NARCISSISTIC PERSONALITY DISORDER IN THE NOVEL *BEST DAY EVER* BY KAIRA ROUDA

THESIS

Submitted in Partial Fullfillment of the Requirements for the Sarjana Degree at Letters Faculty of Bosowa University

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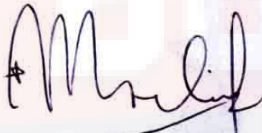**Arranged and Submitted by**

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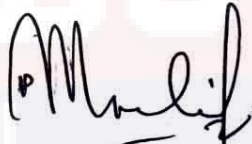
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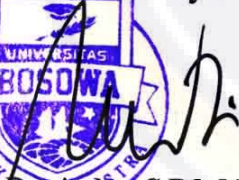
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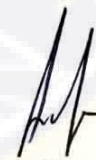NIDN : 0912096701

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STATEMENT OF ORIGINALITY

The writer here by declares that the thesis entitled **NARCISSISTIC PERSONALITY DISORDER IN THE NOVEL BEST DAY EVER BY KAIRA ROUDA** has been formed, completed, and written by the writer with guidance from the supervisors. The writer guaranteed that the content of this thesis has never been previously submitted elsewhere for publication. The writer has duly acknowledged all the sources from which the ideas and extracts have been taken.

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Finally, the writer realized that nothing was perfect, the writer still made mistaken in the preparation of the thesis. Therefore, the writer apologized for all of the mistaken. The writer hoped that this thesis could be useful for readers and could be used as a reference for development in a better direction. May Allah always bestow us with grace and pleasure on all of us.

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ABSTRACT

Warham. 2022. Narcissistic Personality Disorder In The Novel Best Day Ever By Kaira Rouda (Supervised by Dahlia D. Moelier and Andi Tenri Abeng).

This study aimed to identify the causes and types of narcissistic personality disorder in the main character of Kaira Rouda's novel, "*Best Day Ever*" and hoped to provide a foundation for further research in this area.

The data source for this study was the novel itself. Qualitative descriptive research methods were used to analyze the data with a psychological approach, including the techniques of reading, note-taking, and analysis. Caligor et al's and Bursten's theories were used to classify the data.

The results of this study reveal that the main character was a narcissist. he had 8 out of 9 signs of narcissistic personality disorder caused by excessive self-importance, fantasies of success, feelings of being special, excessive need for admiration, arrogance, and lack of empathy, and the main character's narcissistic personality disorder was predominantly of the manipulative type.

Keywords: Narcissistic, Novel, Personality Disorder.

ABSTRAK

Warham. 2022. Narcissistic Personality Disorder In The Novel Best Day Ever By Kaira Rouda (Dibimbing oleh by Dahlia D. Moelier and Andi Tenri Abeng)

Penelitian ini bertujuan untuk mengidentifikasi penyebab dan jenis-jenis gangguan kepribadian narsistik pada karakter utama dalam novel Kaira Rouda yang berjudul Best Day Ever dan diharapkan dapat menjadi dasar untuk penelitian selanjutnya dalam bidang ini.

Sumber data untuk penelitian ini adalah novel itu sendiri. Metode penelitian deskriptif kualitatif digunakan untuk menganalisis data dengan pendekatan psikologis, termasuk teknik membaca, mencatat, dan analisis. Teori Caligor et al dan Bursten digunakan untuk mengklasifikasikan data.

Hasil penelitian ini mengungkapkan bahwa tokoh utama adalah seorang narsisis. ia mengalami 8 dari 9 tanda gangguan kepribadian narsistik yang disebabkan oleh kepentingan diri yang berlebihan, fantasi sukses, perasaan istimewa, kebutuhan yang berlebihan akan kekaguman, kesombongan, dan kurangnya empati, dan gangguan kepribadian narsistik karakter utama didominasi oleh tipe manipulatif.

Kata kunci **:** Narsistik, Novel, Gangguan kepribadian.

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CHAPTER I

INTRODUCTION

This chapter discussed the background of the study, the reason for choosing the title, problem of the research, questions of the research, objectives of the research, scope of the research, and significance of the research. Below were more detailed descriptions

A. Background

Literature had two functions. The first was literature of power; it meant to move the heart and mind of the readers. The second was literature of knowledge which had the function to teach. It meant that literature held power to present particular values, messages, and themes to the readers. Another function of literature was also to give values of human lives (Lorenzo, 2014: 64).

According to Luken (2003: 3) Literature was an expression of life in a world of truth and beauty. It was the author's tale of the spirit of human thought, emotion, and expression. Literature had traditionally been described as existing writing because of its inherent imaginative artistic quality. In addition, Literature could be described as something that was written through a process of imagination which was an imitation or reflection of real life

As an imaginary work, fiction offered various problems of humans and humanity, life, and life. The author lived these problems with full seriousness and wished to return through fictional means in accordance with his views. One type of prose was the novel (Septia, 2009:1).

Septia (2009:2) also explained that a novel was part of a work of fiction that contained a comprehensive human experience about the journey of life that was in contact with human life, so that it could be said that a work of fiction in the form of a novel was a portrait of reality that was manifested through aesthetic language. The novel as a work of fiction offered a world, a world that contained an idealized model of life, an imaginative world, which was built through various intrinsic elements such as events, plots, characters, settings, points of view, and so on.

Characters were the people shown in a narrative work, or drama, which was interpreted by the reader as having certain morals and inclinations expressed in speech and what was carried out in action. The importance of characters in a story, there were characters important and displayed continuously, so that it felt dominating most of the stories that were usually called the main character. On the other hand, there were characters that only appeared once or a few times in the story, and that may even be in a relatively short portion of the narrative which were called auxiliary characters. The main character was the character that was most often told, starting from the main character's childhood, the identity, likes and the main character's personality (Nurgiyantoro, 1995: 175-177).

Personality was often equated and used interchangeably with the terms disposition or character and temperament, even though each of these terms was different. Character was the social aspect of human personality, while temperament was the physical aspect of personality. Disorders referred

to in this context were disturbances as part of a person's psycho-physical behavior which were dynamic and shaped by the process of developing his mental, physical, and social life. Ripli mentioned there were 8 personality disorders. One of them was narcissistic personality disorder (Ripli, 2015:62-65).

People with narcissistic personality disorder had exaggerated views of their uniqueness and abilities, they were focused with fantasies about success, they demanded excessive attention and adoration and believed that they were special people, their interpersonal relationships were hampered by a lack of empathy, had feelings of jealousy and arrogance and took advantage of others, felt entitled to everything, never stopped seeking attention and adoration, were very sensitive to criticism and very afraid of failure. Sometimes they sought out people they could idealize because they felt disappointed in themselves, but in general, they didn't allow anyone to have a genuine close relationship with them and their personal relationships were few and far between (Davison et al, 2006:586-587).

Based on the explanation above, the novel was a reflection of life that told various aspects that occurred in real life. This study took sources from literary works in the form of novels to analyze narcissistic personality disorder entitled *Best Day Ever* by Kaira Rouda. This novel told several aspects that made this novel interesting to study, from the beginning to the end of the story, full of perfection from the main character in this novel, Paul Stom. Paul, the narrator of the story, was handsome, successful, and rich. He

was the perfect husband, with the perfect wife and perfect kids. The more people listened to Paul speak, the more they realized that nothing was what it seemed..

Related to the description above, the writer was interested in analyzing Paul Strom's personality disorder which may have been a sign of narcissistic personality disorder. He had a mental condition in which he had an inflated sense of importance, a deep need for excessive attention and admiration, troubled relationships, and a lack of empathy for others. These signs triggered people with narcissistic personality disorder. Therefore the writer chose the title *Narcissistic Personality Disorder in Best Day Ever Novel by Kaira Rouda*.

B. Reason for Choosing Title

The development of social media got closer to its users, making someone consciously or unconsciously feel like they lived in a world where they shared every thought, every meal they ate, and every good experience they had on social media (Mayori, 2015:1).

The use of social media was not always an expression of beauty, but rather a means to gain recognition and consider oneself superior without proper achievements, requiring excessive praise and admiration and taking advantage of others to get what one wants, leading to the possibility of falling into narcissistic personality disorder.

From the above conditions, although at first glance this research looked like a psychological study, perhaps because literature is a part of writing that

expresses and communicates thoughts, feelings, and attitudes towards life, the subject of narcissistic personality disorder could be found in literature. In the field of literature, narcissistic issues could be easily accessed, one of which was in the novel *Best Day Ever*

C. Problem of The Research

Narcissistic personality disorder was a condition when individuals had unhealthy thought patterns and behaviors. Narcissistic personality disorder could make sufferers unhappy or disappointed if they were not treated or treated as they expected. This could cause problems in various aspects of life, including in work or social circles.

