

**BIPOLAR ANALYSIS IN THE CHARACTER OF
ARTHUR FROM THE NOVEL *FANGIRL* BY RAINBOW
ROWELL**

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Abstract

This research tells about a character named Arthur where he suffers from bipolar episodes which require him to commit to the hospital and take medication, and also makes him tell his daughters to live their own lives, but there is anxiety experienced by him. Arthur told his daughter because there were some problems that happened at her daughter's school, and there were some problems that made her depressed, namely when he had a fight with his wife in the past and caused their family to fall apart due to divorce. and in this analysis it is also explained that the cause and effect of a bipolar episode where Arthur suffers from severe depression due to the problems he suffers that comes from his daughter.

Keywords: *Bipolar Disorder, Conflict, Character*

INTRODUCTION

Literary psychology is an analysis of texts that takes into account the relevance and role of psychological studies. It can be said that psychology has an important role in analyzing literary works from the psychological point of view, whether from the author, reader, or character. According to Ratna : (2004)

According to Terry Eagleton, literature is a work of fine writing or a field of creative art (belle letters/fine writing) which records the aesthetic form of daily language in various ways with language that is condensed, deepened, critical, and odd in meaning, have something special (1988:4).

Among the literary works that can be studied are those related to literary psychology. The novel has the main element, namely the character. Each character in the novel has a different character. This disposition is related to psychology or character psychology.

The novel is a form of literary work where most of the objects in the story tell about human life. Therefore, the novel is one of the literary works that can be studied related to literary psychology. The novel has the main element, namely the character. Each character in the novel has a different character. This disposition is related to psychology or character psychology. Based on this, the researcher is interested in

making the novel as the object of his research. In addition, the story in the novel is related to human life which of course contains psychological/psychological elements, both the psyche of the author as the creator of literary works; psychology of literary works contained in the characters in the story; and psychology of readers as connoisseurs of literary works.

Literary psychology Literary psychology is a branch of literary studies that sees literary works as psychological activity and reflection. Literary works themselves have the meaning of copyrighted works that contain problems that exist in the surrounding environment or problems experienced by the author.

Character in the fangirl novel by Rainbow Rowell, which examines a pair of twin brothers who have very different personalities, and are also faced with problems that occur in their lives, their families and also about their love relationship, there are also those who are faced with the problem of their father's illness. suffer from bipolar disorder. Character refers to two things, namely form and nature or characteristics somebody. The characters and actions of the characters in the novel both have different elements very important. In the novel Fangirl, there are several characters, namely, Cath is an identical twin and shy of her sister she is also a talented writer and talented writer while her twin Wren is a more confident and less responsible person. These twin sisters as the main characters have very different personalities, and Arthur's father is a bipolar person.

Bipolar disorder is a form of disturbances that occur in conditions mood swings significant and extreme in the sufferer. Reported by Ryan and Jacki (2004) that people with bipolar disorder experiencing wide fluctuations in the atmosphere his heart, good at a good mood so good" or such a mood 'bad' on him. That matter caused by mood conditions The sufferer can switch suddenly between good or happy condition (mania) and bad or sadness (depression), and is at a level that too much of a reasonable limit. State What happens to people with bipolar disorder too? expressed by Samosir (2015).

The author chose this topic because the main character in this story is very inspiring. When I first read this novel, the writer was very interested in the main character, Cath's twin. They have a very interesting character and also the character of their father who has bipolar. He is able to bring the reader inside all the events and changes that occur in his life. That's why this novel interesting to discuss especially about the main and second characters.

Theoretical Framework

According to Wellek and Warren (1977 : 216) in the book Theory of Literature, the novel is a picture of life, namely social facts. In living this life, we as humans do not only experience happiness or sadness but sometimes humans can experience depression. Depression is a mental disorder that everyone has the opportunity to experience. Many of us are confused about the difference between depression, stress and sadness. Depression is a bad mood that lasts for a certain period of time. lose interest in things that used to be entertaining, and blame yourself.

