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RESEARCH ARTICLE

PERFECTIONIST AND ANXIETY DISORDER IN THE DARK SIDE NOVEL BY DANIELLE STEEL

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Abstract: This study applies Tzvetan Todorov's narrative structuralism theory to analyze the narrative structure and themes of a novel focused on the protagonist, Zoe Morgan. The research explores how the novel's 58 sequences, depicting Zoe's life from childhood trauma to adulthood, reflect the complexities of human experience. The study examines the impact of Zoe's sister's leukemia and subsequent death, which profoundly shape her psychological state, leading to perfectionism, anxiety, and unresolved trauma that influence her personal and professional life. Through a structuralist approach, the research identifies key narrative elements and thematic patterns, such as the role of static and dynamic settings in illustrating the protagonist's stability and transitions. The analysis reveals how past traumas manifest in Zoe's relationships, parenting, and mental health, offering insights into the enduring effects of early life experiences on adult behavior. The study employs qualitative methods, including detailed narrative analysis, to dissect character development, plot progression, and thematic depth. Findings suggest that unresolved psychological issues significantly impact personal growth and decision-making, emphasizing the importance of addressing early trauma. This research contributes to the understanding of narrative techniques in literature and their implications for character analysis, highlighting the interplay between narrative structure and thematic content. Future research could further explore the application of structuralist theories to different literary genres.

Keywords: Narrative Structuralism; Disorder; Thematic Analysis; Tzvetan Todorov

PERFEKSIONIS DAN GANGGUAN KECEMASAN PADA NOVEL THE DARK SIDE NOVEL KARYA DANIELLE STEEL

Abstrak: Studi ini menerapkan teori strukturalisme naratif Tzvetan Todorov untuk menganalisis struktur naratif dan tema novel yang berfokus pada tokoh utama, Zoe Morgan. Penelitian ini mengeksplorasi bagaimana 58 rangkaian cerita dalam novel, yang menggambarkan kehidupan Zoe dari trauma masa kecil hingga dewasa, mencerminkan kompleksitas pengalaman manusia. Studi ini meneliti dampak leukemia dan kematian saudara perempuan Zoe, yang secara mendalam membentuk kondisi psikologisnya, yang menyebabkan perfeksionisme, kecemasan, dan trauma yang belum terselesaikan yang memengaruhi kehidupan pribadi dan profesionalnya. Melalui pendekatan strukturalis, penelitian ini mengidentifikasi elemen naratif utama dan pola tematik, seperti peran latar statis dan dinamis dalam menggambarkan stabilitas dan transisi tokoh utama. Analisis ini mengungkap bagaimana trauma masa lalu terwujud dalam hubungan, pengasuhan, dan kesehatan mental Zoe, yang menawarkan wawasan tentang efek abadi dari pengalaman hidup awal pada perilaku orang dewasa. Studi ini menggunakan metode kualitatif, termasuk analisis naratif terperinci, untuk membedah perkembangan karakter, perkembangan plot, dan kedalaman tematik. Temuan penelitian menunjukkan bahwa masalah psikologis yang belum terselesaikan berdampak signifikan pada pertumbuhan pribadi dan pengambilan keputusan, yang menekankan pentingnya mengatasi trauma awal. Penelitian ini berkontribusi pada pemahaman teknik naratif dalam literatur dan implikasinya terhadap analisis karakter, yang menyoroti interaksi antara struktur naratif dan konten tematik. Penelitian di masa mendatang dapat lebih jauh mengeksplorasi penerapan teori strukturalis pada berbagai genre sastra.

Kata kunci: strukturalisme naratif; gangguan; analisis tematik; Tzvetan Todorov

INTRODUCTION

In today's globally competitive world, reading has been recognized as a vital skill that offers numerous benefits, including psychological, emotional, and mental development. Reading serves as a gateway to new ideas, concepts, and information across various subjects, such as history, science, and culture, making it the primary way people learn about the world. It also plays a significant role in language development, expanding vocabulary and improving communication skills through exposure to diverse words and sentence structures. Literature, as a form of written art, enriches the reading experience by offering entertainment, enlightenment, and a deeper understanding of human nature and societal values. This artistic expression comes in various forms, including drama, poetry, and prose, each offering unique insights into human conflicts, emotions, and the world at large. Literature, therefore, is more than just stories or information; it is a reflection of a language, culture, and the collective experiences of people (Marlow, 2019).

