

**CHARLES BENETTO'S DREAM
IN DEPRESSIVE CONDITION AND ITS EFFECT
DEPICTED IN MITCH ALBOM'S *FOR ONE MORE DAY***

THESIS

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**STUDY PROGRAM OF ENGLISH
DEPARTMENT OF LANGUAGES AND LITERATURES
FACULTY OF CULTURAL STUDIES
UNIVERSITAS BRAWIJAYA**

2014

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THESIS

**Presented to
Universitas Brawijaya
in partial fulfillment of the requirements
for the degree of *Sarjana Sastra***

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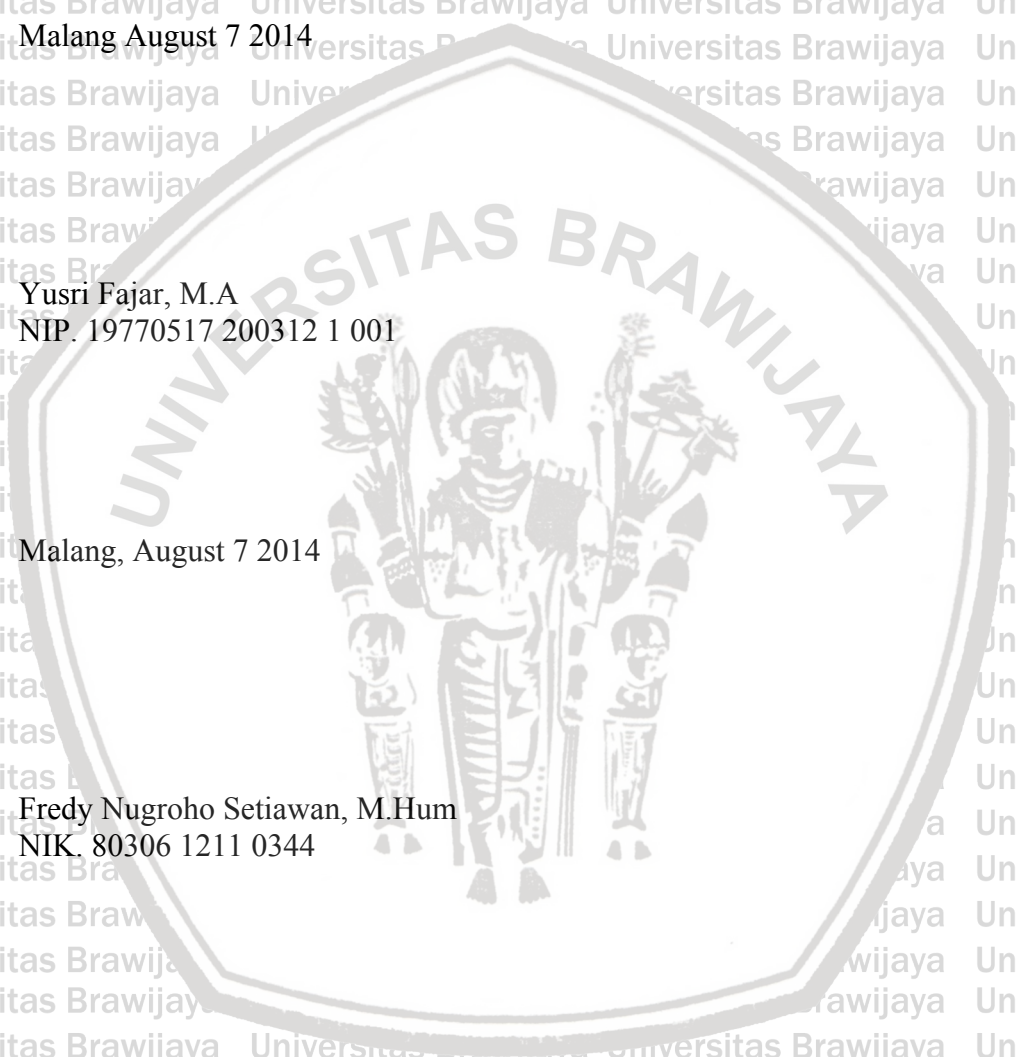
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ACKNOWLEDGEMENTS

A great praise and gratitude are delivered upon Allah SWT for the blessing and grace so that this thesis can be accomplished properly.

An infinite appreciation is addressed to those who help the writer in conducting this thesis. The first appreciation is extended to Yusri Fajar, M.A as the supervisor and Fredy Nugroho Setiawan, M.Hum as the co-supervisor for their guidance, explanations, advices, and correction during the process of writing this thesis. Their support that is shown is also very helpful for encouraging the writer to make this thesis even better.

A big gratitude is also directed to Juliati, M.Hum as the examiner in giving suggestion, correction, and direction in the completion of this thesis. In addition, the writer would like to be thankful for having a great parent and sisters in giving their supports. This thesis is dedicated for them. The writer is also thankful for the writer's boarding friends and best friends who also struggle in writing thesis for accompanying the writer in joy and sorrow in finishing it, and also for those who have spent their times to attend the writer's proposal and result seminar for giving questions and suggestions that can help improve this thesis.

Without those honorable people, this thesis writing will not run smoothly. May Allah SWT bestow and bless to those who are previously mentioned for their assistance in completion of this thesis.

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ABSTRACT

Ulfa, Dian Sophia. 2014. **Charles Benetto's Dream in Depressive Condition and Its Effect Depicted in Mitch Albom's *For One More Day***. Study Program of English, Department of Languages and Literatures, Faculty of Cultural Studies, Universitas Brawijaya. Supervisor: Yusri Fajar; Co-supervisor: Fredy Nugroho Setiawan.

Keywords: Depression, Jungian Dream, Personality, *For One More Day*.

For One More Day by Mitch Albom portrays a psychological condition of human being. It is one of the novels that explores that issue, especially regarding dreaming in depressive condition and personality changes. These things can be identified through the character, named Charles Benetto, as the representation of human in the reality. Therefore, the objectives of this study are: (1) to explore the relation between Charles' depression and his dream (2) to discover how Charles' dream changes his personality.

This study is carried out using qualitative approach since the psychological phenomenon of the main character is analyzed in descriptive ways. Jungian dream and personality theories are applied in analyzing the data that are found in the novel.

Charles, the main character of the novel, has several symptoms as a depressed person after facing several problems in his life that happen within his family. The causes and desires regarding his depression remain in his unconscious. Those affect his mind and later appear in his dream. He dreams about things that worry him and wishes that are unfulfilled. This dream gives a great influence on Charles' personality in the future since in the dream he gets several life lessons through the conversation with his deceased mother and expectation that is finally met. In conclusion, there is a relation between Charles' depression and his dream, and his dream affects the change of Charles' personality in the future.

Hopefully, the next researchers can analyze more about how Charles' personality develops since childhood to adolescence and as a divorced child. Things about divorce that is portrayed in the novel can also be explored more.

ABSTRAK

Ulfa, Dian Sophia. 2014. **Mimpi Charles Benetto dalam Keadaan Depresi dan Efeknya yang digambarkan dalam For One More Day oleh Mitch Albom.** Program Studi Sastra Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing: Yusri Fajar; Pembimbing dua: Fredy Nugroho Setiawan.

Kata kunci: Depresi, Dream Jung, Kepribadian, *For One More Day*.

For One More Day yang ditulis oleh Mitch Albom menggambarkan kondisi psikologis manusia. Novel tersebut merupakan salah satu novel yang mengeksplorasi persoalan tersebut, terutama mengenai bermimpi dalam kondisi depresi dan perubahan kepribadian. Hal-hal yang demikian dapat diidentifikasi melalui karakter, yang bernama Charles Benetto, sebagai representasi manusia di kehidupan nyata. Oleh karena itu, tujuan dari penelitian ini adalah: (1) untuk mengeksplorasi hubungan antara depresi yang dialami Charles dan mimpinya (2) untuk mengetahui bagaimana mimpi Charles dapat mengubah kepribadiannya.

Penelitian ini dilakukan dengan menggunakan pendekatan kualitatif karena fenomena psikologis dari karakter utama dianalisis dengan cara deskriptif. Teori mimpi dan kepribadian oleh Jung diterapkan dalam menganalisis data yang ditemukan di dalam novel.

Charles, tokoh utama dalam novel ini, memiliki beberapa gejala-gejala sebagai seseorang yang mengalami depresi setelah menghadapi beberapa masalah dalam hidupnya yang terjadi dalam keluarganya. Penyebab depresinya dan keinginannya mengenai masalahnya berada di alam bawah sadarnya. Mereka mempengaruhi pikiran dan kemudian muncul dalam mimpinya. Ia bermimpi tentang hal-hal yang membuatnya khawatir dan keinginan yang belum terpenuhi. Mimpi ini memberikan pengaruh yang besar terhadap kepribadian Charles di masa depan karena dimimpinya ia mendapat beberapa pelajaran hidup melalui percakapan dengan ibunya yang sudah meninggal dan harapan yang akhirnya dapat terpenuhi. Kesimpulannya, terdapat hubungan antara depresi yang dialami Charles dengan mimpinya, dan mimpinya mempengaruhi perubahan kepribadian Charles di masa depan.

Diharapkan, para peneliti berikutnya dapat menganalisis lebih lanjut mengenai bagaimana kepribadian Charles berkembang sejak dia masih kanak-kanak sampai dewasa dan sebagai anak korban perceraian. Persoalan mengenai perceraian yang digambarkan di novel tersebut juga dapat di gali lebih jauh.

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CHAPTER I INTRODUCTION

This chapter contains three topics. They are background of the study, problems of the study, and objectives of the study.

1.1 Background of the Study

Human and its personality are two things that cannot be separated. Every human has different personality. Cohen (1976, p.17) states “personality refers to psychological qualities and their organizational structure, which combine to help distinguish one human being from another.” Personality grows and evolves over time since the individual is born. Personality development of each individual starts from the family. In other words, family has an important role in shaping individual’s personality. According to Pervin (1989, p.12):

Parents influence children’s behavior in at least three important ways: 1. Through their own behavior they present situations that elicit certain behavior in children... 2. They serve as role models for identification. 3. They selectively reward behaviors.

