

9) Feelings of worthless or guilt

10) Thoughts of death or suicide

d. Mixed Episode

Mixed episode is a condition in which both mania and depression occur. A few of individuals may experience only manic episodes (bipolar disorder), but most people who have manic episodes (bipolar disorder) also experience periods of depression. In some cases, a person alternates cyclically between manic and depressive episodes and often exhibits a period of normal behavior in between. This condition is listed in DSM (Diagnostic and Statistical Manual) III as a bipolar disorder; the individual goes from one pole of the affect continuum to the other (Atkinson et al, 1983:463). Moreover, in a full-blown mixed episode, criteria are met for a depressive episode and manic episode nearly every day for at least 1 week (American Psychiatric Association, 1994). However, a mixture of manic and depressed symptoms may occur without reaching full diagnostic criteria. For example, a patient may have racing thoughts, agitation, over activity and flight of ideas, but feel worthless, guilty and suicidal.

Smith et al (2014) in her journal wrote the symptoms of bipolar disorder as follows:

1) Depression combined with agitation

2) Irritability

3) Anxiety

4) Insomnia

5) Distractibility

6) Racing thought

7) The combination of high energy and low mood makes high risk of suicide.

2. Subtypes of Bipolar Disorder

There are some variations in bipolar types from individual to individual, they are:

a. Bipolar I Disorder

Bipolar I disorder refers to condition in which the person may experience some episode of mania and also some degree of depression. According to the National Alliance of Mental Illness (NAMI, 2006) most people who have bipolar I will have episodes of both mania and depression. In other words, although most people who have bipolar I will have episodes of both mania and depression, a few people will have episodes of mania alone. Moreover mania is the primary episode in this type.

b. Bipolar II Disorder

Bipolar II Disorder is the condition that the person may experience hypomania and at least one episode of depression. According to NAMI (2006) bipolar II disorder involves hypomania and the occurrence of significant depression. In this criterion, the people have had one episode of depression even

though never full manic episode. In addition, it can be said that in this type depression becomes main episode.

c. Cyclothymia

Cyclothymia refers to a more chronic unstable mood state. This diagnosis is given when, over the course of one year for children and adolescents, or two years for an adult, a person experiences moods that are abnormally high or low for at least half of the days. During this time of unstable mood, there will be hypomania, but no full manic or depressive episodes (NAMI, 2006). Moreover, hypomania becomes primary episode here.

d. Bipolar NOS

Bipolar NOS (Not Otherwise Specified) refers to a condition in which the people experienced the alternating periods of mood that cannot be diagnosed whether depression or hypomania as the main episode. Based on NAMI (2006) people have experienced periods of elevated mood, but do not meet criteria for any of the other three defined subtypes of bipolar disorder. For example, a person can have some symptoms of hypomania followed by an episode of depression. Because the symptoms of hypomania never lasted that long, the person would not qualify for a diagnosis of bipolar II, since he or she did not have a full-blown

Hypomanic episode, but he or she would qualify for a diagnosis of bipolar NOS (NAMI, 2006).

E. Psychoanalysis

Psychoanalysis is “a family of psychological theories and methods within the field of psychotherapy that seeks to elucidate connections among

unconscious components of patients' mental processes, and to do so in a systematic way through a process of tracing out associations” The key concept of psychoanalysis is the ideas, which are unconscious processes, operations in the mind that cannot be represented. Repression is the action that produces the unconscious mind by rendering experiences, thoughts, desires, and memories irretrievable. Therefore, psychoanalysis is the process whereby clues to repression are recognized and represented in a way, which can be understood by conscious mind.

Psychoanalysis is presented and created by Sigmund Freud. “The study about psychoanalysis theory of human behavior and personality by researching desire, sexuality, unconscious mind, and repression to increasingly our understanding about language and symbols are by showing their ability to reflect unconscious fears or desire”.

Freud divided the minds into three parts i.e. conscious, Pre-conscious and unconscious mind. Conscious mind is the process of human mind receiving information, doing analysis, thinking and something that is consciously done by someone. The information can be through five sense (visual, audio, kinesthetic, gustatory, olfactory). Preconscious mind is dimension between conscious and unconscious minds. Its function is to be bridge that will deliver information, information may come from conscious to unconscious or otherwise. For example, when you smell perfume on the street (the process is conscious), then the smell reminds (process of calling the information from unconscious) you to someone who has long ago been unable to meet. Unconscious mind is a dimension where

all information is stored into mind programs such beliefs, values, and skills. This can be either an existing program or an instilled program. The existing program is all that we do to automatically do need to think and practically, all these things are controlled by unconscious mind like blink of an eye, breathe. While the instilled program that must be trained in advance such as walking, driving, playing music.

When people ask what psychoanalysis is, they usually want to know how it is treated. As a therapy, psychoanalysis is based on the observation that individuals are often unaware of the many factors that determine their emotions and behaviors. Psychoanalysis is also a collection of psychological theories and methods in the field of psychotherapy that attempt to explain the relationship between the unconscious components of the patient's mental processes, and do so in a systematic manner. Psychoanalysis can also help people who have problems with their psycho.

Human's mind to have substance of unconscious level which dominates most of all those parts (Sternberg, 2004:537). Someone realizes about what he is doing, but he does not know about his mental process behind his act, it driven by unconscious mind. It seems unconscious mind which appear in real life, and it always be in active and never dies. However, to enquire deeper, it will be found that conscious mind has a big relation with caused by unconscious mind.

There are several aspects in humans that turned out to be under the control of the unconscious mind, such as: beliefs, creativity, intuition, personality, habits. Programs embedded in unconscious mind of person do vary. However, being able to control the program's negative thoughts is essentially the same, i.e. using

conscious minds. Unconscious mind is the place of various kinds of programs, it is necessary to be very careful when conveying an information. Behavioral and mind problems may occur when not careful in conveying information.

Some disturbing behavior happen such as the difficulties of forgetting the past, anxious and overanxious, gaming addiction, be alcoholic person, cigarettes, or even having a disorder in sexual function. All these behaviors are closely related to the program embedded in unconscious mind. Moreover, Moreover, There are many things and aspects that influence human-moral. One of them is literature. Sigmund Freud believed that structural personality has three systems, there are: Id, ego and superego. The Id is like a king or queen, the ego is like prime minister, and the superego is like pastor. Human attitude are coming from the result of the interaction in human personality, they are related to each other.

Freud (1929:96), in Ego, Superego, and Id, Freud proposes that “the self is divided into three parts, Ego, Superego, and Id” Narrower with that statement, not only the self, Freud even divides the mind into the same three of them. As stated in Freud’s Structural Theory on Freud divides the mind into three provinces, not necessarily anatomical, but theoretical, those are Id, Ego, and Superego. It is further explained that in much simplistic and direct German ones, Id, Ego, and Superego translates more literary as “It”, “I”, and the “above me” or “higher I”. To give more description, the writer cites from any sources to define Id, Ego, and Superego briefly, as follows:

developed a more formal structural model for psychoanalysis, defined by the concept of Id, Ego and Superego.