Among the various literary forms, the novel stands out as a favorite for both writers and readers, providing a fictional portrayal of life, relationships, and character traits within specific contexts. Novels differ from other major literary forms such as drama, lyric, ballad, and epic by offering a more intimate and detailed exploration of characters' inner lives and their interactions with their surroundings. This literary form has evolved significantly since the eighteenth century, maturing in literate times to become a medium that engages readers at their own pace, allowing them to delve into stories of personal and social significance. The appeal of novels lies in their ability to combine storytelling with insightful observations about human behavior, societal norms, and the complexities of modern life. For instance, Danielle Steel's "The Dark Side" explores the psychological depths of anxiety and perfectionism through the character of Zoe Morgan, who is haunted by the traumatic experiences of her childhood and the pressures of motherhood. This novel employs Sigmund Freud's (1923) psychoanalysis and Todorov's narrative structuralism theory to

explore Zoe's mental state, illustrating how literature not only entertains but also serves as a tool for understanding complex psychological conditions.

In understanding perfectionist traits and anxiety disorders, Freud's psychoanalytic theory offers valuable insights by examining the interplay between the id, ego, and superego within the human psyche (Freud, 2018). According to Freud, the id represents primitive impulses driven by the pleasure principle, while the superego embodies moral standards and societal norms learned from caregivers (Engler, 2014). The ego mediates between these conflicting forces, striving to balance immediate desires with social constraints (Schultz & Schultz, 2017). This theoretical framework helps elucidate how perfectionism and anxiety may arise from unresolved unconscious conflicts and the struggle between innate desires and internalized moral expectations. By applying this psychoanalytic perspective, one can gain a deeper understanding of the psychological mechanisms underlying perfectionist traits and anxiety disorders.

Structuralism in literary studies focuses on analyzing narrative structures, thematic patterns, and the interrelationships between various elements of a text to uncover deeper meanings (Klages, 2017). This approach, grounded in Ferdinand de Saussure's principles of structural linguistics, distinguishes between "langue" (language system) and "parole" (language use), emphasizing the significance of underlying structures in understanding literary texts. Saussure's ideas have been instrumental in applying structuralist methods to novels, revealing how elements such as character, plot, and language style contribute to narrative coherence (Mulawarman et al., 2021). Tzvetan Todorov further advanced this framework by examining literary works through syntactic, semantic, and verbal aspects (Todorov, 1985). Todorov's syntactic analysis explores the narrative's structural organization and chronological arrangement, while his semantic analysis delves into themes, characters, and symbolic meanings. The verbal aspects focus on linguistic and stylistic elements, such as perspective and language style, affecting narrative impact and reader interpretation. Together, these components offer a comprehensive method for understanding how narratives function and convey meaning.

Literature, derived from the Latin "littera", meaning 'letter of the alphabet,' encompasses various forms of written works, often considered as a vehicle for exploring human possibilities and self-discovery (Kartika & Suprpto, 2018). It can be broadly categorized into fiction and nonfiction. Fiction refers to imaginative narratives that create fictional worlds and characters, often categorized by genres such as mystery, fantasy, horror, romance, and realist fiction (Mays, 2016). Nonfiction, conversely, deals with factual accounts and includes genres like histories, biographies, and essays. A novel, a prominent form of fiction, is an extended prose narrative, varying from classic genres like mystery and fantasy to more nuanced subgenres (Abrams & Harpham, 2015). Novels consist of intrinsic elements such as character, setting, theme, plot, and point of view, which collectively shape the narrative (Haslinda, 2019). Extrinsic elements, including the author's life, historical, cultural, and social backgrounds, also influence a novel's content and thematic depth. Together, these elements provide a comprehensive framework for analyzing literary works, offering insights into both their internal composition and external influences.

In conducting this research, there are several relevant studies from other universities and various sources to establish a foundation for the exploration of anxiety disorders in literary characters. One such study is from the Faculty of Letters at Bosowa University Makassar, titled "Anxiety and Depressive Disorder toward the Main Character in Paula Hawkins' Novel the Girl on the Train," written by Armyati Siregar. This research focuses on examining the symptoms, causes, and defense mechanisms related to anxiety disorders, as well as the depressive symptoms experienced by the character Rachel. Both Siregar's study and the current research use a psychological approach to analyze the characters; however, while Siregar's work addresses both anxiety and depressive disorders, this research specifically concentrates on anxiety disorders.