Pervin’s statement indicates that family has a dominant role in developing individual’s personality. This happens because, in family, individual firstly interacts and learns things. Individual learns how to behave, think, receive moral learning, roles and responsibilities. The process of adjusting and imitating each family member is firstly taught occurred in families. In other words, individual’s personality depends on family’s treatment and thought.

Circumstances and situations that occur within the family affect on individual's psychology. Inharmonious circumstances, like losing a family member, that occur in the family will create negative effects for the individual's psychological condition. This psychological condition will lead to a serious impact in the future if the situation gets worse, happens continuously, and remains unsolved. As the result, the individual may experience depression, as Heller (2005, p.71) states "all of us experienced loss. But while most of us get depressed, grieve, then get over it and on with our lives, some people fall into a major depression and stuck in that black hole."

Depression is a prolonged emotional condition that affects the person's thought and behavior. It is a psychological condition that causes negative impacts on individual's thought, behavior, and feeling. According to Seligman (1975, p.77) "depressed person often becomes aware of strong feelings of self dislike; he feels worthless and guilty about his shortcomings; he believes that nothing he can do will alleviate his condition, and the future looks black." Individual who is depressed usually does unreasonable things, such as making decisions without careful thinking, losing interest in the things that are usually considered fun, and uncaring about certain situation.

Individual, who suffers depression, dreams intensely because his/her brain has to deal with an overload arousals caused by excessive worries. According to Griffin and Tyrrell (2004, p.37), "If we carry on thinking about it or being affected by it, the arousal is not discharged in walking life and so has to be discharged in a dream." It means that a depressed person has something in his

mind that disturbs his condition at the present, and when it keeps bothering and cannot be fulfilled in the real life, it then appears in the form of dreams. In addition, according to Hilman (1999, cited in Hurd 2009, para.14) “the dream takes us downward, and the mood that corresponds with this movement is the slowing, saddening, introspective feeling of depression.” This means that individual’s depressed feeling takes him more to dream.

This phenomenon can be seen in literary works, one of them is in a novel entitled *For One More Day*. *For One More Day* is a 2006 philosophical novel by Mitch Albom. The novel is about the story of a troubled man, named Charles Benetto, who has the opportunity to spend a day with his dead mother through a dream. It explores a story that contains a lesson that through the help of a dream, a life of someone else can be changed in a good way.

For One More Day tells about Charles Benetto, a former baseball player, who undergoes many problems in his life. It first began when he heard news that his mother was dead when he was in another city playing baseball that his mother never agreed about. He felt guilty that he could not be in his mother’s side when his mother needed him. He felt that he lost someone that cared much about him and no longer there to talk to. He then began to have problems in his career and finance. The biggest following problem was when he found out that her daughter, Maria, was already married without inviting him to the party. These things then led him to suicide himself. Instead of succeeding, he had an accident when he was on the way to go to his old home. There he met his mother, the one who already passed away. He then asked by her to accompany her to go to three places that she

had an appointment with three women. He accompanied her mother whom had to prettify those three women. There, Charles Benetto told her everything he needed to say long time ago. He even told her how his life now was ruined and asked for an advice.

Mitch Albom's *For One More Day* contains a strong psychological issue that is found in the main character. Charles Benetto, as the main character in this novel, is chosen to be analyzed since he is the one who encounters a psychological conflict that is depression that leads him to spend a day with his mother. It shows how Charles Benetto undergoes a depressing situation and how he has to deal with it, and also how his personality changes after dreaming. This condition is clearly portrayed from Charles Benetto's point of view.

Dream analysis as one of the branches of psychoanalytic criticism is applied to analyze how the main characters can dream about his mother. In this study, Carl Gustav Jung theory is applied because the ideas of Jung theory mostly describe the dominant ways of dream analysis. According to Jung (1916, p.9) "dream is a series of images, which are apparently contradictory and nonsensical, but arise in reality from psychologic material which yields a clear meaning."

Jung's statement means there are images that appear in dream which have a message to the dreamer himself.

Based on the explanation above, the title of this study is "Charles Benetto's Dream in Depressive Condition and Its Effect Depicted in Mitch Albom's *For One More Day*". Hopefully, the writer's study on this novel using dream theory can be useful for further analysis.

1.2 Problems of the Study

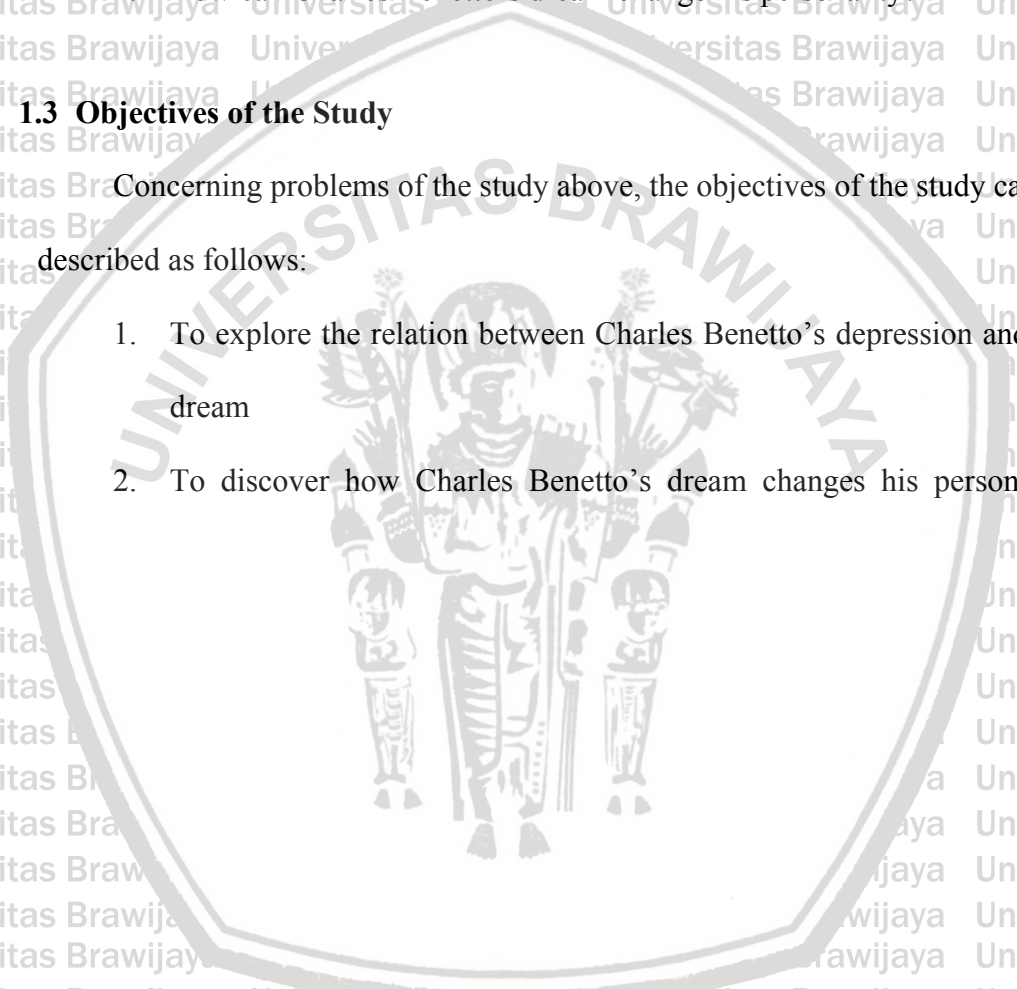
Based on the background of the study, the problems of the study are:

1. What is the relation between Charles Benetto's depression and his dream?
2. How can Charles Benetto's dream change his personality?

1.3 Objectives of the Study

Concerning problems of the study above, the objectives of the study can be described as follows:

1. To explore the relation between Charles Benetto's depression and his dream
2. To discover how Charles Benetto's dream changes his personality



CHAPTER II

REVIEW OF RELATED LITERATURE AND RESEARCH METHOD

2.1 Theoretical Framerok

In this chapter, related theories are reviewed. Since the study is about the psychological issue of Charles Benetto which is depicted in a literary work entitled *For One More Day*, some notions of a psychoanalytic literary criticism are elaborated. In addition since Charles' psychological phenomenon is explored, theories about depression, dream, and personality are applied.

2.1.1 Psychoanalytic Literary Criticism

Psychoanalytic literary criticism is a way of analyzing and interpreting literary works that relies on psychoanalysis. It is an approach to criticize a literary work that applies the principles, theories and practices of psychoanalysis, both in the analysis of the work and of the author. Peter Brooks (1987, para.2) states "traditional psychoanalytic criticism tends to fall into three general categories, depending of the object analysis: the author, the reader, and the fictive persons of the text." It means that the object analysis of a psychoanalytic criticism in a literary work can be vary.

Psychoanalytic explores the psychological phenomenon that appears in literary work. In other words, it can be said that psychoanalytic explores about human's psychological issue in a litterary work. Schwartz (1999, cited in Ventura 2002, para.2) states "literature and psychoanalysis share a concern with the human

subject, in that they both deal with the complexities and contradictions of human actions, and emotional life.” Moreover, according to Thomas Ventura (2002, para.2), “literature however is often a medium for describing or symbolizing human interactions, whereas psychoanalysis tries to understand it.” Those statements mean that human behavior appears in literary work and it can be fully understood by using psychoanalytic.

Psychoanalytic can be a tool to analyze the representation of human that is portrayed in the literary work, and novel is one of literary works that contain character as the representation of human. By using psychoanalytic literary criticism, character in the novel can be fully understood and analyzed. According to McManus (1998, para.3) “the theory is used to analyze one or more of the characters; the psychological theory becomes a tool that to explain the characters’ behavior and motivations.” In other words, psychoanalysis can be a tool to analyze the character’s personality, his psychological condition, and also his feeling towards life.

In this study, psychoanalytic literary criticism is used to analyze the fictitious person of the novel that is the main character. It is used to analyze the behavior of the main character, Charles Benetto, that is found in the Mitch Albom’s novel entitled *For One More Day*.

2.1.2 Depression

Depression is a prolonged emotional condition that affects the person’s thought and behavior. According to Seligman (1975, p.77), “depressed person often becomes aware of strong feelings of self dislike; he feels worthless and

guilty about his shortcomings; he believes that nothing he can do will alleviate his condition, and the future looks black.” Depression can make a person loses desire in doing anything and is not excited in anything that previously attracts him/her.

