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by Pramudana Ihsan

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NARCISSISM ANALYSIS OF RUPERT IN PAUL HOWARD SURRIDGE'S ALL IN THE MIND

Pramudana Ihsan*, Okta Reyna Dwi Tanaya
Universitas Muhammadiyah Surabaya, Indonesia.
Email: *pramudana.ihsan@gmail.com

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Abstract

Purpose: Psychological disorder topics are being a common topic in a lot of discussions lately, moreover for the narcissism as the one of the most common disorder in psychology but with the least intention to taking care of. Thus, this study will focus on narcissism disorder in the main character named Rupert Digby in the drama script *All in the Mind* by Paul Howard Surridge. This analysis will apply psychoanalysis theory, especially in Narcissism Disorder as the most common mental disorder among society which has a lack of awareness from people nowadays.

Methodology: The methodology that the writer has used is qualitative research which needs a deep analysis of the literary work that used by the writers of this study based on the theory that had been chosen.

Results: This analysis aims at finding illustrations and proofs in the drama script *All in The Mind*'s main character, which can illustrate the narcissism disorder. In this study, we find that the main character Rupert Digby in the drama can be diagnosed as possessing the narcissism disorder.

Implications: His behaviors such as his big ego, his superiority, and the feeling of exclusiveness among others, clarify that Rupert is a narcissist. Besides, this research also finds the trigger that makes Rupert turned into a narcissist.

Keywords: Narcissism, Personality Disorder, Defense Mechanism, All in the Mind, Psychoanalysis theory

INTRODUCTION

People nowadays are more concerned about their mental health. This is happening because a lot of personality issues hooked up on the surface. Thus societies become more aware that mental illness is as dangerous as physical illness. Human beings do have a defense mechanism which naturally will help them to deal with things that do not easily accept by each individual. But, just like an antibody, defense mechanism has its limitation that human cannot depend on it for such a long time. People who get abused for a long time are more fragile to be diagnosed with certain kinds of personality disorder. Physical disease such as heart disease and diabetes can be recognized by doing several tests like a blood test, but considering mental illness need more effort than focusing on each individual. (Weir, Kirsten, 2012; Tambunan, H. 2018)

This literary work is in a form of drama script which the title is *All in the Mind* by Paul Howard Surridge to be analyzed. The drama script serves about a psychiatrist named Rupert with a big self-confident. He meets a young pretty patient with a mental problem. As a professional psychiatrist, Rupert is too aggressive to diagnose his patient because of his high self-determination. According to Feist and Feist, "Infants are primarily self-centered, with their libido invested almost exclusively on their own ego". (Feist and Feist, 2008) This research aims to analyze the narcissism disorder in the main character of the drama script, Rupert. The drama script contains a lot of psychoanalysis that can support the theory chosen by the writers of the research.

Paul Howard Surridge as the author of the drama script *All in the Mind* is well-known as English businessman, public speaker, actor, and author. This author who was born in 1949 has been authoring several script plays such as *Consequences*, *The Brother's Wife*, *Corporate Conspiracy*, *Pure Nectar*, and the newest is *All in The Mind*. Those scripts which authorized by Surridge has special characteristics for each of his script plays. Most of the stories have an interesting storyline and complex problems which make the audiences will become curious about the story and will make the audiences stay in their seat, waiting for the ending of the story. Moreover, all of his literary works are very interesting to be analyzed.

Because of the widely spread of knowledge about personality disorder, people become more anxious about these mental issues. People start to guess and diagnose randomly about who has this disorder, or what disorder might they have. The writers decided to choose narcissism disorder to be analyzed by using *All in the Mind* drama scripts to give the reader examples of narcissism in daily life through this drama script. Narcissism disorder is one of disorder that commonly possessed by society nowadays. By using this theory, this analysis aims to give valid knowledge and information about narcissism disorder, hence that the society will not get misconception and be more aware of this mental issue.

