



Literary Studies

Borderline Personality Disorder of Josh's Character in Sonia Mael's *No Ordinary Love* Novel

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SUBMISSION TRACK

Received: December 23, 2022

Final Revision: March 14, 2023

Available Online: May 01, 2023

KEYWORD

Borderline Personality Disorder, Character Analysis, John G. Gunderson, Personality Growth, Psychological Condition.

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A B S T R A C T

This research aims to investigate the psychological conditions of Josh's character in Sonia Mael's *No Ordinary Love* novel through borderline personality disorder theory by John G. Gunderson. A borderline personality disorder is an intense emotional dysregulation that can affect someone's personality. The research uses a qualitative method, and the writers are the instrument themselves. In order to analyse Josh's character, the writers use the characterisation theory by Richard Gill. Besides that, the writers focus on character psychological problems with borderline personality disorder theory by John G. Gunderson, which has several concepts; signs and symptoms, causes and impacts, and its developed traits. The result of the research is that Josh's character has a distortion in his personality growth because of his childhood trauma which developed his personality and emotion in what he experienced and perceived. As an educated person, he is good at positively managing things, as his thoughts try to stay sane in living his life. However, his emotional-behavioural management is disturbed by how his experience and self-growth developed his perceptions. In addition, he has developed all nine signs and symptoms of BPD which is also added by several other traits associated with how he acted out as a high-functioning BPD type. Although he has grown up unconsciously developing it, the positive traits also remain to keep it together in himself. In sum, his behaviour is proven to be borderline personality disorder symptoms caused by the personality growth he passed since traumatic experiences in his childhood.

I. INTRODUCTION

Borderline personality disorder is an intense emotional dysregulation that can affect someone's personality. In brief, BPD is a cluster B personality disorder in which a person's feelings and way of thinking are erratic and have a terrible effect on social relationships. BPD has existed since 1978 which is purposed officially by the *Diagnostic and Statistical Manual of Mental Disorders, Third Edition* (DSM-III) in 1980, and 10 years later, it was classified as an emotionally unstable personality disorder by the *International Classification of Diseases* (ICD). Afterwards, BPD started to be recognized and is still being investigated by the clinical and research literature. The characterization of BPD is mainly because of being extremely

sensitive in a relationship or communication with people, having an unstable state of self-awareness, intense and mercurial emotions, and impulsivity (Gunderson, Herpertz, et al., 2018, p. 1).

The recent issues of BPD are that it is a common mental illness in 3-5% of the population and is diagnosed frequently in women rather than men (Higgins, 2022a; Sedghi, 2021; Şenol, 2022). As it primarily happens in early adulthood, the research has found that up to 80% of people with BPD had childhood trauma which experiences some form of emotional abandonment and physical or sexual abuse (Travers, 2021). In addition, BPD in men is often misdiagnosed with other illnesses such as PTSD (Post-Traumatic Stress Disorder) and major depression (Bayes & Parker, 2017; Holmes, 2021;

National Alliance on Mental Health, 2017). To this day, BPD is one of the severe mental illnesses that still needs to get more attention to be treated accordingly. However, it is also highly stigmatized as an untreatable mental health condition (Sedghi, 2021). In a movie called *Fatal Attraction* (1980), BPD has been influenced and highly stigmatized as «crazy people» and negative representations (Higgins, 2022b). As well as the stigma that exists, BPD skilled care providers also can be challenging to be found and cost a lot. Moreover, it seems to have failed to notice the symptoms and adequately assist in treating people with BPD when they need a genuinely skilled person to manage BPD effectively in therapies and treatment (Sedghi, 2021). Consequently, people with BPD need people around to help them recognize and treat their attached symptoms.

While the phenomena of PDs can happen in real life, it can also potentially happen to fictional characters who are identified as having PDs. Since literary works are the author's work as a human, it is likely to reflect human behaviours within its fictional characters. As stated by Gill, characters may have similarities to the real people we meet every day because of their strong feelings and existence within the book's story (1995, p. 127). Besides that, the relation between psychology and literature has similarities in discussing human life and its characteristics as living and social beings. Even though the human 'characteristic' traits are imaginary, the real-life human existence is the author's works based as the model for creating the human character's psyche in literary works (Endraswara, 2013, p. 99; Minderop, 2013, p. 2; Wiyatmi, 2011, p. 19). As a result, the character's existence can be sought from the psychological aspects, such as psychology theories and laws, to explain human behaviour and characteristics in the textual analysis (Wiyatmi, 2011, p. 19). The character may also have psychological issues regarding their characterisation and psyche, which can be analysed by the psychology of literature study (Minderop, 2013, p. 2). Thus, this study is purposed to analyse a personality disorder, particularly BPD, within one of the characters in the novel.

No Ordinary Love novel is written by Sonia Mael and published in Malaysia in August 2016. The author points out the theme of the entire novel, which tells a story about a family and couple's relationship with the setting amidst the backdrop

of Malaysian society in the 20th century. The novel's main conflict comes from the second main character, Josh Reynolds. Josh is a young man who lives alone in Newcastle as an ordinary and intelligent postgraduate student of architecture major. Unfortunately, he shows unpredictable behaviours when he is in a relationship. After he has started some occasional meetings and taken a relationship with Katarina, instead of having a good relationship, Josh's abnormal behaviour basis slowly emerges, such as jealousy and uncontrollable anger and temper that he thinks he may inherit from his father's bad temper and anger. However, it is the result of his perceptions, which makes him emotionally unstable, that keeps repeating the cycle of insignificant anger and anxiety that he may have for a long time. Kat also feels that he has become more controlling and short-tempered (Mael, 2016, p. 177). Rather than just because his jealousy and excessive emotions are the main reason for Josh's behaviour towards his own lover, Josh has a tendency to have a psychological problem within his personality development phase built on his abnormal personality and behaviour in his love relationship.

Based on the explanation above, Josh's character is suspected of having a psychological problem and showing abnormal behaviour through his love relationship. It started after his first meeting with Katarina, which became obsession and possessiveness. He is dependent on his excessive jealousy and mercurial temper, which comes from his personality. Following the issues, the writers are interested in analysing the author's depiction of Josh as the second main character with psychological problems in his love relationship, which conducts several indications and actions of how his personality development is distorted and grown within himself. Moreover, he plays a vital role in the story's central conflict. By identifying Josh's characterisation, the writers can see the abnormal behaviours within Josh. Additionally, the writers use a psychological approach in literature through borderline personality disorder theory by Josh G. Gunderson to look further into Josh's personality growth that has caused him to be suspected of having one of the kinds of personality disorder, borderline personality disorder (BPD).