According to Griffin and Tyrrell (2004, p.5):

If you feel miserable and bad about yourself such of the time are increasingly preoccupied with negative ideas about your life and the world don't feel motivated to do the things you used to enjoy or were good at, find everything an effort and sleep poorly, you have a form of depression.

It indicates that a person can be recognized as depressed one if he feels bad all the time and has a thought that everything he does is no longer good for him.

Person can be assumed as depressed one if he undergoes several symptoms. The symptoms, based on (Griffin and Tyrrell (2004, p.5); Seligman (1975, p.77); and Grinker, et al (1961, cited in Seligman 1975, p.82)) are:

depressed mood, lost of pleasure or interest in usual activities, disturbance of appetite, sleep disturbance, feeling agitated or lethargic, loss of energy, feeling of worthlessness or guilt, difficulties in thinking, recurrent thought about death or suicide, loses weight ... food no longer tastes good, sex is not arousing ... gait and general behavior slow and retarded, volume of voice decreased, sits alone very quietly, feels unable to act, feels unable to make decisions, gives the appearance of an 'empty' person who has 'given up'.

In other words, it can be said that a person can be recognized as depressed one if he is unable to do several things. In conclusion, a depressed person can be recognized by many characteristics, and mostly is the feeling that he feels worthless.

Depressed person has a bad or lower reaction in facing things. Friedman (1964, cited in Seligman 1975, p.85) finds out “depressed patients performed

more poorly than normals in reaction to a light signal, and they took longer to recognize common objects; but even more striking was their subjective estimate of how poorly they thought they would do.” One of the lower actions of depressed one has is having a longer response in answering people question.

In addition, people who are depressed think pessimistic about life. It is because as Griffin and Tyrell (2004, p.29) state “depress people may not even think it is worth seeking help for themselves –because they are convinced that nothing could possibly work.” That is why those depressed one is no longer excited with his life anymore. Seligman (1975, p.77) states “he may begin to think about killing himself. As his attention becomes more serious the suicidal musings may change to desire; he will evolve a plan and begin to carry it out.” Seligman (1975, p.89) then adds “when a person is depressed, his view of the future is bleak; he sees himself as helpless and hopeless.” This can be said that due to the feeling of helpless and hopeless, those who are depressed think that doing a suicide is the only thing that seems right and the only way that can solve the problem that he/she carries on.

Depression happens for many reasons. One of the reasons that causes depression is experiencing a bad event. According to Heaton (2003, para.3) “depression...brought about by stress, experiencing a personal loss, or a traumatic experience.” One of the perceived bitter experiences that can make a person depressed is lost. Griffin and Tyrell (2004, p.17) state “depression arises because some kind of loss: loss of loved ones through death or the ending of the relationship; loss of job; loss of status;...and so on.” However, a lost experience

that depressed person undergoes cannot be accepted like the others can. It is because those who depressed can not live the condition that they can no longer feel the existence that is missing. Heller (2005, p.71) states, "all of us experienced loss. But while most of us get depressed, grieve, then get over it and on with our lives, some people fall into a major depression and stuck in that black hole." These notions mean that loss has a great impact in causing someone to get depressed. This depressed condition happens if someone cannot accept of losing someone and adapt well.

In addition, there are other reasons why people get depressed. According to Griffin and Tyrell (2004, p.5) "for some people depression is driven by guilt; for some it is driven by anxiety; for other, it is driven by anger; and some experience a combination of all three." Person who is depressed has a great feeling of guilty and worries too much. Griffin and Tyrrell (2004, p.37) state "people who are depressed worry and ruminate constantly; they dwell on anxious, angry or guilty thoughts that make them miserable and keep them emotionally aroused." It means that depressed one has an emotional arousing that cannot be fulfilled. According to Griffin and Tyrrell (2004, p.37), "if we carry on thinking about it or being affected by it, the arousal is not discharged in walking life and so has to be discharged in a dream." So when depressed one cannot fulfil their expectation, they actually still think about it and it appears on dream. Griffin and Tyrrell (2004, p.35-36) state that people do not only dream about all emotional experiences that they have but also dream about events and thought that they have

not expressed in some way since they do not usually conscious that such expectations still exist or remain in their brains.

Individual's depression feeling takes person more to have a dream.

According to Hillman (1999, cited in Hurd 2009, para.14) "the dream takes us downward, and the mood that corresponds with this movement is the slowing, saddening, introspective feeling of depression." In other words, person who suffers depression, dreams intensely and for longer periods since his/her brain has to cope up with an overload arousals caused by excessive worries, as Griffin and Tyrell (2004, p.39) state "... their dreams are more intense and much longer."

This phenomenon is portrayed on Charles Benetto since he undergoes a depression. His great lost and guilty that lead him to dream about the thing that worries him much is clearly visible. Therefore, the theory about depression is used to analyze Charles' depression.

2.1.3 Dream

There are certain events that have happened in our life, and remain in unconscious part. According to Jung (1964, p.23) "there are certain events of which we have not consciously taken note; they have remained, so to speak, below the threshold of consciousness." It is because unconscious consists of several thoughts and images that later may appear in the form of dream, as Jung (1964, p.23) states "the unconscious aspect of any event is revealed to us in dreams." In addition, Jung (1964, p.32) states that:

The two fundamental points in dealing with dreams are these: First, the dream should be treated as a fact, about which one must make no previous assumption except that it somehow makes sense, and

second, the dream is a specific expression of the unconscious.

This means that there is rational cause of dreams. Dreams happen because there is something that our unconscious wants to say about. In other words, it can be said that dream and unconscious is related to each other. Moreover, Jung (1916, p.xix) adds that

That certain ideas and objects which recurred again and again in the dreams and phantasies of different people were definitely associated with certain unconscious or unrecognized wishes and desires, and were repeatedly used by the mind to express these meanings where a direct form was repressed and un-allowed. Thus certain dream expressions and figures were in a general way considered to be rather definite symbols of these repressed ideas and feelings found in the unconscious.

What happens in dream has something to do with unfulfilled desire. There are certain ideas from the unconscious that try to reveal themselves through dreams. According to Jung (1964, in the introduction of his book entitled *Man and His Symbols*) “every dream is a direct, personal, and meaningful communication to the dreamer.” Jung (1916, p.9) adds “dream is a series of images, which are apparently contradictory and nonsensical, but arise in reality from psychologic material which yields a clear meaning.” In addition, Jung (1916, p.xix) states that,

In fact, it is usually concerned with the problem of life most pressing at the time, which expresses itself not directly, but in symbolic form so as to be unrecognized. In this way the individual gains an expression and fulfillment of his unrealized wish or desire.

These notions indicate that what individual dreams has a relation with what he faces in life, and since it goes unwell, the person undergoes dream to express what

he actually wants.

Not only containing several images and ideas, dream also delivers message that is delivered by symbols. Jung (1964, p.12) states “dream is not a kind of standardized cryptogram that can be decoded by a glossary of symbol meanings. It is an integral, important, and personal expression of the individual unconscious.” Jung’s statement means that one can not directly explain the interpretation of his dream just by using standardized symbol, it has to be related to his personal experience that is taken to his unconscious, as Jung (1964, p.66) states that “the interpretation of dreams and symbols largely depends upon the individual circumstances of the dreamer and the condition of his mind.”

The content of dream is not always related with personal life that has ever happened. Jung (1964, p.67) states “when it is a matter of obsessive dreaming or of highly emotional dreams, the personal associations produced by the dreamer do not usually suffice for a satisfactory interpretation.” Jung (1964, p.107) adds “some of the symbols in such dreams derive from what has called ‘the collective unconscious’ that is, the part of the psyche that retains and transmits the common psychological inheritance of mankind.” These statements can be concluded that there are certain things in dreams that are not only based on the personal experience of the dreamer, but also derived from what Jung called as collective unconscious that is not concerned with personal experiences.

In addition, dream may portray the external world of the dreamer and also the inner world’s. According to Bulkley (para.3) “dreams sometimes portray the dreamer’s relation with the external world, that is, with the people, events, and

activities of the dreamer's daily life." Jung (1964, p.220) states "it also happens at times that dreams genuinely tell us something about other people." This is what Jung called as the objective level of a dream's meaning. Bulkley (para.3) then adds "at other times, dreams portray the dreamer's inner world; the dream figures are personifications of thoughts and feelings within the dreamer's own psyche."

According to Jung (1964, p.220)

If a dream does pick up the image of another person for us in some such fashion, there are two possible interpretations. First, the figure may be a projection, which means that the dream-image of this person is a symbol for an inner aspect of the dreamer himself... (This is called dream interpretation on the subjective level).

In conclusion, dream may contain about the external word of the dreamer that is about other people and events, and it may also contain about internal word which is about the dreamer itself.

Furthermore, dream has its function. According to Jung (1964, p.50) "dream is to try to restore our psychological balance by producing dream material that re-establishes, in a subtle way, the total psychic equilibrium." Jung (1964, p.51) adds "dreams may sometimes announce certain situations long before they actually happen." In other words, dream is for compensate the imbalance condition in dreamer's psyche and warn the dreamer that something will happen.

2.1.4 Personality

Personality, as Schultz (1976, p.8) states, "refers to those external and visible aspects of a person that other people can see." However, it also refers to internal characteristics as well. According to Larsen and Buss (2014, p.4)

"Personality is the set of psychological traits and mechanisms within the

individual that are organized and relatively enduring and that influence his or her interactions with, and adaptations to, the intrapsychic, physical, and social environments.” In other words, it can be said that personality is combination of motives, behavior, and values that is changing and dynamic. Moreover, personality according to Larsen and Buss (2014, p.19) “is also certainly linked with health-related behaviors, such as smoking, drinking, and risk taking.” In addition, personality influences people’s lives. Personality influences one’s internal aspects and also the external aspects. According to Larsen and Buss (2014)

Personality influences how we act, how we view ourselves, how we think about the world, how we interact with others, how we feel, how we select our environments, what goals and desires we pursue in life, and how we react to our circumstances.