When experiencing personality disorders, individuals would feel excessive self-importance, fantasies of success or unlimited power, need for admiration, a sense of entitlement, lack of empathy and exploitation of others. This individual personality could be found in the main character in the novel *Best Day Ever*

D. Scope of The Research

Based on the research title. This research would be limited into the main focus on narcissistic personality disorder. The writer finding out the type of narcissistic personality disorder. The writer also focuses on analyzing the cause of narcissistic personality disorder of Paul Strom in *Best Day Ever* novel by Kaira Rouda based on the signs of narcissistic personality disorder.

E. Questions of The Research

In this research, the writer proposed two questions as follows:

1. What were the cause of narcissistic personality disorder in Paul Strrom in *Best Day Ever*?

2. What were the types of narcissistic personality disorder Paul Strom in *Best Day Ever*?

F. Objectives of The Research

The objectives of this research were related to the above question, this research was intended to present the description of :

1. To analyze the causes of Paul Strom's narcissistic personality disorder in the *Best Day Ever* novel

2. To find out type of narcissitic personality disorder in Paul Storm's *Best Day Ever*

G. Significance of The Research

The writer hoped that this research would have some benefits for the readers. After reading this research, the reader could have two advantages as follows:

1. Theoretically, the results of this study could be used as a source of information to students in general and letter students in particular that literary works could be a reflection of real life through psychological characterization and conditions, especially in personality conditions about narcissistic personality disorder.

2. Practically, the results of this research were expected to give people insight into what the narcissistic personality, be knowledge when feeling the problem of personality disorder and also as an effort to prevent someone from experiencing narcissistic personality disorder. This research could be some reference to a student who wants to analyze psychological elements in literary works

CHAPTER II

REVIEW OF LITERATURE

In this chapter, the writer would explain previous studies which have supported this research. There is also an explanation of the theoretical descriptions.

A. Previous Studies

In conducting this research. Several previous studies discussed Narcissistic Personality Disorder. The writer was inspired by several previous studies. According to Lisa (2017:5), research activities need to be based on a description of the theory, findings, and other research materials gathered from reference sources to build a clear frame of mind from the formulation of the topic to be investigated. This is known as a literature review.

The research entitled *John Bristow's Narcissistic Personality Disorder in Robert Galbraith's The Cuckoo's Calling* by Septivian (2016) in her research the analysis aims to analyze what causes John Bristow's Narcissistic Personality Disorder and the depiction of John Bristow's Narcissistic Personality Disorder using the Theory of narcissism applies from Freud and Kohut for the cause how narcissism becomes a personality disorder. The methods in this research using are regarded as descriptive qualitative study and use library research. Data obtained by reading the novel and the statement of the problem would be collected and going to be selected and analyzed. As a result, John Bristow meets the criteria for Intimacy that is included in the impairment in interpersonal functioning. He meets his criteria because he

makes a fake relationship with others and he often manipulated them to meet his desired ends.

The research was conducted by Pratama and Aji (2017) entitled *Willy Wonka's Narcissistic Personality in Roald Dahl's Charlie and the Chocolate Factor*. This research aims to to reveal Wonka's personality disorder as well as the cause of the disorder. The first objective is to identify Willy Wonka's characteristics. Then, the second objective is to reveal Wonka's personality disorder and to explain the causes of the disorder. This research is qualitative research with a research design starting from collecting data, understanding, and classifying the required data, and reading and understanding the research object. As the result, The analysis shows that Willy Wonka is innovative, flamboyant, stubborn, arrogant, and authoritarian. He loves to be the center of attention by putting on outrageous attire. He cannot stand questions and considers them as criticisms or threat. He always brags the products he creates to his guests. Lastly, he always wants to take control of every situation, including taking control of his successor. The last four characteristics mentioned imply that Wonka has narcissistic personality disorder. There are three causes of Willy Wonka's personality disorder.

The review related to the research by Akbar (2018) entitled *Narcissistic Personality Disorder of Gaston's Character in Beauty and The Beast Movie Directed by Bill Condon*. This research aims to find out about Narcissistic Personality Disorder, which is happening today as a result of technological developments. Through the characters in the film, the writer wants to analyze

the signs of narcissistic personality disorder and also the types of Narcissistic Personality Disorder. The author chooses the film Beauty and the Beast and uses the antagonist character as the object of this research. The author uses a qualitative descriptive method for this research and uses a psychological approach by Caligor, levy and Yeomas to find the signs of narcissistic personality disorder in Gaston's Character and Ronningstam to find types of narcissistic personality disorder. As the result, the author finds 7 signs of narcissistic personality disorder in Gaston's Character. Based on what Caligor's ext said there must be 5 or more signs of 9 from their theory, so we can be diagnosed as a narcissistic person. After knowing the signs of Gaston's character the author finds the phallic narcissistic type.

The research entitled *Heathcliff's Personality Disorder As Reflected In Emily Bronte's Wuthering Heights Novel : A Psychoanalytic Approach* by Rinna (2018). This research aims to find out Heathcliff's personality as the main character in the novel, the conditions that cause mental disorders and the negative effects of mental disorders. The object of this research is Emily Bronte's novel Wuthering Heights. Tor the theory, Kenna used Sigmund Freud's theory, the three personality structures are divided into the Id, Ego, and Superego. As the result, Heathcliff has shown that he has the psychiatric disorder of narcissism. This can be proven by some evidence showing narcissistic personality disorder conditions. The conditions are divided into eight conditions. he shows excessive achievement, has high ambitions in love

and success, feels special and has the highest status, needs to be admired by others, feels prioritized, deceives people, lacks empathy, arrogant.

The research is written by Komang et al (2020) entitled *Narcissistic Personality Disorder Pada Tokoh Elena Dalam Komik Tomodachi Gokko Karya Momochi Reiko*. This research aims to describe NPD characteristics, the reasons for NPD in the character Elena, and the impact of NPD on Elena and other characters. The theories that have been used are Wellek and Warren's literature and psychology theory, Gunderson's Narcissistic Personality Disorder, and Lajos Egri's Three Dimensions of Characterization. This research is qualitative research with a research design starting from collecting data, understanding, and classifying the required data, and reading and understanding the research object. The result, Elena's NPD is having an exaggerated view of herself and being jealous of others, busy with fantasies of unlimited success, intelligence, self-beauty, need and requires excessive admiration, has a need to be adored, a strong feeling that they deserve everything, and takes advantage of others for personal gain, lacks empathy, and appears very arrogant and arrogant.

The research was conducted by Saragih (2022) entitled *Gangguan Kepribadian Narsistik Tokoh Utama Novel Lady Susan Karya Jane Austen*. This research has several aims, first to analyze and identify the criteria for narcissistic personality disorder shown by the main character. Second, trying to explain the impact of the narcissistic personality disorder experienced by the main character of Lady Susan's work on herself and her environment. The

research method used is descriptive qualitative and is divided into two stages. The first stage is data collection, and the second is data analysis. The object of research on this occasion consists of two types, material objects (the text of the novel Lady Susan which is epistolary) and formal objects (everything related to the narrative of narcissism by Sigmund Freud). As the result, Lady Susan suffers from narcissistic personality disorder due to her high level of narcissism. Feeling that his interests are the main thing, his desire to always get respect, feeling liked because he is beautiful and special, feels that other people are his enemies because he is jealous of his success, and does not have empathy for the difficulties faced by others.

The research was written by Intan (2022) in her research entitled *The Personality Of Tifani Fanelli In Jessica Knoll's Novel Luckiest Girl Alive*. This research aim to to discover the personality and factors that influence TifAni FaNelli's personality development in Jessica Knoll's novel Luckiest Girl Alive. The research method used is escriptive qualitative method through psychology approach. Data were obtained by using the techniques of reading, noting, and analysing. Meanwhile in classifying the data, the writer used Adler's Individual Psychology theory. As the result, Intang reveal that the novel contained personalities of easily influenced, a liar, patient, innocent, obsession, a dreamer, forgiving, lack of confidence, loyal, jealousy, generous, trendy, emotional, and brave. While data that included factors, inferiority are, social interest, fictional final goal. So, the dominants personality were easily influenced, obsession, emotional, and inferiority factor.

B. **Literature**

1. **Definition**

Literature was the creation of life works by using imaginative and emotional language. Literary works were created because of an inner experience in the form of interesting world events or problems so that ideas emerge which are expressed in the form of writing and literary works would connect the values of figures and the order of society. Novel as part of literature in which events and behaviors experienced or made by humans (characters) occur. Social reality, religious reality, and psychological reality are themes that we often hear when someone discusses the novel as a reality of life (Hardjana, 1981: 10).