In studying novels, it is essential to identify characters and characterisation. In the definition, the character indicates a person within the literary work. While, characterization indicates the

way of character is presented and created by the author in the literary work. Those two definitions cannot be separated as it is about the character as the product can present because of the existence of characterization as the method (Gill, 1995, p. 127). It means that characterisation explains how the character represents the acts and moves to describe specific characteristics related to the story. In addition, characterisation is used for telling and showing more about the character representation and its developments. Therefore, the writers can analyse deeply to the character through characterisation.

John G. Gunderson is known as father of BPD and pioneer of BPD diagnoses for his works in believing that borderline patients can be treatable (MacMillan, 2019). Borderline Personality Disorder (BPD) is a severe and serious mental illness with a common pattern of intense emotional dysregulation that impacts the normal self-control which resulted some impairments in regulating emotions, taking impulsive behaviour, experiencing and maintaining relationship, and radiating self-image (National Institute of Mental Health, 2022; Webb, 2016; Zampa-Keim, 2021). This difficulty is highly affected by the upsetting events in the past and it can also resulted such as suicidal behaviours (National Alliance on Mental Health, 2017). In precise, having BPD does not imply that something is wrong with their essential personality. Instead, it points to childhood deprivation and attachment trauma as factors that have hampered their ability to manage powerful emotions (Lo, 2022).

Gunderson draws BPD theory relating to the main four dimensions which are intense and poorly controlled emotional reactions, uncontrollable behaviours that endanger oneself or others, disrupted perceptions (of oneself, others, and the world) and poor reasoning, and disturbed and unstable relationships as a result of their behaviours and attitudes (Gunderson, Fruzzetti, et al., 2018). Along with that, BPD is one of the severe mental disorders which can be categorized into diverse symptoms within the scope of emotional disturbances (Chu et al., 2016, p. 1). Additionally, it also stated that DSM had required at least possibly five of nine symptoms that should be present to diagnose BPD because each person who has BPD could have a different set of symptoms (Aguirre & Galen, 2013, p. 11).

This research argues that Josh is a great young man who would have been perfect to have

a good relationship with his loved one. Besides that, borderline personality disorder should not keep being stigmatised as an untreatable mental illness and negative representations because it is commonly happening in early adulthood and in relationships with people. However, the possibility of traumatic relationship experiences that Josh had in the past is still lingering on him, rather than having his exemplary character as a good and average person and man in a relationship with people. At the same time, he is also developing his personality growth caused by an unhealthy relationship. He is suspected of having borderline personality disorder symptoms. Thus, it also points strongly to the negative perceptions of people with BPD. Therefore, it leads to the state that the man character has personality issues which will be explained in this research.

The writers have found several previous studies from other researchers to be used as consideration and comparison for this study. The first study is a thesis entitled *Dissociative Identity Disorder of Maria in Look Away Film* in 2019 by Regita Nurul Fitriani. Her research analysed the personality disorder called dissociative identity disorder of Maria, the main character in *Look Away* film, through psychoanalysis theory by Sigmund Freud (Fitriani, 2019). The second study is a thesis entitled *Psychological Problem of Amy Elliot Dunne's Character in Gone Girl Film* (2014) in 2019 by Yunia Sari Chairunnisa. Her research analysed the psychological problems of Amy Dunne, the main character in *Gone Girl* film through psychoanalysis theory by Sigmund Freud and characterisation by Peter W. Dennis and Joseph M. Boggs (Chairunnisa, 2019). The third is a thesis entitled *Main Character's Borderline Personality Disorder in John Green's Looking for Alaska* in 2019 by Cahya Tri Atmaja. Her research analysed how the main character, Alaska Young, is characterised by having borderline personality disorder symptoms and facing the conflicts in her personality through structuralism theory and Freud's theory of personality (Atmaja, 2019). Last, the fourth study is a thesis entitled *Self-Concept as a Result of Borderline Personality Disorder Portrayed in Haruki Murakami's Norwegian Wood* in 2020 by Indah Permatasari. Her research analysed to determine how borderline personality disorder (BPD) influences the character's self-concept (Permatasari, 2020).

In order to conduct this research, the writers

propose the research problems that happen to be found based on the background of the study, those are how does the *No Ordinary Love* novel depict Josh as the character, and how does Josh's personality growth influence his personality traits and love relationship which reflects borderline personality disorder in the novel. The objective of the research is to investigate deeper Josh's character and his psychological condition depicted in the novel and to give the best result based on the research problems above, which are trying to identify how Josh, as the main character, is depicted by the author in the *No Ordinary Love* novel by applying Gill's characterisation theory, and to analyse how Josh's personality growth influences his personality traits and love relationship, which reflects and represents borderline personality disorder in the novel.

The writers expect this study to contribute to theoretical and practical knowledge as fiction-based personality disorder research. Theoretically, the psychological problems reflected in literature, in precise fiction, can be seen by applying the psychological approach and borderline personality disorder theory. It proves that there are some deep connections between psychology and literature which also considers knowledge and experience in the real-life situation of both aspects. Besides that, practically, the writers hope this study can be beneficial for students' reference who want to research borderline personality disorder within any literary work pursuing the theory of borderline personality disorder in literature. Hopefully, this study can assign more understanding knowledge about personality disorder symptoms in a literary work and borderline personality disorder for the next researcher.

II. METHOD

In this research, the writers use qualitative research. Qualitative research explores and understands the meaning and interpretations within individuals or groups that tend to have problems in social or human life (Creswell, 2009, p. 4). Besides that, this research method uses descriptive analysis, which intends to analyse and describe the data from phenomena and topics that will be discussed in the research question. The data is collected through library research to see through the text, focusing on the topic analysis.

The data collection is started by reading the novel thoroughly. While reading the novel, the writers pay attention to the novel's contents to

understand the whole story and identify the central conflict and problem. Afterwards, the writers collect all the information related to the problem which concerns the topic and will be analysed. Then, the writers try to identify the data with the research questions and reads the novel several times to get the correct data. Last, the writers classify the prepared data with the research questions.

The research instrument is the writer themselves as the subject to read, collect, identify, and analyse the data from the *No Ordinary Love* novel. As one of the characteristics of qualitative research, the researcher is the key to collecting, examining, and observing the data (Creswell, 2009, p. 175). The writers use two data sources to conduct this research. The primary data is the *No Ordinary Love* novel, and the secondary sources are theory books, journals, articles, reliable internet sources and other relevant references. Thus, the writers will collect and analyse the data relating to the research objective within those data sources.