1. Id. The id not only is a major component of personality. The id is the only component of personality that is present from birth, aspects of its personality are conscious and include instinctive and primitive behavior. But also represents Id as “primary process of thinking” It is our most primitive, need-gratification impulses and organized around the primitive instinctual drives of sexuality and aggression. In the Id, these drives require instant gratification or release. The Id operates under the pleasure principle, meaning it has no regard for reality, constraints, or consequences. The clearest description, according to the writer, is taken from <http://www.ship.edu/-cgboeree/freud/html>, in which the article entitled Freudian Psychoanalysis, calls Id as “instinct or drives”. Further, according to this site, Freud called Id as wishes, or it is also translated into “the primary process” (of need). The work of Id itself formed by keeping the pleasure principle which can be understood as a demand to take care of needs immediately.

The id is driven by the pleasure principle which strives to fulfill all wants and needs, if it is not fulfilled it will cause anxiety and tension. The id tries to resolve the tension created by the pleasure principle with the main process involving the process of forming a mental image of the desired object as a way of satisfying a need.

2. Ego. The ego is the component of personality that is responsible for dealing with reality. The ego develops from the id and ensures that the impulses of the id can be expressed in a way that is acceptable in the

real world. The ego functions both in the conscious, preconscious, and unconscious minds. The ego operates according to a secondary process. Ego functions according to the reality principle. It represents reality and to a considerable extent, reasons". In addition, a patient with good control of their impulses and ability to tolerate difficult emotional challenges is claimed as the one who has good "Ego strength". Here, Freud feels the real action is viewing it in somewhat neurological terms. As it is cited from this site: "He describes Ego as critically involved in self-preservation of the organism through memory, awareness of stimuli, and making changes in the external environment to gain advantage". conclusion, Ego can be functioned to delay or discharge various impulses of the Id, leading to release or tension. The purpose of the secondary process is to prevent the occurrence of stress until a suitable object is found to satisfy the need. In other words, the function of the ego is to filter the impulses that the Id wants to satisfy based on reality.

3. Superego. The superego is a picture of awareness of the values and morals of society that are planted by customs, religion, parents, and the environment. Basically the Superego is conscience, so the Superego provides guidelines for making judgments, whether right or wrong. The superego is present in the conscious, preconscious and unconscious. Moreover, The Superego stands in opposition to the

desires of the Id. Freud's Structural Theory claims that "the Superego is based upon the internalization of the worldview, norms and mores a child absorbs from parents and the surrounding environment at a young age". As the conscience, it includes our sense of right and wrong, maintaining taboos specific to a child's internalization of parental culture. Superego is the locus of the internalized moral values, prohibitions, and ideals of the person. To make further description about what Superego is, this site describes Ego as "what compels men to climb out of foxholes under fire to pull a wounded comrade back to safety. It is also what probably drove you to attend medical school or become a physician". In addition, "it is the repository of your Ego ideal, your idealized self, the self you want yourself ideally to be". As cited from this site, the writer may draw a conclusion that "Superego is also where your conscience lives and is responsible for the experience of guilt". The id, ego and superego influence each other, the ego along with the superego regulates and directs the fulfillment of the id based on the correct rules in society, religion and good or bad behavior.

CHAPTER III

METHODOLOGY

This chapter presents and explains type of the research, source of data, procedures of data collection, and method of analyzing

A. Research Design

The method of this research was descriptive qualitative method. According to Endraswara (2011:5) descriptive qualitative method is the method in research that is described in words form or picture if necessary, not the numerals.

In this research, the researcher used the psychological approach and refers to Sigmund Freud theory to analyze phases of bipolar disorder.

B. Sources of Data

There are two types of data namely primary data and secondary data that are needed to do this research.

1. The primary data is the main data obtained from all the words, dialogues, phrases and sentences in the novel. The primary data source of the research is Michael Cunningham's novel *The Hours*.
2. The secondary data is library research, the supporting data taken from literary books, criticism, internet and some articles related to the novel and some aspect in psychology aspect. The secondary data of the research are taken from any information related to the novel and internet and some articles related to the novel and some aspect in bipolar disorder from other books, and internet.

C. Procedures of Collecting Data

In this research, there will be are several steps to collecting data:

1. The researcher will read the novel for several times accurately, which is done to get the essence of the role story so it can be easier for the researcher to analyze everything that connect to bipolar disorder.
2. Noting and quoting, in this method, the researcher will take notes and quotes any expressions or statements that can be supported the data analysis.
3. Collecting supported of the data that will relate with the object of the research such as interrelated articles, theory, the biography of author, and previous research.

D. Method of Data Analysis

The researcher will apply psychoanalysis created by Sigmund Freud. According to him, psychoanalysis has an aim for knowing and understanding about unconscious. Moreover, to analyze the novel within a literary work in order to find the bipolar disorder through the main character to fulfill information that causes the researcher to draw conclusion which include displaying the writing of the data text in extract terms and identify word, phrase, sentence, paragraph, and dialog that containing of mental illness, bipolar disorder.

CHAPTER IV

FINDINGS AND DISCUSSION

A. Finding

Based on the data classification, the researcher found 23 quotation from Michael Cunningham's novel *The Hours* with 290 pages showed that Virginia Woolf used 4 types of bipolar disorder.

1. Types of bipolar disorder through the main character in Michael Cunningham's novel *The Hours*:

a. Mania

Mania is the word that describes the activated phase of bipolar disorder. The symptoms of mania may take a variety of forms. People on the "excited" side of bipolar disorder may feel on top of things, productive, sociable, and self-confident. The table showed the data finding based on mania symptom:

No	Type of Mania Symptom
1.	Data 1: "She is not in her bed but in a park; a park impossibly verdant, green beyond green a Platonic vision of a park, at once homely and the seat of mystery, implying as parks do that while the old woman in the shawl dozes on the slatted bench something neither kinda nor unkind, exulting only in continuance, knits together the green world of farms and meadows, forests and parks" (Cunningham, 1998:29-30).
2.	Data 2: "She is aware of her reflected movements in the glass but does not permit herself to look. Mirror is dangerous; it sometimes shows her the dark manifestation of air that matches her body, takes her form, but stands behind, watching her, with porcine eyes and wet, hushed breathing. She washes her face and does not look, certainly not this morning, not when the work is waiting for her and she is anxious to join it the way she might join a party that had already started downstairs" (Cunningham, 1998:30-31).

