

**BIPOLAR DISORDER OF PAT AS MAIN CHARACTER IN
MATTHEW QUICK'S NOVEL *THE SILVER LININGS PLAYBOOK*
(PSYCHOLOGICAL APPROACH)**

UNDERGRADUATE THESIS

BY

**FLAVIANA NDARING
NIM: 2018510795**



**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LANGUAGE AND LITERATURE
FLORES UNIVERSITY
ENDE
2023**

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MATTHEW QUICK'S NOVEL *THE SILVER LININGS PLAYBOOK*
(PSYCHOLOGICAL APPROACH)**

UNDERGRADUATE THESIS

**Presented to Flores University in Partial Fulfillment of the Requirements
for the Degree of *Sarjana Sastra***

BY

**FLAVIANA NDARING
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**ENGLISH LITERATURE STUDY PROGRAM
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FLORES UNIVERSITY
ENDE
2023**

THE APPROVAL PAGE

This is to certify that Undergraduate Thesis of Flaviana Ndaring has been approved by the Thesis Advisors for further approval by the Board of the Examiners

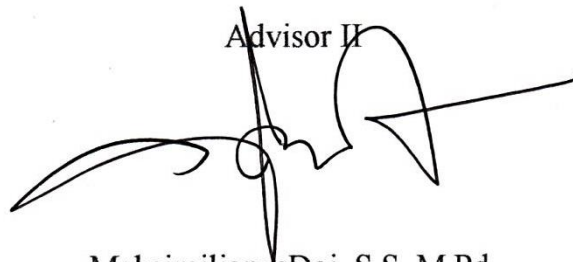
Ende, February 2023

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ABSTRAK

Ndaring, Flaviana. Skripsi. 2023. Gangguan Bipolar Disorder Tokoh Pat dalam Novel *The Silver Linings Playbook* Karya Matthew Quick (Pendekatan Psikologi). Program Studi Sastra Inggris. Fakultas Bahasa Dan Sastra. Universitas Flores. Pembimbing I: Febe F. Irawati Wanggai, S.S., M.Hum. Pembimbing II: Maksimilianus Doi, S.S., M.Pd.

Penelitian ini bertujuan untuk menjelaskan bagaimana gejala bipolar disorder Pat dan untuk menjelaskan pengobatan yang dilakukan tokoh Pat dalam novel *The Silver Linings Playbook*. Penelitian ini tentang individu yang mengalami bipolar. Pendekatan yang digunakan penulis dalam penelitian ini adalah pendekatan psikologis dan teori bipolar disorder untuk menjawab masalah penelitian. Penelitian ini menggunakan desain metode kualitatif. Metode kualitatif ini dengan mempertimbangkan bahwa data yang dikumpulkan dianalisis dengan menggunakan kata dan tidak menggunakan angka untuk menjawab masalah penelitian. Data berupa kutipan diambil dari kata, frasa, dan kalimat dari novel *The Silver Linings Playbook*.

Dari hasil penelitian yang ditemukan menunjukkan bahwa terdapat empat gejala bipolar disorder yang dialami oleh Pat yaitu: keturunan, struktur dan fungsi otak tidak normal, faktor lingkungan, dan faktor psikologi. Sedangkan upaya penyembuhan untuk bipolar disorder yang dilakukan Pat ada tiga yaitu: obat-obatan, terapi, pendidikan dan pengobatan lainnya.

Kata Kunci: novel, gangguan bipolar disorder, tokoh utama

ABSTRACT

Ndaring, Flaviana. Thesis. 2023. Bipolar Disorder of Pat as Main Character in Matthew Quick's Novel *The Silver Linings Playbook* (Psychological Approach). English Literature Study Program. Faculty of Language and Literature. Flores University. Advisor I: Febe F. Irawati Wanggai, S.S., M.Hum. Advisor II: Maksimilianus Doi, S.S., M.Pd.