Rupert as the main character in this story has an interesting personality that is worth to be analyzed. Rupert as a psychiatrist, someone who helps people to solve the inner peace of his patients, also has several issues for his own mental health. His big ego leads him to narcissism disorder and also conducts several defense mechanisms such as denial and rationalization. This character perfectly demonstrates the narcissism disorder of people typical behavior. This character will support the theory that the writers are about to discuss. This analysis seeks and provides the reader knowledge about



personality disorder especially for narcissism disorder that commonly diagnosed to the people nowadays. The writers will discuss narcissism disorder and other defense mechanisms that might appear aside from narcissism disorder in the main character of All in The Mind.

LITERARY THEORY

Defense mechanism

What distinguishes human from another creature on earth is the human's mind. Animals also have brain such as chimpanzee, an animal which owns the highest intelligence among all. But a human's mind is rather more complex than non-human. In short human's brain is the larger form of chimpanzee's brain, based on the fact that nerve cells connectivity form is not found among any animal's brain. (Premack, David. 2007) Means that animals brain is not as complex as human, human has the thing called reasons that make a big gap between human and non-human. Other than that human also has emotion, such as love, anger, fear, guilt and etc. all of those are placed in the human mind. We all know that human also has the instinct to stay alive just like animals, but other than that human has something else besides staying alive, moral, loyalty and so on, for the example. Butchvarov argues that "only humans are capable of moral and aesthetic judgment and perhaps that only humans enjoy the moral and political status, 'dignity,' of possessing 'rights'". (Butchvarov, P. 2015) Just like what Butchvarov says that human somehow enjoys the morality, judgment, and etc. which sets up by the society, but does not simply make the whole vein of the society agrees with the things that so-called as morality and judgment. The society sets things based on the general behavior of human that they legalize as good behavior and make it a standard of human morality. But in fact that people are different being ignored by them. Those who are different being see as a bad person which later being treated badly by people around them. Therefore, human has a defense mechanism in order to keep them away from mental damage. And that is what the writers about to discuss in this research.

A defense mechanism is a mechanism created by an individual's mind to make that individual feel secure around their environment. The main use of the defense mechanism is to protect human by maintaining unacceptable impulse, feelings, and memories in the unconscious side of the human's mind. (Passer, W. M, Smith E. R. 2008) Thus, the defense mechanism functions to control anxiety. Human has a lot of anxiety such as anxiety of their future, being alone, being left and etc. Anxiety in a great scale can give troubles for the individual, such as depression and the worse is the occurrence of personality disorder. Thus, this defense mechanism prevents human's mind to damage by itself by all of those anxieties.

Defense mechanism has several forms such as repression, reaction formation, displacement, fixation, regression, projection, rejection, and sublimation. (Cramer, Phebe. 2000) which are unconsciously performed by many people when they feel insecure about something. Each individual uses different defense mechanisms. People cannot consciously choose which defense mechanism will they use, or which defense mechanism fit them better. Human unconscious state of mind will choose for the individuals which defense mechanism will fit with the individual's personality and what defense mechanism that the individuals need during that time.

Personality Disorder.

Lately, social media and television have shown several kinds of personality disorder. Those kinds of media are kept growing in society, which acknowledged people about personality disorder. Those media actually stimulate people to be braver to show their disorder to the public. For example, several public figures confess to the public that they have mentality disorder through their social media. By those kinds of action, it helps people to be more cautious on mentality disorder. (Gendlin, Eugene T., Levin D.M. (Ed.), 1987)