3.	<p>Data 3: “She has been free for quite some time now, for years. She knows how suddenly the headache can return but she discounts it in Leonard’s presence, acts more firmly healthy than she sometimes feels. She will return to London. Better to die raving mad in London than evaporate in Richmond” (Cunningham, 1998:71).</p>
4.	<p>Data 4: “She decides, with misgivings, that she is finished for today. Always, there are these doubts. Should she try another hour? Is she being judicious, or slothful? Judicious, she tells herself, and almost believes it. She has her two hundred and fifty words, more or less. Let it be enough. Have faith that you will be here, recognizable to yourself, again tomorrow. She takes her cup, with its cold dregs, and walks out of the room and down the stairs to the printing room, where Ralph is reading the page proofs as Leonard finishes with them. “Good morning,” Ralph says brightly and nervously to Virginia. His broad, placid, handsome face is red, his forehead practically aglow, and she can immediately see that, for him, it is not a good morning at all” (Cunningham, 1998:72).</p>
5.	<p>Data 5: “Virginia could easily have walked into the kitchen at eight o’clock and said, “Let’s not bother much about the pudding today, pears will suit us perfectly.” But instead she skulked straightaway to her study, fearful that her day’s writing (that fragile impulse, that egg balanced on a spoon) might dissolve before one of Nelly’s moods. Nelly knows this, of course she knows, and in offering pears she reminds Virginia that she, Nelly, is powerful; that she knows secrets; that queens who care more about solving puzzles in their chambers than they do about the welfare of their people must take whatever they get” (Cunningham, 1998:85).</p>
6.	<p>Data 6: “If she falls ill again, she will have brought it on herself. And here, of course, is the dilemma: he’s entirely right and horribly wrong at the same time. She is better, she is safer, if she rests in Richmond; if she does not speak too much, write too much, feel too much; if she does not travel impetuously to London and walk through its streets; and yet she is dying this way, she is gently dying on a bed of roses. Better, really, to face the fin in the water than to live in hiding, as if the war were still on (strange, how the first memory that springs to mind, after all that, is the endless waiting in the cellar, the whole household crammed in together, and having to make conversation for hours with Nelly and Lottie). Her</p>

	life (already past forty!) is being measured away, cupfiil by cupful, and the carnival wagon that bears Vanessa the whole gaudy party of her, that vast life, the children and paints and lovers, the brilliantly cluttered house has passed on into the night, leaving its echo of cymbals behind, its accordion notes, as wheels roll off down the road.” (Cunningham, 1998:169).
7.	Data 7: “Virginia stands in the doorway, watching the shifting patterns as she would watch waves break on a beach. Yes, Clarissa will have loved a woman. Clarissa will have kissed a woman, orily once. Clarissa will be bereaved, deeply lonely, but she will not die. She will be too much in love with life, with London. Virginia imagines someone else, yes, someone strong of body but frailminded; someone with a touch of genius, of poetry, ground under by the wheels of the world, by war and government, by doctors; a someone who is, technically speaking, insane, because that person sees meaning everywhere, knows that trees are sentient beings and sparrows sing in Greek. Yes, someone like that. Clarissa, sane Clarissa exultant, ordinary Clarissa will go on, loving London, loving her life of ordinary pleasures, and some- one else, a deranged poet, a visionary, will be the one to die.” (Cunningham, 1998:211).

From the table above, there were 7 data type of mania symptom. Below showed the data analysis:

Data 1:

Based on data 1 contained mania symptom, this was one of bipolar disorder showed in the sentence “*She is not in her bed but in a park*” it means that Virginia as a main character was experiencing delusions and she could not balance between thoughts, imagination, and emotions, with the actual reality which causes her to felt like in a park. Because Virginia was lying in bed, but she followed her instincts (Id) felt as if she was not walking, but floating around the park and enjoyed the beauty of the park.

Data 2:

Data 2 reflected mania symptom as represented “*Mirror is dangerous; it sometimes shows her the dark manifestation of air that matches her body, takes*

her form, but stands behind, watching her, with porcine eyes and wet, hushed breathing” because she had hallucinations where she felt something that was not really there. Virginia's instinct (Id) made her believe in something that did not really exist. She believed her hallucinations about the mirror so much that she was afraid to look in the direction of the mirror.

Data 3:

The sentence *“Acts more firmly healthy than she sometimes feels.”* in data 15 revealed mania symptoms because that she was in a very good mood she wanted to look fine in front of her husband so that she could follow her instincts (Id) to bring her husband back to London. Virginia really wanted to go back to London, she really missed that city because there were too many memories that she couldn't forget.

Data 4:

In data 4 contained mania symptom because Virginia had many questions in her mind and her mind transitioned quickly from one idea to the next. It showed in sentence *“Should she try another hour? Is she being judicious, or slothful? Judicious, she tells herself, and almost believes it.”* Somehow Virginia felt very restless. Then she followed her instinct (Id) to leave her husband in his room who was working with his coworker.

Data 5:

In data 5 based on the quotation *“Might dissolve before one of Nelly's moods.”* contained mania symptom because Virginia followed her instinct (Id) to leave Nelly in the kitchen. She judged Nelly with something she finds strange

even though she always tried to hide it because she dislike Nelly. Virginia had bad thoughts about other people, therefore she was not close to the people around her.

Data 6:

Data 6 contained mania symptom in the sentence *“If she does not travel impetuously to London and walk through its streets; and yet she is dying this way, she is gently dying on a bed of roses.”* It means Virginia chose to follow her instincts (Id) to take the reckless action of rushing to the station so she could get to London but she felt she couldn't comfortable with the way she was in a hurry to leave the city she currently lives with her husband. She felt that she could not simply leave the city without her husband's permission and also without her husband.

Data 7:

In data 7 the sentence *“A someone who is, technically speaking, insane, because that person sees meaning everywhere, knows that trees are sentient beings and sparrows sing in Greek.* Represented Mania symptom because Virginia believes in something others believe. She had not fully recovered from her past pain while in London. She felt that she knew everything about the people around her, so she thought to write everything she felt into her book. Virginia tells the characters in her book she writes as if they were her, she pours out all her emotions and instinctive desires (id) that always make her psychologically unbalanced due to her surroundings.

b. Hypomania

The term hypomania refers to a clearly altered mood state with mild to severe symptoms of mania that may last for a few days or may persist for many months. The table showed the data finding based on hypomania symptom:

No	Type of Hypomania Symptom
1.	Data 8: “She has dreamed of a line for her new book what was it? Flowers; something to do with flowers. or something to do with a park? Was someone singing? No, the line is gone, and it doesn’t matter, really, because she still has the feeling it left behind. She knows she can get up and write. She rises from her bed and goes into the bathroom ” (Cunningham, 1998:30).
2.	Data 9: “Virginia pours herself a cup of coffee in the dining room, walks quietly downstairs, but does not go to Nelly in the kitchen. This morning, she wants to get straight to work without risking exposure to Nelly's bargainings and grievances. It could be a good day; it needs to be treated carefully. Balancing the cup on its saucer, she goes into the printing room” (Cunningham, 1998:31).
3.	Data 10: “She sips her coffee, sets it down, stretches her arms. This is one of the most singular experiences, waking on what feels like a good day, preparing to work but not yet actually embarked. At this moment there are infinite possibilities, whole hours ahead. Her mind hums. This morning she may penetrate the obfuscation, the clogged pipes, to reach the gold. She can feel it inside her, an all but indescribable second self, or rather a parallel, purer self. If she were religious, she would call it the soul. It is more than the sum of her intellect and her emotions, more than the sum of her experiences, though it runs like veins of brilliant metal through all three” (Cunningham, 1998:34-35).
4.	Data 11: “She looks at the clock on the table. Almost two hours have passed. She still feels powerful, though she knows that tomorrow she may look back at what she’s written and find it airy, overblown. One always has a better book in one's mind than one can manage to get onto paper. She takes a sip of cold coffee, and allows herself to read what she's written so far” (Cunningham, 1998:69).