To understand personality, a major system of personality must be understood. According to Jung (cited in Schultz 1976, p.123) the major systems of personality are the ego, the personal unconscious, and the collective unconscious. The ego, as Schultz (1976, p.123) states, “is the conscious mind, the part of the psyche concerned with perceiving, thinking, feeling, and remembering.” In other words, the ego deals with perception and evaluation. Schultz (1976, p.124) adds “the ego performs a selective function, admitting into conscious awareness only a portion of the stimuli which we are constantly exposed.” Jung (cited in Schultz 1976 p.124) insists that “ego, the conscious level of personality, is secondary in importance in terms of its effect on thought and behavior, to the two unconscious levels.” It means that the unconscious plays the important role in the effect of thought and behavior changing. The first unconscious level is personal

unconscious. The personal unconscious holds personal information that cannot be accepted by conscious. According to Jung (cited in James and Gilliland 2014, p.6) “there are three categories of the personal unconscious: first are those things we forget, second, thoughts that are repressed and brought back to memory; third, elements that have never reached consciousness (the unknown archetypes that nevertheless influence and guide us).” In addition, according to Schultz (1976, p.124)

As an individual files more and more experiences in the personal unconscious, he or she begins to categorize or group them into clusters that Jung called complexes. A complex is a core or pattern of emotions, memories, perceptions, and wishes clustering around a common theme... He or she preoccupied with that theme, and it influences his or her behavior.

Schultz’s statement indicates that complex containing many experiences about the same theme may have affection in influencing behavior. The next unconscious level is collective unconscious that according to Schultz (1976, p.125) contains “the entire catalog of experiences that have marked human evolution, and it is repeated in the brain of every human being in every generation.” In other words, collective unconscious contains memories that are inherited from ancestors.

Furthermore, Jung (cited in Schultz 1976, p.129) believes that “an individual’s present personality is determined both by what the person hopes to be and by what he or she has been.” In this case, teleological and causal explain about this thing. According to Schultz (1976, p.129) “teleological looks to the future, and causal looks to the past.” In other words, individual personality at the time is based on the experience of the past and expectation to the future.

Moreover, a personality development is also marked by progression and

regression. Progression is a development that goes forward while regression goes backward. According to Schultz (1976, p.129)

Regression does not necessarily mean a cessation of progression. Indeed it may aid progression because, by delving into the past experiences of the personal and collective unconscious and by introspecting and reconciling these experiences, the person may be able to resolve the problem that led to regression in the first place. Regression, then, can involve quiet retreat into oneself in order to foster creative thought and revitalization. Dreaming is a regression into the unconscious.

This can be said that in leading to a progression, individual steps on regression first, which can be achieved by a dreaming. In this case, individual tries to understand the experiences and resolve it that leads to progression.

2.2 Previous Studies

There are two previous studies used as references. The first previous study is conducted by Esi Susi Pratiwi (2011) entitled *Analisis Mimpi dan Fantasi dalam Novel Pohon-Pohon Rindu Karya Dul Abdul Rahman dan Alternatif Bahan Ajar di SMA*. In her study, she tries to describe the dream and phantasy that are experienced by the main character of Abdul Rahman's novel entitled *Pohon-Pohon Rindu*, and also describe how the dream and phantasy can be teaching materials in high school. She uses the main character of *Pohon-Pohon Rindu*, Beddu Kamase, as the main object of the study. Her study tells about the description of the dream and phantasy of Beddu Kamase that his dream and phantasy is always about a girl that he likes names Nia. She then divides Beddu's dreams into two types of dream that are "big dream" and "typical dream".

The second previous study is conducted by Colleen Hogan (2001) entitled

Description and Interpretation of Salient Dream Images in Light of Jungian

Theory. His study is to describe and interpret the personal meanings of the salient dream images in light of Jungian theory as experienced by two women, “PD” and “PS”. In his study, he tries to explore the meaning of the two women’s dreams by using Jungian psychoanalysis. He tries to interpret the dreams by interviewing the women four times verbally and in written form.

Although these studies also use Carl Gustav Jung’s dream theory, they have differences with the writer’s study. The first difference is the object of the study. In this case, the writer chooses the main character of Mitch Albom’s *For One More Day* as the object of the study. The second difference is the writer’s study is not only describing about the main character’s dream, but also explores the relation between the cause of the main character’s depression with the dream and how his personality changes because of his dreams.

2.3 Research Method

In conducting this study, there are four steps taken. They are:

2.3.1 Deciding the Object of the Study

The novel entitled *For One More Day* is chosen as the material object of the study because this novel highlights psychological phenomena of the main character. Besides, this novel is different from other novels that also highlight the psychological phenomena because first, there are four letters, one poetry, and one note from Charles’ mother; and seven stories about “Times My Mother Stood Up for Me” and “Times I Did Not Stand Up for My Mother” that are inserted in the

novel. These inserted things make this novel more attractive so that this novel is chosen to be the object of the study.

How the main character undergoes a depression that leads him to dream about his dead mother, and how its dream has an impact in a personality changes of the main character serves as the formal object of the study. In addition, this is used as an object of the study because there has not been a thesis in English Literature Program in Universitas Brawijaya that discusses about the dream theory.

2.3.2 Collecting the Data

In this step, *For One More Day* novel is read several times to gain a better understanding about the main character's personality. While re-reading the novel, the important parts in the novel that are analyzed are marked.

2.3.3 Deciding the Theories

There four theories that are used in this study to do the analysis. Those are:

1. Applying "Psychoanalytic Literary Criticism" as an approach of the study since this study deals with a psychology of Charles Benetto as the main character that is found in a literary work entitled *For One More Day*, and it is for analyzing Charles Benetto behavior
2. Using the "Depression" theory since there is a depression that is found in Charles Benetto. This theory is used to analyze the depression of Charles Benetto which are the symptoms, the reason, and the impact

3. Using the “Dream” theory to reveal about Charles Benetto’s dream content and the impact of undergoes that situation
4. Using the “Personality” theory to analyze how Charles Benetto’s personality changes after dreaming

2.3.4 Analyzing the Data

After collecting the data, the process of analysis is executed by using and applying the theories above. The psychological phenomenon of Charles Benetto is described using descriptive analysis. First, how Charles Benetto undergoes depression that leads him to dream is analyzed using depression and dream theories. In doing it, the relation between the causes of his depression and the content of the dream is found and analyzed. Second, how the dream can change Charles Benetto’s personality at the future is analyzed using personality theory. The last, the conclusion is drawn based on the result of the analysis.

CHAPTER III

FINDINGS AND DISCUSSION

Family, as the first and the most important element in the lives of individuals, has an important role to the psychological condition of family members. A wide variety of situations and conditions that occur in the family can affect the psychological condition of his family, whether it is a pleasant events or bad tragedies. Those events will certainly affect on the individual's circumstances at that time or in the future. Incidence that is fun, of course, will be remembered in the mind of the individual and served as valuable and enjoyable memories. However, if unpleasant incident suddenly occurs, it can disturb the psychological condition of the person.

Lost is one example of bad things that can happen to a person. Losing can be various. It can be being left because of death, loss of a spouse due to divorce, loss of trust or affection, as well as loss of job or status, and others. If the loss is very influential, occurs unexpectedly, and happens continuously, it will surely affect the individual's psychology. As a result, the psychological condition will be bothered. If it is getting unwell, one of the adverse effects that can happen is depression. This condition is reflected in the novel *For One More Day*, which is portrayed by the main character, Charles Benetto, who gets depressed due to bad things (loss) that occur within his family.

3.1 Charles' Depression

Depression is a prolonged emotional condition that affect someone's psychological condition. The psychological condition is bothered by some bad things that happen in the life of the person. All people have experienced bad events, but not everyone can face the problem wisely. Some people get sad, but then get over it. Some cannot face the problems and accept the condition, and get depressed. In this novel, Charles is one of the characters who belongs to people who get depressed.

In the novel, Charles even has admitted that he undergoes depression. "Apparently, through my drinking, depression, and generally bad behavior, I had become too great an embarrassment to risk at a family function" (Albom, 2006, p.6). From that quotation, it can be said that Charles admits that he encounters depression and has done bad behavior after he gets the biggest problems in his life which are losing his family members continuously, especially after he has been shut out of his daughter wedding. It can be seen from the words "family function".

Depression can affect patterns of thought, behavior, and the person's reaction to something or someone that he is facing at the moment. For example, Charles thinks about his efforts to end the depression as being possessed by taking his own life. It is clearly seen in this sentence "And one night, in early October, I decided to kill myself. Maybe you're surprised" (Albom, 2006, p.6). It indicates that Charles' depression can influence his thought to commit a suicide. It is not only a thought that comes alone, as Seligman states that depressed people will have a thought about doing a suicide, making a plan and executing it (1975, p.77).

It means that if the depressed one has a thought to kill himself, he will seriously arrange the plan and time to do it. It is illustrated in the following story of Charles.

I moved around my apartment, walking in circles as if preparing for the journey. You don't need much for a good-bye trip. I went to the bedroom and took a gun out of the drawer. I stumbled down to the garage, found my car, put the gun in the glove compartment, threw a jacket in the backseat, maybe the front seat, or maybe the jacket was already there, I don't know, and I screeched into the street. The city was quiet, the lights were blinking yellow, and I was going to end my life where I began it. Blundering back to God. Simple as that. (Albom, 2006, p.11)

This description clearly shows how Charles seriously plans to do a suicide. He even has already planned that he will do it in his hometown, Pepperville Beach, which can be seen through "I was going to end my life where I began it". The quotation also delineates that Charles' depression bothers his thought and his actions because he feels hopeless. It is furthermore proven by: "Normally, at this point, you'd say, "I was just happy to be alive," but I can not say that, because I was not" (Albom, 2006, p.15). Charles' words show that he should be grateful when he is given life, but it turns out just the opposite, as Seligman states that a depressed one feels that he is hopeless because of the depression that is undergone (1975, p.89). Seligman's statement supports that as a depressed one Charles wants to do a suicide because he feels hopeless.

3.1.1 The Symptoms of Charles' Depression

There are several symptoms to indicate whether the person undergoes depression or not. Charles has several symptoms of depressed person. The symptoms can be shown by his behaviour in reacting his problems, and the way

he thinks and feels. Those things can be seen through the description and the dialogue in the novel.

The first symptom of Charles' depression can be identified from his behaviour in reacting his problems. While he encounters depression, firstly, he has a problem with his sleeping and eating pattern. "I slept badly. I ate badly" (Albom, 2006, p.5). There are so many things he worries and thinks about. So that is why he is not able to sleep well, and it makes his appetite decreased. Secondly, he does abnormal things. It is proven by this quotation.