Personality itself is the way people usually behave, like how people communicate well to each other, how well people adapt to the new environment, and so far and so on. Meanwhile, a personality disorder is an individual who has a problem with their mentality or can be defined as individuals who do not behave like a usual individual in an extreme way. Personality disorder can be caused by many things; it could be from their environment or genetics. (Kjennerud, Ted R. 2010; Chacón, Juan Aspeé, Eduardo Cavieres-Fernández, and José González Campos. 2018) Means, both genes and environment are important factors for the development of human's mind. Feist and Feist mentioned, "Those psychologically disturbed people are incapable of love and have failed to establish a union with others". The psychologically disturbed people addressed to those individuals with a personality disorder. Feist and Feist believe that people with a mental disorder are those who do not receive sufficient love or not being socialized enough with other people around them. Lenzenweger and Clark stated in Feist and Feist Book, they stated that "When they encounter situations in which their typical behavior patterns do not work, they are likely to intensify their inappropriate ways of coping, their emotional controls may break down, and unresolved conflicts tend to reemerge". Like another human with a normal personality, people with personality disorder think that they are normal. They think they solve a problem as normal people do. But when they think that their problem overwhelms them, they will do almost everything they could do to solve their problem. Even if it is meant by using inappropriate way, such as doing crime for the example, sometimes they just do not understand that what they are doing is wrong, that kind of action draws a bad impression to other people, which later people will put people with mental disorder in the corner and makes everything getting worse for the mentally diseased people. A person with a personality disorder usually lives in a bad environment that cannot be accepted by their mental.



However the environment is not the only factor, It could start with their genetics and their environment treat them badly which will not make this person's mentality being better. A person normally will use a defense mechanism if there is something that bothers their inner peace. But in the long term, defense mechanism will not be effective and for the exchange, the personality disorder will appear. A health mentality person usually receives a lot of love from people around them, secure feeling, freedom to express themselves and so on but those people who live in an environment where does not supply those points will get difficulties to recognize other people. That person will think that what he receives from people around that person-environment is a normal thing, even if it is not something appropriate. People with a personality disorder do not mean that they do not try to adapt to new people. It is just their way can be a little bit unaccepted by normal people.

Feist and Feist discussed personalities disorder based on Fromm Theories. They discussed and mentioned three severe personality disorders. They are necrophilia, malignant narcissism, and incestuous symbiosis. It is possible if a person diagnosed by all of the three disorders. That kind of people will be called as people with the syndrome of decay.

Narcissism

Narcissism is a person who admires their own body as an individual. People with a narcissistic personality valued them higher self than anyone else. But, a person who looks down to another person can't simply be called a narcissist. A narcissistic person is for those who show the superiority in an extreme way in order to keep the feeling of security to the individuals. They are trying hard to prove their existence and prove that they are superior. In this case, the environment holds the strongest aspect for creating the individual's disorder instead of genetics. (Adams, Mathew, 2012; Matandare, 2018)

Some people believe that narcissism is also the representative of the ego. The narcissist might look strong, full of power and superior. But in fact, these people only try to survive by softens the reality that they could not bear by shows the other person about what they have or even they will create lies if that necessary, so people will praise them more and by that they collect that energy to survive, which is, in the end, they will believe in their own lies that they make. Narcissism role is almost the same with most of defense mechanisms role which is to protect and serve the fragile self. It could be to protect what they have or to be accepted by society by proving that they are worth to be given attention to. Narcissism does not have a certain range to have this disorder, but most people in late teens and early twenties have the biggest percentage to have this disorder. But somehow middle age is when the narcissism getting worse. (Adams, Mathew, 2012)

DISCUSSION

A personality disorder is not a new issue between societies. If it comes to talk about personality disorder, most people usually will mention psychopath or a total weirdo look person. In fact, people with a personality disorder do not always look like they have a problem with their mind. People with a totally normal look do not close the chance that that person diagnosed for a mental disorder. Thus, it is more difficult to recognized mental illness than physical illness. Moreover, personality disorder does not always mean or relate to a psychopath, murder, double personality, and etc. The simplest thing like over self-confident can be indicated as a personality disorder with a specific classification, people named that disorder narcissism disorder.

The main character of All in the Mind drama script is identified as a character with narcissism disorder. Rupert Digby is illustrated as a psychiatrist in his middle 30th with a big ego. Rupert looks as normal as the other gentleman in the middle of 30th. But somehow Rupert shows several indications that could indicate him as a narcissism disorder. An individual can be identified as narcissism disorder if that individual has a big ego and has a high admiration toward them self. Eugene stated that "Anything other than the ego is narcissism...". A big ego can lead to narcissism disorder when the individual thinks that nothing is more important than themselves. The big ego of Rupert can be seen in the synopsis that written in the second page of the drama scripts, it says, "Rupert Digby is a Psychiatrist in his mid-thirties. He's a man with a big ego that he strokes on a regular basis". The writers of this screenplay try to convince the audiences or the readers that this screenplay's main character having narcissism disorder, by providing them proofs that Rupert Digby is a man with a big ego. Why do the writers address Rupert Digby as a man with a big ego only to draw an image of a man with narcissism disorder? Hafer mentioned that "Narcissists have a big ego, and only think about themselves.