The technique of analysing the data uses descriptive analysis. The writers use qualitative data and relevant sources to analyse and describe the data to reach the findings of related topics. After collecting the data, the data analysis steps are to be followed, which are the writers categorise the relevant data to the research questions, identifies and interprets the data in each research question by applying the theories and concepts, explains the data by arranging all information as a result of interpretation, and concludes that the research findings result of the topic has been discussed.

In order to differentiate this research, the writers use the *No Ordinary Love* novel as a corpus. The writers are interested in studying the corpus because it raises a central conflict of the characters within a psychological problem as the topic. Besides, the central conflict describes a man's character as not being in a normal state of personality and relationship with people. In addition, simultaneously with the existence of BPD representations issues, the writers try to show it is inaccurate through this research. Thus, it motivates the writers to look over the character with the possibility of having borderline personality disorder that is not just focusing on its symptoms but also considering the associated concepts.

III. RESULTS AND DISCUSSION

Josh's Character Analysis

Josh Reynolds is the second main character in *No Ordinary Love* novel whose plays an important role of the main conflict of the story. In the novel, Josh is portrayed as a 22-years-old English young man and a master's degree student of architecture and urban planning in Newcastle University, London. Besides that, he has some aristocratic features with a handsome face, deep blue-coloured eyes more than Mediterranean, tall, deep husky voice, smart, elegant, gentle, and affectionate (Mael, 2016, pp. 137–138). His appearance is described in the novel, how the young woman that is Katarina saw Josh for the first time, after she had accidentally collided with him when she was rounding a corner. As Gill mentioned, the author gives the illustrations of the characters' faces, psychical appearances, their clothes, and the authors' perceptions of how a person look like to draw the imaginable look of the characters and draw the characters' personality in the readers' mind (1995).

Simultaneously as his features, he is not only described as an ideal man character that would be perfect for a relationship, but also, he clearly shows good personality and attitudes in several occasions. First, Josh is highly intuitive person. It shows what he did when he saw his father abused his mother during his young age. It is described that even just a little mistake made his father annoyed either a word or a gesture that would make him angry, and his mother would be the recipient for any slight, real or imagined, would arouse his ire and bubble over into violence (Mael, 2016, p. 4). And as a child, he did not keep motionless rather he tried to defend and protect his mother at all cost. Even though, as a result, he also had his father's violent, however he is clearly empathetic towards his mother as he did not accept the fact of what his father did constantly every time he drunk, which is assaulted his mother violently. It indicates how he felt hurt and did what it feels right to do and disproved what it should be in social cognition within his family in accordance to humanity.

After those horrible continual situations, he is also identified as a caring person since he was a little boy. He proved it as he really cared for his mother's condition. He tried to advise his mother to find some solutions such as reporting to the police, or tell his mother's family to solve those domestic problems (Mael, 2016, pp. 4–5). However, her mother refused and rejected his offer because she thought she would be insulted by the neighbours,

and at the same time, she did not want to burden her mother or his grandmother by her family matters which makes him devastated. It shows how he did try his best as a child to help his mother however his mother forbade him to do it.

Thus, it is not easy for Josh to deal with his family problems but he is also quite persistent to help his mother escape from his father's malady. As his mother loves him and vice versa, he tried one more time to help his mother by asking to leave his father instead getting abused continuously. Nevertheless, it is described that his mother is also persistent to stay with his father as she thought and insisted that his father needs her by his side and took all his fault as hers instead (Mael, 2016, p. 5). So that, it had him displeased for a long time which shows Josh is a sincere person as his manner of thought wishes for his mother's happiness away from misery.

Aside after his mother had rejected his offer again and he chose to run away from his house away from his parents, in fact, Josh is an independent and hard-working child. It is described that he is an only child in his family. He used to live in the working-class area in Croydon with his parents. His father works as a truck driver who travelled a great deal on his job. However, domestic violence and poverty pushed him to escape from there in age 15. He decided to run away to his grandmother house for a living and education. As he is not coming from a wealth family, he did a lot odd jobs so that he can continue his study. After his grandmother passed away when he is 17, from then onwards he lives alone by himself (Mael, 2016, p. 6). From those situations, it shows how the characters are usually being specified of their social classes and its circle, as the closest surrounding environment that are illustrated by the author (Gill, 1995). Moreover, the writer assumes that he tends to focus on his study and take it seriously for making a good living, rather stuck with his parents and building some certain social relationship as he really works on himself, as shown in the following dialogue.

Subsequently, Josh has a strong determination within himself as he is really persistence of what he wanted or anything that clicks on him and nothing can stop him. As he wishes to get out from poverty, he has a big dream himself. He persisted that he wants to be an architect despite of his financial background. He initiated doing some odd jobs to fulfil financial needs for his study. Along with that, he also obtained financial assistance from the

university. This means he would do whatever that helps him to achieve his wish.

In one occasion, he also had an opportunity to prove his expertise when he was on vacation with Kat and her parents. It is described that within their Christmas holidays in Newcastle, Josh had by then, landed a job in one of the up-and-coming architectural firms in the city. Also, as they spent that fortnight together, Josh appointed himself their tour guide through the city while explaining and introducing a lot of buildings' history and its architectural constructions (Mael, 2016, pp. 166, 169–170). From that situation, it is seen that he is an educated person, especially in his major. The author depicts the characters to act or reach which also grows the characters' personality (Gill, 1995). He knows a lot of buildings designs and its history with his architecture knowledge that explained how dedicated he is to his dream. Also, recently, he got his job in one of emerging architectural firms. This shows that he is a charismatic person with his self-confidence in his potential passion. He also positioned himself about how he put an effort to prove who he actually is as his personal branding.

Besides he works on his dream, one day, he met Kat accidentally for the first time. Though the moment was just a few seconds, their eyes met and he seemed fell in love at the first sight. Even so, more importantly, he has good reflex action towards that small accident as shown in the paragraph below. He was being able to catch her in no time (Mael, 2016, pp. 138–139). It describes one of his small actions through a simple accident around him. It shows that he is a typical person who truly does pay attention or not fully ignorant and considerate to anything happen around him, or at least, he managed to be present normal reacting to the situation.