Mahani (in Nurfajriani et al 2021:124) state Literature is described as the totality of narratives written in fiction that interpret the meaning of life and society, as well as the ability to understand, communicate and share ideas. Literature means self-expression, although not all expressions are regulated, writing is considered literature

According to Robert (1993:3) state that literature refers to compositions that tell stories, dramatize situations, express emotions, and analyze and advocate ideas. Literature helps us grow, both personally and intellectually. It provides an objective base for knowledge and understanding. It links us with the broader cultural, philosophic, and religious world of which people are a part. Literature may be classified

into four categories or genre; poetry, drama, prose fiction, and nonfiction prose. In addition , each genre still has subgenres and one of the subgenres of fiction prose is novel.

2. **Novel**

The word novel comes from Italian: a novella, in Greek: novelist and is defined as a short story in the form of prose. A novel is a story in the form of prose in length and breadth (Sumardjo, 1984: 66). As stated by Ma'ruf (2010: 17), the novel is the result of dialogue, contemplation, and the author's reaction to life and the environment after being lived and contemplated intensively.

A novel is a literary work written in the form of a narrative that contains certain conflicts in the life stories of the characters in the story. A novel is a work of fiction that is built by its building elements, namely intrinsic elements and extrinsic elements (Nurgiyantoro, 2010:10). Kosasih (2012:36) argues that the novel can be interpreted as a form of writing that contains a series of stories of a person's life with the surrounding environment. Judging from the story presented in a novel, the reader can find educational value in it.

Intrinsic elements in a novel are elements that build a literary work itself, the unity between various intrinsic elements is what makes a novel created. These elements are theme, character, characterization, plot, setting, and message. While the extrinsic elements in question include

religion, social, moral, political, cultural, economic, educational, historical and others.

a. Theme

The theme is the main core of the intrinsic elements in which the story is developed. There is a central idea that supports a literary work and is contained in the text as a semantic structure and contains similarities or differences (Nurgiyantoro, 2010: 68).

The theme of a story is not conveyed directly but "only" implicitly through the story. Determining the theme of the work must be the conclusion of the whole story, not just based on certain parts of the story. According to Nurgiyantoro (2010:70), the meaning of the main theme is the main meaning of the story which is implied in most stories, and not the meaning contained in it. only in certain parts.

b. Plot

The plot is a continuous sequence of events in a story based on cause and effect. With this constant occurrence, a story unfolds. The plot is a series of events in the story that are arranged as a functional intelligence which is also a sign of the order of the parts in the whole fiction.

The plot can also be interpreted as events in a story that has an emphasis on causality. As said by Nurgiyantoro (2010: 113), a plot is a story that contains a sequence of events, but each event is only connected causally, one event causes or causes another event.

c. Character

The term character refers to the actor in a story or literary work. (Sudjiman, 1988:16) explains that the character is an imaginary individual who experiences an event or behaves in various events in the story. It is through these characters that the events in a story can be intertwined because the events or events that occur are the results of the relationships of the characters as (Abrams, 1999: 32-33), the people who appear in a story. narrative. a work, or drama, which the reader interprets as having certain moral qualities and tendencies as expressed in speech and what is done in action.

Characters can be divided into two groups, namely main characters and additional characters. The first character is the main character, the second is a peripheral character (Nurgiyantoro, 2010: 78-79). Characterization is the way the author describes and develops the character's character as well as the appearance of physical characteristics, social conditions, behaviour, traits, habits and including the problem of who is in the character's story

d. Background

The setting is all information, references, and instructions related to the time, space, and circumstances of the occurrence of a story and is closely related to the characters. As stated by Nurgiyantoro (2010: 84), the set includes a description of the geographical location, occupation or preoccupation of a character,

time of occurrence, season, environment, religious morals, intellectual, social, and emotional character.

Setting in a work is not only limited to the placement of certain locations or something physical. Setting can also be in the form of procedures, customs, beliefs and values that apply to a place.

3. Literature and Psychology

Literature cannot be separated from life which describes various series of human personalities. The author will use creativity, taste, and work in creating works. Literary psychology recognizes literary works as a reflection of the psyche. The author will capture the symptoms of the soul and then process them into the text and be equipped with the soul. An overview of personal experiences and life experiences around the author will be depicted imaginatively in the literary (Endraswara, 2003:96).

There are three ways to understand the relationship between psychology and literature, namely: understanding the psychological elements of the author as a writer, understanding the psychological elements of fictional characters in literary works and understanding the psychological elements of the reader. The first discussion relates to the role of the author as a creator, so, literary works are related to the imaginative. Therefore, Wellek and Warren (in Ratna, 2013: 343) distinguish that the psychological analysis of literature is carried out in two kinds, namely psychological studies that are solely related to the author,

while the second study deals with inspiration and other supernatural powers.

Literary psychology research has a solid foundation because both literature and psychology both study human life as a creation of images author, while psychology studies humans as real creations of God. Literary psychology is supported by three approaches. The first approach is textual which examines the psychological aspects of characters in literary works. Second, a pragmatic-receptive approach examines the psychological aspects of readers as connoisseurs of literary works that are formed from the influence of the works they read, as well as the reception process of readers in enjoying literary works. Third, an expressive approach that examines the psychological aspects of the author when carrying out the creative process is depicted through his work, both the author as a person and as a representative of society (Endraswara, 2003:97-99).

Literary psychology is a literary study that views literary works as a psychological activity. The author will use creativity, taste, and intention in his work. Likewise, the reader, in responding to the reader's work, cannot be separated from each other's psyche. Even the sociology of reflection and psychology of literature recognize literary works as a reflection of the soul. The author will capture the symptoms of the soul and then process them into the text and be equipped with psychology. The projection of one's own imaginary experience into a literary text (Endraswara, 2003: 96).

According to Freud (in Anjelia at al 2021:35) Literary psychology is the study of the soul or psychiatric symptoms. The psychoanalytic approach focuses on the importance of the subconscious mind and approaches to dealing with something that are used in every analysis with theories and approaches when writers analyze literary works, be it films, plays, poetry, novels. Psychoanalysis aims to find out the subconscious mind in human life .

Therefore it can be concluded that the relationship between psychology and literature is very close in analyzing literary works. However, literary psychology refers to literature rather than practical psychology.

C. Narcissism

The word narcissism is derived from ancient Yunani mythology, a handsome young man named Narcissus who was cursed in love with his own facial reflection/shadow in the river. This mythology was used in psychology for the first time by the father of psychoanalysis, Sigmund Freud to describe individuals who exhibit excessive self-love. Freud explained that narcissism is love for oneself, so the love that is accompanied by the tendency of narcissism becomes selfish (Alwisol, 2011:19). Meanwhile, according to Freud expressing narcissism or the phase of self-love or ego formation phase (phase of self-care), narcissists are in awe of themselves, they often stand in front of the mirror to notice their beauty or prowess it. Narcissism is also

often interpreted as feeling too much love for oneself, while people who experience narcissism are often called narcissistic (Gunawan, 2010: 35).

According to Pincus (2010: 423-424) Narcissism is a term used to describe the personality trait of someone who is highly obsessed with themselves, very confident, and tends to consider themselves more important than others. Narcissistic people tend to be highly focused on themselves and overly attentive to themselves.

Narcissistic is an adjective used to describe the behavior or characteristics of a person that exhibit noticeable narcissistic symptoms. For example, a person who excessively focuses on themselves, has difficulty feeling empathy for others, needs praise, and has an excessive belief in their abilities or beauty (Pincus 2010:424).

In addition Pincu (2010: 430) Explain that Narcissist is a noun that refers to someone who has narcissistic personality disorder (NPD). People who have this disorder tend to have severe symptoms of narcissism that can affect their relationships with others, work, and social life in general.

Further, Kaplan, et al (1997: 260) people with narcissistic personality disorder are characterized by an increased sense of self-importance and a unique feeling of greatness. People with narcissistic personality disorder have feelings of great self-importance. They think of themselves as a special people. They respond poorly to criticism and become furious when anyone dares to criticize them, or they may appear completely indifferent to criticism. They are incapable of showing empathy, and they pretend to be sympathetic

only to achieve their interests. They like to take advantage of other people. Has fragile self-esteem and is prone to depression. Difficulty in interpersonal relationships.

1. Narcissistic Personality Disorder

According to Blair et al (2008:255) Narcissism is a broad personality construct that includes an an exaggerated sense of self-importance, fantasies of unlimited success or powers, need for admiration, entitlement, lack of empathy and exploitation of other . Narcissism is one of the human personalities, the narcissistic people always feels self-importance, fantasies of unlimited success or power, need for admiration, entitlement, and lack of empathy, they never think and know what others need and also exploited others to achieve or their goals.

Dian (2015:76) said Narcissism is not a new concept. It refers to arrogance, pretended love (falsehood), idolizing oneself (self absorpyion). Narcissism is an infatuation with oneself that is so strong that it ignores others. Narcissists are also arrogant, have big egos and narcissists love themselves too much, so they never care about the feelings and needs of healthy people. Narcissists always praise themselves because they need admiration from others.