The bigger the ego, the more difficult to be selfless". Means most of the narcissists are people with a big ego that they try to force their will to someone else. Mostly, they would do what necessary in order to fulfill their needs like feeling comfortable, being pleased, or anything that benefits them. The big ego of Rupert can be seen in the first dialogue of Rupert which is in the middle of a call with his mother, "...Look, how exactly can I help, only it's a bit tricky...I've got appointments all morning...I can't say...I can't, that's all". This happens in a telephone conversation, his mother said that she is standing on a flat and bluffing that she is going to jump. Normally, people will be panic and rushed to pick up their mother, even that person know that their mother only bluffing. But, Rupert is different. He is very calm in responding to his mother bluffs. Moreover, he puts his patient first then pick up his mother, it shows that Rupert puts his business first than anyone else. The lack of empathy of other people needs is one of the indications of a narcissist. (Fainman, David, 2005; Nazoktabar & Tohidi, 2014) It means what Rupert just did to his mother is obviously one of the characteristics of a

narcissist. Rupert sees himself as an exclusive individual. He thinks that his business will always more important than the other's business.

This kind of thing makes narcissist look superior than another person. On the drama script, we can see the other evidence about how Rupert looking down on someone aside than him "...If she comes, put her in the upstairs consulting room would you and light a scented candle. That'll calm her down". From the evidence, it shows how Rupert disrespects his mother by being inconsistent into what he said about he will meet his mother at 2 pm. But later he changes his mind by asking his secretary to handle her instead of handling it himself. It simply shows his disrespects toward his mother. Mother is someone who should be given by all of the respect, but what Rupert did is the opposite. He should meet his mother immediately to calm her then just gives her an aromatic candle. People might not see his superiority through this, because people might see it in another point of view that actually Rupert does not prior to himself but for his client importance. But we can see that a client is a mirror for a psychiatrist, the more complex the problem of the client, the higher his reputation that the psychiatrist will get. And also the more his client feel pleased with the treatment, the better his name will be in the psychiatrist world. Thus, he might look care about his client problem, but actually, he cares only to his job. According to Feist and Feist that was quoted from Fromm's statement, "...narcissism, that is, an interest in their own body. However, in its malignant form, narcissism impedes the perception of reality so that everything belonging to a narcissistic person is highly valued and everything belonging to another is devalued."

The other characteristic of narcissism is possessed a high self-confident. Feist and Feist stated in their book, "...narcissism, that is, an interest in their own body..." The high self-confident shown by Rupert can be seen from how Rupert decorates his room with a big mirror in his room. "a full-length mirror which Rupert visits on a regular basis to check his mustache and general attire. He likes what he sees." It shows that he pays more attention to his physical appearance. We can look at how often he checks the mirror whenever he has an opportunity, like continuously checking his hair on the mirror. The narcissist likes to admire themselves, so that mirror would be one of symbol of Narcissism disorder. For example, we can see in show white short story. The witch who is eager to look like the most beautiful person in the world always brings and mirrored to the witch's magic mirror. The witch continuously asks to mirror about who is the most beautiful girl in the world and make sure that she is the most beautiful girl among all. The same behavior had been done by Rupert as he checks his appearance on the mirror continuously, as in the seventh page that showed, "... DIGBY checks his appearance in the mirror. There is a knock at the door". Or another prove is, "...At the same time, he's admiring his reflection in the mirror opposite, smoothing down his hair, patting the smoothness of his stomach ". As a gentleman, he is being way too care about his appearance if compared with another man. It shows that he really took care of his appearance in order to make him look physically perfect, so he can be as an outstanding individual compared with the others.

