

ABSTRAK

Mardatila Yakin. 2023. The Impact of Mental Disorders On The Main Characters Life As Reflected In The Novel 'Mrs. Dalloway' By Virginia Woolf. (Literary Psychological Approach). (Dibimbing oleh Nurprihatina Hasan dan Fachmi Alhadar).

Penelitian ini membahas tentang dampak gangguan kesehatan mental terhadap kehidupan tokoh utama yang tercermin dalam novel "Mrs. Dalloway" karya Virginia Woolf. dalam penelitian ini, peneliti menggunakan pendekatan psikologi sastra David Krech. Penelitian ini menggunakan metode deskriptif kualitatif serta teknik pengumpulan data dengan membaca novel "Mrs. Dalloway" dan mengumpulkan informasi tentang dampak gangguan mental serta pengaruh lingkungan dari berbagai sumber-sumber perpustakaan dan internet. Teknik analisis data melibatkan teknik identifikasi dialog dan kalimat naratif yang relevan dari novel yang berkaitan dengan masalah tersebut. Kerangka teori yang di gunakan dalam penelitian ini berdasarkan pada teori-teori Willam James dan Alfred Adler.

Hasil dari penelitian ini mengungkapkan bahwa gangguan kesehatan mental dari masing-masing tokoh utama meliputi kepada; rasa cemas; rasa putus asa; dan rasa bersalah. Semua perasaan tersebut kemudian menyebabkan gangguan kesehatan mental yaitu, yang di alami Clarissa Dalloway berupa; kecemasan tentang identitas diri; putus asa dalam hubungan pernikahan; harapan hidup yang tidak sesuai. Kemudian dampak gangguan kesehatan mental yang di alami Septimus Waren Smith adalah; kecemasan dan penghindaran; purtus asa dan ingin mengakhiri hidup; merasa bersalah terhadap diri sendiri.

kemudian peneliti juga menemukan pengaruh dari lingkungan masyarakat terhadap kesehatan mental tokoh utama, yaitu: tekanan masyarakat; komunikasi; keterasingan; perbedaan zaman; kemiskinan; dan perang. Faktor-faktor tersebut kemudian mempengaruhi kesehatan mental tokoh utama lalu berdampak terhadap kehidupannya.

Kata kunci: *Gangguan mental, dampak gangguan mental, pengaruh lingkungan.*

ABSTRACT

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This research discusses the impact of mental disorders on the life of the main character as reflected in the novel "Mrs. Dalloway" by Virginia Woolf. In this research, the researcher used David Krech literary psychology approach. This research uses qualitative descriptive methods and data collection techniques by reading the novel "Mrs. Dalloway" and collecting information about the impact of mental disorders and environmental influences from various library and internet sources. The data analysis technique involves identifying relevant dialogue and narrative sentences from the novel that are related to the problem. The theoretical framework used in this research is based on the theories of William James and Alfred Adler.

The results of this research revealed that the mental health disorders of each main character cover: anxiety, hopelessness, and guilt. All these feelings then cause mental health disorders, namely, which is naturally Clarissa Dalloway in the form of: anxiety about self-identity; hopelessness in the marriage relationship; life expectancy does not match. Then the impact of mental disorders which naturally Septimus Warren Smith is: anxiety and avoidance; despair and want to end life; feeling guilty towards yourself.

Then the researcher also discovered the influence of the community environment on the main character's mental disorders, namely: societal pressure; communication; alienation; differences in times; poverty and war. These factors then affect the main character's mental disorders and then have a negative impact on the main character's life.

Key words : *Mental disorders, impact of mental disorders, environmental influences.*