According to Vaknin and Lidija (2015:13), Narcissistic personality disorder is a behaviour characterized by a pattern of grandiosity and excessive feelings of selfishness. Individuals with the disorder display an arrogant attitude and are rarely aware of the harm they are doing to

themselves, and to others. People with narcissistic personality disorder are always arrogant and always feel and think no one can match them.

Narcissistic is a type of personality that is built with feelings of selfishness, fantasy, and narcissistic people need admiration from others because to prove that they are superior to others, they are always looking for ways to get what they want even if it will be detrimental to them. This is why people with narcissistic personality disorder lack of empathy

2. **Signs of Narcissistic Personality Disorder**

To diagnose people as having narcissistic personality disorder needs a more intensive check-ups and further tests but there are some signs of narcissistic personality disorder to recognize a person as a narssistic person.

Below are signs of narcissistic personality disorder according to Caligor et al(2015:418) stated there are specific criteria that must be met for an official diagnosis of Narcissistic Personality Disorder (NDP), sometimes which is highly unlike to happen. The Diagnostic and Statistical of Mental Disorder (DSM) medical diagnostic criteria for such diagnostic criteria for such a diagnosis is that five or more of the following traits must be present"

Here below is the sign of Narcissistic Personality Disorder according to Caligor et al (2015:418):

a. Has a grandiose sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements).

b. Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.

c. Believes that he or she is "special" and unique and can only be understood by or should associate with, other special or high-status people (or institutions).

d. Requires excessive admiration.

e. Has a sense of entitlement (i.e., unreasonable expectation of especially favourable treatment or automatic compliance with his or her expectations).

f. Is interpersonally exploitative (i.e., takes advantage of others to achieve his or her ends).

g. Lacks empathy: is unwilling to recognize or identify with the feelings and needs of others.

h. Is often envious of others or believes that others are envious of him or her.

i. Shows arrogant, haughty behaviours and attitudes

Based on the statements above, the signs of Narcissistic Personality Disorder are the same as others, there must be five or more signs out of nine signs in a person to be diagnosed as a narcissist. The experts stated that the signs of Narcissistic Personality Disorder are excessive self-

centeredness, being too busy with fantasies, believing that one is special, requiring excessive admiration, having a sense of belonging, lack of empathy, jealous of others and his haughty behaviour. From the explanation above, the writer will use the theory proposed by Caligor et al.

3. **Types of Narcissistic Personality Disorder**

There are several types of Narcissistic Personality Disorder that by Bursten's theory (in Ronningstam, 2005:14). He identified four types of narcissistic personalities based on their different modes of narcissistic repair, degrees of self-object differentiation, and types of value systems : the craving, paranoid, manipulative, and phallic narcissistic types.

a. The Craving Type

This type is characterized by an insatiable desire for attention, recognition, and love from others. They often feel unappreciated and unloved by others, and they look for ways to get attention and praise. (Ronningstam, 2005:14).

b. The Paranoid Type

The paranoid type is a suspicious, jealous, envious, and argumentative person, radiating excessive self-importance, blaming others and ascribing evil motives to them. Such people develop a mood of scepticism, criticism, and suspicion, and their anger ranges from skepticism to jealous rage. They are not delusional and can actually be high functioning (Ronningstam, 2005:14).

c. The Manipulative Type

The manipulative type shows more subtle forms of contempt and devaluation. People of this type are deceptive and feel contempt and exhilaration when a deception succeeds. They keep up their appearance by being clever and tricky, competitive, and focused on proving their superiority by defeating other people(Ronningstam, 2005:15).

d. The Phallic Narcissistic

The phallic narcissistic type struggles with the shame of being weak, which is compensated for by competitiveness, pseudo-masculinity, aggressive and arrogant attitudes and self-glorification (Ronningstam,2005:14).

CHAPTER III

METHODOLOGY

This chapter presented the type of the research, the source of data, the procedures of data collection, and the method of analyzed data.

A. Type of Research

This study uses a descriptive method using a psychological approach. Literature research was conducted by reading novels as the main data source as well as books and journals as support data that relevant to the object of this research, such as signs and types of narcissistic personality disorder. The data is explained systematically to achieve accurate and factual results.

B. Source of Data

The writer used data sources taken from a novel called *Best Day Ever* written by Kaira Rouda was published 2018. She is an accomplished business leader, entrepreneur, national speaker and internationally bestselling and award-winning author. She is a USA Today bestselling author, an international bestseller, and an Amazon Charts bestseller. Her books have been translated into more than ten languages. Recent releases, including Best Day Ever. It was published by Graydon House, Australia Pty Lt, with a length of this book is 368 pages

C. Procedures of Collecting Data

In this writer, to analyse the data, the writer used several steps to collect data.

1. Firstly, the writer read the novel several times accurately to gain the essence of the research to make it easier for the writer to analyse the data related to the sign and types of narcissistic personality disorder.

2. Secondly, the writer noted and quoted every expression and statement that supports the data to identify the sign and types in the main character which is Paul.

3. Thirdly, the writer classified the sign and types that influence the main characters to have narcissistic personality disorder in the novel.

4. Fourthly, the writer interpreted the sign and types of narcissistic personality disorder in the main characters found in the novel *Best Day Ever* by Kaira Rouda.

5. Lastly, the writer would conclude the result based on the data that has been collected.

D. Data Analysis

At that point, the writer used qualitative descriptive method to identify signs of narcissistic personality disorder that may have existed in the main character's personality using Caligor, Levy and Yeomans's theory and to find out the type of narcissistic personality disorder in the main character's personality using Bursten's theory. As a result, the writer described the data and then placed conclusions based on the data from the novel.

CHAPTER IV

FINDING AND DISCUSSION

In this chapter, the writer analyzed the causes of Paul Strom's narcissistic personality disorder in the *Best Day Ever* novel. The writer also find out what are the types of narcissistic personality disorder Paul Strom in Best Day Ever.

A. Finding

In this finding, the researcer described and analyzed data of the causes of Paul Strom's narcissistic personality disorder and Find out the type of narcissistic personality disorder based on the theory. The researcher found the data was related to the theory that showed

1. Sign of Narcissistic personality disorder

a. Has a Grandiose Sense of Self-importance

The first signs of narcissistic personality disorder were known as grandiosity. This meant that a person had an exaggerated sense of self and had a very big and grand view of themselves. They often saw themselves as special and different from others and had a great deal of confidence in their abilities and strengths.

Table 1.
Has a grandiose sense of self-importance

No	Data	Page
1	**Data 1 :** I like the way I feel when I stand at the end of the dock The backdrop complements me like a movie set: oh, look, there's handsome, wealthy city-dweller Paul Strom enjoying a carefree day of leisure at his lakefront community.	29

	Very presidential.	
2	**Data 2 :**Even Mia, when we first met, may have considered herself above me. She was a copywriter on the creative team and I was just a client services guy. Now she knows what's what. It didn't take long for me to teach her how the world works.	**34**
3	**Data 5:** "Paul, I've never heard you call yourself middle-aged." I think Mia is teasing me but there is an edge in her voice. "I'm not," I say. "All those guys are older than me in there. They get airbrushed. If you saw them on the street, you'd be disgusted at how old they are. It's not real. That's all."	**35**
4	**Data 3 :** my coworkers all admire me, and my former manager John—well, he's afraid of me. Not afraid I'm going to hurt him physically, of course. He was just afraid that I was going to take his job	**103**
5	**Data 4:** My life has more of everything. I proved to them that I could move into this upscale suburb now, when it was the place to be. When they moved here, it wasn't. They were just lucky. Me, I'm übersuccessful. I wanted them to see that, to see each of my boys and how happy they are. Watch as they eat whatever they'd like, as much or as little as they wish. Yes, living well is the best revenge	**125**

Data 1 :

In the sentence, *Oh, look, there's handsome, wealthy city-dweller Paul Strom* it showed signs of having a grandiose sense of self-importance because Paul was indicating that he felt very presidential and saw himself as someone who was both handsome and wealthy. *Oh, look, there's* was a sign that he wanted the people around him to see him in this way.

Data 2 :

In the sentence "All those guys are older than me in there," Paul felt that the people in the magazine looked disgusting if they were to be seen with him. "It's not real. That's all" indicated that Paul denied that he looked old and felt that he was still young.

Data 3 :

In the sentence *It didn't take long for me to teach her how the world works* indicated signs of Paul's sense of uniqueness, where he felt he had taught Mia how the world works. That feeling indicated that he used to be a nobody..

Data 4:

In the sentence *My coworkers all admire me, and my former manager John—well, he's afraid of me. Not afraid I'm going to hurt him physically, of course. He was just afraid that I was going to take his job* depicted how Paul felt very special in his job, so much so that he felt he was admired by all of his coworkers. He also felt that he was a great person who could take the position of his former manager.