Bipolar disorder is a serious mental disorder and can attack a person, its paralyzing nature is called mania-depression (Parks, 2014). Bipolar disorder is often associated with disorders that have characteristics, namely ups and downs in mood, activity and energy (Mintz, 2015). Recurrence often occurs and will interfere with social, work, marriage and even increase the risk of suicide (Amir et al., 2012). Emotional states of people with bipolar disorder are extreme and intense at different times, or can be called moods. These episodes were categorized as mania, hypomania, mixed episodes and depression (Ahuja, 2011).

According to the National Alliance on Mental Disorders (NAMI), bipolar is a disorder characterized by severe changes in mood or mood. Bipolar disorder is also known as unipolar disorder (severe depression). Mood changes are only at one pole but compared to Bipolar are mood swings that occur between high and low poles (Parks, 2014).

1. Types of Bipolar

Bipolar disorder is a mental illness characterized by extreme mood swings. People with this condition have unstable moods, which are very fast-paced and contradictory. Sometimes, he will feel very active and excited. On the other hand, he will feel depressed and depressed.

The occurrence of mood swings without control can interfere with a person to carry out daily activities, such as work, study at school, or even establish relationships with those around him. Broadly speaking, people with bipolar disorder experience three main symptoms, namely episodes of mania, episodes of hypomania, and episodes of depression. From these symptoms, two types of bipolar disorder can be categorized, namely:

Bipolar disorder type 1

People with type 1 bipolar disorder usually experience an episode of mania (very happy) which then changes or is followed by a depressive episode (very sad). In this

case, the mood swings that appear will be very noticeable when the person is happy and excited, to sudden sadness and severe depression.

A manic episode is a mood disorder that makes a person very excited both mentally and physically. When this episode occurs, the decisions taken are sometimes irrational. For example, spending money to buy things that are not really needed, resorting to violence, or even sexual harassment. Manic episodes generally last about 1 week, followed by 2 weeks of depressive episodes.

Bipolar disorder type 2

People diagnosed with bipolar disorder type II will not experience manic episodes, but hypomanic episodes. A hypomanic episode is a less extreme form of mania so that mood swings are less noticeable. Although difficult to detect, people around the patient are able to recognize these changes. This hypomanic episode will usually last a maximum of 4 days.

2. The Cause of Bipolar Disorder?

The cause of the occurrence of bipolar is a combination of genetics, environment, and altered brain structure and chemistry may play a role in the disorder and also due to changes in mood, the mood in question is composed of two aspects, namely the existence of two aspects, the first aspect is mania and depression.

Depression is defined as an emotional state characterized by extreme sadness, feelings of worthlessness and guilt, withdrawal from others, and loss of interest in usual activities (Davison, Neal, & King, 2010). While Manic is defined as an emotional state with excessive joy, irritability, accompanied by hyperactivity, talking more than usual, and easily distracted thoughts and attention (Davison Journal of Empathy, August 2017 Volume 7 (Number 3), Pages 323-329 324 et al. , 2010). People with bipolar disorder will experience two phases of these feelings in their lives.

3. The Effect of Bipolar

As a result of people diagnosed with bipolar disorder, they will experience severe depression and can cause several symptoms such as decreased appetite or weight loss, or overeating and weight gain focus, remember, and make decisions Fatigue, decreased energy, slows down Feelings, worthless, helpless Feelings of hopelessness, pessimism Insomnia, waking up early, or sleeping too much Loss of interest or pleasure in previously enjoyed hobbies and activities, including intimate relationships Persistent physical symptoms that do not respond to treatment, such as headaches, indigestion, and chronic pain A persistently restless, anxious, or “empty” mood Restless, irritable

Often thinks about death or suicide, has attempted suicide. not step by step About 90% of people with bipolar I disorder, which is the more serious form, will experience at least one hospitalization for a psychiatric complaint. Two out of three will experience two or more periods of hospitalization in their lifetime.

4. Character

According to Nasution (2015:11), Character is the most important part in writing literary works. Character can be defined as any person, animal, or figure represented in a literary work. There are many types of characters that exist in literature, each with its own development and function.

In the novel *Fangirl* by Rainbow Rowell, there are several characters, but what the writer wants to analyze is Arthur as a bipolar episode sufferer and as the father of the main character, namely Cath. In this case the author wants to describe the character of Arthur.