Another relevant study reviewed is from the Faculty of Japanese and Cultural Studies at Brawijaya University, entitled "*Gambaran Perilaku Sosial Anxiety Disorder pada Tokoh Tomoko Kuroki dalam Anime Watashi ga Motenai no wa Dou Kangaetemo Omaera ga Warui! Karya Sutradara Shin Oonuma*," written by Fatha Shiyamti. Shiyamti's research explores social anxiety disorders experienced by the character Tomoko Kuroki, highlighting how individuals in social settings may feel that their actions are perceived negatively by others. Both Shiyamti's study and the current research focus on anxiety disorders and employ a psychological approach; however, the key difference lies in the objects of study—Shiyamti analyzes an anime character, whereas this research centers on a character from a novel.

The third study reviewed is "Id, Ego, and Superego Represented by the Main Character of Fifty Shades of Grey Movie: Christian Grey," authored by Riza Alun Sudrazat (2017). This study utilizes Sigmund Freud's psychoanalytic theory to explore the id, ego, and superego of the character Christian Grey. Sudrazat's analysis concludes that Christian Grey's personality predominantly aligns with his id, which is expressed through his BDSM tendencies. The ego and superego work to moderate these desires in non-destructive ways. While both Sudrazat's research and the current study apply Freud's psychoanalytic theory to understand the main character's psychological dynamics, Sudrazat's research focuses on a film, whereas this study examines these aspects within the context of a novel.

These previous studies collectively underscore the value of using psychological theories to analyze characters in literature and other media, providing a deeper understanding of their behaviors and mental states. They also highlight the diversity of mediums through which psychological disorders can be explored, from novels to anime and films. The current research builds upon these insights by focusing exclusively on anxiety disorders as depicted in the novel "The Dark Side" by Danielle Steel, employing Freud's psychoanalytic approach to unravel the complexities of the main character's anxiety and perfectionism. By examining these previous studies, this research not only situates itself within the broader academic discourse but also demonstrates the unique contributions it aims to make in the field of literary analysis through a psychological lens.

The novel "The Dark Side" by Danielle Steel presents a complex exploration of the main character, Zoe, who grapples with perfectionism and anxiety disorders. While previous studies have examined various aspects of anxiety and personality disorders in literary characters, there is a noticeable gap in the analysis of how these conditions are interwoven with the character's actions and decisions, particularly in the context of Steel's work. This study seeks to address this gap by specifically focusing on the portrayal of Zoe's perfectionism and anxiety disorder, identifying the types of anxiety she experiences, and exploring the ways she copes with these challenges. Additionally, this research aims to delve into the representation of intrinsic and extrinsic elements—such as themes, plot, and cultural influences—that interrelate within the novel, ultimately shaping Zoe's character and the narrative's moral landscape.

The purpose of this research is to investigate the causes and effects of Zoe's perfectionism and anxiety disorder in "The Dark Side." By narrowing the focus to these psychological aspects, the study aims to provide a detailed portrayal of Zoe's struggles, examining how her perfectionism is depicted and the specific nature of her anxiety. The research questions guiding this study are: How is Zoe's perfectionism portrayed in the novel? How is her anxiety disorder described? Through this focused analysis, the study intends to uncover the underlying factors contributing to Zoe's mental health challenges and their impact on her life, offering a nuanced understanding of the character's psychological profile within the broader literary context of Danielle Steel's work. The objectives of this research are to highlight and describe Zoe's perfectionism and anxiety disorder, thereby contributing to the existing body of literary analyses that utilize psychological approaches.

RESEARCH METHOD

The research design outlines the approach for analyzing Zoe's perfectionism and anxiety disorder in Danielle Steel's *The Dark Side*. This study is based on a qualitative analysis conducted from March to May 2024. The research process included the collection of data from various sources, such as the novel itself, internet resources, and library materials. The design integrates theoretical frameworks with textual analysis to provide a comprehensive understanding of the character's psychological traits (Creswell, 2014).

The primary source for this study is Danielle Steel's novel, *The Dark Side* (Steel, 2020). This text provides the primary data for analyzing the protagonist's perfectionism and anxiety disorder. Secondary data sources include critical works, dictionaries, literature journals, and educational books related to psychoanalytic theory. These sources offer additional context and theoretical support, aiding in the interpretation of the primary text (Taylor, Bogdan, & DeVault, 2015).