Data 5 :

In the sentence *My life has more of everything* Paul felt that he had everything his parents had and more. *I wanted them to see that* showed that Paul wanted to be seen as special by showcasing how happy he was with his life and having a beautiful wife.

b. **Is Preoccupied With Fantasies Of Unlimited Success, Power, Brilliance, Beauty, Or Ideal Love**

A person had visions and fantasies of unlimited success, power, intelligence, beauty, or ideal love. They were often obsessed with these things and had expectations of having them all. They often imagined themselves as being extremely successful, powerful, intelligent, beautiful, or having the perfect love. In many cases, these preoccupations could affect the way they interacted with others and made them very unrealistic about their expectat.

Table 2.
Is preoccupied with fantasies of unlimited success

No	Data	Page
1	**Data 6 :** I check the rearview mirror for any more speeding sports cars. I had an expensive sports car before, of course. I'll likely have one again one day	18
2	**Data 7 :** I know. She's very patient. I'd get her a large home in the suburbs, a different suburb, and we would raise the boys there together	230

Data 6 :

In the sentence **I'll likely have one again one day.** it indicated Paul's fantasy of owning a sports car one day. That feeling was a form of obsession with success and unrealistic expectations.

Data7 :

In the sentence *I'd get her a large home in the suburbs* Paul had a fantasy of an ideal love with Gretchen, his affair partner. The fantasy of owning a large house in the suburbs was unrealistic for Paul's situation

c. **Believes That He Or She Is 'Special' And Unique And Can Only Be Understood By Or Should Associate With, Other Special Or High-Status People.**

This meant that a person had the belief that they were a special and unique person and could only be understood or associated with people who were special or of high status. They often had very low views of others who were not up to standard.

Table 3.
Believes that he or she is 'special' and unique

No	Data	Page
2	**Data 8:** Her droopy eyes were accented by black cat-eye shaped glasses. I almost started to laugh, thinking the creative team had tricked me into a television commercial shoot right here in our offices. Rebecca More could not work at Thompson Payne. She wasn't cool enough	172
1	**Data 9 :** Who is this guy? Some sort of guard dog for distressed restaurant diners? If she said, Yes, I need a better, kinder, wealthier, truer husband, would blue eyes here be able to deliver? Is that type of man on the menu here, or anywhere? No, he isn't. just differing degrees.	185

Data 8:

In the sentence *Rebecca More could not work at Thompson Payne. She wasn't cool enough.* it showed that Paul Strom felt that he was more special than Rebecca More and felt that she should not work there. *I almost started to laugh* indicated that Paul looked down on Rebecca More and felt that his status was higher than hers.

Data 9:

In this situation, Paul questioned whether Mia wanted someone who was better, wealthier, and a truer husbandThis had reflected Paul's tendency to have low opinions of others, as seen in his statement *No, he wasn't. Just differing degrees* where he had implied that men who had a different social status than him were not worthy.

d. **Requires Excessive Admiration**

This meant that That a person were often dissatisfied with mediocre compliments and needed constant and widespread praise to satisfy their self-confidence. In this research, the writer could not found 1 or more data that identicated Paul required excessive admiration

e. **Has A Sense Of Entitlement**

This meant that a person had unrealistic expectations of special treatment and automatic conformity to their expectations. They might have thought that they deserved special treatment without having to

earn it through their own efforts or achievements. They might have also thought that others should always have followed their wishes and fulfilled their expectations without question. This need for special treatment.

Table 4.
Requires excessive admiration

No	Data	Page
1	**Data 10 :** She should be counting her blessings, like her strawberry daughters at her beautiful lake house, for example. **She should be thankful for everything she has, everything I've provided**, not missing something, someone who never existed. I feel myself squeeze the steering wheel, watch my knuckles whiten.	20
2	**Data 11:** I started by asking her to help me pick a lingerie set. We moved on to a discussion of the quality of the silk—given my extensive travels to Asia, I wanted only the finest and I knew how to spot it, I told her	151
3	**Data 12:** I sat across from her and blinked. I wasn't so much shocked as angry. How dare Caroline, someone I've helped grow and prosper at the agency, turn on me?	173

Data 10:

In the sentence, *She should be thankful for everything she has, everything I've provided* Paul felt that Mia should acknowledge and appreciate everything he had provided for her

Data 11:

In this situation, Paul was at a bustling store and he met Gretchen. During their conversation, Paul talked about the quality of the silk and

his travels to Asia. He added his story by saying *given my extensive travels to Asia* showed how extraordinary he wa, and that he should be directed to the high-end lingerie section of the store.

Data 12:

In the sentence *How dare Caroline, someone I had helped grow and prosper at the agency, turn on me?* This feeling showed that Paul wanted Caroline to take action to give him credit for what he had given her, and *How dare Caroline* expressed his disappointment towards Caroline*.*

f. Is Interpersonally Exploitative

This meant that a person took advantage of others to achieve their own goals. They might have taken advantage of other people's trust, agreements, or relationships without thinking about how it would affect others.

Table 5.
Is interpersonally exploitative

No	Data	Page
1	**Data 13 :**"We will not be friends, young man, and you are certainly not my son. You are my daughter's husband. That's it. Nothing more." This time his voice was quiet. I dropped mine to match. "Well, your loss. But like you, I'm king of my castle and if you ever want to see your grandkids, you better make sure the king is happy. Talk soon."	107

Data 13 :

In the sentence *if you ever want to see your grandkids, you better make sure the king is happy* Paul exploited his position as a father to obtain the trust fund they wanted to give to Mia. This threat showed Paul's self-centered nature and his lack of awareness of the impact of his relationship on Donald. In this case, it indicated that Paul was interpersonally exploitative.

g. **Lacks Empathy**

This means that a person was unable or unwilling to understand or identify with the feelings and needs of others. They may have lacked empathy skills or understanding of others' feelings and may have perceived others' feelings as unimportant or irrelevant.

Table 6.
Lacks empathy

No	Data	Page
1	**Data 14 :** He adds, "It was the hardest five months of my life." . "Worse for her," I say. From the looks of it, my joke was not well received by my wife or our guest. "Buck, I'm sorry," Mia says. "Paul's emotional intelligence is a bit lacking, I've come to realize. He tries but, well, Paul, you understand that was insensitive, right?"	143
2	**Data 15:** I don't feel guilty about my fling with that woman client. It was a last hurrah before the old ball and chain. Plenty of guys do it.	200
3	**Data 16** : "You need to go back to your empty life and leave my wife alone," I correct him. I	228

	am so close to hitting him I can feel it, feel the throbbing pain in my knuckles as they remember the blow for days after like they did when I dropped Greg Boone, another nosy neighbor	
4	**Data 17** : "Not much. Just that you sold your company. Your wife is dead. Besides that, you haven't had a very notable life, I'm afraid,"	**252**

Data 14.

In this situation, Buck was talking about his wife's death due to her illness. The sentence *Worse for her* depicted Paul's response to Buck's emotions, which demonstrated his lack of empathy towards Buck.

Data 15 .

The sentence *I don't feel guilty about my fling with that woman client* portrayed Paul's lack of empathy as he did not feel remorseful about his infidelity. This statement indicated that Paul did not consider his wife's feelings.

Data 16.

Paul's statement *You need to go back to your empty life and leave my wife alone* showed a lack of empathy as he said it to Buck. He had no regard for Buck, whose wife had already passed away and was being unceremoniously kicked out. He even wanted to hit him.

Data 17.

In this situation, Buck was talking with Paul. The sentence *Besides that, you hadn't had a very notable life* indicated Paul's lack of empathy towards Buck, and 'I'm afraid' depicted Paul's disregard for other people's feelings.

h. **Is Often Envious Of Others Or Believes That Others Are Envious**

This meant that a person tended to envy others and felt they had more of what they wanted. They also believed that others envied them and that others were not satisfied with what they had. Their need for attention and high praise made them feel uncomfortable with the success of others and made them prone to comparing themselves to others.

Table 7.
Is often envious of others or believes that others are envious

No	Data	Page
1	**Data 18 :** "Whatever, dickhead," I hear a male voice say to my back. I know it's the man in the work boots, because it isn't the man at the cash register's voice. **I know working-man is jealous of me and my life**: my closet full of designer clothes, my grand home on a treelined, sidewalked street, my beautiful wife who he is imagining in tight yoga pants"	130
2	**Data 19 :** "Cheers," Buck says, raising his glass in my direction. His handsome news anchor face is not cheerful. I don't think he liked me touching my own wife.	139
4	**Data 20:** "This romantic dinner is part of our best day ever. Of course we aren't leaving. I'll overlook the fact that you, for some reason, have automatically taken the side of someone you've never met over your husband? And you	161

	believe what John says, someone who's jealous of me and my success, over what I'm telling you? I see where I stand,"	
5	**Data 21 :** "I fail to see why anyone would want to follow a successful businessman going to work each day and returning home to his beautiful family in their gorgeous suburban home,"	**254**

Data 18

In that situation, Paul was in a checkout line to make a payment for the items he had purchased. "Whatever, dickhead," was the remark from the working man because Paul took too long to make the payment. All of his credit cards were not working. The sentence *I know working-man is jealous of me and my life: my closet full of designer clothes* reflects Paul's feeling that the working man is envious of him by comparing his full closet of designer clothes.