Later I went back to my apartment and drank some more. I knocked over furniture. I wrote on the walls. I think I actually stuffed the wedding photos down the garbage disposal... I moved around my apartment, walking in circles as if preparing for the journey. (Albom, 2006, p.11)

Charles does things that are considered unusual such as knocking over the furniture, writing on walls, and walking in circles. Thirdly, he is a loner since he is left by his family. "I moved to an apartment. I grew ornery and distant. I avoided anyone who would not drink with me" (Albom, 2006, p.5). This statement shows that Charles then becomes a grouch who tries to pull him out of the society, especially those who are not willing to accompany him doing thing he likes, which is drinking. It is because he is afraid that he will be abandoned again if he gets closer again with others.

Another depressive symptom is associated with Charles thought and his mindset about himself. In other words, it is related with what he thinks, what he thinks that others think about him, and what in his thought is. Firstly, Charles thinks that he is not too important for the company that he works in, as in the

following statement.

No one cared. This was a big company with lots of salespeople and it could survive just fine without me, as we now know, since that walk from the elevator to the parking lot was my last act as an employee. (Albom, 2006, p.9)

The phrase “No one cared” means there are no employee or supervisor in the company who care about his existence to the company and for what he does there since he thinks there are many other salespeople that work there besides him.

Secondly, as someone who is experiencing depression, Charles does not like himself.

The truth is, I did not like who I was at all. In my mind, I pictured myself still a promising, young athlete. But I was no longer young and I was no longer an athlete. I was a middle-aged salesman. My promise had long since passed. (Albom, 2006, p.4)

The condition that shows Charles is not proud of and does not like himself happens since his mother’s funeral. This occurs because he sees himself as a burden to his family since he creates continuous problems. He also assumes himself as nobody due to turning to be just a salesman from a promising athlete.

In other words, he cannot make his father proud of him even after his father has found ways and strived Charles to be a great baseball player. He also thinks that he makes his mother disappointed by dropping out from the college because he wants to focus on the baseball league. Thirdly, a decision to take his own life comes to his mind. “And one night, in early October, I decided to kill myself”

(Albom, 2006, p.6). It happens because Charles thinks that suicide is the only way to get out of his problems of life, so that he has thought and plan to leave the world, as in this following quotation:

You get shut out of your only child's life, you feel like a steel door has been locked; you're banging, but they just can't hear you. And being unheard is the ground floor of giving up, and giving up is the ground floor of doing yourself in. So I tried to. It's not so much, what's the point? It's more like what's the difference? (Albom, 2006, p.7)

This excerpt has two meanings. The first, it shows that Charles has given up to his life. It is emphasized by the phrase "giving up". Second, the words "So I tried to" refer to Charles' effort to end his life by doing suicide since there are no use if he is still alive. This happens because he has to take all the burdens in his life especially after being shut out of Maria's life. In other words, this depressive symptom can be seen through what Charles thinks at that moment to cope up his problems in his life.

The last depressive symptom of Charles is related to his feeling. Charles feels very guilty for all events or problems that occur on him. He feels guilty for lying and not be on her mother's side when her mother died. It is also because he knows that he is the cause of the financial problem that occurs in the family that leads to the collapse of his relationship with his wife and his daughter. It can be shown by this quotation. "The truth is, there is no line. There's only your life, how you mess it up, and who is there to save you" (Albom, 2006, p.3). The words "you mess it up" refer to how Charles messes things up in his life and makes his relationship with his family goes away. He even cannot act wise to solve the problems that are caused by him. It leads Charles to feel worthless. "I lowered my head. I would not be missed" (Albom, 2006, p.17). He feels that way especially after he is not invited to his daughter's wedding which makes him to plan to kill

himself. This means if he dies, then none will care and miss him including his own family.

In conclusion, the symptoms that are shown by Charles while suffering from depression are related to his behaviour in reacting his problems (having disturbance in sleeping and eating, doing abnormal things, and being a loner and grouch), his mindset and thought (thinking that he is unimportant, does not proud of and like himself, and also having a thought about suicide), and his feeling (feeling guilty and worthless). These symptoms of Charles have been categorized by symptoms of depression. It is supported by the statements of (Griffin and Tyrrell (2004, p.5); Seligman (1975, p.77); and Grinker, et al (1961, cited in Seligman 1975, p.82)) which say that:

depressed mood, lost of pleasure or interest in usual activities, disturbance of appetite, sleep disturbance, feeling agitated or lethargic, loss of energy, feeling of worthlessness or guilt, difficulties in thinking, recurrent thought about death or suicide, loses weight ... food no longer tastes good, sex is not arousing ... gait and general behavior slow and retarded, volume of voice decreased, sits alone very quietly, feels unable to act, feels unable to make decisions, gives the appearance of an 'empty' person who has 'given up'.

In addition, according to Seligman depressed person often does not like himself, he feels worthless and guilty, and he thinks that nothing will be better (1975, p.77). Based on the explanation above, Charles is identified as a depressed one because he shows several symptoms of depression based on the theorists. Charles shows these depressive symptoms due to several problems that have to be faced.

3.1.2 Family Problems

Depression, as already explained earlier, occurs because of some things that happen in one's life, especially the things that happen within the family.

According to Heaton the causes of depression are stress and experiencing a personal loss and traumatic event (2003, para.3). It supports Charles' cause of depression that is experiencing loss in his family and it brings a traumatic feeling to him because it happens sequentially. Charles' depression occurs due to unpleasant experiences that happen within his family members, especially in his nuclear family.

It begins when Charles lost his mother. Charles' mother, Posey, died because of a heart attack at the age of 79 years. His mother died one day after her birthday while at the same time Charles attends a baseball game reunion with his friends without being known by his mother. So Charles finds out that his mother died while he is not at home.

"Your mom. Oh, my God, Chick. Where were you? We didn't..."

"What? What?"

She started crying, gasping.

"Tell me," I said. "What?"

"It was a heart attack. Maria found her."

"Wha ... ?"

"Your mom ... She died." (Albom, 2006, p.172)

This conversation shows that Charles is informed about his mother's death from his wife via telephone conversation. Charles does not expect to hear that shocking news. He feels bad knowing that the one who has to find his mother died in the bathroom Maria who is just a kid at that time. That news also comes all of sudden which is the day after his mother's birthday, and there is no sign or feeling that he will be left by her that fast. Charles is devastated to hear the news of his

mother and he hopes he never has to hear the news.

I HOPE YOU never hear those words. Your mom. She died. They are different than other words. They are too big to fit in your ears. They belong to some strange, heavy, powerful language that pounds away at the side of your head, a wrecking ball coming at you again and again, until finally, the words crack a hole large enough to fit inside your brain. And in so doing, they split you apart. (Albom, 2006, p.172)

This description, which uses Charles' point of view, is addressed to the readers that can be seen from the words "you" several times. Charles tries to tell the readers that news about the mother's death is the most painful thing. It shows Charles' great sadness by the words "they (the words of 'your mom died') split you apart" because of hearing the news. He even feels bad because at the day that her mother died, he lies to his mother by telling he has to go to meet a client while actually has to go to a reunion baseball game that his father asks him to go.

I faked the return phone call. Faked my dismay. Faked a story about having to fly to a client who could only do the meeting on a Sunday, and wasn't it awful?

"They can't wait?" my mother asked.

"I know, it's ridiculous," I said.

"But we're having brunch tomorrow."

"Look, what do you want me to do?"

"You can't call them back?"

"No, Mom," I snapped. "I can't call them back."

(Albom, 2006, p.161)

Charles at that time decides to follow his father's request to play baseball rather than to stay with his mother on her birthday. He even has to cancel the brunch with his mother that has been arranged before. Charles has to face that he has lost her forever, and at the same time, he also has to accept the fact that he also lost his father.

As I sat there, watching the dawn rise around me, I realized I

hadn't called my father to tell him of my mother's death. I sensed, deep down, that I would never see him again. And I never did. I lost both parents on the same day, one to shame, one to shadow. (Albom, 2006, p.173)

The words "one to shame" refer to his father while the words "one to shadow" refer to his mother. So, Charles at the same time must accept the fact that he has to lose both parents on the same day. The hardest fact that hits him is that he has to accept the fact that his mother leaves Charles forever. His sadness then leads him to regret because he is not on the side of his mother when his mother needs him.

His sorrow due to his mother's death brings a great impact to Charles' life later.

LOOKING BACK, I began to unravel the day my mother died, around ten years ago. I wasn't there when it happened, and I should have been. So I lied. That was a bad idea. A funeral is no place for secrets. I stood by her gravesite trying to believe it wasn't my fault, and then my fourteen-year-old daughter took my hand and whispered, "I'm sorry you didn't get a chance to say good-bye, Dad," and that was it. I broke down. I fell to my knees, crying, the wet grass staining my pants. (Albom, 2006, p.3)

This description, especially in the first line, shows that Charles admits that his life starts ruined since the day his mother died. Charles feels guilty because he cannot be and see his mother for the very last time while he actually should have to, and since that time, he can no longer feel the existence of his mother. There is no longer a woman who loves him that much, cares the most about him, gives him advices about his early life, supports Charles' decision and everything a mother gives to her child, and those things make him feel lonely.

After the funeral, I got so drunk I passed out on our couch. And

something changed. One day can bend your life, and that day seemed to bend mine inexorably downward. My mother had been all over me as a kid—advice, criticism, the whole smothering mothering thing. There were times I wished she would leave me alone.

But then she did. She died. No more visits, no more phone calls. And without even realizing it, I began to drift, as if my roots had been pulled, as if I were floating down some side branch of a river. Mothers support certain illusions about their children, and one of my illusions was that I liked who I was, because she did. When she passed away, so did that idea. (Albom, 2006, p.4)

These statements show how Charles feels so lonely because of being left by his mother that there will not be any visit and calls by his mother. In other words, there will no longer a figure that supports and cares him a lot since his mother and Charles has been so close, especially after his father has left him since childhood.

This novel shows how the only person that wants to know every problem he has, how to cope up with it, and raise him alone is just his mother, eventhough sometimes several quarrels are unavoidable. For example, when his mother finds out that Charles starts to smoke, she tries to advise him, yet ends up squabbling.