The data collection process in this research involves multiple stages, starting with a thorough reading of Danielle Steel's *The Dark Side*. This initial reading is crucial to understanding the narrative and the main character's psychological profile. The next stage involves thematic examination, where the researcher applies psychoanalytic theory to analyze the character's perfectionism and anxiety disorder. This step includes identifying and extracting relevant passages that illustrate these psychological traits. Secondary data sources, including critical works, dictionaries, and literature journals, provide additional context and theoretical frameworks to support the analysis. The data collection is thus a multi-faceted process combining primary text analysis with secondary theoretical resources to ensure a comprehensive understanding of the character's psychological dimensions.

Data analysis in this study involves a systematic approach to interpreting and categorizing the collected data. The process begins with organizing and reviewing the data to familiarize oneself with its content and context. Following this, the researcher codes the data to identify key themes related to perfectionism and anxiety disorder, as informed by psychoanalytic theory. These codes help in categorizing the text into meaningful segments that reflect the character's psychological traits. The next step is developing descriptions and categories based on these codes to highlight the thematic elements in the narrative. Finally, the researcher interprets the findings to understand how they align with theoretical concepts and discusses these insights in relation to the research questions. This structured approach ensures a thorough and insightful analysis of the character's psychological profile (Creswell & Creswell, 2018).

RESULTS AND DISCUSSION

The analysis, guided by Tzvetan Todorov's theory of narrative structuralism, provides a detailed examination of the novel's intricate narrative structure. Todorov's approach focuses on the way stories are organized through sequences of events, each contributing to the overall plot and character development. This analysis delves into the novel's plot and the evolving psychological states of its protagonist, Zoe Morgan, through its syntactic and thematic components.

Syntactic Aspects

The novel unfolds through 58 distinct sequences, each meticulously crafted to convey the progression of Zoe Morgan's life. The early part of the narrative centers on Zoe's traumatic childhood experiences. Her younger sister, Rose, was diagnosed with leukemia, a situation that cast a long shadow over Zoe's formative years. Rose's battle with the disease, which included chemotherapy and a bone marrow transplant, initially seemed promising but ended in tragedy with her death when Zoe

was just ten years old. This profound loss marked a pivotal point in Zoe's life, shaping her psychological landscape and setting the stage for the ensuing narrative.

Following Rose's death, Zoe's family dynamics became increasingly strained. The trauma of her sister's illness and death exacerbated her feelings of neglect and abandonment. The divorce of her parents further disrupted her sense of stability, leaving Zoe to navigate a tumultuous emotional environment. Despite these challenges, Zoe demonstrated remarkable resilience and determination. She became more self-reliant, channeling her energy into academic and professional achievements, including graduating from Yale and pursuing a master's degree. As Zoe entered adulthood, her professional success contrasted sharply with her personal struggles. She married Austin Robert, but their relationship faced significant strains, particularly concerning their attempts to start a family. Zoe's unresolved trauma and intense fears about parenting became evident, influencing her approach to child-rearing. Her perfectionism and overprotectiveness, rooted in her childhood experiences, led to conflicts within her family, highlighting her ongoing struggle with the shadow of her past.

The narrative progresses to reveal deeper psychological issues faced by Zoe. Her anxiety disorder becomes increasingly prominent, manifesting through obsessive behaviors and a heightened fear for her child's health. These mental health challenges culminate in severe legal issues and eventual imprisonment, reflecting the profound impact of her early trauma on her adult life. The novel's climax reveals the extent to which Zoe's unresolved psychological struggles have shaped her actions and decisions. Analyzing the sequences through Todorov's lens uncovers significant thematic elements within the narrative. Perfectionism emerges as a recurring theme, evident in sequences such as 16, 24, 28, 29, 37, and 38. This trait manifests in Zoe's obsessive attention to detail and her relentless pursuit of excellence across various aspects of her life. Anxiety disorder is another central theme, appearing in sequences like 27, 31, 34.1, 36, 39, and 45. Zoe's extreme concern for her child's well-being and her overall anxiety-driven actions underscore the depth of her psychological struggles.