Data 19

In the sentence **His handsome news anchor face is not cheerful** described Paul's feeling that Buck was jealous of him because he touched Buck's wife. He felt that being intimate with Buck's wife made Buck jealous even though she had passed away

Data 20.

In that situation, Mia told Paul that he had actually been fired from his job. The sentence *You believed what John said, someone who was jealous of me and my success* showed Paul's feeling that

John was actually jealous of him. Paul felt that he had more success than what John wanted for employing Mia in his office.

Data 21

In The sentence *why anyone would want to follow a successful businessman going to work each day and returning home to his beautiful family in their gorgeous suburban home* described that Paul felt that others were envious of him because they had followed him and felt dissatisfied with what he had, a beautiful family in their gorgeous suburban home.

i. **Shows Arrogant, Haughty Behaviours And Attitudes**

It referred to the behavior and attitude of someone who was very arrogant and conceited. They seemed very confident and had a high view of themselves and others. They looked down on others and treated others with contempt or disrespect.

Table 8.
Shows arrogant, haughty behaviours and attitudes

No	Data	Page
1	**Data 23 :** He is smiling at me, revealing teeth also yellowed from tobacco, like corn kernels dangling from his gums. Did I find everything I need? Well, no, of course not. Do we ever? "Yes, just enough," I say, flashing my pearly white teeth and cutting	**128**

Data 23:

In The sentence *flashing my pearly white teeth and cutting* indicated that the Paul intentionally showed their white teeth in contrast to the yellow teeth of the working man. This could be considered as arrogant and haughty behavior, as Paul have felt that they were superior to the working man because of their whiter teeth. Additionally, the words *Did I find everything I need? Well, no, of course not. Do we ever?* showed a demeaning attitude towards the worker, suggesting that the worker was incapable of providing what Paul needed. The combination of this arrogant and demeaning behavior towards others indicated an arrogant and haughty attitude and behavior.

2. **Types of Narcissistic Personality Disorder**

   a. **The Craving Type**

   This type is characterized by an insatiable desire for attention, recognition, and love from others. They often feel unappreciated and unloved by others, and they look for ways to get attention and prais

Table 19.
The Craving Type

No	Data	Page
1	**Data 25 :** "Listen, Donald. Can I speak freely here? I take good care of your daughter, and I will take good care of your only grandchildren. I'm not sure why you don't like me, but I wish you and I could build a relationship. It could benefit both of us, you see. I help you keep your relationship with Mia and your grandchildren— a relationship you know won't end well if you	107

	make her choose between us—and you get to take on the son you never had. Let's take a trip together, to Scotland or somewhere. How about it? You might just change your mind about me."	
2	**Data 26 :** If you Google Paul Strom, you'll get pages of accolades. ADDY Awards for advertising campaigns I helped lead, civic awards for the community activities I've been involved in and, of course, links to my very famous father-in-law, too. I'm all over the internet, as I should be. Of course I also made an appearance in my parents' obituaries	252

Data 25

In that situation, Paul spoke with Donald, Mia's father. The sentence *I'm not sure why you don't like me, but I wish you and I could build a relationship. It could benefit both of us, you see.* showed that Paul had an insatiable desire for a relationship with Donald, even though Donald may not have liked him. Paul wanted to be appreciated and loved by Donald and was willing to take a trip with him to try to build that relationship. This was typical of The Craving Type, as Paul sought attention and recognition from Donald.

Data 26 :

In the sentence *If you Google Paul Strom, you'll get pages of accolades. ADDY Awards for advertising campaigns I helped lead, civic awards for the community activities I've been involved in and, of course, links to my very famous father-in-law, too. I'm all over the internet, as I should be.* showed that in the past, Paul had an

insatiable desire for attention and recognition from others. He took pride in his achievements and wanted others to know about them. He mentioned his awards and activities, as well as his famous father-in-law, to demonstrate his importance and to seek recognition from others. This was typical of The Craving Type, who looked for ways to get attention and praise from others.

b. The Paranoid Type

The paranoid type is a hypersensitive, rigid, suspicious, jealous, envious, and argumentative person, radiating excessive selfimportance, blaming others and ascribing evil motives to them. Such people develop a mood of scepticism, criticism, and suspicion, and their anger ranges from skepticism to jealous rage

Table 10.
The Paranoid Type

No	Data	Page
2	**Data 27 :** "This is ridiculous. I will not sit here while my wife spews out baseless accusations. There is nothing further to discuss about my situation. Let's talk about John, his big mouth and his ridiculous job offer that you will not be taking!"	**161**

Data 27:

In the sentence **This is ridiculous. I will not sit here while my wife spews out baseless accusations** showed Paul was hypersensitive and suspicious of his wife's accusations, even if they were baseless. He immediately became defensive and angry, which

was a typical behavior of The Paranoid Type. The Paranoid Type often felt spoken to or cheated by others, and their distorted thinking led to excessive anxiety and suspicion. The use of the word **baseless** in this sentence suggested that Paul may have been distorting the facts to fit his own narrative and may have been exhibiting paranoid behavior.

c. **The Manipulative Type**

This type has the ability to manipulate others to fulfill their needs. People with this type often take advantage of others and have unbalanced relationships with others.

Table 11.
The Manipulative Type

No	Data	Page
1	**Data 28** : "Caroline is a young, impressionable junior account executive, barely out of college, and fully delusional." Rebecca did that annoying, snarky head tilt again and said, "So you're denying the harassment?" "Yes," I said.	175
2	**Data 29 :** "Trust me. You'll have this cottage for as long as you live. Heck, the boys will inherit it. It will be a Strom family asset, for generations,"	190
4	**Data 30 :** "0h, come on. I know you don't love brandy, but it's the only afterdinner drink we had in the cupboard. It's a special night. Drink up, honey. It will help warm you up, and then I'll finish the job,"	216
5	**Data 31** "No, Mia, you're not. The mineral rights aren't worth more than five hundred dollars a year at this point. It's nothing. I was just simplifying things, getting a handle on them, and then I was going to share the good news," I say. My heart is pounding. People don't "leave" me. I	234

	"leave" people when I'm finished with them. She has gone insane. She's jealous of the fabulous life I lead without her, and I'm to blame for that	
3	**Data 32 :** I realize, I'm agreeing to give up custody of my children. What they don't realize is I will tell the court I was threatened, forced to sign this agreement against my will. I will not go quietly into the night, not at all	**268**

Data 28 :

In this sentence *There is nobody who loves and cherishes women more than me, Rebecca. I've promoted women all of my career. I prefer working with women over men. That is the opposite of harassment* Paul tried to manipulate Rebecca by portraying himself as a champion for women and denying any wrongdoing, even though he was accused of harassment. He used his position of power and authority to make Rebecca doubt her own judgment and perception of the situation. This behavior was consistent with the Manipulative Type, which seeks to maintain control and power over others through deception and manipulation.

Data 29:

In the situation below, Paul manipulated Mia by convincing her that if she became the owner of the cottage, he would not sell it and that her children would inherit it, even though he actually intended to sell it and live with Gretchen. Data from 28 showed Paul as The Manipulative Type using phrases such as *Trust me* and *You'll have*

this cottage for as long as you live. Heck, the boys will inherit it. It will be a Strom family asset, for generations Paul used words that showed trust and false promises to manipulate Mia into believing him and not realizing that he planned to sell the cottage and live with Gretchen. Paul also made Mia believe that the cottage would remain in her family for several generations, making her feel like she owned and was bound to the property.

Data 30 :

In this sentence, *Drink up, honey. It will help warm you up, and then I'll finish the job* Paul used manipulation by encouraging his partner to drink brandy, even though he knew she didn't like it. He also said that the drink would help her feel warmer, and therefore, Mia would experience relief after drinking the brandy. This shows that Paul attempted to use manipulative tricks and manipulate his partner to fulfill his desires, which is consistent with the behavior of a manipulative type.

Data 31 :

"In this sentence *People don't "leave" me. I "leave" people when I'm finished with them*. it showed that Paul manipulated his relationships with others and viewed himself as superior to others. Additionally, another sentence that demonstrated Paul's manipulative nature was *It's nothing. I was just simplifying things, getting a*

handle on them, and then I was going to share the good news in which he hid information from Mia and planned to tell her later after he had gained an advantage from the situation. Thus, Paul was a manipulative type who tended to use tricks and tactics to prove his superiority and gain advantages over others. He also enjoyed succeeding in manipulating others.