From those explanations above, he seems very good at working or handling many things around him. For examples, he was taking the best care as he can towards his mother, he has good reflex action towards Kat when they accidentally collided into each other, his strong determination towards his big dream, he did a lot odds job for a living, he did well on his study, he proved himself in his passion, and he also got his desired job in his suitable passion. Nonetheless, he also shows some odd behaviours which are particularly happened and shown after he met Katarina and having relationship with her. He seems unaware how to work on his own feeling as he did not realize what he was doing such as

some adverse things from several occasions.

After the incident day, he felt that he found his soulmate in the first-time meeting as he started to try finding her again eagerly as the paragraph below.

Countless sleepless nights followed, as two mesmerizing onyx eyes followed him while he was awake and continued torturing him in his dreams. The incident played and replayed in his minds' eye; those large, shining eyes, staring deeply into his own that had become so blinded, that he feared he would never be able to see anything or anyone else again. For days, he walked around the university grounds, searching in despair; hoping to catch sight of her again and to feel the weight of her warmth against his body He wondered where she had disappeared to. While conducting tutorials, he became distracted with the slightest movement out of his peripheral vision. Jogging in the weekends used to be a pleasurable activity. That had turned into an obsessive need to search for her. In saner moments, he would ask himself if by some coincidence, he was turning into a lunatic and teetering on the brink of madness. (Mael, 2016, p. 140)

It might seem normal for the first-time attraction as an ordinary way in hoping to meet someone again. However, it could be seen abnormal having so much intention obsessively searched for a young woman after several dreams every night and the incident kept replaying threatened him since that day. Josh started to have a kind of obsessions towards Kat as he could not sleep, dreamt of her for countless times and tried to find her a few weeks after their accident meeting which happened in just a short time. The writer assumes that he might have some interaction with some people around him before, however, different to Kat after she bumped to him, he found it fascinating in his peaceful life, and then put interest to Kat.

Considering that even he is truly in love with her, true love takes time. In precise, he is genuinely attracted by her presence. Yet still, it shows that something seemed off within his emotional management to act like it, since he should have been passed that small accident rather than make a hassle about it further like he could not live without her. He seemed to draw out that he did not feel alive in real-life interaction with people as he looked excessively in an anxious state. Even if he is usually interacted with many people, finding

small incident like that would be nothing. As in this case is a young woman, his determination, which wanted to have her immediately and feared as she would be gone forever, implied something is not quite right within Josh's perception.

Leads to the next situation, he did actually meet her in coincidence again as he was the one who collided with her. They met at the bookstore and he had several kinds of reactions. At the first scene, the collision happened again with quick reflex of him to keep her steady. When he heard and realized that it was her voice, he expressed how happy he was and even he had himself spaced out as he could not believe it was happening. When they were shaking hands, he felt like he really cherished the moment and being playful (Mael, 2016, pp. 141–142).

It shows that he truthfully enjoyed the moment. However, what he did after that moment happened, it leads to his abnormal emotional behaviour that is easily to feel consternation. As his intention met the expectation, he tended to show how happy he was getting what he desired to meet Kat again. However, he acted like he had her all without exceptions. After the happiness he felt, he expressed his frantic actions in just a short moment to prevent displeasure feelings such as rejection and abandonment as he continuously was showing his anxiety. So that, this shows one of odd behaviour examples for someone like him which considered unusual for a small coincidence attraction. He tried to find any ways to keep her. As it was started from buying her a drink until she had to meet someone else, it is seen by how he offered her many things to be with her. Also, if he were not a typical person who can easily anxious, he would do a brief way by asking her contacts to arrange meeting date in the future, rather interfere her business. And, as he may truly wanted to having a start to know each other yet the timing is not good, still, it can be seen that how his unstable emotions coming back and forth are expressed the way those are conveyed in the novel.

It is illustrated the condition that Josh is afraid that he might not see Kat again by performing some trials and efforts to let them stay together. In a short period of time, it is seen that Josh quickly suggested to buy her a drink as an apology to her even though when Kat was about to leave to meet someone in half an hour. He was panicked when she seemed to debating his offer, and then after the offer was accepted, he showed his delighted smile. When Kat felt that she would bore him, she was

about to leave and rise from her chair, however Josh instantly stood up and reached her hand to stop her. He anxiously begged her to stay for a few more minutes. As Kat really had to rush, he offered her a walk to wherever she was going to. He seemed confident but his eyes were pleading to not reject his offer (Mael, 2016, pp. 142–144).

Therefore, no wonder that unpredictable behaviours of him are blown up after he starts a few months of dating with Kat. After they start some occasional meetings and take a relationship, they spend a lot time together, and even having a vacation with Kat's family. In one of the cases, he shows his feelings by his action. One day, he hurled the vase to manage his anxiety and jealousy within himself after seeing Kat dancing with other men often to make it less threatening him. It means that he has something abnormal within himself. Broken vase represents his repressed anger feeling towards the situation he feels jealous for, he felt broken heart. Vase is a fragile item as well as his feeling is fragile, easily broken, and vulnerable. It describes he is definitely a sensitive person. Besides, he did not take her happily at a birthday party for changing dance partners as such innocent fun. He did not like that she was having fun around other men (Mael, 2016, pp. 1–2). The writer assumes that within his jealousy, he saw it more than just dancing, it could be more — he overly thought about she might be in love and comfortable with one of those men instead of him — as he observed her enjoyed so much dancing with other men alternatively one after another. He shows that he is a possessive type, insecure, and lack of confidence in this relationship. He also afraid to lose and leave by the loved one, and having trust issues.

From his appearance when that behaviour happened in the paragraph above, he is seen physically feeling sick (face white, weak at the knees, cover his face with shaky hands, pupil dilated, lips trembling) because of his desperation and anxiety to witness her happily at a birthday party dancing with other men. However, at the same time, he also felt guilty for his regretful unconscious behaviour after hurled the vase all of sudden. It shows that Josh is not in a normal state of self by how he expressed himself unpredictably.

As the interaction of social companion goes on between Kat's family and Josh on their vacation, Kat's parents also felt something's off about Josh even though they do not want to assume negatively. In this case, the writer assumes that parents' instinct

might be a consideration that Josh's existence can clearly drew his real personality in the eyes of Kat's parents when seeing him and spending time together. It is described that Kat's father, George sympathized and sensed that Josh had a tough childhood while growing up and had little or no role model to follow (Mael, 2016, p. 167). On the other hand, when Kat and her mother talked separately, she felt hesitated and doubted Josh, even though he looks like a very nice young man that is sincerely in love with Kat. She thought that he has some certain issues that need to be resolved so that she asked her not to rush and take her own time to learn about him (Mael, 2016, pp. 168–169).