Besides the mirror, another aspect that can identify as the symbol of confident is that the color red. Geimster argues that the meaning or red color that, "Color Symbolism Red stands for danger, heat, passion, romance, importance." (Geimster, Julia. 2015; [Zare & Rajacepur, 2013](#)) Rupert has a lot of red stuff in his offices, such as couch and telephone. "There's an imposing antique desk with an elaborate red leather chair one side and an easy chair the other. The desk is situated in CS. A red telephone is evident and a desk calendar." ([Surridge, Paul H. 2010](#)) Narcissism people love something that is eye-catching whether it is the color, the shape, or anything that is different or antique, so other people can easily attach to what they wear. Narcissism people usually show their domination through fashion, on what they are wearing like clothes, shoes, bag, and so far and so on. But it does not stop the chance of stuff, such as furniture, and etc., like bright colors such as red, bright yellow, green, orange, strong pink, etc., are several examples of most eye-catching colors if it is compared to the other colors, but red is usually chosen as a symbol of courage, strength, leader, and superiority. Like how the leader of a children TV program called power ranger illustrated in red color, or sexy and confident women often visualized as women who wear a red gown, or how warning and alert often using red for the example. Those examples are the proofs that red is somehow giving a strong impression to everything around it. And Rupert who is a psychiatrist that actually should be stooped so low to show his sincerity to his patience, so his patience can freely be told him anything has a lot of stuff colored in red. It means that Rupert tries to dominate his room to show-off his strong personality toward everyone who would enter his office by put many red things in his office to show that he is a capable person, a person who should never be looked down by anyone. Just like what the writers have mentioned above that Digby does not only show his strong personality through indirect things, such as his office decoration and the preference of the color. Rupert also does not hesitate to show his high self-confident to another person directly through direct words, for the example is,

Liz: I do so admire the way you cope with everybody's problems when you have so many of your own, Mr. Digby.

Rupert: A quirk of nature. I was born gifted. Now, you wanted to speak to me?.

People with narcissism disorder, tend to like being praised. For them, praises are their energy to live their life. Just what the research has explained above that narcissist is someone who seeks the attention of anyone, so they can be accepted by their parents. According to Feist and Feist, "...They achieve security by holding on to the distorted belief that their extraordinary personal qualities give them superiority over everyone else". Narcissists believe that they are a superior individual that at least one step ahead than anyone else. Praises could increase their confidence, and make them fully believe in themselves that they are exclusive individuals. This kind of feeling, like being superior, is capable to give them the secure feeling. They will feel secure because they think people are accepting them, that people like them. They



sometimes give themselves a wrong doctrine about their current condition. For the example is they think that they are good at doing sport, but actually, they do not good at it, but they tend to believe that they are good because they want to be good, so they can be accepted by their friends. Thus, being accepted by people around them is the real secure feelings for them. Other people compliment is like something that Rupert really needs. He enjoys the compliment and it makes him feel like the real superior person when no one is better than him. Adams also said that, "Basically, if a child's primary narcissism is adequately held and mirrored by its environment, it will eventually invest energy in significant others, safely absorb the narcissistic instinct into the ego-ideal, and extricate a sense of "me" from "not me" to the point of healthy independence".¹¹ So, it can be assumed that the insecurity of his childhood creates a superior-like characteristic within Rupert in order to maintain himself from the prejudice of being an unworthy person which can be accepted by himself. (Widiger, Thomas A., Barone V. David., 1998)

From the way Rupert randomly judge Ms. Delightful who is as his patient that should be threatened better, clearly shows his narcissistic side as someone who thinks that he will be always the one who has right opinion, and as someone who looks down on the other person;

Rupert: No need. Barking, absolutely barking! A fascinating case Elizabeth- early childhood repression, rejection, denial, and a compulsive, deluded perspective on the realities of normal life. Drinking and drugs at the tender age of seven. This will indeed be another case study for my writings...If at all possible whilst Sir Richard is here I think I ought to make his acquaintance don't you think?

