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Struggle of Hallucination As Seen in Beth Revis' a World Without You

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Abstract

The title of this research is "The Struggle Of Hallucination As Seen In Beth Revis' A World Without You". This thesis focuses on personality, external conflict, and hallucinations experienced by Bo as in the novel A World Without You. This research uses descriptive qualitative as a method in this final assignment, because the data are in the form of words and sentences written in the novel and analyzed descriptively. The data was obtained by the researcher by reading and writing sentences intensively and collecting several references from several books and dictionaries related to the subject matter and searching for information from the internet to support the research. The results of this study show the personality that occurs in Bo's life as a human being who has different personalities. External conflict occurs because Bo interacts with the people around him. Bo's hallucinations towards this make him and his family treated differently and it is difficult to accept the fact that his lover is no longer there.

Keywords: Personality, External Conflict, Hallucinations.

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I INTRODUCTION

Hallucinations are a symptom of a mental disorder in which a person experiences sounds and visions that do not exist or are not real. Hearing, seeing, smelling, and feeling things that seem real but only exist in the mind are called hallucinations. Hallucinations often occur in people who have mental conditions, including schizophrenia and bipolar disorder, but you do not have to have a mental illness to experience

hallucinations. Although hallucinations are usually a symptom of psychotic disorders, especially schizophrenia, they can also occur as a result of drug use or neurological conditions.

Hallucinations are sensations created by a person's mind without a real source. This disorder can affect the function of the human five senses. Hallucinations are a psychological phenomenon that has several important clinical implications.

Hallucinations are the most severe and confusing form of psychopathology. Considered a feature of psychosis, as is found in a variety of medical and psychiatric conditions. Phenomenologically, this is a very important perceptual disorder. To date, the exact cause and pathogenesis of hallucinations are unknown, which suggests several etiological factors for hallucinatory phenomena. Freud (in Nazim Jamal, 2023) argues that hallucinations are very similar to dreams and that both states represent a psychotic state in which there is no sense of time at all. It occurs when thoughts are converted into visual images. According to Kolb and Brodie (2018), hallucinations are the intrusion of preconscious or unconscious material into specific psychological needs. Such as self-esteem, and feelings of guilt. The content of hallucinations is thought to reflect their psychodynamic significance.

Based on the explanation of hallucinations, research concludes that every human being has hallucinations that occur in the real world. Meanwhile, hallucinations occur because their mental health experiences pressure that occurs outside or within their environment, as well as the influence of the drugs they consume. Mental health is an important aspect of human life. Mental well-being can affect quality of life, social relationships, and individual achievement.

However, many factors can cause mental disorders or problems, such as trauma, stress, environment, genetics, or physical illness. The phenomenon of social strata regarding mental well-being in society is how literature reflects and influences human psychological conditions, both as readers and writers. Literature can function as a means to express, describe, or criticize various mental problems faced by society, such as

depression, schizophrenia, bipolar disorder, obsessive-compulsive disorder, or psychosis. Literature can also function as therapy or treatment for individuals experiencing mental health problems by providing insight, inspiration, entertainment, or catharsis.

The connection between hallucinations and the novel *A World Without You* by Beth Revis' is that it tells the story of a teenage boy who experiences hallucinations and believes he can travel in time. This teenager named Bo can travel through time to bring his girlfriend, Sofia, back to the real world. Currently, Sofia is in 1692 after Sofia asked Bo for help to travel back in time to that year.

Novels are literary works apart from drama and poetry. Like other works, these works are produced by the human mind and spirit. Describes everything about human life, whether it is about intrapersonal relationships. The novel is a depiction of real life and the manners and period in which it was written. In the imaginative process of creating a novel, the author never leaves the background of his life as an important element. Therefore, a novel is one way for humans to express their life stories, whether about love or hate, sadness, loneliness, and friendship. The novel consists of two elements, namely intrinsic and extrinsic elements. Intrinsic elements are elements that build a novel story from within. Intrinsic elements consist of theme, characters, plot, setting and point of view. This element makes the story in the novel real and can be appreciated by people who read it. Extrinsic elements are elements that are outside the literary work but indirectly influence the system of the academic work.