5.	<p>Data 12: “Virginia lays down her pen. She would like to write all day, to fill thirty pages instead of three, but after the first hours something within her falters, and she worries that if she pushes beyond her limits she will taint the whole enterprise. She will let it wander into a realm of incoherence from which it might never return. At the same time, she hates spending any of her cogent hours doing anything but writing. She works, always, against the fear of relapse. First come the headaches, which are not in any way ordinary pain (“headache” has always seemed an inadequate term for them, but to call them by any other would be too melodramatic).” (Cunningham, 1998:70).</p>
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From the table above, there were 5 data type of hypomania symptom.

Below showed the data analysis:

Data 8:

In data 8 had hypomania symptom as represented “*She knows she can get up and write. She rises from her bed and goes into the bathroom*” because Virginia was more excited than to write her new book which she titled “Mrs. Dalloway” which she wanted to publish soon. It means Virginia followed her instincts (Id) to incorporate distorted stories she had thought of but had never experienced into the storyline of her book.

Data 9:

Based on data 9, it showed “*This morning, she wants to get straight to work without risking exposure to Nelly's bargainings and grievances. It could be a good day; it needs to be treated carefully*” hypomania symptom because Virginia was more excited than ever to worked. She prefers not to met her housekeeper (Id) named Nelly It was a good day for Virginia with no complaints or fuss at home so she could enjoy the atmosphere in her study while drinking a cup of coffee she had made.

Data 10:

Data 10 contained hypomania symptom in the sentence *“This morning she may penetrate the obfuscation, the clogged pipes, to reach the gold.”* It means Virginia always drank coffee every morning and for some reason that day she felt that she was more excited than usual and she also felt that it was a good day for her. So she can follow her instinct (Id) to write and enjoy the good day.

Data 11:

Data 11 showed hypomania symptom because for some reason at that time Virginia was more excited than before to write for 2 hours. It showed on the sentence *“Almost two hours have passed. She still feels powerful.”* It was seen that she was following her instinct (Id) to sit down and write longer than usual. Even though she knew that there was still tomorrow, she was still strong enough to write.

Data 12:

Based on data 12 the sentence *“She hates spending any of her cogent hours doing anything but writing.”* Contained hypomania symptom because Virginia spent all day writing a book. She was very excited (Hypomania) for her book because she wanted to give the best for the readers of her book later. Although she was a little tired, her instincts (Id) tried to make her still sit down and write.

c. Depression

Depression is the opposite of mania. The patient’s mood may be dejected, the outlook hopeless. The table showed the data finding based on depression symptom:

No	Type of Depression Symptom
1.	<p>Data 13: ““I’m having coffee with cream for breakfast. It’s enough.” “It’s far from enough. I’m going to have Nelly bring you a bun and some fruit.” “If you send Nelly in to interrupt me I won’t be responsible for my actions.” “You must eat,” he says. “It doesn’t have to be much.” “I’ll eat later. I’m going to work now.” He hesitates, then nods grudgingly. He does not, will not, interfere with her work. Still, Virginia refusing to eat is not a good sign (Cunningham, 1998:33).</p>
2.	<p>Data 14: “She will have lunch. She should have breakfast but she can't bear the interruption it would entail, the contact with Nelly's mood. She will write for an hour or so, then eat something. Not eating is a vice, a drug of sorts with her stomach empty she feels quick and clean, clearheaded, ready for a fight. She sips her coffee, sets it down, stretches her arms. This is one of the most singular experiences, waking on what feels like a good day, preparing to work but not yet actually embarked” (Cunningham, 1998:34).</p>
3.	<p>Data 15: “This morning she may penetrate the obfuscation, the clogged pipes, to reach the gold. She can feel it inside her, an all but indescribable second self, or rather a parallel, purer self. If she were religious, she would call it the soul. It is more than the sum of her intellect and her emotions, more than the sum of her experiences, though it runs like veins of brilliant metal through all three. It is an inner faculty that recognizes the animating mysteries of the world because it is made of the same substance, and when she is very fortunate she is able to write directly through that faculty. Writing in that state is the most profound satisfaction she knows, but her access to it comes and goes without warning. She may pick up her pen and follow it with her hand as it moves across the paper; she may pick up her pen and find that she’s merely herself, a woman in a housecoat holding a pen, afraid and uncertain, only mildly competent, with no idea about where to begin or what to write.” (Cunningham, 1998:35)</p>
4.	<p>Data 16: “She wants this to be her best book, the one that finally matches her expectations. But can a single day in the life of an ordinary woman be made into enough for a novel? Virginia taps at her lips with her thumb. Clarissa Dalloway will die, that she feels certain though this early it’s impossible to say how or even precisely why.</p>

	She will, Virginia believes, take her own life. Yes, she will do that " (Cunningham, 1998:69).
5.	Data 17: "There is no dark in the shuttered room, no dark behind her eyelids. There are only greater and lesser degrees of radiance. When she's crossed over to this realm of relentless brilliance, the voices start. Sometimes they are low, disembodied grumblings that coalesce out of the air itself, sometimes they emanate from behind the furniture or inside the walls. They are indistinct but full of meaning, undeniably masculine, obscenely old. They are angry, accusatory, disillusioned. They seem sometimes to be conversing, in whispers, among themselves; they seem sometimes to be reciting text" (Cunningham, 1998:71).
6.	Data 18: "A flock of sparrows outside her window once sang, unmistakably, in Greek. This state makes her hellishly miserable; in this state she is capable of shrieking at Leonard or anyone else who comes near (fizzling, like devils, with light); and yet this state when protracted also begins to enshroud her, hour by hour, like a chrysalis. Eventually, when enough hours have passed, she emerges bloodied, trembling, but full of vision and ready, once she's rested, to work again. She dreads her lapses into pain and light and she suspects they are necessary" (Cunningham, 1998:71).
7.	Data 19: "She reaches Queen's Road and turns back toward home, thinking of Vanessa, of decapitated flowers floating in bowls of water. Although it is among the best of them, Richmond is, finally and undeniably, a suburb, only that, with all the word implies about window boxes and hedges; about wives walking pugs; about clocks striking the hours in empty rooms. Virginia thinks of the love of a girl. She despises Richmond. She is starved for London; she dreams sometimes about the hearts of cities. Here, where she has been taken to live for the last eight years precisely because it is neither strange nor marvelous, she is largely free of the headaches and voices, the fits of rage. Here all she desires is a return to the dangers of city life." (Cunningham, 1998:83).
8.	Data 20: "On the steps of Hogarth House, she pauses to remember herself. She has learned over the years that sanity involves a certain measure of impersonation, not simply for the benefit of husband and servants but for the sake, first and foremost, of one's own convictions. She is the author; Leonard, Nelly, Ralph, and the others are the readers. This particular novel concerns a serene, intelligent woman of painfully susceptible sensibilities who once was ill but has now recovered; who is preparing for the