Data 32 :

In this sentence *What they don't realize is I will tell the court I was threatened, forced to sign this agreement against my will* Paul was planning to make false accusations against his former partner by claiming that he was coerced into signing the agreement through threats. This action shows that Paul tended to use manipulation and deceit to achieve his goals, which is consistent with the behavior of a manipulative.

Based on the data analyzed in that finding, it could be concluded that Paul Strom exhibited signs of narcissistic personality disorder, including grandiosity, sense of uniqueness, lack of empathy, and interpersonal exploitation. He viewed himself as superior to others and sought admiration and recognition. He lacked empathy towards others, and his actions were mainly self-centered. His behavior was consistent with the diagnostic criteria for narcissistic personality disorder.

d. **The The Phallic Narcissistic**

The phallic narcissistic type struggles with the shame of being weak, which is compensated for by competitiveness. . In this research, the writer could not found 1 or more data that categorized Paul as

B. Discussion

Based on the research findings conveyed by the writer above, there were components that were discussed in the research. The writer found Data 23 which identified Paul Strom as Narcissist. Additionally, the writer found Data 9 that showed the type of narcissistic personality disorder he had. Data were discussed below:

1. Sign of Narcissistic personality disorder

a. Has A Grandiose Sense Of Self-Importance

Based on the theory, Sign of narcissistic personality disorder which states that a person with this disorder has a grandiose sense of self-importance, we observed this sign in the data presented. In data 1, Paul's statement *Oh, look, there's handsome, wealthy city-dweller Paul Strom* showed signs of his exaggerated sense of self, as he wanted others to view him as someone who was special and superior to others. In data 2, Paul's denial of his age and disgust towards the people in the magazine further demonstrated his belief in his own superiority. Data 3 showed Paul's had an exaggerated sense of self as he believed he had taught someone how the world works, which enhanced his self-importance. Data 4 displayed how

Paul believed he was admired by his coworkers and could potentially take his former manager's position, again highlighting his grandiosity. Lastly, in data 5, Paul's statement *My life has more of everything* showcased his desire to be seen as someone special and superior to his parents, as he wanted them to perceive him as being successful and having everything he desired.

b. **Is Preoccupied With Fantasies Of Unlimited Success, Power, Brilliance, Beauty, Or Ideal Love**

The second signs of theory that a person with this narcissistic personality disorder was preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love. The writer observed this trait in the data presented. In Data 6, Paul's statement *I'll likely have one again one day* indicated his fantasy of owning a sports car in the future, which reflected his obsession with success and his unrealistic expectations. In Data 7, Paul's desire to get Gretchen a large home in the suburbs indicated his ideal love fantasy. This unrealistic expectation was a reflection of his preoccupation with achieving a perfect love and having everything he desired. Overall, these data points demonstrated how the preoccupation with fantasies of unlimited success, power, brilliance, beauty, or ideal love could influence the behavior of a person with narcissistic personality disorder and lead to unrealistic expectations.

c. Believes That He Or She Is 'Special' And Unique And Can Only Be Understood By Or Should Associate With, Other Special Or High-Status People.

The third signs of theory that a person with this narcissistic personality disorder believed they were special and unique and could only be understood by or associate with other high-status people. The data provided in Data 8 and Data 9 aligned with this theory. In Data 8, Paul Strom believed that Rebecca More was not cool enough to work at Thompson Payne, indicating that he viewed himself as more special than her. He looked down on her and felt that his status was higher than hers. Similarly, in Data 9, Paul questioned whether Mia wanted someone who was better, wealthier, and a truer husband, which reflected his tendency to have low opinions of others. Paul's statement that men who had a different social status than him were not worthy highlighted his belief that he could only associate with people who were high-status like himself. These data points demonstrated how individuals with narcissistic personality disorder could view themselves as unique and superior and may have difficulty forming relationships with those they viewed as beneath them.

d. Has A Sense Of Entitlement

The fourth signs of theory that a person with this narcissistic personality disorder had unrealistic expectations of special treatment and automatic conformity to their expectations, the writer found how this sign was reflected in the data provided. In data 10, Paul expected Mia to be

thankful for everything he had provided for her, indicating a sense of entitlement to special treatment. In data 11, Paul's need for special treatment was reflected in his expectation to be directed to the high-end lingerie section of the store, based on his perceived status and travel experiences. Finally, in data 12, Paul's outrage at Caroline turning on him demonstrated his expectation of loyalty for the help he had given her, despite her own hard work and achievements. These sign showed how a person with narcissistic personality disorder could have unrealistic expectations of special treatment and entitlement.

e. Is Interpersonally Exploitative

The fifth sign of the theory that a person with this narcissistic personality disorder used others to achieve their own goals. They might have used the trust, agreement, or relationships of others without considering how it would affect them. In Data 13, Paul showed his interpersonally exploitative behavior. By threatening Donald with the loss of access to his grandchildren if he did not comply with his demands, Paul took advantage of Donald's love for his family to achieve his own goals. This showed that Paul was willing to use his relationships with others to benefit himself without considering the impact it might have on them. This behavior was characteristic of individuals with narcissistic personality disorder who often exploited others to meet their own needs and desires.

f. Lacks Empathy

The sixth sign of the theory that a person with this narcissistic personality disorder lacks empathy and unable or unwilling to understand or identify with the feelings and needs of others, the data presented in this scenario support this theory. In Data 14, Paul's response to Buck's emotions demonstrated his lack of empathy towards Buck, who was grieving the death of his wife. In Data 15, Paul's lack of guilt about his infidelity and disregard for his wife's feelings further displayed his lack of empathy. Additionally, in Data 16, Paul's statement to Buck that he needed to leave his wife alone and go back to his empty life shows a complete lack of empathy for Buck, whose wife had already passed away. Finally, in Data 17, Paul's dismissive attitude towards Buck's life and feelings, as well as his disregard for other people's feelings, depicted his lack of empathy towards others. Overall, the data presented here reinforces the theory that individuals with narcissistic personality disorder lack empathy and have difficulty understanding and relating to the feelings of others.

g. Is Often Envious Of Others Or Believes That Others Are Envious

The seventh sign of the theory that a person with narcissistic personality disorder often experienced envy towards others and believed that others were envious of them. They also had a strong need for attention and praise, which made them uncomfortable with the success of others and prone to comparing themselves to others. Data 18 showed that Paul believed the working man was jealous of him because of his closet

full of designer clothes. In Data 19, Paul felt that Buck was jealous of him because he had been intimate with Buck's late wife. Data 20 revealed Paul's belief that John was jealous of his success, which led to his firing from work. Finally, in Data 21, Paul believed that others were envious of him because they followed him and felt dissatisfied with their own lives compared to his beautiful family and home. These data illustrate how individuals with narcissistic personality disorder often interpreted situations as evidence of others' envy towards themselves.

h. Shows Arrogant, Haughty Behaviours And Attitudes

The eighth sign of the theory stated that a person with narcissistic personality disorder often experienced envy towards others and believed that others were envious of them. They also had a strong need for attention and praise, which made them uncomfortable with the success of others and prone to comparing themselves to others. Data 18 showed that Paul believed the working man was jealous of him because of his closet full of designer clothes. In Data 19, Paul felt that Buck was jealous of him because he had been intimate with Buck's late wife. Data 20 revealed Paul's belief that John was jealous of his success, which led to his firing from work. Finally, in Data 21, Paul believed that others were envious of him because they followed him and felt dissatisfied with their own lives compared to his beautiful family and home. These data illustrate how

individuals with narcissistic personality disorder often interpreted situations as evidence of others' envy towards themselves.

2. Type of Narcissistic personality disorder

a. The Craving Type

From the Data 25 and Data 26 were categorized as Craving Type because they both described individuals who had an insatiable desire for attention, recognition, and love from others. In Data 25, Paul sought a relationship with Donald, even though Donald may not have liked him, in an effort to be appreciated and loved. This showed a strong desire for recognition and attention from others. In Data 26, Paul took pride in his achievements and wanted others to know about them. He mentioned his awards, activities, and famous father-in-law as a way to demonstrate his importance and to seek recognition from others. Both instances showed a strong desire for attention and recognition from others, which was characteristic of The Craving Type.

b. The Paranoid Type

Based on Data 27, it was revealed that Paul's reaction to his wife's accusations was hypersensitive, defensive, and angry, which were typical behaviors of The Paranoid Type. He quickly dismissed the accusations as baseless, even though they might have been true, and he attributed evil motives to his wife. This type of behavior was consistent with The Paranoid Type's tendency to be suspicious, argumentative, and to blame others. Additionally, the use of the word "baseless" in the sentence

suggested that Paul might have been distorting the facts to fit his own narrative and might have been exhibiting paranoid behavior. Overall, these factors indicated that Paul's behavior in this scenario could be classified as that of The Paranoid Type.

c. **The Manipulative Type**

Data 28 showed that Paul used his position of power and authority to manipulate Rebecca, making her doubt her own judgment and perception of the situation. He also portrayed himself as a champion for women to manipulate her. In Data 29, Paul used false promises and trust to manipulate Mia into believing him and not realizing his true intentions. In Data 31, Paul used manipulation by encouraging his partner to drink brandy to fulfill his desires. Data 32 showed that Paul manipulated his relationships with others and viewed himself as superior to them, and he also enjoyed succeeding in manipulating others. Therefore, based on these data, Paul could be categorized as the Manipulative Type, as he tended to use manipulation and deceit to fulfill his needs and desires, while taking advantage of others and having unbalanced relationships with them. In Data 30, Paul planned to make false accusations against his former partner to achieve his goals.