Rupert not only forces his idea to diagnose Ms. Delightful to declare his superiority by showing off his capability, but also he is trying to get benefit from his patient problem. From here, it can be seen that Rupert does not really care about his patient. He would like to put aside his patient problem and use the problem for his own good instead. It proves how egoistic Rupert is by underestimating someone problem and always thinking about himself.

Narcissism usually happens among people who get less intention or underestimated by the other persons in a terrible way, so that they're mentally overpowered by the pressure given by environment for in the long term. For Rupert, he has a dark childhood where he should bear all of the pressure by himself and survive. Rupert's father left his mother when his father knew that his mother was pregnant. He grew up with his mother who felt desperate for losing his father. (Barone, F. D., Kominars D. K., 1998) The terrible childhood must be the biggest boost for him to being a narcissist. Adam, states that "narcissism depends on environmental failures beyond optimal frustration, in responding to a child's needs and emerging individuation.". It is obvious that Rupert's childhood is not a good childhood for a child to grow up. Grew up with a desperate mother who always threatens him to suicide, and ended up he always taken care of her mother by motivating her. He grew up with a lack of intention from his parents. So that's why he ended up being narcissistic. According to Barone, "disorders are lacking despite positive results for associated traits". He tried to be approved by society as a child without knowing who and how is his father. He tried to act like a superior, so it can cover the lack of his life. As a child, Rupert tries to survive to live, he almost does anything for him by himself. Moreover, he also has to take care of his depressed mother, like to calm her whenever she is being panicked, like what the writer of the screenplay has written about Rupert's mother who is trying to end up her life on a ledge. "**Rupert:**... Look, I was not trying to be funny Mother...I know it's not been easy for you since Father left you in the lurch carrying me. Yes, I know Dicky was the love of your life. Shame I never met him...". Here, it can be concluded that it is not the first time her mother trying to threaten Rupert to jump from a ledge, thus Rupert tended so calm to face his panicked mother. From the evidence above, it also shows how Rupert tries to calm his mother by understanding his feeling of how sad she is for being left by his husband for the example, and how hard her life to live the life alone and taking care of her baby. It seems an easy job to calm someone by using that kind of technique, but it is actually not that easy for little Rupert. Of course, it will not be easy for any children out there to taken care of other people in such a young age. Thus, Rupert's childhood must be the one thing that triggers the narcissism disorder on him, which is developed later when he grew up into an adult. According to Ronningstam, "Narcissistic disturbances are frequent among people in their late teens and early twenties, due to the specific developmental challenges in the transition from adolescence to adulthood". He added, "In fact, middle age is an especially critical period for the development or worsening of NPD, with chronic denial, emptiness, devaluation, guilt". (Maj, Mario. 2005)

Narcissistic in real life are also enjoying themselves as superior. They are actually feeling insecure toward their own condition. Insecure of being outcast, ignored, underestimated and so on. "They achieve security by holding on to the distorted belief that their extraordinary personal qualities give them superiority over everyone else".(Maj, Mario. 2005) These people are trying to prove themselves as a worthy person to be accepted, that they are not different from the others. They will not just go to fix their appearance as perfect as they want, they also will show it aggressively by complimenting them self as a capable person to society. Narcissistic people will feel fully desperate if their superiority being threatened by the other individual. "Their sense of worth depends on their narcissistic self-image and not on their achievements. When their efforts are criticized by others, they react with anger and rage, frequently striking out against their critics, trying to destroy them". (Maj, Mario. 2005) When the criticism becomes overwhelming, the narcissistic can be depressed and feel unworthy. Thus, they tend to believe that they are someone who is very exclusive among others.



CONCLUSION

Narcissism is a personality disorder that caused by mental abused in childhood, and the narcissistic will try their best to prove themselves as a superior. The narcissistic in All in the Mind drama script can be found in the main character Rupert Digby, a professional psychiatrist who ironically has a personality disorder. Narcissism in the drama script also caused by the child abused of the main character by his environment. The narcissist in a real life in the society believed as a person who is central-self means only care about them and put everyone after them. But these people actually are the one who feels the most insecure about their existence. That is why these people try to protect their existence by proving themselves as superior.

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