	season in London, where she will give and attend parties, write in the mornings and read in the afternoons, lunch with friends, dress perfectly. There is true art in it, this command of tea and dinner tables; this animating correctness” (Cunningham, 1998:83).
9.	Data 21: ““Hello, Nelly,” Virginia says. “Hello, ma’am.” Nelly concentrates on the crust, as if her rolling pin were revealing faint but legible writing in the dough. “Is that a pie for lunch?” “Yes, ma’am. I thought a lamb pie, there’s that lamb left over, and you was so hard at work this morning we didn’t speak.” “A lamb pie sounds lovely,” Virginia says, though she must work to stay in character. She reminds herself: food is not sinister. Do not think of putrefaction or feces; do not think of the face in the mirror” (Cunningham, 1998:84-85).

From the table above, there were 9 data type of depression symptom.

Below showed the data analysis:

Data 13:

In data 13 had depression symptom as represented “*Virginia refusing to eat is not a good sign*” it means Virginia felt that she had no desire to eat (Depression) and she preferred to follow her instincts (Id) not to eat, then chose to focus on the book she was writing.

Data 14:

Based on sentence in data 14 “*She will have lunch. She should have breakfast but she can’t bear the interruption it would entail.*” had depression symptom because Virginia felt that what she did to her husband this morning was not right (Depression), therefore she will follow her conscience (Superego) to eat after writing a book in her study so that the relationship between her and her husband remains fine.

Data 15:

Data 15 contained depression symptom, it showed in the sentence “*she may pick up her pen and find that she's merely herself, a woman in a housecoat holding a pen, afraid and uncertain*” Virginia did not have friends to share stories at home, so she felt empty and sad (Depression). She was not very close to her housekeepers and her husband was also busy with his work. What Virginia was feeling could be seen in the sentence but she remained calm so this time she used her conscience (Superego) to deal with what she felt.

Data 16:

Based on data 16 the quotation “*Clarissa Dalloway will die*” contained depression symptom because Virginia thought about how the characters in the book she was writing died. And in the quotation “*Virginia believes, take her own life*” Virginia also thought that she would kill herself in her own way. But not now (Ego) because she had to finish her writing first because she wanted the book she was currently writing to be her best book that lived up to her expectations.

Data 17:

In data 17 had sentence “*Sometimes they emanate from behind the furniture or inside the walls.*” Contained depression symptom because Virginia had memory problems and became less concentrated. Virginia heard voices coming from the walls of her room and instantly recalled what she had experienced while living in London. Her house had been bombed by a group of troops he did not know. But Virginia did not want to linger (ego) in her memory.

Data 18:

Data 18 contained depression symptom because after what had happened in London, Virginia experienced mental fatigue which made her feel failure and lethargy due to demands that were too burdensome for her energy and abilities, it showed in the sentence *“This state makes her hellishly miserable; in this state she is capable of shrieking at Leonard or anyone else who comes near.”* Virginia prefers not to follow her instincts (Ego) and prefers to stay away from people who were in her house for a while, because she did not want them to be worried and be sad.

Data 19:

Data 19 based on quotation *“She despises Richmond.”* Contained depression symptom because Virginia still wanted to return to London. She was not happy in the city where she lived with her husband, but the city made her feel better and forget all her pain. But still she followed his instinct (Id) to keep wanting to go back to London because she really misses where she came from.

Data 20:

In data 20 the sentence *“She has learned over the years that sanity involves a certain measure of impersonation, not simply for the benefit of husband and servants.”* Represented depression symptom because Virginia had tried not to follow her instincts and limited. What her instincts wanted to do (Ego) so that her husband and her servants felt comfortable with her. Even though he actually feels uncomfortable and even unhappy with what she was doing but she had to do it for the sake of the people around her.

Data 21:

Data 21 showed depression symptom because Virginia was not too happy and did not like the food made by Nelly. But she trying to appreciate it (Ego) it can show in sentence *“She reminds herself: food is not sinister.”* She instilled in herself that food was never wrong and sinister to her, therefore she thought that she should.

c. Mixed Episode

Mixed episode is a condition in which both mania and depression occur. A few of individuals may experience only manic episodes (bipolar disorder), but most people who have manic episodes (bipolar disorder) also experience periods of depression. The table showed the data finding based on mixed episode symptom:

No	Type of Mixed Episode Symptom
1.	<p>Data 22: “Good morning,” she says. “Good morning. How was your sleep?” How was your sleep, he asks, as if sleep were not an act but a creature that could be either docile or fierce. Virginia says, “It was uneventful. Are those Tom’s?” “Yes.” “How do they look?” He scowls again. “I’ve found an error already, and I’m not quite through the second page.” “One error at the beginning is quite likely just that. It’s early in the day to be so bent on irritation, don’t you think?” “Have you had breakfast?” he asks. “Yes.” “Liar.” “I’m having coffee with cream for breakfast. It’s enough.” “It’s far from enough. I’m going to have Nelly bring you a bun and some fruit.” “If you send Nelly in to interrupt me I won’t be responsible for my actions.”</p>

	"You must eat," he says. "It doesn't have to be much." "I'll eat later. I'm going to work now"" (Cunningham, 1998:32-33).
2.	Data 23: "Right now, walking, free of her headache, free of the voices, she can face the devil, but she must keep walking, she must not turn back. When she reaches the Quadrant (the butcher and green-grocer have already rolled up their awnings) she turns toward the rail station. She will go, she thinks, to London; she will simply go to London, like Nelly on her errand, although Virginia's errand will be the trip itself, the half hour on the train, the disembarking at Paddington, the possibility of walking down a street into another street" (Cunningham, 1998:167).experiences, waking on what feels like a good day, preparing to work but not yet actually embarked" (Cunningham, 1998:34).

From the table above, there were 2 data type of mixed episode symptom. Below showed the data analysis:

Data 22:

Data 22 had mixed episode symptom because Virginia greeted Leonard when she was in the kitchen making coffee, then Leonard told her to have breakfast but she refused because she didn't like breakfast, it showed in dialogue

"I'm having coffee with cream for breakfast. It's enough."

"It's far from enough. I'm going to have Nelly bring you a bun and some fruit."

"If you send Nelly in to interrupt me I won't be responsible for my actions."

she was annoyed and threatened Leonard when Leonard was going to tell Nelly to bring her breakfast. Previously Virginia felt that her mood was fine but suddenly became annoyed (Mixed Episode) because of Leonard. And it also showed in dialogue *"I'll eat later. I'm going to work now"* that Virginia tried to contain her emotions and prevent tension (Ego) between her and Leonard so that the atmosphere in her house remained conducive.