Roberts and Jacobs (1993: 136) explain that character should be true to real life. Their action, statements, and thoughts must all be what human beings are likely to do, say, and think under the conditions presented in the story. But, there may be persons in life who perform tasks or exhibit characteristics that are difficult or seemingly impossible, such as always getting A+'s on every test, always being cheerful and helpful, or always understanding the needs of others. Some of these characters are usually appear in fiction novel.

Characters also distinguish into three subdivisions such as main character, minor character, and also leading character. Main character is the character whose appearance is the most frequently appear in the story and dominant of the story. Minor character can be defined as the supporting character of the main character and the appearance of minor character is usually infrequently while leading character is the centered individual who is very dominant. Leading character is focused personally and it is different with main character which can involve more than one character.

The author is more likely to analyze the character of Arthur, namely as the father of the main character, the author also involves the main character in his analysis because the main character is mentioned more in the *Fangirl* novel.

RESEARCH METHOD

This study focuses on bipolar disorder in Arthur's character in Rainbow Rowell's *Fangirl* novel and focuses more on the causes and effects of bipolar disorder that affects his health and his family.

The research design used by the researcher is a survey design that uses a qualitative research design because the qualitative data is not in the form of numbers but in the form of statements a statement about the content, nature, characteristics, condition, of something or symptom, or a statement about the relationship between one thing and another. This something can in the form of physical objects, patterns of behavior, or ideas, values, norms, norms, it can also be events that occur in a society. And here the researchers also use the method of discourse analysis to find out how the contents of the novel story Fangirl are conveyed through the book

DISCUSSION

This chapter consists of two sub-chapters. First, the research focuses on analyzing the cause of the Arthur bipolar disorder in the novel Fangirl by Rainbow Rowell. Second, the researcher focuses on analyzing the effects of the bipolar disorder in character Arthur of the story.

1. The Causes of the Characters Bipolar Disorder in Arthur

This sub-chapter consists of two causes namely as explained in chapter II regarding the causes of the first bipolar disorder, namely episodes of mania. The cause of mania is what if someone is bipolar Manic episodes can include symptoms such as high energy, sleep deprivation, and frequent daydreaming.

Arthur is suffering from bipolar disorder and is committed to a mental hospital, so is a father who accepts and lets his daughter make her own decisions.

“Why couldn’t Santa get out of bed on Christmas?” her dad asked, like he was setting up a joke. “I don’t know, why?” “Because he’s North biPolar.” “No,” Cath said, “because the bipolar bears were really bringing him down.”(2013 : 188)

This section also describes that Arthur was lying in the hospital and taking a lot of medicine from the hospital, but one of his children, Wren, did not come to see him at the hospital, only his son, Cath, who always took care of his father. And even the son was also willing to leave his school in order to look after him but the father refused and asked his son not to worry about him.

“He nodded. His eyes looked dull and distant. Every time he blinked, it seemed like maybe he wasn’t going to manage to open them again. A nurse came in at two in the afternoon with more meds. Then came a doctor who asked Cath to wait in the hall. The doctor smiled at her when he left the room. “We’ll get there,” he said in a cheerful, comforting voice. “We had to bring him down pretty fast.” Cath sat next to her dad’s bed and watched TV until visiting hours were over.”(2013 : 179)

2. Manic Episodes

Arthur is a middle-aged man who has two children and he is also a widower who has bipolar episodes. He is described as a marketing genius. In the middle of the novel, he suffers from a bipolar episode and is committed to a mental hospital. He is a parent who accepts and lets his daughter make her own decisions.

The onset of a manic or depressive episode is often foreshadowed by sleep disturbance. Manic individuals often have a history of substance abuse developed over years as a form of "self-medication".

"I don't care!" he shouted back. "You're still my daughter." "It's the middle of the semester. I'll fail all my classes." "You weren't worried about school or your future when you were poisoning yourself with tequila." She cocked her head. "How did you know I was drinking tequila?" "Christ, Wren," he sighed bitterly. "You smelled like a margarita blender." "You kinda still do," Cath muttered. Wren planted her elbows on the table and hid her face in her hands. "Everybody drinks," she said stubbornly. Their dad pushed his chair back. "If that's all you have to say for yourself, then all I have to say is—you're coming home." He got up and went into his room, slamming the door. Wren let her head and her hands fall to the table. Cath scooted her chair closer. "Do you want some aspirin?" Wren was quiet for a few seconds. "Why aren't you mad at me?" "Why should I be mad at you?" Cath asked.(2013:272)

Arthur is described as a father who has bipolar disorder and has an ups and downs mood that makes it difficult for his child to notice him, but on the other hand he also likes to ask questions about his children's condition and wants to meet him, but when the child comes to take care of him he refuses he wants his son to continue his schooling and leave him alone. In his family there are also a lot of fights between his children and his wife and with this bipolar disorder, Arthur's children are affected and feel free from this disease.