Charles even thinks that he does not like himself anymore because the person who used to like him, his mother, is gone. The most important point that is noted by the statement above is that his mother's death is the first thing that makes his life ruined (It is shown by third sentence in the first paragraph).

Furthermore, it can be said that losing his parents, especially his mother brings a tremendous pain on Charles. Charles feels hollow and worthless since his mother is no longer there, and that kind of lost is the beginning Charles' life's destruction. This loss brings him to get depressed. According to Griffin and Tyrell depression is driven by four things that are guilty feeling, anxiety, anger, and the

combination of them (2004, p.5). Charles' depression is firstly driven by his guilty feeling regarding his mother's death because he is not there when his mother needs him.

The death of his mother also leads Charles to experience others complicated problems in his life which is about money.

A year after my mother died, I did the dumbest thing I've ever done financially. I let a saleswoman talk me into an investment scheme. She was young and good-looking in that confident, breezy, two-buttons-undone fashion that makes an older man feel bitter when she walks past him—unless, of course, she speaks to him. Then he gets stupid. We met three times to discuss the proposal: twice at her office, once in a Greek restaurant, nothing improper, but by the time her perfume cleared my head, I'd put most of my savings in a now worthless stock fund. She quickly got "transferred" to the West Coast. I had to explain to my wife, Catherine, where the money went. (Albom, 2006, p.4-5)

From the description above, after the death of his mother, Charles starts doing other stupidest thing that first is tricked by a beautiful woman who manages to attract the attention of Charles to invest money, which later, it turns out that there is no good result after the investment. Instead, the money disappears along with the woman's disappearance. This thing makes Charles gets confused to tell Catherine about the lost of the money.

This problem drives Charles further to other problems. Ever since he lost his money, he then has to lose his job. Since then, money becomes a huge problem that occurs in the family. Because of the financial problems, the marital relationship that has built by him and his wife, Catherine, is ruined because of an argument that occurs continuously.

After that, I drank more—ballplayers in my time always drank—but it became a problem which, in time, got me fired from two sales

jobs. Money became a problem, Catherine and I fought constantly about it. And, over time, our marriage collapsed. She grew tired of my misery and I can't say I blame her. When you're rotten about yourself, you become rotten to everyone else, even those you love. One night she found me passed out on the basement floor with my lip cut, cradling a baseball glove. I left my family shortly thereafter—or they left me. I am more ashamed of that than I can say. (Albom, 2006, p.5)

From the explanation above, it can be said that his family finally leaves Charles because of ongoing problems that occur. The problems that occur actually make his wife cannot stand to live with him because of Charles' reaction in facing and solving the problems unwisely.

The biggest problem that comes following Charles' life after the death of his mother and separation from his family is the news about his daughter, Maria, who gets married without asking for Charles' permission and approval. It is not only about Maria who does not ask for the blessing of Charles, but Maria also does not invite Charles to her wedding. Charles knows about Maria's big day only through a letter that is sent by Maria, as in the following quotation:

WHAT FINISHED ME, what pushed me over the edge, strange as it sounds, was my daughter's wedding. She was twenty-two now, with long, straight hair, chestnut-colored, like her mother's, and the same full lips. She married a "wonderful guy" in an afternoon ceremony. And that's all I know because that's all she wrote, in a brief letter which arrived at my apartment a few weeks after the event. (Albom, 2006, p.6)

The first sentence shows that Maria's wedding is the worst thing that is happened to him at that time. The news of Maria's marriage really hits his heart because he is not informed in advance about the important announcement. Charles then thinks that he may be inappropriate at the party because he will just disgrace his family.

Apparently, through my drinking, depression, and generally bad behavior, I had become too great an embarrassment to risk at a family function. Instead, I received that letter and two photographs, one of my daughter and her new husband, hands clasped, standing under a tree; the other of the happy couple toasting with champagne. It was the second photo that broke me. One of those candid snapshots that catches a moment never to be repeated, the two of them laughing in midsentence, tipping their glasses. It seemed to taunt my absence. And you weren't there. I didn't even know this guy. My ex-wife did. Our old friends did. And you weren't there. Once again, I had been absent from a critical family moment. This time, my little girl would not take my hand and comfort me; she belonged to someone else. I was not being asked. I was being notified. (Albom, 2006, p.6-7)

Charles, based on the explanation above, realizes that his bad behavior and his depression are the reason why he is not invited to the event. By only receiving the news of the wedding, he realizes that it is only him that is not in the photos laughing with his family. Charles is sad and devastated. He feels that now there is none who likes him more and wants to be with him, even his own daughter. This is the climax of his life problems that makes Charles falls into a deep depression.

Moreover, "become too great an embarrassment" can be said that Charles realizes that he will just make his family being ashamed in front of the family of the groom by his appearance and things he will do as a depressed one, for example showing his retarded behavior.

The explanation and description above show that family is the root cause of Charles' depression. Experiencing loss that occurs sequentially in the family, which starts from being left by his mother, losing jobs and money, separating with Catherine, and the climax is losing his only child, Maria, makes a disturbance in Charles' psychological condition. These situations cause Charles to get depressed,

as Griffin and Tyrrell state “depression arises because some kinds of loss: loss of loved ones through death or the ending of relationship, loss of job; loss of status...and so on” (2004, p.17). Their statements support that Charles’ depression happens because of loss that he experiences continuously.

3.2 The Relation between Charles’ Dream and His Depression

Charles, as has explained before, encounters depression because of several problems that happen within his family continuously. These things cause Charles has a guilty feeling because he feels that every problem that arises is all because of him. According to Griffin and Tyrrell depressed people have great worries, feel angry and think about the problems constantly, and those things make them miserable and keep them emotionally aroused (2004, p.37). This statement supports that Charles’ depression makes him feel guilty and angry all the time due to the problems that he faces. It also can be said that Charles actually wants something that cannot be fulfilled in the real life, and it still remains in his mind.

There are things that he wishes he could do. For example is when he hopes he can be with his mother at the very last time. “I wasn't there when it happened, and I should have been” (Albom, 2006, p.3). His regret arises after the death of his mother; Charles thinks that he makes a mistake because he actually has to be with his mother when his mother is going to leave him forever. Another guilty and anger feeling that is acted by Charles can be seen by this following conversation of Charles and Catherine after Maria’s marriage party.

"Why?" I said when she answered.

"Chick?"

"Why?" I repeated. I'd had three days to lather up my anger, and

that was all that came out. One word "Why?"

"Chick." Her tone softened.

"I wasn't even invited?"

"It was their idea. They thought it was ..."

"What? Safer? I was going to do something?"

"I don't know—"

"I'm a monster now? Is that it?"

...

"You couldn't stand up for me?"

"I'm sorry. It's complicated. There's his family, too. And they—"

(Albom, 2006, p.9-10)

This conversation is about Charles' anger because he is not invited to Maria's marriage party, while he actually has to be. He just can show the anger days after the marriage by calling his wife to ask for the reason. He even blames her for not supporting him at that moment. At that time Charles hopes Catherine will stand up for Charles so that Charles can be in his daughter's wedding. These all mean there are things that Charles expect to happen, and he still thinks about them.

The desires that are hoped by Charles can affect his mind. The expectation actually still remains in his brain and later may appear in the form of dream.

According to Griffin and Tyrrell if the depressed one thinks about the emotional expectation that has not occurred or acted in the real life, it has to be discharged

by dreaming about it (2004, p.37). This supports Charles' story that while he is in the depressive condition, he is having a dream about his mother and things that

cause his depression. It is because there are things related to his causes of

depression that Charles wishes can happen or be acted on. Jung states that dream

is an integral, essential, and personal expression of the unconscious that cannot be

just interpreted by using standardized symbols (1964, p.12). Charles' dream

which is about his problems come from his personal expression of his

unconscious. It means that Charles' unconscious consists of several thoughts about his problems and the desires regarding it that later show in his dream.

Charles dreams a moment after he has had an accident. The first thing happens in his dream is that he sees his hometown and his mother.

When I opened my eyes, I was surrounded by fallen pieces of the tree. Stones pressed into my stomach and chest. I lifted my chin, and this is what I saw: the baseball field of my youth, coming into the morning light, the two dugouts, the pitcher's mound.

And my mother, who had been dead for years. (Albom, 2006, p.17)

The setting of his dream is in his hometown, in the morning, in Pepperville Beach.

There is his mother who actually does no longer exist in the real life. However, at the very time, he also admits that there is no possible way that he sees his mother. "It's crazy, I know. You don't see dead people. You don't get visits"

(Albom, 2006, p.24). It shows that Charles also thinks that seeing his mother is an impossible thing. According to Jung, dream contains images that are contradictory and nonsense which comes from reality that has a meaning (1916, p.9). Jung's statement support the story of Charles that he has a dream about his mother, that is nonsense and contradictory since his mother has died, but the images about his mother and his home come from the reality.

The story of his dream begins in his home with his mother. The first thing he does after seeing his mother is going to his old home to try to solve his problem. "I headed toward my old house, determined to finish the job" (Albom, 2006, p.25). The word "job" here refers to thing that he has to do with his mother, like telling how sorry he is for lying to her. After arriving in his home, Charles is cured by his mother because of the wound that is on him.

But when she sat down across from me and dabbed the washcloth on my face and arms, and she grimaced at the cuts and mumbled, 'Look at you'—I don't know how to say it. It burst through my defenses. It had been a long time since anyone wanted to be that close to me, to show the tenderness it took to roll up a shirtsleeve. She cared. She gave a crap. When I lacked even the self-respect to keep myself alive, she dabbed my cuts and I fell back into being a son; I fell as easily as you fall into your pillow at night. And I didn't want it to end. (Albom, 2006, p.49)

This quotation shows how Charles misses his mother especially the way that he is cared since the problems of his life come continuously; he never feels the way he feels at that moment. In other words, he wants to feel to be cared again but it cannot happen in his real life since the day his mother has gone. It has been explained before that the first cause of Charles' depression is because he can no longer feel the existence of his mother, the woman that cares about him. Then, his cared mother appears in his dream by cleansing his wound.