Data 23:

The sentence “*Right now, walking, free of her headache, free of the voices, she can face the devil*” in data 23 had mixed episode symptom it described that Virginia wanted to disappear and be free from all the things that made her feel irritated, anxious and angry. She also felt a certain situation or pressure that often occurred during her move to Richmond. What was happening to her affected her mood at that time. In addition to sadness and lingering anxiety and lack of energy, she also experienced feelings of irritability and anger. So that she thought it would be better to return to London than stay in Richmond, it made her miserable. But she chose to follow her conscience (superego) and thought about her husband, how he would feel if she left him.

2. The impact of Bipolar Disorder through the main character in Michael Cunningham’s novel *The Hours*.

a. Mania

“She is aware of her reflected movements in the glass but does not permit herself to look. Mirror is dangerous; it sometimes shows her the dark manifestation of air that matches her body, takes her form, but stands behind, watching her” (Cunningham, 1998: 31).

Based on the quotation above Virginia was in of the mirror at that time while thinking it has been seriously happened but nothing chance at a moment. She extremely seems misunderstood and become distractible with the mirror and what she thought immediately. The psychologist explained about the Mania that seen above is one of the impacts to someone/character. The researcher concluded Virginia goes to overthinking and also Delusions and hallucinations because she believes with unrealistic thing.

“Virginia could easily have walked into the kitchen at eight o’clock and said, “Let’s not bother much about the pudding today, pears will suit us perfectly.” But instead she skulked straightaway to her study, fearful that her day’s writing (that fragile impulse, that egg balanced on a spoon) might dissolve before one of Nelly’s moods” (Cunningham, 1998: 31).

Based on the data above Virginia as a main character, she is easily doing something quickly like she goes to the kitchen but directly moves to other activity without finish the first plan. She directly backs to her room, jumps quickly to other thing because afraid that she could not handle it. The impact clearly seen that she could not handle the job one by one. But in the middle of her explanation she jumps to another idea. The body language that she used is rather cannot be understood of what its meaning. Therefore, the researcher assumed that the symptom of racing thoughts is fulfilled. This impact is that present mania state very easy to switch. Moreover, people around her will judge to Virginia that she is unable to consistent.

b. Hypomania

“She would like to write all day, to fill thirty pages instead of three, but after the first hours something within her falters, and she worries that if she pushes beyond her limits she will taint the whole enterprise. She works, always, against the fear of relapse. First come the headaches, which are not in any way ordinary pain (“headache” has always seemed an inadequate term for them, but to call them by any other would be too melodramatic” (Cunningham, 1998: 70).

Based on the quotation above shows an impact to Virginia is feeling better but the feeling is actually exaggerated at the moment because she forces herself to do something unlimited. According to Smith if someone feels better in exaggerated is a stage of hypomania impact. In this case Virginia above did not

understand that the experience was something abnormal in her life but still continuing did the same thing. Moreover, if this would be a bad symptom for their health so it will greatly affect their social life.

“Virginia leans toward Angelica as if they shared a secret. Some force flows between them, a complicity that is neither maternal nor erotic but contains elements of both. There is an understanding here. There is some sort of understanding too large for language. Virginia can feel it, as surely as she feels weather on her skin, but when she looks deeply into Angelica's face she sees by Angelica's bright, unfocused eyes that she is already growing impatient with the game” (Cunningham, 1998: 120).

Hypomania episode were expansive, inflated self-esteem, more talkative than usual or pressure to keep talking, and increase in goal-directed activity.

According to the novel's quotes above the writer conclude an impact to the main character it makes she very expansive. She was very open to Angelica about her personal problems in great detail where it was a very sensitive issue for her and she never told anyone and it makes she did not want anyone who know about the intrusion that was inside her.

c. Depression

“Sometimes they are low, disembodied grumblings that coalesce out of the air itself, sometimes they emanate from behind the furniture or inside the walls. They are indistinct but full of meaning, undeniably masculine, obscenely old. They are angry, accusatory, disillusioned. They seem sometimes to be conversing, in whispers, among themselves; they seem sometimes to be reciting text” (Cunningham, 1998:71).

The researcher presented out several data that indicate the symptom of depression will give an impact toward the character. There are several impacts that could be concluded as the quotation above. Based on the novel's quote above the character seems regret about her situation at the moment because she is in low

mood, feeling sad, disappointed and empty. She does not feel there and she cannot control her emotional feeling in that time. Moreover, the researcher concluded the main impact of depression to the character from novel's quote above that she inability to experience pleasure and loss of energy. In addition, it is clearly showing in her low mood there is such anger feeling and disappointed in her mind.

"Well, then," Vanessa says, and she and Julian turn and walk back to the house, Julian's hand slipped into the crook of his mother's elbow. Before following them, Virginia lingers another moment beside the dead bird in its circle of roses. It could be a kind of hat. It could be the missing link between millinery and death. She would like to lie down in its place. No denying it" (Cunningham, 1998:121).

Another impact can be showed in the quotation above where the character, Virginia could not experience pleasure anymore caused she lingers another moment beside the dead bird in its circle of roses and the situation become feelings or worthless of guilt as indicated in the quotation above. In addition, a moment that can be handled will give an impact toward the character as well. People in this situation always cannot receive the fact so they will be easy to blame themselves for what they did. According to NAMI, this situation will give a bad impact to Virginia's emotional and mind if she could not move to positive ways and thought this matter not something very seriously.

"She is no one; she is nothing. It seems, briefly, that by going to the hotel she has slipped out of her life, and this driveway, this garage, are utterly strange to her. She has been away. She has been thinking kindly, even longingly, of death. It comes to her here, in her driveway, she has been thinking longingly of death" (Cunningham, 1998:121).

Thought of death or suicide are very seriously impact to someone case. According to Smith and NAMI, in this stage, people who have been Feeling hopeless, sadness, empty, could not control the emotional, feeling guilty and no more happy time constantly will lead someone to take an easy ways to solve the matter by doing suicide. Based on the novel's quote above at pages 121 extremely show the worst impact to the main character were in the situation that she was no one and she has been thinking even longingly to death.

Every human being has lost someone or having a big problem which can be solve. The loss of a person is very sad event in this life. The normal person tries to accept the reality that is because normal people think life must go on. Time keeps turning and no one can go back in time. But people who have bipolar disorders/high depression are unable to accept the reality of something so it makes frustrated.

d. Mixed Episode

"How do they look?"

He scowls again. "I've found an error already, and I'm not quite through the second page."

"One error at the beginning is quite likely just that. It's early in the day to be so bent on irritation, don't you think?"

"Have you had breakfast?" he asks.

"Yes."

"Liar."

"I'm having coffee with cream for breakfast. It's enough."

"It's far from enough. I'm going to have Nelly bring you a bun and some fruit."