While it does not stop just right there, instead of just having a good relationship, Josh's abnormal behaviour basis slowly emerged as jealousy and uncontrollable anger and temper that he thought he might inherit from his father's bad temper and anger. This also points out the Kat's parents' instinct which proves his abnormal sense of self.

Although Josh treated Katarina in so much caring and loving for her truthfully, Josh seemed suspicious and started to show his true colours. One day after a party, Katarina was shocked and confused when she saw Josh's unpredictable mercurial temper and impulsive behaviour just because of jealousy. He could not control his temper until he realized and apologized to her that he did something awful. In hesitant, Josh also talked about what happened in the past with his family back then and the fact that he might have inherited his abusive father's temperament. He was having a hard time since his childhood and it can be unconsciously got into him in sudden as he thought (Mael, 2016, pp. 2–3). It shows how Josh's behaviour is seen particularly as an irregular psychological condition from Kat's view. In the novel, Josh showed his unstable sense of self with his developed perceptions by how he confused about himself when he was raging to Kat after the birthday party. It seems that he had a terrible perception about Kat's interactions with some other men that makes him frustrated and mad towards the situation he faced. Not long after that, he admitted that he was wrong and guilty about his rudeness.

Nonetheless, it was just a real start. After that day, he did not do such a bad thing again, but he had a kind of obsessions by controlling and demanding behaviour to Katarina which the temper was getting worst as a result. Even though she knew that his love did not change to her, however, his actions

were showing strange behaviours. It also shows that he is a possessive and become more dependent person. Consequently, she felt uncomfortable and tired of his odd tension and anger as shown in the paragraph below.

In the following months, life returned to normalcy again, or did it? With his new discovery of the extent of his feelings for her, did she sense a change in his attitude? She felt increasingly that Josh had become more controlling and short-tempered. His love for her did not change; in fact, it seemed to have bordered on the obsessive. He plied her with gifts and he took her to various places of interest, just for sight-seeing or simply to enjoy a dinner. They went for shows, picnics and long walks. They even went to see the world cup at the Wembley Stadium when England was crowned winner for the first time. They had a lot of fun together and yet at certain moments, she felt tension emanating from Josh and that would spoil the fun of being with him. The incident after the birthday party, when he unceremoniously threw the vase against the wall, never did happen again. However, she gradually became more disenchanted with their relationship and his increasing need to control. He loved too much and too excessively. His strange behaviour seemed to have escalated. He needed to know her whereabouts all the time. His insane jealousy was driving her against the wall. (Mael, 2016, p. 177)

Those kinds of situations impacted their relationship to the concerning condition. He did not want to let her go farther from his sights as he kept Kat to fulfil or cope his needs. He loves her extremely, however, at the same time, he could not regulate his emotions and behaviours which represented some natural-unnatural behaviour in Josh's portrayal. Despite he was between the line, he also gradually started aware to his abnormal behaviour. To that matter, it confused him to react to his own conditions, and also what he needed is support from Kat, as it is shown below.

"Josh, you need to see someone about your recurrent anger. Your behaviour is unnerving. I don't know how to deal with this anymore," she said one day after he lost his temper yet again. "Please be patient with me, Kat. I'm fighting my demons the only way I know how. I need you to be with me." As always, he would be contrite and ask for her forgiveness.

Soon, even he opened his eyes to the possibility of endangering her with his own selfish demands on her. He was hanging on precariously to his sanity. He thought long and hard. He couldn't bear the idea of living without her, yet he knew one day he would hurt her the way his father had hurt his mother. His love would become a two-edged sword which would ultimately hurt them both, and he couldn't do that to her. (Mael, 2016, pp. 177–178)

It shows that Josh is in engulfment as he overly immersed in his relationship with Kat as well as he is emotionally overload by kept losing on his intense feelings. While he did not want to leave and hurt Kat, it is also too much for Kat handling the relationship. Kat was not strong enough to handle Josh's emotions since it forced her to be with him all the time and gate-keeping her activities as she was just meeting him recently for several months, not even talking about their future. Thus, it brought their relationship hanging on the edge as Josh also started to think of leaving her instead hurting more further.

As they came into the end of their relationship, Josh himself aware that he did not want to hurt her by his repetitive controlling and temper which he turned over to Kat. Nevertheless, he made a rough and rash decision before he left her. If he had a good and stable sense of self, he would never do that and leave her recklessly which particularly after Kat asked him to love her as it is shown below.

At her door, he held her and whispered a heart-felt goodbye, but she clung to him and would not let him go. "Please don't leave me. I won't know what to do without you," she cried, swallowing the aching lump in her throat and pleading in a ragged whisper, "Love me, love me please, Josh," she whimpered as her body sagged against him.

Gently, he lifted her in his arms and carried her to her bed. Her vice-like clutch belied the limp body that had sagged against him and as he tried to comfort her, their need for each other defied the promises they made to each other in saner moments, a very long time ago, it seemed. For that night, nothing seemed to matter but their need to be one.

He gave her all of himself, as she did too. Finally, when she fell asleep out of sheer mental and emotional exhaustion, he kissed her tearstained eyes and cheeks, knowing in the deepest part of him that he would never ever

hold her again. Tenderly, he covered her with a blanket and with tender fingers, smoothened her lips reverently upon hearing a sigh. (Mael, 2016, pp. 181–184)

It shows that how he could not handle himself which either was in conscious or subconsciously by chose taking a settlement in ill-considered and irresponsible way. He could not determine his sense of self and objective judgment to what he faced to, even he did it because of his beloved woman asked for it. And finally, he only thought he left her to let go from his obsession, insecurity, and temperament as the highest intensity of their relationship in a short time.

From all the paragraphs above, it is shown that Josh has some unique characteristics in his personality traits. He seemed to be lived in between the line of normal and abnormal situations. In addition, he did try to manage the both sides. Nevertheless, it points out the idea of people to draw their image as a person who seems to be normal in some particular way, however it turns out the other way around in their emotional management. Thus, the writer assumes it is expectedly as the result of his perceptions, which makes his emotions unstable that keeps repeating the cycle of insignificant anger and anxiety, that he might have for a long time. He tended to represent something that he ever saw and felt before as if it happened to what he faced lately. Rather than, just because of jealousy and excessive emotions as the main reason of Josh's behaviour towards his own lover, Josh has tendency having a psychological problem within his personality development phase which built his abnormal personality and emotional behaviour in relationship.