The main functions of the plot can be categorized into several key areas. Zoe Morgan's sister Rose's illness and death are pivotal in understanding the foundational trauma that drives much of the narrative (I, IV). The lack of parental attention and the subsequent deterioration of Zoe's relationship with her parents (II, III) further illustrate the personal challenges she faces. The evolution of Zoe's personality, marked by increased perfectionism (V, X), reflects the ongoing impact of her early experiences. Her achievements and professional success (VI, VIII) highlight her resilience and self-reliance. The difficulties in her marital life and parenting (XII) reveal the continued influence of her past traumas. Finally, Zoe's legal troubles and psychological breakdown (XIII) represent the culmination of her struggles and the ultimate consequences of her unresolved issues.

The application of Todorov's narrative structuralism theory offers a nuanced understanding of the novel's structure and themes. Through the careful examination of sequences and thematic elements, the analysis illuminates the complex interplay between past trauma and present behavior. Zoe Morgan's journey, as depicted in the novel, underscores the profound impact of early experiences on personal development and the challenges faced in resolving unresolved psychological issues.

Semantic Aspects

Characters

In the novel, the characters contribute significantly to the development of the plot and themes through their distinct traits and evolving dynamics. Zoe Morgan stands out as a central figure whose journey from a bright and caring child to a dedicated professional and loving family member highlights the core emotional and thematic elements of the story. Zoe's growth is marked by her transition into a supportive wife, mother, and professional, as she navigates personal and family challenges. Her internal conflicts and development are pivotal, making her a dynamic character whose experiences shape much of the narrative.

Rose Morgan, Zoe's deceased sister, exerts a lasting influence on the family, despite her absence from the narrative. Her memory affects Zoe deeply, shaping family dynamics and individual decisions. Rose's static presence serves as a catalyst for the family's emotional struggles and transitions, emphasizing the impact of loss and remembrance on personal growth and relationships. Beth, Zoe's mother, and Brad, her father, both reflect the themes of familial grief and transformation. Beth's quiet, grief-stricken demeanor contrasts with Brad's evolving character, whose grief leads to significant life changes, including a new marriage to Pam. Brad's professional identity as an animation artist and personal journey through divorce and remarriage enrich the narrative with themes of change and renewal. Pam, Brad's second wife, and their children, Christopher and Ashley, add complexity to the family dynamics, though their roles are secondary and static compared to the primary characters. Austin Robert, Zoe's husband, provides a stable and supportive presence throughout the story. His role as a child advocacy lawyer and loving husband highlights themes of stability and support. Austin's character, though static, serves as a crucial support system for Zoe, reflecting the importance of stable relationships in times of personal upheaval.

Supporting characters like Dr. Cathy Clark, Jamala and Fiona contribute to the story's exploration of professional and personal roles. Cathy, a dedicated pediatrician and Zoe's close friend, represents professional support and advice, while Jamala, the baby nurse, adds warmth and experience to the caregiving aspects of the story. Fiona, as Austin's assistant and later a nanny, introduces elements of reliability and efficiency, though her character remains less emotionally engaging compared to Jamala. The minor characters, including Dr. Parker, Mrs. Ellis, Mr. Bob, Dan Knoll, Yvette, the Sheriff, and Paul Anders, serve functional roles in the narrative. They support the plot's progression, providing necessary background and logistical elements without significant personal development. Their presence underscores various aspects of professional and legal frameworks within the story, supporting the central themes of family, professional challenges, and personal growth.

Overall, the characters in the novel each play a specific role in advancing the plot and deepening the exploration of themes related to family dynamics, personal development, and professional challenges. Their varied interactions and developments create a rich tapestry of relationships that drive the narrative forward.

Setting

In analyzing the dynamic interplay between moving and static spaces in the story, several observations emerge. Firstly, static spaces, such as Zoe's home in San Francisco, her apartment, and Santa Barbara, provide a stable backdrop that reflects key periods of the characters' lives. The San Francisco house represents a period of comfort and familiarity for Zoe, a place tied to her family's history and personal milestones. It is described as "the only home she had ever known," emphasizing its role as a stable and cherished environment. This static space is contrasted with Zoe's various relocations, which signify transitions and life changes. Her move to a new apartment after marrying Austin and then to a duplex during pregnancy highlights a shift in her personal and family dynamics, marking both physical and emotional transitions.