After experiencing anger, this manic episode can also turn into happiness, as people with bipolar disorder feel.

"Yes!" Her dad laughed, shaking his head again, too fast, too long. "Working on this client is like making my brain dig its own grave." "Its own grrrave-ioli," Cath said. He laughed again. "It's all right," he said, tapping the steering wheel. "It's money. Just money.(2013:127)

3. Hypomanic episodes

Hypomania is the milder form of mania, defined as at least four days of the same criteria as mania, but which does not cause a significant decrease in the individual's ability to socialize or work, lacks psychotic features such as delusions or hallucinations, and does not require psychiatric hospitalization. Overall functioning may actually increase during episodes of hypomania and is thought to serve as a defense mechanism against depression by some. Hypomanic episodes rarely progress to full-blown manic episodes. Some people who experience hypomania show increased creativity, while others are irritable or demonstrate poor judgment.

4. Depression

There are so many people who may be depressed, there are many problems they face and they don't know how to solve them. Depression also causes feelings of sadness and loss of interest in activities you want to do. This depressive illness can cause a bad impact for the sufferer and also give. This symptom occurs when the father (Arthur) feels his son (Cath) is coming back home and decides not to continue his studies and wants to stay at home to take care of him. However, before that, several problems occurred that caused him to become depressed due to the divorce between Laura (Arthur's wife) and Arthur several years ago.

The first quote describes Arthur experiencing depression when he quarreled with his wife and causing a divorce between them both, and the wife left her two children with Arthur and chose to live alone.

“Cath and Wren had been sent home from school early that day, and their parents were already fighting when they got there. Her dad was upset, and her mom was crying.... And Cath thought at first that it was because of the World Trade Center; their teacher had told them about the airplanes. But that wasn't it, not exactly.... Her mom kept saying, “I'm done, Art. I'm just done. I'm living the wrong life.”(2013 : 115)

5. The Effects of the Characters Bipolar Disorder in Arthur

After discussing the causes of bipolar in Arthur's character in the *Fungirl* novel that has been described above, the author knows that the cause of this disease is the emergence of a great depression in Arthur's past which was caused by his quarrel with his wife (Laura) and also some drama in his small family such as quarrels. between children and parents, children who choose their own path, want to live according to their own desires, and are also caused by alcoholics.

The things that made Arthur feel depressed were because his son named Wren was sick and was admitted to the hospital due to alcohol poisoning when he drank with his friends, Wren's son was already familiar with the night world he liked to go out at night with his friends and they drank drinks. Hard, he also never visited his father (Arthur) and also did not want to talk to his father. This is what makes Arthur feel depressed. "Dad," Wren said. "I'm not an alcoholic." "Good. It's not contagious. You're going to meetings." "I'll go with you," Cath offered. "I'm not done," their dad said. "What more do you want?" Wren whined. "Blood tests?" "You come home every weekend." "Dad." "Or you can just move home. It's your choice, really." "I have a life," Wren said. "In Lincoln." "Don't talk to me about your life, kid. You've shown complete disregard for your life."

CONCLUSION

After analyzing Arthur's bipolar character in Rainbow Rowell's Fangirl novel, it can be concluded that there is a bipolar episode in Arthur's character, namely depression pressure that starts from Arthur's past who divorced his wife, conflicts caused between his children who want to live freely and are also caused by from consuming alcohol which exposed the character to this episode. And caused him to go to the hospital and take a lot of drugs. And in this novel also Arthur's character also experiences a mixed disorder which changes his mood which makes him sometimes angry and sometimes sad this is due to the anxiety that parents feel for their children, about things that happen to their children that make them become depressed.

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