Borderline Personality of Josh

Fear of Abandonment

According DSM-5, people with BPD will put some frantic efforts to bypass the thinking of being abandoned whether it is real or just imagining (2013). It means that there is an unstable way of thinking in people with BPD about having someone around them that is resulting a terror which then they try to avoid and help themselves from those overwhelming emotions of fear for being abandoned. In addition, as the first notice of BPD, Josh tends to show some actions that proved to be fear of abandonment. His actions started in a short time as soon as he attracted and interacted to a young woman, Kat. To find out his fear, the

intention in his actions is shown through how he reacted towards Kat continuously. Thus, it can be seen by seeking closer about Josh's interaction with people.

Josh has an insecurity of separation from how he reacts to his closest person, related someone-about-to-leave situation, and his imagination of being abandoned. Within the relationship, Josh easily feels panicky and afraid that his relation to Kat is coming to an end. In addition, his thoughts often referred to think of being alone which made him come to think about his coping strategies, like asking requests, giving pleads, even releasing angers, and etc. Moreover, it is also assumed that he is typically hard to build trust with people. It is technically pointed that the fear of abandonment happened because someone had been there before. As when he starts building his trust to someone close to him, he does not want to let them go and being abandoned again. In addition, it is assumed that he also does not have particular friends to open up himself. He does everything professionally and nothing personal that will make him feel afraid to be abandoned, yet until he is in a close relationship. Therefore, his perceived interpersonal emotions and behaviours tend to show the fears of abandonment.

Unstable and Intense Interpersonal Relationship

According to DSM-5, one of BPD signs is a pattern of unstable and intense interpersonal relationships which is portrayed by alternating between extremes of idealization and devaluation (2013). It means that people with BPD are having difficulty in relationship because of the unstable and intense interpersonal manners that they have which keeps conducting back and forth from the positive and negative representations. As a result, the image that people with BPD will get is having some disturbed interpersonal traits which comes from their perceptions or desires towards a relationship. In Josh's case, he showed the pattern within some of his actions that proved to be the disturbed interpersonal traits from idealization to devaluation, and vice versa. His actions are depicted from the comparison of Josh-Kat's relationship from the beginning to the following of their dynamic relationship.

After all, Josh's idealization is happened because he was expected his relationship with Kat to be full of love affection by picturing perfect relationship since he attracted by her like no one would ever disturb them being together. The writer sees that Josh tried to protect his emotions and

needs from being less affection, feeling emptiness and despair, and emotional conflicts by showing lots of desperate affections. Meanwhile, Josh's devaluation is happened because the relationship did not meet his expectation by all of his negative perceptions as the part of the disturbed interpersonal traits towards a casual relationship engagement for what he believed and he put the trust to. The writer sees that what Josh attempted is to cope his feeling of fears, threats, and disappointment by performing his intense angers. By those two representations, it is assumed that Josh experienced the splitting because what he saw is all-good or all-bad person in some particular moment which it is one of his ways to coping the perceived stresses between his needs and fears. In addition, from the beginning, it is seen from the normal and abnormal pattern of Josh as a character, when he started his relationship with Kat until Kat found out his first-time outburst and several other angers followed constantly. Therefore, it proves the pattern of his unstable and intense interpersonal relationship traits are existed.

Identity Disturbance

According to DSM-5, the third sign is identity disturbance which is markedly and persistently shown by unstable self-image or sense of self (2013). It means that people with BPD have a difficulty to show their stable self-image as the same person of who they are and what they do while they may behave in the opposite ways. As a key points, this sign is about a person's unstable and inconsistency identity which is regularly changing, such as their goals, beliefs, and actions. In Josh's case, he tends to show that he lacks a sense of self. In a character's focus, Josh's identity disturbance is seen through how he dealt with himself and his relationship which opens a lot proofs that his condition depicted a self-confusing identity.

The writer observes that Josh could not place himself between to be a person of what he had been buried inside him, or what he had been building the false normalcy on the outside. It is shown that even before and after he left Katarina, he realized that he did not know about himself, he could not control what happened to his self-cognition, when he was very attached to Kat since he attracted to her, when he expressed his emotions, and when he presented himself and his behaviours towards some situations he faces. Hence, this proves how he lacks the sense of self which he tends to works as a normal person, but his inner side could not be subsided, and it pushed him to become more dependent to

others which is seen to be coordinating the past experiences he had. Therefore, Josh is recognized to have an identity disturbance.

a. Impulsivity

According to DSM-5, impulsivity is a sign where at least two areas people with BPD are potentially self-damaging, such as spending, sex, substance abuse, shoplifting, reckless driving, and binge eating (2013). It means that people with BPD are performing some behaviours excessively with recklessness and ill-consideration that can harm themselves or others which happens because of his unstable emotions. In addition, impulsivity in BPD usually happens because there is something triggering or upsetting which makes them quickly act without thinking. In Josh's case, his impulsive behaviours came out from the light one to heavy one. His actions are shown through how he faces the unwanted situations and when he should decide to do something within his relationship with Kat.

There is a situation when he was deciding to leave her for avoiding his terrible emotions and behaviours hurting her more, yet, at the same time, Kat asked him to love her before he could leave her. At this moment, what he did was an impulsive decision making that he took risks that may harm them both being engaged in risky sexual activity (Mael, 2016, pp. 183–184). The writer assumes that he should have been known that that behaviour is not good for both of them, especially Kat. However, they did it anyway by not thinking about what will happen later on. In this case, he acted impulsively, when he was about to leave her, just to get some temporary relief from his emotional pain of separating with Kat. From that situation, he placed himself mindlessly without considering the boundary limits for early relationship and reflecting misappropriations, besides their feelings of loving each other dearly. It shows how the lack of planning and inappropriateness in the situation where he should have decided something wisely. Therefore, it draws another one of the heavy impulsiveness of Josh.

b. Suicidal Behaviour

According to DSM-5, the repetitive suicide patterns are the part of signs having BPD (2013). It means that the kinds of suicidal trials, such as harmful behaviour, gestures, threats, thoughts, or attempts, are mainly included in the BPD whether it is trying to cause death or not. In Josh's case, he also had ever felt that he just wanted to end his life

because he felt hopeless about his unstable sense of self and emotion.