Charles then is asked by his mother to accompany her to go to three places to meet three women. "'Can you, Charley?'" she said. "Spend a day with your mother?'" (Albom, 2006, p.55). His mother hopes Charles can be with her for a day. It can be linked with his personal unconscious that the last time he meets his mother is when his mother asks Charles to spend a day with her to have a brunch, but Charles refuses. "But we're having brunch tomorrow" (Albom, 2006, p.161).

This statement is said by Posey in the real life the last time he sees her. Because of it, Charles feels erring, which is one of the reasons why he gets depressed. How his mother asks and hopes that Charles will agree to accompany her is appeared in the dream. In his dream, he does not make the same mistake again, by accepting his mother's request.

On the way to go to the first place, his mother asks Charles' condition after being left by her.

"What happened, Charley? Are you in pain?"

The question was so simple, it was impossible to answer. Pain? Where should I begin? The accident? The leap? The three-day bender? The wedding? My marriage? The depression? The last eight years? When was I not in pain?

"I haven't been so good, Mom," I said. (Albom, 2006, p.71)

This conversation shows how Charles' condition after his mother's death. Several problems that cause Charles to get depressed are recalled again, as Jung states that there is unconscious aspect of events that is exposed through dreams (1964, p.23).

In other words, those things still remain in his unconscious and are shown in dream.

The first place that they visit is in Lehigh Street to meet a woman named Rose to styling Rose's hair. The moment just after arriving, Rose tells them that there is news about an accident in the road. Charles thinks that the accident is his accident with the bus driver moments ago.

"Terrible, did you hear?" Rose said. "An accident by the highway. They were talking about it on the news."

I froze.

"A car hit a truck and crashed through a big sign. Knocked it right down. Terrible."

(Albom, 2006, p.80)

This conversation is between Rose and Posey that talks about the news from the radio. The case about his accident while he is on his way to the hometown is revealed in his dream because that thing comes from his unconscious. One of three categories according to Jung (cited in James and Gilliland 2014, p.6) consists of things that we forget. In this case, Charles has forgotten about the accident with

the truck drive before he dreams, as in this quotation: "I forgot about the car, the truck, the gun; I left it all behind" (Albom, 2006, p.15). Thus, the story about his accident in his dream comes from his personal unconscious.

The next thing happening in Rose's home is they discuss Charles' past, as in this following conversation:

"Children get embarrassed by their parents," my mother repeated.

It was true, as a teenager, I had pushed my mother away. I refused to sit next to her at movies. I squirmed from her kisses. I was uncomfortable with her womanly figure and I was angry that she was the only divorced woman around. I wanted her to behave like the other mothers, wearing housedresses, making scrapbooks, baking brownies.

...

She shot me a look. "Remember, Charley. Sometimes, kids want you to hurt the way they hurt."

To hurt the way they hurt? Was that what I had done? Had I wanted to see on my mother's face the rejection I felt from my father? Had my daughter done the same to me?

"I didn't mean anything by it, Mom," I whispered.

"By what?"

"Being embarrassed. By you, or your clothes or ... your situation."

(Albom, 2006, p.89)

By referring to this conversation, there are three things that can be explained.

First, there are memories that are brought again to the dream which are about

Charles' behaviors toward his mother when he was young. Second, it also brings

back the memory about his daughter, Maria, whom he thinks Maria does the same

thing, hurting, like Charles does to his mother. The last is Charles tries to say that

he is sorry for what he has done to his mother for being ashamed and hurt her. In

other words, there are things which are the causes of his depression (Maria's

behavior toward Charles and Charles' behavior toward his mother) that reveal in

his dream. There is thing that Charles has not acted to his mother while his mother

is still alive, which is saying sorry that still remains in his mind and is shown in the dream, as Griffin and Tyrrell state that people dream about events and thoughts that have not expressed in the reality (2004, p.35).

After the appointment with Rose is over, Charles and Posey then talk about Charles' problems.

"Charley? Honey?" she repeated. "How's Catherine?"

"She's OK," I lied, not having any idea how Catherine was.

"And this business about Maria being ashamed of you? What does Catherine say about that?"

"Mom," I said, "to be honest... Catherine and I split up."

She finished slicing. She seemed to be thinking about something.

"Did you hear what I said?"

"Mmm," she answered, quiedy, without looking up. "Yes, Charley. I did."

"It wasn't her. It was me. I haven't been real good for a while, you know? That's why..."

What was I going to say? That's why I tried to kill myself?

(Albom, 2006, p.107-108)

Charles, in his dream, then talks again about his problem with Catherine, and his daughter Maria. Charles tries to tell to his Mother about the condition of his family after Posey passed away. Charles also tries to tell his mother that he is the one to be blamed because of the problems between his family and him. In other words, there comes up again about the cause of his depression, which is the separation with Catherine in his dream. The way his mother asks about Charles' condition with Catherine and Maria comes from Charles unconscious. Before he dreams, how he wants his mother to ask his condition with his family crosses his mind, as in this following quotation:

My mother, had she been alive, might have found a way through to me because she was always good at that, taking my arm and saying, "Come on, Charley, what's the story?" But she wasn't around, and that's the thing when your parents die, you feel like

instead of going into every fight with backup, you are going into every fight alone. (Albom, 2006, p.5)

At that time, he wonders if only his mother were still alive, she might ask Charles about his problem with Catherine and other problems that he has. This thing remains in his unconscious and appears in his dream. Jung states that dream concerns with the biggest problem of person's life, and by dreaming, the person can express and fulfill his wishes and desires (1916, p.xix). Jung's statement supports that Charles finally can express his needs to be asked by his mother about his condition with Catherine in the dream.

The next thing he does in his dream is having a conversation again with his mother about himself and how he still wants to be with his mother even after Charles has died.

"If I'm dead ... If I die ... do I get to be with you?"

She grinned. "Oh, so now you want to be with me."

Maybe that sounds cold to you. But my mother was just being my mother, a little funny, a little teasing the way she'd be had we spent this day together before she'd died.

She was also justified. So many times, I had chosen not to be with her. Too busy. Too tired. Don't feel like dealing with it. Church?

No thanks. Dinner? Sorry. Come down to visit? Can't do it, maybe next week.

(Albom, 2006, p.149)

Charles feels guilty that he never has a time to be with his mother when she is still alive. For example is at the birthday party, Charles prefers play baseball to accompany and be with his mother to have a brunch with her. The conversation between Charles and Posey can also be concluded that Charles wants to be with his mother again. This because he feels that the only figure that understand him while others cannot, knows what he really wants and the best for him is just his

mother. Charles and Posey then talk again about their relationship.

"I wish we'd done this before, Mom, you know?"

"You mean before I died?"

My voice went timid. "Yeah."

"I was here."

"I know."

"You were busy."

I shuddered at that word. It seemed so hollow now. I saw a wave of resignation pass over her face. I believe, at that moment, we were both thinking how things might be different if we did them over. (Albom, 2006, p.174)

This conversation shows Charles' guilty feeling again that he wishes he could hang out together and spend along time with his mother again. It can be seen by the word "this" in the first line. According to Jung (1964, in the introduction of his book entitled *Man and His Symbols*) "every dream is a direct, personal, and meaningful communication to the dreamer." Jung's statement supports that by dreaming Charles finally can say and show to his mother how he feels sorry that he just spends few times with her when she is still alive and how he wishes it can be changed better.

After talking about the things they have used to do, they go to the last appointment in the dream which is to visit Charles' father another wife. "She's your father's wife. They met during the war. Your father was stationed in Italy. He told you that, right?" (Albom, 2006, p.179). Posey tells Charles that the woman is his father's another wife besides her. There, Charles and his mother talk about the story of this woman and his father. "AND THEN SHE told me the rest of the story" (Albom, 2006, p.181). the rest of the story here refers the story of how Charles' father can meet that woman, how he then suddenly marry with Posey, how he can then meet this woman again and has another life with this woman in

another place while he is still with Posey, and how Posey finds out everything and decides to break up. Having a dream that is about his father can also be related to his causes of his depression which is losing his father at the same time he loses his mother. In his dream, his father issue also finally appears.

Moments after visiting that woman, in the dream, Charles tries to say about his problem with his family to his mother.

"Mom I'm not who you think... I messed things up. I drank. I blew everything. I lost my family... "

"No, Charley--"

"Yes, yes, I did. " My voice was shaking. "I fell apart, Catherine's gone, Mom. I drove her away.... Maria, I'm not even in her life ... she's married... I wasn't even there... I'm an outsider now... I'm an outsider to everything I loved."

My chest was heaving. "And you... that last day I never should have left you... I could never tell you ... "

My head lowered in shame.

"... how sorry... how I'm so ... so ..."

That was all I got out. I fell to the floor, sobbing uncontrollably, emptying myself, wailing. The room shrunk to a heat behind my eyes. I don't know how long I was like that. When I found my voice, it was barely a rasp.

"I wanted it to stop, Mom... this anger, this guilt. That's why... I wanted to die.."

I lifted my eyes, and, for the first time, admitted the truth.

"I gave up, " I whispered.

"Don't give up, " she whispered back.

...

"I wasn't there when you died, Mom. "

"You had something to do.

"I lied. It was the worst lie I ever told It wasn't work. I went to play in a game... a stupid game I was so desperate to please--"

"Your father. "

She nodded gently.

And I realized she had known all along.

(Albom, 2006, p.187-188)

This conversation shows that Charles tries to pour the burden that has been there, the burden that has never out since there is none to talk to. Here, Charles tells his

mother the story why he now loses his family and how he messes everything. He also tries to say how he feels bad that he cannot be with his mother for the last time and has lied to her on her birthday. In this case, Charles finally meets a mother that he can talk to about his problem, give him support, be there when he needs her, and he can say what he needs to say about his white lie years ago that makes him feel guilty. Griffin and Tyrrell state that people do not only dream about all emotional experiences that they have but also dream about events and thought that they have not expressed in some way since they do not usually conscious that such expectations still exist or remain in their brains (2004, p.35-36). Their statements support that Charles has not expressed the way he needs his mother to listen to his problem and support him, and says the real story of why he cannot be in his mother side when his mother needs him. So that Charles' dream concerns with his problems in his life that by dreaming he can finally fulfill his desires and wishes that he never expresses in the real life.

The last thing he does in his dream is expressing another thing on him that is to say how he does not want to lose his mother again.

She gently lowered my shoulders. "Forgive."