In contrast, moving spaces such as hospitals, New York, and Florida introduce a sense of impermanence and change. The hospital in L.A., where Rose's health deteriorates, and Florida, where the swimming pool accident occurs, underscore moments of crisis and transition. These moving spaces are often associated with pivotal events in the narrative, reflecting how they impact the characters' lives and the story's progression. The hospital, for instance, is not just a place of medical intervention but also a site of profound emotional struggle and loss, where the temporary nature of Rose's condition contrasts sharply with the stability of the home environment.

Furthermore, New York serves as a backdrop for Zoe's career shift, illustrating a period of professional development and personal discovery. The city's anonymity and Zoe's studio apartment

represent a space of independence and self-exploration. Her time here signifies a departure from her past and an embrace of new opportunities, with the city itself symbolizing both a literal and metaphorical journey away from her earlier life in San Francisco and her family's expectations.

In essence, the story utilizes both static and moving spaces to mirror the characters' internal and external journeys. Static spaces provide continuity and a sense of belonging, while moving spaces emphasize change, challenge, and the evolution of characters' lives. This interplay between static and moving environments not only reflects the narrative's progression but also enhances the emotional depth of the story, offering a nuanced portrayal of the characters' experiences and transformations.

Plot

The results of the analysis of plot reveal a complex interplay of psychological and relational factors affecting Zoe's experience with motherhood. Zoe's background, marked by the loss of her sister Rose and the subsequent emotional neglect from her parents, profoundly influenced her approach to parenting. Her early life, characterized by the trauma of Rose's prolonged illness and death, set the stage for her later struggles. The emotional void left by her mother's depression and her father's eventual remarriage created a sense of abandonment and isolation in Zoe. This isolation was compounded by her own perfectionistic tendencies, which drove her to excel academically and professionally but also contributed to significant stress in her personal life.

The rising action of the narrative underscores Zoe's struggle with motherhood, driven by her desire to live up to the unattainable standards she believed her mother had set. Her difficulties in breastfeeding and her unusual parenting styles reflect an internalized pressure to be the ideal mother, a pressure exacerbated by her past. Austin's struggles with the new family dynamics and the tension between them further highlight the strain on their relationship. The climax of the story exposes severe consequences of Zoe's perfectionism, including harmful behaviors towards her child. Her disregard for Jamie's safety, driven by a need to project an image of perfect motherhood, resulted in several dangerous incidents. The intervention of social services and the pediatrician underscores the seriousness of the situation, as Zoe's actions posed significant risks to Jamie's well-being.

Overall, the results demonstrate how Zoe's unresolved past and psychological struggles led to a problematic parenting approach, marked by overprotectiveness and detrimental actions. The narrative illustrates the critical need for addressing underlying emotional issues and seeking appropriate support to ensure a healthier balance in family dynamics and parenting practices.

Theme

The story intricately weaves several profound themes through the experiences of its characters, offering a nuanced exploration of familial and psychological dynamics. At its core, the theme of family and sacrifice is central, portraying the intricate relationships and the often-costly sacrifices that characters like Zoe and Austin make for their loved ones. However, these sacrifices sometimes manifest in unhealthy ways, reflecting the complexity of maintaining familial bonds. Mental health and child well-being are also pivotal themes, particularly with the depiction of Munchausen by proxy syndrome. The narrative underscores the critical need for vigilant supervision and protection of children, alongside a heightened awareness of mental health disorders that can impact family dynamics.

The themes of truth and honesty emerge prominently, particularly in the strained interactions between Zoe and Austin. The story highlights the necessity of transparent communication in relationships, despite the challenges it may pose. This theme intertwines with trust and mistrust, as the growing suspicion between Zoe and Austin reveals significant cracks in their relationship. This mistrust raises important questions about the depth of our understanding of those we love and the complexities of trust in intimate relationships.

Finally, the theme of self-awareness and personal growth is reflected in the characters' journeys through conflict and struggle. Their experiences catalyze a process of self-discovery and

personal development, illuminating their understanding of themselves and their relationships. This theme reinforces the importance of mental well-being and personal evolution as integral aspects of navigating complex interpersonal dynamics.