"If you send Nelly in to interrupt me I won't be responsible for my actions."

"You must eat," he says. "It doesn't have to be much."

"I'll eat later. I'm going to work now" (Cunningham, 1998: 33).

According to the quotation above shows Virginia experienced some symptoms of mixed episode that refers to mania and depression episode and it gives an impact to her personality and people around her. In addition, the data conversation above shows someone asks her to stop working for eating. An impact directly at that time to someone as well because there is rapid cycling of mood changing from Virginia where someone who cares about her but she instead refuses it. This case will give an impact to Virginia's personality where people will easily judge her bad mood.

“Right now, walking, free of her headache, free of the voices, she can face the devil, but she must keep walking, she must not turn back. When she reaches the Quadrant she turns toward the rail station. She will go, she thinks, to London; she will simply go to London” (Cunningham, 1998:167).

Mixed episode is a condition in which both mania and depression occur. The writer analyzed the impact to the main character that found in the novel that shows mixed episode. Based on the quotation above shows the impact to Virginia who in depression combination with agitation. According to Smith, Agitation could be said as conditions that contain suspense and there is such inner impulse to do over act. Virginia experience depression after she only thought that she must go to London without thinking the risk that must be happened. The situation has a huge impact to Virginia and loved ones because she will not predict what will happen to her if she acts recklessly.

B. Discussion

The data shown that all types and impact of bipolar disorder by NAMI (National Alliance on Mental Illness) and Sigmund Freud's theory are used by the main character

1. Types of bipolar disorder through the main character in Michael Cunningham's novel *The Hours*:

The symptom of mania were conditions that occurred when the main character felt very excited, both physically and mentally. Usually also the main character made irrational decisions. When symptoms of mania appear, symptoms would be characterized by feelings of excessive pleasure that were not original, made decisions quickly and poorly, did not need sleep or rest, look very [restless](#), hallucinations. Mania used Id because the main character is more concerned with instinct. The frequency of using the type of symptoms of mania and Id by the main characters in the novel shown in 7 data.

The symptom of hypomania were milder or less extreme form of mania for the main character's mood swings. Although not too extreme, the main character experiences a different episode than usual. This condition was difficult to detect because of the lack of awareness of the surrounding environment. Hypomania used Id because the main character prefers to do what she feels. The frequency of using the type of symptoms of Hypomania and Id by the main character in the novel shown in 5 data.

The symptom of depression on the main character were more than just a sad mood that most people might also experience when the sufferer was having a bad

day. The essence of depression suffered by the main character was the loss of pleasure in activities that were once enjoyable. These symptoms towards the main character were accompanied by various physical symptoms, such as difficulty sleeping, poor concentration and memory, low energy, and changes in appetite. Depression used the Ego and Superego to limit what the main character will do when experiencing symptoms of depression. The frequency of using the symptoms of depression and ego and supergego by the main character in the novel shown in 9 data, which means that the main character experiences more depression.

The symptom of mixed episode were high and low moods and behaviors at the same time that were felt by the main character. Current mixed episode happens to the main character, she experienced symptoms of the two moods, mania and depression, simultaneously or in quick time. Mania with mixed symptoms includes irritability, high energy, fast thinking and speaking, and overactivity or agitation. Mixed Episode used Superego because in mixed episode symptoms the main character felt she prefers to use her conscience. The frequency of using Mixed Episode symptom types by the main characters in the novel shown in 2 data.

2. The impact of Bipolar Disorder through the main character in Michael Cunningham's novel *The Hours*.

Mania was one in bipolar disorder. The symptoms of mania may take a variety of forms. People on the side of bipolar disorder may felt on top of things,

productive, sociable, and self-confident. The mood becomes more elevated of irritable, behavior more unpredictable, and judgment more impaired as mania develops. There were a lot of symptoms of mania disorder shows in the novel *The Hours* that could give an impact to the character. The impact of the symptoms of mania and Id on the main character was the disconnection of social relations between the main character and the people who live in her house. This causes some tension in the house, and there was no good communication between Virginia and the people around her.

According to Smith if someone feels better in exaggerated was a stage of hypomania impact. In this case Virginia did not understand that the experience was something abnormal in her life but still continuing did the same thing. Moreover, it this would be a bad symptom for their health so it would greatly affect their social life. The impact of the symptoms of Hyphomania and Id on the main character was on social functions such as relationships and work which ultimately makes her felt very excited or not excited at all. So it was very influential on herself and the surrounding environment which makes her unable to be consistent in did some things.

Every human being has lost someone or having a big problem which could be solve. The loss of a person was very sad event in this life. The normal person tries to accept the reality that was because normal people think life must go on. Time keeps turning and no one could go back in time. But people who have bipolar disorders or high depression were unable to accept the reality of something so it makes frustrated. The impact on the main character was that she

could not stand what has happened in her life so that she felt hopeless and doesn't know what to do to keep her alive. Until in the end she chose to commit suicide by drowning herself in the river because she could no longer contain her depression.

An impact directly at that time to someone as well because there was rapid cycling of mood changing from Virginia where someone who cares about her but she instead refuses it. This case would give an impact to Virginia's personality where people would easily judge her bad mood. She becomes uncontrollable and sometimes felt depression mixed with anxiety so that at times the main character could do unexpected things, such as a very high desire to commit suicide.

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

This research finally comes to an end. This research has answered the research's problem, which represents the Bipolar Disorder in the novel by applying psychoanalysis approach from Sigmund Freud. Bipolar disorder formerly called mania, hypomania, depression and mixed episode, they were mental health condition that causes extreme mood swings that include emotional highs and lows. Each individual would grow up their own personality and perspective to how they look the situation or problem around them. Things that happened over them would give an impact to someone personality depend on their perspective.

Based on the statement above, that people would behave based on what they think and feel followed by desire. The main character in the novel through her daily life always acts while following her urge which was more priority to Id and Ego so that if their wish and desire are not coming true as expected, it turns bad impact for their health and mental (bipolar disorder). Therefore, the main character depressed, she feel sad or hopeless and lose interest or pleasure in most activities so that Id and Ego were more dominant towards her choice. The result of Superego concept that was seen inside an individual self depends on how someone draws the conclusion of situation and problem in life by considering social norm, moral and values. Moreover, superego in Virginia was limited by Id

and ego thus causing her to often experience mania, hypomania, depression and mixed episode through her life in consequence.

B. Suggestion

The writer hopes that this research could be useful and gave more understanding for the next researcher. This research focuses in analyzing Bipolar Disorder which is can divide in many types that depicted on main character in *The Hours* novel using Sigmund Freud theory through the psychoanalysis which called id, ego and superego. Hopefully, this research can be studied more by other literary perspectives. Moreover, it is suggested to the next researcher to analyze this novel from other part of the novel with other kind of approach.

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APPENDICES

1. Synopsis The Hours



Just like Clarissa Dalloway, [Clarissa Vaughn](#) begins the day by going to the flower store to pick up flowers for a party she is throwing later. The party is a celebration of her ex-husband but also his "last hurrah" as he is dying of AIDS.

