



umsurabaya

Universitas Muhammadiyah Surabaya

A THESIS

**THE PORTRAYAL OF DISSOCIATIVE IDENTITY
DISORDER (DID) CHARACTERIZATION IN ADELE AND
LOUISE'S CHARACTER IN THE NOVEL *BEHIND HER EYES*
BY SARAH PINBOROUGH**

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**ENGLISH EDUCATION DEPARTMENT
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UNIVERSITAS MUHAMMADIYAH SURABAYA
2025**

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**Submitted a Fulfillment Requirement for Getting a
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2025**

MOTTO AND DEDICATION

MOTTO

“You can’t control the wind, but you can adjust the sails.”

DEDICATION

This work is dedicated to my beloved family and all readers,
especially those interested in psychological thrillers.

LEMBAR PERSETUJUAN PEMBIMBING

Skripsi yang ditulis oleh Aliifah Qathrunnada NIM 20211111002 dengan judul "*The Portrayal of Dissociative Identity Disorder (DID) Characterization of Adele and Louise's Character in The Novel Behind Her Eyes by Sarah Pinborough*" ini telah disetujui oleh dosen pembimbing untuk diujikan dalam SIDANG AKHIR pada tanggal 21 Juli 2025.

Dosen Pembimbing

Tanda Tangan

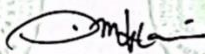
Tanggal

I. Dr. Dra. Masulah, M.A.



15 Juli 2025

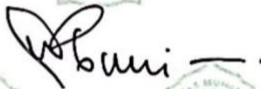
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15 Juli 2025

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LEMBAR PENGESAHAN UJIAN

Skripsi yang ditulis oleh Aliifah Qathrunnada NIM 20211111002 dengan judul "*The Portrayal of Dissociative Identity Disorder (DID) Characterization of Adele and Louise's Character in The Novel Behind Her Eyes by Sarah Pinborough*" ini telah diuji dan dinyatakan sah oleh Panitia Ujian Tingkat Sarjana (S1) Fakultas Keguruan dan Ilmu Pendidikan Universitas Muhammadiyah Surabaya sebagai salah satu syarat memperoleh gelar Sarjana Pendidikan pada tanggal 21 Juli 2025.

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Surabaya, 1 Agustus 2025

Yang n



Aliifah Qathrunnada

ABSTRACT

Qathrunnada, A. 2025. *The Portrayal of Dissociative Identity Disorder (DID) Characterization in Adele and Louise's Character in the Novel Behind Her Eyes by Sarah Pinborough*. Skripsi, Program Studi Pendidikan Bahasa Inggris, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Surabaya. Pembimbing I; Dr. Dra. Masulah, M.A. Pembimbing II; Sri Lestari, S.Pd., M.Hum.

This study examines the representation of Dissociative Identity Disorder (DID) in Sarah Pinborough's novel *Behind Her Eyes* through narrative analysis and literary psychology. This qualitative study shows that the novel effectively depicts the symptoms of DID, such as behavioral changes, inconsistent memories, and identity fragmentation. The use of alternating perspectives and a non-linear timeline creates a confusing reading experience, reflecting the disorientation experienced by DID sufferers. Thus, this study highlights the important role of literature in representing psychological conditions and raising awareness about dissociative disorders through fictional narratives.

Keyword: *Dissociative Identity Disorder, narrative analysis, Behind Her Eyes, literary psychology.*

ABSTRAK

Qathrunnada, A. 2025. Penggambaran Karakterisasi Gangguan Identitas Disosiatif (DID) pada Karakter Adele dan Louise dalam Novel *Behind Her Eyes* Karya Sarah Pinborough. Skripsi, Program Studi Pendidikan Bahasa Inggris, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Muhammadiyah Surabaya. Pembimbing I; Dr. Dra. Masulah, M.A. Pembimbing II; Sri Lestari, S.Pd., M.Hum.

Penelitian ini mengkaji representasi gangguan identitas disosiatif dalam novel *Behind Her Eyes* karya Sarah Pinborough melalui analisis naratif dan psikologi sastra. Studi kualitatif ini menunjukkan bahwa novel tersebut secara efektif menggambarkan gejala DID, seperti perubahan perilaku, memori yang tidak konsisten, dan fragmentasi identitas. Penggunaan sudut pandang bergantian dan alur waktu non-linear menciptakan pengalaman membaca yang membingungkan, mencerminkan disorientasi yang dialami penderita DID. Dengan demikian, penelitian ini menyoroti peran penting sastra dalam merepresentasikan kondisi psikologis dan meningkatkan kesadaran tentang gangguan disosiatif melalui narasi fiksi.

Kata Kunci: *Gangguan Identitas Disosiatif, analisis naratif, Behind Her Eyes, psikologi sastra*

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"The Portrait of Dissociative Identity Disorder Characterization in Adele and Louise's Character in the Novel *Behind Her Eyes* by Sarah Pinborough,"

As one of the requirements for a Bachelor of Education degree at Muhammadiyah University of Surabaya. This thesis would not have been completed without the support of many parties who have provided prayers, guidance, and encouragement in various forms. With respect and love, the author expresses his sincere gratitude to:

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6. Achmad Hidayatullah, S.Pd, M.Pd, Ph.D., Dean of the Faculty of Teacher Training and Education.

7. Armeria Wijaya, S.S., M.Pd., Head of the English Language Education Study Program.
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The author acknowledges that this thesis is far from perfect. However, I sincerely hope that it will be beneficial, both as an academic reference and as a space for reflection on the psychological depiction of characters in literary works.

May Allah SWT reward the kindness and sincerity of all those who have assisted me, and bestow His blessings and mercy upon us all. Amen, O Lord of the Worlds.

Surabaya, 1 Agustus 2025

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