II RESEARCH METHOD

2.1 Method of Collecting the Data

The data collection method is by collecting information from various sources in conducting research. The data collection method in this research used the descriptive method by Creswell (2013). This will involve qualitative interpretation and will be interpreted and reported descriptively. According to Creswell (2013:15), qualitative research is descriptive research because it focuses on the process, meaning, and

knowledge achieved through words, images, and written sources to reach the important topics being studied. Researcher will record relevant information systematically from various sources, such as literature, documentation, or direct observation. The recording method allows qualitative research is descriptive research because it focuses on the process, meaning, and knowledge achieved through words, images, and written sources to reach the important topics being

studied. Researcher will record relevant information systematically from various sources, such as literature, documentation, or direct observation. The recording method.

2.2 Method of Analyzing the Data

The data analysis method is used to solve the problems that have been determined by defining a sentence as any information or fact that can be used to decide or discuss something. In this study, the data used is in the form of a sentence such as character statements, dialectics and descriptions given by the author of the novel. The data taken in this study from the novel *A World Without You* by Beth Revis, this novel is the main material for research. As material to support the main source, this study uses other data called secondary sources that help in the process of analyzing primary data. Therefore, researchers seek a lot of information from books such as literary theory, psychological values, and other sources that discuss psychological studies.

2.3 Technique of Collecting the Data

The data collection techniques used in this research are reading and note taking. Reading technique is a step in reading a scientific work by paying special attention to the object to be studied

(Ratna, 2013: 245). The note taking technique is a step to record text excerpts in the novel which are then classified according to (Sudaryanto, 1993: 135). In the object of research in the novel *A World Without You* by Beth Revis, it is read carefully and repeatedly with the aim of obtaining an understanding of the content of the novel's story and noting sentences or phrases related to the research aspects studied in the original text are marked, in order to facilitate researchers in analyzing. Then the data that has been obtained is recorded and written back. After the data is collected, then the data is described.

2.4 Technique of Analyzing the Data

The research used the psychoanalysis approach to the data used the psychology in the novel in the data analysis. First the research began to analyze the data by identifying the text of the novel. Second, the research categorized the data based on the relationship between the main character and her mother contained in the novel. After that, the data was connected to Freud theory, which is part of the id, ego and Superego. the last is to make a conclusion from the results of the analysis.

III RESULTS AND DISCUSSION

3.1 Main Character Personality

The main characters in the novel are depicted in real life with various descriptions of personality values, psychological conditions, and personalities in novels, dramas, and films. Personality is a dynamic organization owned by people with psychology that can determine how a person adapts to the surrounding environment. Readers will judge them based on what they do and say.

It's not going to stop me from trying, though. I was so close earlier today. Sofia was *right there*.

(*A World Without You*, 2016:34)

Based on the quote above, Bo is trying to control his power and ensure that nothing can stop him from finding Sofia. He is very ambitious and confident about everything related to Sofia. He counted the time that would allow him to be so close to Sofia, even though he had tried and failed

many times. Here, it shows the Id aspect that Bo has, this can be known through the actions taken by Bo so that nothing can stop him from finding Sofia, whatever the outcome

I shove Dr. Franklin away so hard that he collides with the desk. The camera shakes unevenly on its mount.

(*A World Without You*, 2016:87)

Based on the quote above shows that Bo looks aggressive and emotional by pushing Dr. Franklin. This was caused when Dr. Franklin asked Bo to understand and believe that Sofia was no longer there, and he did not accept those words. She's gone. She's dead. You can't bring her back" will make Bo give up on finding Sofia, while Bo finds out that Dr. Franklin knows what really happened, that Sofia is not dead and is still trapped in the past. The Id aspect shows that Bo will do what he wants and won't listen when people say that Sofia is no longer there.

“What do you mean?” There’s a roaring in my ears, an ocean rising up in my brain, trying to drown out the doubt on Gwen’s face. She says something else, but I don’t hear her. I hate the way everyone underestimates me. They think that I’m not good enough, not strong enough, not powerful enough to save Sofia. I am. I can. I will.