CHAPTER V
CONCLUSION AND SUGGESTION

This chapter presented a conclution and suggestion. the writer concluded the finding of this study that have been conducted and the writer gave suggestion for the further writers in the same field.

A. Conclusion

The writer got data about narcissistic personality disorder in *Best Day Ever* by Kaira Rouda. The writer focused on the main character, Paul Strom, and got several data related to signs of narcissistic personality disorder. Referring to previous analysis, the writer found 8 data that identified Paul as a narcissist.

Based on the theory that there must be 5 or more signs of the 9 signs of narcissistic personality disorder, we can diagnose that person as a narcissist. The researcher concluded that Paul Strom was a narcissist because he had a grandiose sense of self-importance, was preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love, believed that he was unique and should associate with high-status people, had a sense of entitlement, was interpersonally exploitative, lacked empathy, believed that others were envious of him, and showed arrogant, haughty behaviors and attitudes. All of these mentioned caused Paul to be a narcissist.

After knowing Paul Strom as a narcissist, the writer found the type of narcissistic personality disorder that Paul had. According to Bursten's theory, he identified four types of narcissistic personality disorder which are craving,

paranoid, manipulative, and phallic narcissistic types. Based on the data, the writer concluded that Paul Strom was categorized as the Manipulative Type. It was the most dominant type of narcissistic personality found in the novel *Best Day Ever*

B. Suggestion

There is a lot of knowledge taken from this research, readers will get a lot of information from this research and it can be a guide for students, especially students of English Literature at Bosowa University. For readers, this research on Personality disorder in literary works will further convince the public that literary works can guide behavior in certain conditions. For the next writers, this current research can be a reference for literature research.

Narcissistic personality disorder is one of the personality disorder that we can find in social life. The are also character in the movie indicated as narcissist. The writer analyzed Paul Strom in the *Best Day Ever* because after reading the novel the writer found several topics about narcissistic personality disorder displayed by Paul Stom

Therefore, the writer suggests to any readers who want to analyze character in the novel. Make sure to do preparation to the topic that readers want to analyze. The writer also suggest readers to looking for topic that related to event, incidents or topic that are happen in social life.

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APPENDIX

SYNOPSIS *BEST DAY EVER*

Paul Strom and his wife Mia Pilmer are going to have their "Best Day Ever". Married for ten years and parents to two young boys, the attraction between the couple has been waning for some time. However, Paul has great things planned for Mia on this day. They are travelling to their second home, the Lakehouse by River Erie, to spend a romantic day sans the boys. For an outsider, Paul and Mia are the embodiment of love and success – Paul, a thriving business executive and Mia, the perfect housewife, owners of a grand house in an upmarket suburb. What more do you need in life! As Mia steps into the car, Paul can feel an air of tension between them. Will the best day of their lives live up to the expectations of Paul as various skeletons tumble out of closet and uninvited neighbors seem poised to stay forever?

The story was narrated by Paul Strom, one of the characters that I have detested in the smallest time possible. Hardly fifty pages into the book was bristling with anger reading the chauvinistic and narcissistic outlook of Paul. My hatred was growing exponentially as the story progressed. Rouda has delved deep into the mind of women hating bigots and has created a character without even a single bone of amicability. Personally, I felt this was a daunting and harrowing task for a female author to create a man who visualizes women as an object for pleasure present only to do his bidding. Most of the character descriptions were from Paul Strom's perspective and was heavily physical in nature with their

emotional depth slowly revealed to readers through various incidents involving Paul. The relationship of Paul and Mia was central to the story and was explored in depth from its inception to their "best day ever". The main flaw in Paul's character formation was the absence of a solid back story giving insight to the protagonist's troubled behavior. Although the author has given a peek into his past it was not robust enough to understand the character and his motivations. Sadly, this transformed Paul from a psychologically complex to an entirely single dimensional character without any aspect to smoothen his jagged edges. Hopefully, the author may explore it in depth in future books to come.

As the narration progressed and more of Paul's eccentric behavior started to surface, it was easier to isolate the facts and fiction from his elaborate ruse. The narration was admirable as each incident being recounted a second time was used as a tool to explore Paul's depravity. However, the plot fell short of being a shocking thriller as it became easier to see through all of Paul's pompous boasting. There were no cleverly placed red-herrings or digressions in the plot that could have added elements of surprise to the entire story. To my disappointment, the story concluded in the most traditional way possible. The book initially had me on the edge with its momentum but soon descended to the safe zone of tried and tested results despite the extremely promising start. With some cleverly placed elements and twists, this novel could have easily become an extraordinary work

BIOGRAPHY OF KAIRA ROUDA

Kaira Rouda is a multiple award-winning and USA Today bestselling author of contemporary fiction. She is known for exploring the intricacies of what seem to be perfect lives but are not. Some of her novels including USA Today's *Best Day Ever*, a domestic suspense were translated into several languages. Kaira was born to a stay at home mom and a marketing professor. Given her father's profession, she spent much of her childhood in college towns across the United States. She was born in Northwestern in Chicago before the family moved to USC in Los Angeles then to the University of Texas in Austin, to Harvard in Boston and finally to Ohio State University in Columbus, where they at last put down roots. Kaira loves to say that she obtained her MBA at the dinner table though she went to Vanderbilt University from where she graduated with a degree in English literature. Once she was done with college, she went back to Columbus where she went on to work in advertising and writing copy for anything from carpet cleaning to press releases for dog ice cream. She also wrote for blogs, newspapers and magazines.

Kaira met her husband Harley Rouda when she was covering an event sponsored by his law firm. She saw the man and thought he was kind of cute and decided to approach him. As soon as things got serious, she told him that she wanted to live in California since her parents were born and brought up in the state. However, they would spend twenty more years in Columbus as he was

building his law business. During that time, she got three children Dylan a singer-songwriter, Shea and Trace who work in commercial real estate and Avery the screenwriter. Kaira was still working in marketing and as an author and even rose to the position of Steemer in a carpet cleaning company based in Ohio. At the tail end of the twentieth century, Kaira and her husband started a residential real estate company called Real Living. The company was hugely successful as it was operating in 22 states by the time they sold it to Berkshire Hathaway. She also made time for some charity work as she founded an emergency walk-in shelter based in Ohio. Since 2018 when her husband was elected to Congress, the family divides their time between Washington D.C and Laguna Beach.

Kaira Rouda had always wanted to become an author from a very young age. When she was in the fifth grade she wrote *Scooter and Skipper* a funny novel which she then gave to the librarian who laminated it and put it on the shelves. Having been a copywriting and ad writer for years, she rebranded herself by writing a motivational and inspirational guidebook for women titled *Real You Incorporated: 8 Essentials for Women Entrepreneurs*. Kaira Rouda then decided to become a fiction author and wrote her first chick lit Here, *Home, Hope* in 2011. Following the success of her debut, she followed it up with several single standing novels such as All *The Difference* , *In the Mirror* and *The Goodbye Year*. She then wrote the blockbuster *Best Day Ever* in 2017. It was a story about a conniving and arrogant advertising executive that appears to have it all. He has a beautiful wife, a beautiful home, and two sons.

BIOGRAPHY OF THE WRITER

The researcher's name is Warham. He born on April 14, 1999 in Pinrang Regency, Makassar. He is the second son of four siblings. He is the type of person who is flexible with circumstances sometimes he likes to be adventurous, volunteers for education in remote areas and now he likes to learn how technology works. Completed elementary school education at SD Negeri 11 Pinrang Regency after that continued at SMP Negeri 2 Pinrang Regency and occupied the superior class, then continued at SMK Negeri 1 Pinrang Regency by majoring in administration. after completing his studies he continued his courses at Kampung Inggris, kendari. because his identity had studied English, his parents suggested that he continue studying at the English major. Studying at the English Department, Faculty of Letters, Bosowa University made him interested in reading and participating in book stall activities and participating in volunteer activities to teach children in remote areas.

At the end of his studies, he has the responsibility to become Organizational consideration council (DPO) Faculty of Letters Student Executive Board. In his journey he has the principle *I don't leave them behind, not now not ever*. Growing together helping each other is meaning of human being.