Verbal Aspects

The narrative utilizes a third-person omniscient point of view, allowing a comprehensive exploration of multiple characters' experiences and perspectives, particularly during Zoe's hearing. The verbal analysis reveals that the narrative is primarily focused on external observations rather than internal thoughts or emotions. The text presents events and interactions objectively, as demonstrated by straightforward descriptions and dialogue, such as "Austin acknowledged him, and Brad nodded" and "The tension was too high for all of them." Direct and reported speech are used to convey conversations and interactions, adding depth to the characters' relationships and motivations. Indirect discourse also provides insight into characters' internal states through observational phrases like "Austin was watching her closely and wanted to see some sign of torment or remorse." Descriptive language further enhances the realism of the courtroom scene by detailing characters' appearances and actions. Overall, the narrative style, marked by objective observation, indirect discourse, and vivid description, effectively conveys the complexity and tension of the situation, engaging readers on both intellectual and emotional levels.

Freudian Analysis

Id

Zoe Morgan's character illustrates Freud's concept of the id through her impulsive and defensive reactions. For example, when questioned about her daughter Jaime's safety, Zoe reacts with frustration and defensiveness, as shown in her response to Austin's criticism. This behavior reflects her instinctual urges to protect herself and blame others for uncomfortable situations, as evidenced by her intense reaction when Austin describes the pool accident (Chapter 12, Page 198).

Ego

Zoe demonstrates the function of the ego by managing the balance between her personal needs and external expectations. Despite feeling anxious and pressured, she maintains a composed and respectful demeanor in front of her mother-in-law, Connie. This ability to navigate social norms while suppressing her internal insecurities highlights the ego's role in mediating between the id's impulses and reality, as seen in her polite interactions (Chapter 12, Page 197).

Superego

The superego is evident in Zoe's sense of guilt and responsibility for her daughter's well-being. Her remorseful reflection on her role as a mother, particularly in the aftermath of Jaime's accident, shows her internalization of moral standards and social values. This is reflected in her emotional response when dealing with Jaime's injuries, revealing the superego's influence in driving her sense of duty and ethical responsibility (Chapter 12, Page 199).

Anxiety

Zoe's anxiety is demonstrated through various situations in the novel. Her excessive worry about her child's safety, as shown when she feels guilty for Jaime's swimming pool accident (Chapter 12, Page 198), reflects her high level of anxiety. Additionally, her stress over family conflicts and the fear of losing loved ones, particularly after her sister's death, further illustrates her anxiety. Zoe's actions, such as seeking medical tests for Jaime and calling 911 during a crisis, underscore her profound anxiety and fear of potential harm (Chapters 9 and 15).

Perfectionism

Zoe exhibits perfectionist traits in both her professional and personal life. In her role as the executive director, she demonstrates high-performance standards and a strong drive for excellence, as evidenced by her flawless judgment and meticulous work ethic (Chapter 9, Page 145). Similarly, as a mother, Zoe's pursuit of perfection is reflected in her self-imposed pressure to be an ideal parent

and ensure the best for her daughter, including selecting the perfect school for Jaime (Chapter 12, Page 199). These behaviors highlight her deep-seated perfectionist tendencies and high expectations in both her career and family life.