[Virginia Woolf](#) awakens to another day or writer's block which she attributes to being stuck out in the suburbs instead of back in London where she belongs. She says good morning to Leonard, her husband, who is already immersed in going through printing proofs that he is publishing, and returns to her room to try to come up with a day in the life of her main character, Clarissa Dalloway.

[Laura Brown](#) is reading "Mrs Dalloway". She is a housewife living in post World War One California and is bored and trapped in the life she had not imagined. It is her husband's birthday but she stays in bed and reads until he has

left for work. Finally going downstairs she sees Dan leave and is left home alone to take care of their son, Richie.

Come late morning, Clarissa goes over to Richard's apartment and finds it in disarray, mirroring Richard himself. Virginia has a bad headache and cannot concentrate. She believes her headache to be caused by the suburban surroundings that are draining her of her creativity. Leonard insisted that they move out of London for the good of her emotional health but his decision seems to have had the opposite effect. She calms an argument between Leonard and his assistant, then goes for pre-lunch walk. She ponders on Clarissa Dalloway's situation and makes some decisions about her. She will be frequently depressed and will once have passionately lived a woman. She will die by committing suicide. Virginia goes home to find that her sister Vanessa is coming for tea which has annoyed the cook who has no desire to go into town for special high tea ingredients. And speaking of cakes and high tea, Laura is making a birthday cake for Dan with the assistance of her little boy.

At lunchtime Clarissa runs into her girlfriend and domestic partner, [Sally](#). Sally is on her way to lunch with a friend who is a famous actress and with whom she has a close friendship that makes Clarissa feel locked out. She is beginning to feel locked out of her life. She misses the stereotypical domestic bliss that she and Richard used to have and reminisces. Laura and Richie's cake comes out of the oven but Laura is disappointed with it and sees only faults. In the suburbs, Vanessa arrives several hours early to surprise Virginia and they watch Vanessa's children playing in the garden. Clarissa has a visitor too; in fact she has several of

them. One of Richard's former lovers drops by. Clarissa and Louis are close because they have caring for Richard in common. She enjoys Louis visit but it ends abruptly because Clarissa's daughter, Julia, comes over, uninvited, bringing her obstreperous and argumentative friend. True to form and argument ensues. In the 1940s Laura has thrown the first birthday cake into the garbage and started making a second. She is bored. She drops Richie at a neighbor's house and checks into a hotel for a few hours to live her secret vicarious life reading Mrs Dalloway. The novel is making her think about things; could she ever contemplate ending it all? Although she is frustrated with her current life, she is not frustrated by the concept of living. She decides she is not a person who would ever be suicidal. It's just not her.

Halfway through the afternoon Virginia and Vanessa drink tea in the Woolf kitchen and the pleasantness of the day boosts Virginia's spirits. This rubs off on her characters too and she decides Clarissa is too happy to be suicidal. She does, though, want to have a character in the book who kills themselves and plans to come up with one. Back in the present, the abrasiveness between Clarissa, Julia and Mary escalates and her daughter leaves.

Late afternoon sees a deflated Virginia who has come down with a bump after Vanessa has gone home. She can't write so she goes for another walk. She decides to take the train back to London but before she can board the train Leonard finds her and takes her back to the house that she is increasingly mentally imprisoned within. Laura collects Richie from his sitter and later as she watches him and her husband eat the birthday cake she has made she realizes that her life

is a lie because as perfect as it appears from the outside, she is miserable. Clarissa receives a call from Richard. He says he is not going to make it to his party. Clarissa rushes to his apartment but finds him sitting on the windowsill. He tells her that he loves her then he jumps.

At bedtime, Virginia tells Leonard that she needs to return to London. She manages to convince him and the plan to return to the city. Even the decision to return brings her some creative clarity and she decides that Mrs Dalloway will definitely not commit suicide in the novel but another character definitely will. Laura brushes her teeth and dreads going to bed because she does not want to have sex with Dan.

Laura, older, visits Clarissa, revealing that they have been connected all along. The thread that stitches them together is Richard; in the wake of his death, his mother, Laura, reflects on his life, and the passing of time, with Clarissa.

2. Biography of Michael Cunningham



MICHAEL CUNNINGHAM, was born in Cincinnati, Ohio in 1952 and grew up in La Canada, California. He received his B.A. in English Literature from Stanford University and his M.F.A. from the University of Iowa. His novel *A Home at the End of the World* was published by Farrar, Straus & Giroux in 1990 to wide acclaim. *Flesh and Blood*, another novel, followed in 1995. He received the 1999 Pulitzer Prize for Fiction and the PEN/Faulkner Award for his novel, *The Hours*. He has written one nonfiction book, *Land's End: A Walk Through Provincetown*. He is the author of *Specimen Days*, and *By Nightfall* which has been optioned for the movies. His most recent novel is *The Snow Queen* and a story collection, *A Wild Swan and Other Tales*, illustrated by Yuko Shimizu, was released by FSG in 2015. He is currently working on his next novel, tentatively titled *Glory*.

A film version of *The Hours* was directed by Stephen Daldry and featured Julianne Moore, Nicole Kidman and Meryl Streep. The film was released to general critical acclaim and received nine Academy Award nominations, including Best Picture, and a win for Nicole Kidman as Best Actress. A film

version of *A Home at the End of the World* was directed by Michael Mayer, and featured Colin Farrell, Robin Wright Penn, Dallas Roberts and Sissy Spacek. Cunningham and Susan Minot co-wrote the screenplay for her novel *Evening*; the film stars Vanessa Redgrave, Claire Danes, Toni Colette, Patrick Wilson, and Meryl Streep.

Cunningham's work has appeared in *The New Yorker*, *The Atlantic Monthly*, *The Paris Review*, and other publications. His story "White Angel" was chosen for *Best American Short Stories 1989*, and another story, "Mister Brother," appeared in the 2000 O. Henry Collection.

Michael Cunningham is the recipient of a Whiting Writers Award (1995), a Guggenheim Fellowship (1993), a National Endowment for the Arts Fellowship (1988), and a Michener Fellowship from the University of Iowa (1982). He is currently a senior lecturer in the English department at Yale University.

AUTOBIOGRAPHY



Furi Annisa Paramita, She was born in Ujung Pandang, 29 December 1997. She is the last daughter of three children from Drs. Agus Mulyoto and Dra. Lilik Suhariyah. Her principle life is “don’t be a star, but be the sky that will always exist”.

She completed her elementary education in SD Angkasa III Maros from 2003-2009, after that, she continued in SMP Angkasa Maros from 2009-2012, then she continued in SMA Angkasa Maros from 2012-2015. Finally, in 2017 she chose to continue her studies at the Bosowa University and took the English literature department of literature majors because she wanted to improve her English knowledge and also want to know more about literature. She has joined the organization, namely the Literature Student Executive Board serves as member of publication and documentation department over a period.