One example is when he wandered to self-discovery, he decided to follow a traditional ritual that used for compensate each of their sins with dipping their body to the seven degrees icy water into the *Ganges River*. It is depicted that he felt challenged himself to join as he thought that he had nothing lose. If he meant to be died in the *Ganges River*, he was okay with it. As the requirement to finish is with 108 dips, however he just got 10 dips because the revelation came to his sense about to live and love again, finding Kat, that life is precious, and he decided to stop and climb up from the water (Mael, 2016, p. 260). The writer assumes that this kind of suicide attempt is also the part of ways to handle his overflow feelings within himself and Josh is drawn himself to be in the ritual as the part of indirect suicide. Although it is lightly discussed by the author, those two actions are enough explaining the suicidal trials within Josh.

This shows he attempted to suicide after how he felt so desperate of his abnormal self. Moreover, it is seen how hard for him to deal with his troubled condition with himself and emotion, and then he called up a sudden break up which he initiated for both their sakes. Even when he tried to wander to find himself, the thought of suicide is possibly existed. Therefore, Josh also experienced the suicide thinking and attempt to kill his suffer and misery.

c. Mood Instability

According to DSM-5, there is a sign called as affective instability because it is pointed by the reactivity of mood, such as intense episodic dysphoria, irritability, or anxiety which are usually lasting in a few hours and only rarely might happened in a few days (2013). It means that people with BPD is suffering mood instability which reflecting a constant reaction of their affectivity that is triggered from anger, depression, irritability, and anxiety in various durations. In Josh's case, he showed a lot of his unstable moods in several occasions. His moods are shown by a lot of his anxiety to face the displeasure stressors because he has hypersensitivity.

Josh is easily irritated with something that gives him discomfort. As soon as he noticed some uncomfortable things to him, he would reacted emotionally and rapidly. So, the pattern, which Josh pointed out the most, that his unstable state of

emotions was also creating the instability of how he handled himself to cope the displeasure feelings of fear he had and to confirm the truth of his anxiety either the real or imagined intentions towards Kat simultaneously. As a result, he tried to maintain himself with no other than altering of his emotions intensely in a short row of times by showing the sequence of frantic efforts. In this case, at one short moment of his second meeting with Kat, they ever had a short conversation that filled with Josh's back and forth of some frantic efforts (Mael, 2016, pp. 141–144). His moods are described in every few minutes onwards as; from excited to meet her again, then panicked because fear of loss, next felt relieved, but then got frantic again, short after being glad again, shortly felt afraid, uneasiness, and worried, and last broke again into a relief and joy. It is assumed that it can be called as intense episodic dysphoria since the mood quickly expressed and it was changing between different emotional states which showing the sequence of his anxiety. Therefore, all his actions above prove that he had a mood instability.

Chronic Feeling of Emptiness

According to DSM-5, another sign is called a chronic feeling of emptiness (2013). It means that people with BPD is having a big empty room in their selves where there is a feeling like missing something inside them that needs to be filled. Within this sign, it seems that they are having a long-time loneliness that is very uncomfortable and undependable. In Josh's case, he is a lonely man after he left his parent's house and lived his life by himself. He showed that he had this emptiness sign because of how he reacted after he met Kat and spent time together with her family too.

When he is interested and then attracted, he has strong determination for whatever clicks on him, he will fight for it. As in this case, Josh is typically when he desired to something he will feel anxious, frantic, and fear, which those are the parts of displeasure feelings, if what he desired is unachievable. If he is attracted and he started to feel anxious, he would do whatever to please his desire. He tended to think that he should have it or maintain keep it around him. So that, it is his coping mechanism to avoid something hurtful or feeling threatened by his memory-based perceptions. Thus, he might genuinely love her, but his unstable emotion proves his having the chronic feeling of emptiness.

Uncontrollable Intense Anger

According to DSM-5, BPD is also marked by inappropriate and extreme anger or having a struggle to managing anger, such as repeatedly showing the temper, recurrent anger, or constant physical fights (2013). It means that people with BPD have a frequent act of intense anger that can be bursting out some unpredictable actions uncontrollably. The sign tried to explain that people with BPD is easily annoyed and maddened by things that is really upsetting for them but not to other people. In Josh's situation, the anger issues are often happened since he was in relationship with Kat. Josh tended to show those intense anger actions as his defensive reaction to the upsetting conditions, situations, thoughts, or things that he encountered.

His intense anger is also proved by the repeated anger he had. It is shown that he would always rage when upsetting things for him came up, which it made the constant anger and apology that happened alternatively between Josh and Kat indicating the intensity of performing anger in frequent. What makes this a problem is that the impact of recurrent anger is not only hurting Kat, but also hurting himself. In addition, he might spend his time for being angry to himself because he realized his anger was hard enough for Kat and their relationship, and he failed to control his negative emotions which made him wanted to leave her rather gave her pain. Thus, it concludes that he also did not know what to do and how to deal with his intense anger. He knew very well about he could not control within himself and it specifically caused Kat in pain because of his churlish behaviour (Mael, 2016, p. 179). From that situation, the writer observes that his intense anger is a part of how his developed perceptions presented and believed, and it resulted his personality traits.

Paranoia and Dissociation

According to DSM-5, the last sign of BPD is marked by temporary paranoid ideation that related to stress or serious dissociative symptoms (2013). It means that people with BPD might have a temporary suspiciousness ideation within their surroundings, or the dissociative feeling to escape the distress that they feel. From these two symptoms, it will show the look of people with BPD that may engage, receive, and perceive the stress of surrounded situation. In Josh's case, there are several acts that represents the paranoid ideation and dissociation. It is shown during the progress of Josh-Kat's relationship is happening and about to

break.

It is seen that, in a good way, his alter ego told him to let her free. As it wanted him to realize, he had to find a better way to overcome his traumatic past because it seemed his bad behaviours originally perceived from there. It shows that his dissociative self is suggested to stop and break the relationship rather than dealing with indescribable anger and endless suffers for Kat because of his unstable emotions. It means that he had to resolve the problem and stress that he faced and chose to live and seek peacefulness for his unstable sense of self and emotional instability. By this scene, he was also technically coped his overwhelming feelings by creating other personality to escape his distress.

However, when Kat knew he was about leave, in a bad way, the dissociation that happened in Josh was doing a misappropriation for accepting Kat's request to love her instead of a planned relationship which is happened without much consideration. It shows that Josh's dissociation is existed and is quite severe which can harm him or even other people impacted from the dissociation itself. Thus, it depicts how dissociation can draw people unconsciously not in the right mind to decide something objectively. The writer assumes that Josh's dissociation happened because it had been developed since he was living by himself to help him maintain the self-consciousness of having trauma and dealing with his anxiety.