(A World Without You, 2016:113)

Based on the quote above, explains that Bo assured Gwen that Sofia would return because Bo was not sure how to save her, but he knew how to do it. Gwen tells Bo that Sofia is really gone and Bo should understand. But Bo feels they underestimate him and thinks he is not good enough, and strong enough to save Sofia. This data is an aspect of Id Bo, who feels that he really hates it when people say that Sofia is dead and belittle him for being able to bring Sofia back.

3.2Bo External Conflict

External conflict is a conflict that occurs between a personal and outside himself, external conflict can occur between a human and another human or a person with his environment. External conflict is divided into two, namely physical conflict and social conflict. Physical conflict is a conflict that occurs between an individual and his environment. This conflict usually when an individual cannot control or utilize and cultivate the natural surrounding as they should. Social conflict is a conflict that occurs between an individual and society. This conflict arises from the attitude of an individual towards the social environment regarding various problems that occur in society Back to the last place I last saw her.

It’s such bullshit, this memorial with its empty words and fragile lanterns. All of this mourning is totally pointless.

Because Sofia’s not dead.

(A World Without You, 2016:8)

Based on the quote above, it's such bullshit, this memorial with its empty words and fragile lanterns. *All of this mourning is pointless* shows that what the school did to commemorate Sofia's death was just empty talk. They do not

know that Sofia is still alive and not dead, but Sofia is trapped in the past. This quote shows the external conflict between Bo and his school.

Oh my God.

Oh my *God*.

I stuck Sofia in the worst possible past she could be stuck in. My fingers itch to pull up the timestream, but I can’t, not with the government officials here now. That black hole in the weave of time . . . the way Sofia’s string disappeared into it . . .

(A World Without You, 2016:94)

Based on the quote above, it explains that Bo not only sent Sofia to the past but he also sent her to the Salem witch trials. The place has the worst past history, and Bo can't use the timestream to find out how Sofia can return. There is a possibility that Sofia has taken the Salem Witch Trials and made Sofia disappear into them. This quote shows the conflict that occurred between Bo and himself because he sent Sofia to the Salem court and could not help Sofia immediately because, at school there were government officials who were handling Sofia's case.

“We have to keep an eye on you,” Dad says, his attention on the hinge. The drill whirs, and one screw is out.

“What the hell?” Bo shouts.

“Watch your language!” Dad whirls around, glaring at him.

“Treat me like a human being, then!”

“We’re doing this for *your* safety,” Dad growls.

“The hell you are.”

“I said, watch your language!”

(A World Without You, 2016:118)

Based on the quote above explains the conflict between Bo and his father. In the afternoon, his father took an electric drill to the hallway to lower his bedroom door. Before coming home from school, Dr. Franklin talked to his father about monitoring Bo's activities while at home. Bo feels Dr. Franklin didn't ask his father

to lower his bedroom door. When he got home, his father took an electric drill into the hallway to lower his bedroom door with the excuse that Dr. Franklin. By lowering the door to his room, Bo felt that his father did not believe in what Bo was doing, and he thought that his father was not treating him like other children.

“I wanted to see you again. Can you blame me?” I say, and before she can ask any more question, I lean down and kiss her.

(A World Without You, 2016:147)

The quote above shows that they are in a conflict of romance in the relationship after they talk together about their lives. Bo still hasn't made it back to where Sofia is trapped. Every time he does, he returns to when everything is fine, and he wants to see Sofia because he misses her. This part shows that they love each other, and Bo will do anything to make Sofia happy. When everyone convinces Bo that Sofia is dead, Bo won't believe it. His love for Sofia has subdued Bo. He won't listen to what other people say about Sofia. Besides, Bo doesn't want to lose Sofia because Sofia is very precious to him.

4.3 Hallucination

Hallucination is a sensation that seems real but in fact it is only the result of a creation of Bo's own mind so that it affects several other senses. Bo experiences various hallucinations as in Stuart's hallucination theory. Among them are visual hallucinations, visual hallucinations are hallucinations that are false or see things that are not actually there. The character Bo in the novel a world without you is described as experiencing hallucinations that cause Sofia to appear as a visual hallucination and see the future that will happen in her family.