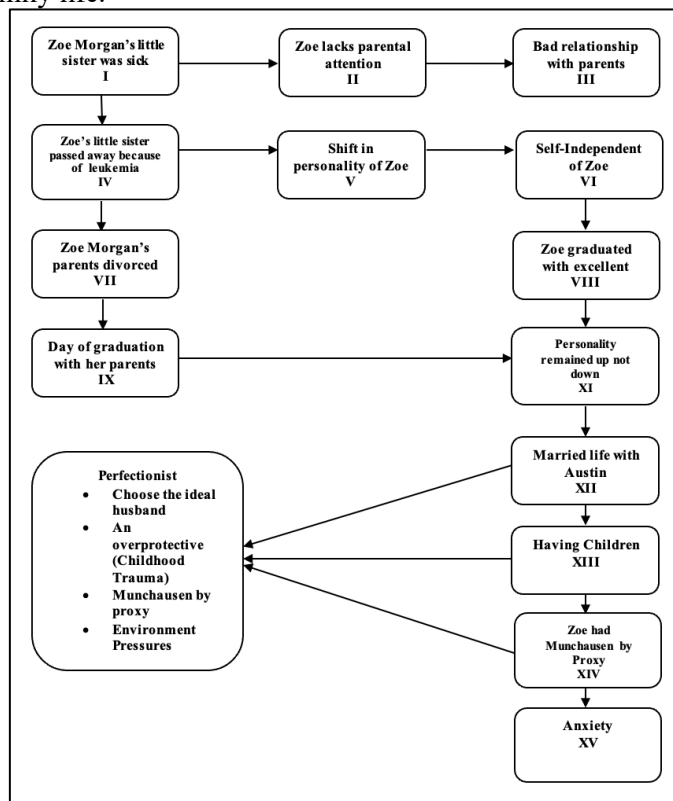


Figure 1. Diagram the Main Function of Story Unit

This section delves into Zoe's character in *The Dark Side*, examining how her perfectionism and anxiety disorder are illustrated through the Id, Ego, and Superego framework. By exploring these psychological components, we aim to understand the underlying factors influencing her behavior and thought processes throughout the novel. Zoe's character is portrayed as a complex enigma, with her perfectionism and anxiety disorder revealed through this theoretical lens. The Id, representing her primal instincts and desires, conflicts with the Superego, which embodies societal expectations and moral standards. Zoe's relentless pursuit of perfection and her fear of failure are strongly influenced by her Superego, which enforces high standards and exacerbates her anxiety when she fails to meet these expectations. Her anxiety disorder stems from the discord between the rigid ideals of her Superego and the more realistic, logic-driven perspective of her Ego.

Throughout the narrative, Zoe grapples with the competing demands of her Id—driven by basic instincts and desires—and the stringent expectations set by her Superego. This internal conflict contributes to her sense of inadequacy and ongoing discomfort as she strives to meet unattainable standards while fearing failure. Zoe's anxiety disorder reflects the struggle between her unconscious impulses and her conscious efforts to conform to societal norms. The story explores the depth of her psychological turmoil, illustrating how her perfectionism and anxiety are shaped by both subconscious urges and societal pressures. Zoe's journey in the novel highlights the challenging quest for self-acceptance amidst external demands and internal conflicts.

In addition, *The Dark Side* aligns closely with Tzvetan Todorov's Semiotic Aspect framework, moving through stages of equilibrium, disruption, and resolution. Initially, the narrative presents a fragile stability as Zoe navigates societal expectations and personal aspirations. This balance is disrupted by unforeseen challenges and internal conflicts, plunging her into a state of chaos and uncertainty. As the plot unfolds, Zoe's life becomes increasingly turbulent, with successive crises undermining her sense of stability. Despite these escalating difficulties, moments of hope and redemption emerge, suggesting potential pathways to resolution. By the story's end, the resolution is nuanced and transformative, with Zoe confronting past traumas and discovering new truths. Through Todorov's perspective, this resolution signifies not just a return to equilibrium but a profound transformation that deepens our understanding of human resilience and vulnerability.

CONCLUSIONS

In Danielle Steel's novel *The Dark Side*, the character Zoe Morgan exhibits both perfectionism and an anxiety disorder, with significant implications for her life. Her perfectionism, evident in sequences 16, 24, 28, 29, 37, and 38, stems from childhood trauma, such as the loss of her sister, and environmental pressures from her demanding roles as an executive and a mother. This drive for perfection leads to high stress, anxiety, and a loss of life balance, as she sacrifices personal well-being and relationships in pursuit of unattainable standards. Similarly, her anxiety disorder, illustrated in sequences 27, 31, 34.1, 36, 39, and 45, is fueled by uncertainties like her daughter's accident and a pervasive fear of failure. This anxiety results in mental health issues and decision-making difficulties, impacting her overall quality of life.

The implications of this research highlight the crucial need for awareness and management of mental health issues. Understanding and addressing perfectionism and anxiety can prevent severe conditions and improve individuals' quality of life. Awareness of disorders like Munchausen by proxy, although not directly addressed in the novel, underscores the importance of early detection and treatment for mental health issues. This research serves as a valuable resource for readers, particularly psychology and literature students, to better understand and analyze mental health issues through a psychological lens and underscores the importance of supportive environments in managing mental health challenges.

The research also offers several suggestions for future exploration. Researchers are encouraged to delve deeper into various anxiety disorders and perfectionist traits, expanding on the findings presented. This research can serve as a foundational tool for further studies in these areas. For readers, especially those interested in psychoanalysis and literature, understanding these psychological concepts is essential for properly analyzing and addressing mental health issues. Enhanced awareness can lead to better support and intervention strategies for individuals struggling with similar challenges, ultimately fostering a more empathetic and informed approach to mental health.

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