This study aimed to explain how the symptoms of bipolar disorder experienced by Pat and the treatment are done by the character Pat in the novel *The Silver Linings Playbook*. This study is about individuals who experience bipolar. The approach used by the author in this study is a psychological approach and bipolar disorder theory to answer the research problem. This study uses a qualitative method design. This qualitative method takes into account that the data collected is analyzed using words and does not use numbers to answer research problems. The data was taken in the form of utterances, quotes, words, and sentences from *The Silver Linings Playbook*.

The results of the study show that there are four features of bipolar disorder that Pat experience, namely: heredity, abnormal brain structure and function, environmental factors, psychological factors, education and other treatment. While there are three parts of treatment of bipolar disorder: medication, psychograph, education and other treatments.

Keywords: novel, bipolar disorder, main character

**STATEMENT OF ORIGINALITY
OF UNDERGRADUATE THESIS**

The undersigned,

Name : Flaviana Ndaring

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Study program : English Literature

Faculty : Language and Literature

Declares that the present Undergraduate Thesis describes original research undertaken for the English Literature Study Program, Faculty of Language and Literature, Flores University of Ende. Any theories, finding, and research techniques not my own have been acknowledged in the text. Theoretical contribution and findings in the thesis are my own original work and have not been submitted for any degree in this or any other university. If later it can be revealed that this Undergraduate Thesis contains partly or wholly plagiarized pieces of others' intellectual work of any kind, I will readily accept the sanction established by the University on the matter.

Signature :



Full Name : Flaviana Ndaring

Dates : February 2023

THESIS LEGITIMATION

This is to certify that the Undergraduate Thesis of Flaviana Ndaring had been approved by the Board of Examiners as the requirement for the Degree of *SarjanaSastra*.

Ende, February 4th, 2023

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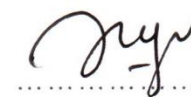
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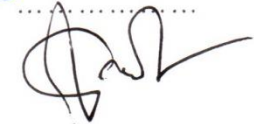
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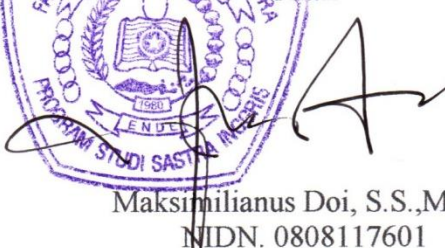


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MOTTO

LOVE YOUR

SELF

It is dedicated to:

- ❖ **My beloved Father**
- ❖ **My beloved Mother**
- ❖ **My beloved brothers and sisters**

ACKNOWLEDGEMENT

First of all, I would like to express my deepest gratitude to the Lord Jesus for His blessings, protection and love so that I can complete my thesis. I would like to express my sincere gratitude and appreciation to the first advisor, Mrs. Febe F. Irawati Wanggai, S.S.,M.Hum. and the second advisor Mr. Maksimilianus Doi, S.S.,M.Pd. who patiently gave advice, corrections, comments, and I really appreciate the support, guidance, motivation, and suggestions that have been given to me so that I can write my thesis better and orderly. My continuous appreciation goes to the Dean of Faculty of Language and Literature, the Chair of English Literature Study Program, all beloved lecturers and staff at the Faculty who have sincerely helped me with administrative matters.

I also convey my thanks to my family; Bapa Eduardus Raja, who always gives me motivation and support, thanks for everything); Mama Yovita Ngguru, who is always there and gives me motivation, understands my needs, and also gives advice to me; my younger siblings, Mardi, Nino, and Aurel, who always tell stories together and understand about me. Thank you is also given to the big family who has helped me and my parents.

In addition, I would like to thank my beloved best friends, Densi and Lesty who support and help me, as well as my other friends, Ama Hendra who is always ready to help me when I need his help, Litha Paju who is always ready to help on editing, providing input and printing together, Diana Kuma, Dolvin Kengo, Acin, Oncik, Dela Luya, Nengsi Tuku, Tanti Ineri, Afrin Langga, and Johan who provide support during thesis working time.

Last but not least, I would like to thank everyone who is important to the successful realization of this undergraduate thesis. This thesis is still far from perfection, especially in terms of content and performance. Therefore, constructive criticism, comments, and suggestion are highly expected to make it better in the future.

Ende, February 2023

Flaviana Ndaring

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