To sum up, it is seen of how BPD signs in Josh are reflected from how he dealt himself and his relationship. BPD is also related to the main four dimensions which are intense and poorly controlled emotional reactions, uncontrollable behaviours that endanger oneself or others, disrupted perceptions (of oneself, others, and the world) and poor reasoning, and disturbed and unstable relationships as a result of their behaviours and attitudes (Gunderson, Fruzzetti, et al., 2018). From all explanations above, Josh is already depicted the unstable emotional reactions, behaviours, perceptions, and disturbed interpersonal relationship which shows the main problem in BPD. Additionally, it also stated that DSM had required at least possibly five of nine symptoms that should be present to diagnose BPD because each person who has BPD could have a different set of symptoms (Aguirre & Galen, 2013, p. 11). Therefore, from all those signs and symptoms, it may be a proof of Josh having BPD because it reveals that Josh is having all nine of BPD official signs and symptoms.

From the analysis above, the writer concludes that all of the result of his emotions, which goes unstable and keeps repeating the cycle of insignificant anger and anxiety, is coming from his own developed perceptions about what he has been perceived since a long time. He perceived what he experienced back in the past to his own mindset. Besides that, due to limited interaction of personal relationship and love affection, it resulted the feeling of the 'all good' and 'all bad' world domination. People with BPD are generally incredibly sensitive, so they can appear to perceive the world in black-and-white, 'all good or all evil' terms. One day, the beloved one may be the best person in the world, and the next, one is furious and despise them (Lo, 2022; Zampa-Keim, 2021). As in Josh's case, he tends to represent something that he ever saw and felt before as if it would be the same output. The mindset and his feelings had been formed since the traumatic days happened before he met Kat. It means a lot had been projected to stay away from those uncomfortable feelings and changed to be what he desired to do. Thus, he saw and felt anything differently from others.

Josh is seen to have a psychological problem that is BPD which is developed starting from traumatic experiences during his childhood and it was affecting his personality development phase where all displeasure emotions he had repressed and switched to the false normalcy. In addition, instead overcoming his past, he indirectly built abnormal personality and emotional behaviour which finally became some outbursts in his recent early adulthood relationship. However, before and after the outbreaks, he is also proven to be a good man and he loves Kat wholeheartedly, which validates that he does technically not have a real intention to hurt others, rather he fought with his normal-abnormal sense of self, his emotional and behavioural instability, and his developed perceptions. He was also demonstrating how to help himself through wandering across the countries and counselling with several months of psychotherapy for his treatments. Therefore, his psychological problems are identified to be borderline personality disorder signs and symptoms.

IV. CONCLUSIONS

A character is identical to personality traits that the author writes in various characteristics in the novel. Besides that, problems and conflicts become the most significant parts of the characters

in a story, one of which is psychological problems. In addition, it is more interesting that one of the main characters becomes the centre of the conflict. To define and analyse a character in psychological problem viewpoints, character analysis and personality traits observations are great opportunities to look forward to the close-associated personality disorder. Thus, this research has answered both research questions as well as possible.

In the first part of the question, Josh, the second main character, is described by the author as a character who looks good and admirable as a man. He is truthfully in a normal state like other people, as well as excellent work in his job and education. However, because of his past unhappy memories, when he finally met a girl named Kat and began to fall in love, he started to show his true feelings as his strange behaviours, and unstable emotions followed constantly. So, this opens a discussion about Josh having psychological problems.

Afterwards, to answer the second question, the writers analyse the possibility of Josh's characteristics leading to a personality disorder called borderline personality disorder. He is identified with BPD because his condition synchronised with BPD signs and symptoms. First, the proof is that he was in normal-abnormal emotional states or in the middle, which is a typical borderline. Josh acted like he was fine, but it turned out to be the opposite. Josh's emotional instability and its effect on his behaviours and relationship with his lover integrated with all the symptoms of BPD. Josh unknowingly developed BPD symptoms which resulted in how he experienced his life and faced the environment around him.

Although he is seen negatively by having all of them, another proof is that Josh tended a high-functioning BPD type, in which he tries to experience a facade of ordinary life by overcoming, holding back, and repressing his emotional feelings in the back. Besides that, he focused on himself by keeping to look normal and living as other people should. However, BPD is still a PD and being a BPD does not mean being a harmful person. Even if it is not actual positive normalcy, as in Josh's case, it happened because he had several reasons and issues that formed his perceptions. Because of several factors that caused him to experience emotional instability from childhood to adulthood, he unconsciously built the perceptions of what he saw and felt in dealing with an environment,

avoiding what he did not want to encounter, and suspecting all the normalcy excessively. Therefore, it is true that Josh's personality growth affects his personality traits and his love relationships, which reflects BPD symptoms.

Even so, the inhabitancy of negative attitudes in BPD does not rule out positive traits in people with BPD. The evidence is that Josh really loves Kat sincerely, and at the last time, in his critical state, he made an effort to take action and chose to leave Kat for some apparent reasons. He realised and decided to wander and seek the truth about himself, his abnormal attitudes and thoughts, and his level of emotional intensity by staying away from everything threatening his vulnerable condition since it is a threat to hurt others too. So, he should avoid an intimate relationship rather than counting more deep trauma perceptions thrown and burst towards his lover. After that, he also did psychotherapy to be cured and fully recover from the mental disorder. Moreover, after the long journey, finally, he can meet again in actual normalcy and live happily with Kat and their children. Furthermore, this research contributes to breaking down the public's stigma about BPD, which paints a high and incurable emotional dysregulation and negative representations that can be well-treated by either women or men. In addition, this supports that BPD is no longer a picture of a bad stigma in the literature that is very controversial to look up, just like it is dramatized in some media.

In conclusion, this research shows that the psychological approach through borderline personality disorder theory can explain the psychological problems of Josh's character who suffered from BPD, which is analysed by paying attention to how the author illustrated the story with psychological conflict bases in the novel. Indeed, it cannot be considered only as a causal relationship. Moreover, it proves that the impairment of Josh's personality development, indications, and the associated traits influence how Josh is likely functioning within himself and his relationships with others since his childhood traumatic experiences happened. Consequently, Josh is a good and loving man who is just traumatised by his past childhood experiences, which leads him to abnormal behaviour and emotional insecurity in his personality growth until early adulthood by developing personality disorder symptoms identified as a borderline personality disorder.

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