At the story's beginning, Bo hallucinates when he meets Sofia. He is very close to Bo, and Sofia is Bo's lover. They have shared feelings about their life stories before they met, what they did, and the problems they faced.

“I want to go away. I want to be as far away from this world as possible. Take me back further that 1692, I don't care. Let's go to the days when Native Americans were here. Let's go

further. Let's go to the dinosaurs”.

(A World Without You, 2016:19)

Based on the quote above, Bo thought that if Sofia said that sentence, Bo would make her wish come true. Because Bo would do anything to make Sofia happy, he agreed to take Sofia back in 1692. After they arrived there the door to the house opened and the man called Sofia. Then Sofia's hand left Bo's hand, and not long after that, Bo suddenly gasped and returned to the present and left Sofia in the past. This incident makes Bo aim to save Sofia and bring her back to the present. Actually, Bo has been hallucinating. He created his reality. The story that actually happened was that Sofia had committed suicide because of her depression. Bo's purpose in creating this reality was because he couldn't accept that the person he loved had died, leaving him alone. Bo tries to save Sofia by calculating how much time he can focus on saving Sofia. That's why when the school held a memorial service for Sofia, he said that Sofia's memorial service was fake because Bo feels that currently Sofia is still alive but only left in the past

My eyes scan down the list. I've tried to go back to 1692. I've tried to go back to just before we left. I quickly add a few notes about today—the closest I've come to actually seeing her again.

(A World Without You, 2016:34)

Based on the quote above, shows that Bo once tried to go back in time to pick up Sofia. But there is something different about where Bo returned in the past, Bo tried and made notes to approach the place when Sofia separated from him. Here, Sofia is very influential because she can make Bo become an ambitious person in his reality, where he has the power of being a time traveler. Even though Sofia is dead and doesn't do anything in real situations, her personality can still allow Bo to do everything. Meanwhile, on the other hand, Bo becomes helpless because he accidentally helps save someone who has died. Because Bo's actions made everyone concerned about what he was doing at home and school.

Bo knows everything about Sofia because Sofia once told Bo about what happened to her family. Sofia's mother and sister died in a car accident. What remains is his father, who is

known as a drunkard. He feels empty by questioning why he is alive when his mother and sister die.

IV CONCLUSION

After analyzing the novel *A World Without You* by Beth Revis using psychoanalytic theory, with this approach, researchers found that there was a problem raised, namely hallucinations with the underlying theory used by researchers. The first is when the main character experiences hallucinations that occur when he takes a history class at his previous school. When Bo becomes the center of attention in his class when he does something strange when he realizes that Bo secretly leaves his class without realizing the mistake he made.

Since the incident in his class occurred, he started to close himself off from the people around him, which caused problems at home. This weakens Bo's psychology because no one can understand the psychology of Bo's condition, thus making Bo not trust anyone around him. This made his parents move his school to a special school for people with mental disorders.

A World Without You is a type of romance fiction novel, but in a different way. His struggle to make people believe what he saw, when everyone thought that his girlfriend had died. And he wanted to convince them that Sofia wasn't dead. The conflict between Bo and the people around him who don't believe what he says, makes him feel isolated every weekend when he comes home. In this novel the reader can feel what really happens and is felt by people suffering from

mental disorders, in reality not a single person believes what he says.

Based on the discussion and research findings and suggestions for the novel entitled *A World Without You* by Beth Revis, it can be used as a description of how a character has hallucinatory disorders. The conflict that occurs and efforts to resolve it can be used as an illustration in researching other stories. Apart from containing psychological characters and external conflicts, this novel tells about romance and family affection. For this reason, readers can use this novel as research material on topics other than psychology and external conflict.

Suggestion

This study analyzes the novel *A World Without You* by Beth Revis which focuses on the personality character of the main character Bo, with Freud's psychoanalytic theory which focuses on the Id, Ego and Superego. For further research, it is recommended to investigate further about the novel by Beth Revis, most of the research will analyze the novel *A World Without You* with the theory of the personality of the soul of the main character which is very interesting to analyze, so for further research it is expected to analyze the novel with other theories and dig deeper into the novel so as not to only focus on the psychology of the main character.

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