"Forgive her? Dad?"

My head touched the earth. I felt moist blood trickling down my temples. "Yourself," she said.

My body was locking up. I couldn't move my arms or legs. I was slipping away. How much time did I have left?

"Yes," I rasped.

She looked confused.

"Yes, you were a good mother."

She touched her mouth to hide a grin, and she seemed to fill to bursting.

"Live," she said.

"No, wait—"

"I love you, Charley."

She waved her fingertips. I was crying.

"I'll lose you ..."

Her face seemed to float over mine.

"You can't lose your mother, Charley. I'm right here."

(Albom, 2006, p.191)

From that conversation, Charles finally knows what he has to do while he is waking up, that is to forgive himself, stop having a guilty feeling, and keep moving on with his life. He also finally can hear the words that his mother still loves him and will never be gone. That is the end of Charles' dream. Jung states that the condition of mind and the circumstances of the dreamer help in interpreting the dreams and symbols (1964, p.66). Therefore, Charles' dream is based on the condition of his mind and his circumstance that he is in his depressive condition. That is why there appears in his dream about the causes of his depression and the expectation about it.

3.3 The Influence of Charles' Dream on the Change of his Personality

Personality is constructed through human beings' dynamic life. As the time goes by, people have experienced a wide variety of life events that may affect the personality to be changed. This phenomenon is also reflected on Charles' life. Charles encounters several incidents. Some of them bring a great influence to Charles, especially to his personality. Charles is in depressive condition before and while he is dreaming at the night of his accident. After waking up from the dream, Charles realizes several things and thinks over about things he has been through with his mother in his dream. It has an important role in the shaping of Charles' personality in the future. In other words, there is a changing in Charles' personality after having dream in depressive condition.

Talking about dream, dream is the result of our unconscious, as Jung states that there are unconscious aspects of events that are revealed through dreams (1964, p.23). There are several things that have ever happened in life that remain in the unconscious, which later may appear in the form of dream. Unconscious is one of the major systems of personality. Relating to Charles' unconscious, to know what images and events that are in his unconscious, it can be seen through the content of his dream since unconscious and dream are related to each other.

Charles dreams about all the causes of his depression that are about his mother, Catherine, Maria, and his father. It means Charles' unconscious consists of personal information about his mother and his problems with his family that can be categorized as a personal unconscious. According to Schultz, there are (what Jung called as) complexes in the personal unconscious that contain experiences, perceptions, memories, emotions, and wishes about the same and common them that it can influence person's behavior (1976, p.124). This statement supports that Charles' memories, wishes, and emotions toward his family in his unconscious that appear in his dream affect his behavior in the future.

One of the reasons that explains Charles' personality changes is because of what he has been through with his mother in the dream.

I have forgotten so many things in my life, yet I can remember every moment of that time with my mother, the people we saw, the things we discussed. It was so ordinary in so many ways, but as she said, you can find something truly important in an ordinary minute. You may think me crazy, that I imagined the whole thing. But I believe this in the deepest part of my soul: My mother, somewhere between this world and the next, gave me one more day, the day I'd wanted so badly, and she told me all that I've told you.

I've thought a lot about that night. I believe my mother saved my life. (Albom, 2006, p.193-194)

The first sentence in the first paragraph and the first sentence in the second paragraph show that the moment he has with his mother and the problems of

Charles' life that has been discussed together in his dream are recalled again and they are seen as a foundation for Charles to change his personality in the future.

Having a whole conversation with his mother that he has never been able to spill up with others can open up his mind. The statement "gave me one more day, the day I'd wanted so badly" means that he finally gets the chance to spend one more time with his dead mother and can explain things that still remain untold. This thing can release his anger and guilty feeling. According to Jung, the individual's present personality is based on what the person hopes to be in the future and what he has been in the past (cited in Schultz 1976, p.129). This Jung's statement supports that Charles' personality changes because of the events that has happened in his dream with his mother and also what he wants to be and change in the future, as in this proof: "THERE ARE MANY THINGS in my life that I wish I could take back. Many moments I would recast" (Albom, 2006, p.185).

This thought comes while he is still dreaming. "Many things" refers to the things that cause his depression, for example why it should be Maria who finds Posey died in the bathroom. At that time he wishes if only he could make things better so that his life would be on peace.

There are several personalities of Charles that have differences in the past and in the future because of the dream. The first thing is related to his drinking problem. Before having a dream in depressive condition, Charles used to drinks

all the time. There are three evidences that show his drunken habit. “After the funeral, I got so drunk I passed out on our couch” (Albom, 2006, p.4). This happens after the funeral of Charles’ mother. The next proof is: “After that, I drank more—ballplayers in my time always drank—but it became a problem which, in time, got me fired from two sales jobs” (Albom, 2006, p.5). It occurs after he loses his money and does not know how to explain it to Catherine. The last is: “THAT LETTER FROM MY DAUGHTER arrived on a Friday, which conveniently allowed for a weekend bender, not much of which I remember” (Albom, 2006, p.9). He drinks even more after he finds out that Maria is already married without of his knowing and inviting him to the party. These all indicate that Charles used to drink a lot since he encounters depression. Even though it is seen as a life style in America since alcohol is no longer prohibited at that time, Charles’ addiction on alcohol has made his life more ruined. It is because more problems are aroused later which his behavior gets worse and more retarded, and make him fired twice from his previous jobs. He relies on it because it is considered as a release or outlet of the anger that occurs repeatedly. Drinking is the only thing that can make Charles forgets about the problems for a while since there are none to talk to about the problems that he faces.

Regarding his drinking problem, in his dream, he has a conversation with his mother several times. While having a talk, he thinks about things that make his life ruined, which one of them is his drunken habit.

She straightened and smoothed her coat. I wanted to cry. A wish granted? How long had it been since anyone referred to me as anything close to that? I should have been grateful. I should have been ashamed of how I'd turned my back on my life. Instead, I

wanted a drink. I craved the darkness of a bar, the low-wattage bulbs, the taste of that numbing alcohol as I watched the glass empty, knowing the sooner it got in me, the sooner it would take me away. (Albom, 2006, p.73)

I thought about the days I had handed over to a bottle. The nights I couldn't remember. The mornings I slept through. All that time spent running from myself. (Albom, 2006, p.152)

While being with his mother in the dream, he thinks twice about his drunken habit. The statement “the sooner it would take me away” means how alcohol can get rid his anger and guilty feeling toward the problems that he has. He realizes that using alcohol as the solution of his problems just makes it worse. How he gets so attached on alcohol makes him feel ashamed that he has wasted too much times in getting to alcohol rather than being wise in facing his problems.

After having that dream, Charles is no longer drunk. “I have been sober every day since—although some days are harder than others” (Albom, 2006, p.194). This quotation shows how his behavior in drinking is changed. It also indicates how Charles in the future wants to start a healthier life by deciding to stop his habit in drinking alcohol beverages a lot. Through this way, it finally opens his mind to see that there must be another thing that can help him passing hard days besides of drinking, which is having someone to talk to.

Charles has none to be with and to talk to because he thinks that there is none wants to get attached with him. So that before he dreams, he does not like to get close with other people. “I grew ornery and distant” (Albom, 2006, p.5). This quotation shows that he likes to be alone. He does that because he feels ashamed of what he has done to his family especially after he has been kicked out by Catherine. It is also because he is afraid that if he gets closer again with others

another problems will be aroused.

Charles then gets the answer in his dream regarding his lonely feeling which make him prefer to be alienated.

"So," she said, moving away, "now you know how badly someone wanted you, Charley. Children forget that sometimes. They think of themselves as a burden instead of a wish granted."
(Albom, 2006, p.73)

In his dream, his mother tries to convince Charles that there is still a person who likes him, for example is Posey herself. By telling Charles about it, it is hoped that Charles will no longer assume himself as a burden or problem to someone else's life. Instead, he can be a worthy one, if he wants too. Another enlightenment that he receives to open his mind that he will never be alone is: "She put one hand on mine. "When someone is in your heart, they're never truly gone. They can come back to you, even at unlikely times"" (Albom, 2006, p.145). This happens while Charles and his mother having a conversation in the dream. His mother tries to show Charles that he will never be left by those who love and be loved by him. In other words, he should not be worried that he will grow alone. For example, this dream is the way that shows how he can meet someone, his mother, again, and share with her about his problems so that he will never feel disliked. His mother's statement opens his eyes to allow people to get closer with him.

By trying to get closer with others, Charles hopes that it will make his life better in the future. He does that so that he can have people to chat about events and things that happen in his life. It is proven by this quotation below:

I had no one to talk me out of my despair, and that was a mistake. You need to keep people close. You need to give them access to your heart. (Albom, 2006, p.193-194)

Charles no longer keeps every problem just in him. He has realized that he is just a human being that also needs an interaction to others in a large society. A “mistake” here can be referred back to the previous explanation that being solitary just makes his problems get more difficult to be solved, and he gets addicted to alcohol. Charles then firstly tries to get closer with others especially with his daughter and Catherine into a good way.

Chick Benetto's final years seemed to bring him some contentment. He sold his mother's home in Pepperville Beach and directed the proceeds to his daughter. He later moved to an apartment to be near her, and they reestablished a relationship, including Saturday morning “donuts runs” in which they caught up on events of the week over coffee and crullers. Although he never fully reconciled with Catherine Benetto, they made their peace and spoke regularly. (Albom, 2006, p.196)

The description above that no longer uses Charles’ point of view shows how Charles wants to re-build a good relationship with Maria and Catherine. The first sentence shows his effort in maintaining this relationship makes him feel serenity.

Charles, by referring to those statements, even has to make a big decision by selling his mother’s home. It must not be an easy thing to do since many memories are there. He also has to accept the fact that he will never be able to visit the house again under any circumstances, even seeing his sister (Roberta) and his name carved on the kitchen table, and everything else. It can be concluded that Charles does not want to look back to the past anymore. He wants to move on and keep going on with his new life in the new place. This phenomenon can be said as a risk taking since Charles has to face all the risk after selling the house, living in the apartment next to Maria and her family, and getting closer with them. It is because

every decision must have an impact in the future, so does Charles' decision.

Another risk taking that is seen from Charles is the way he decides to go rehab. "As for what's happened in the two years since, there are so many details: the hospital stay, the treatment I received, where I've been" (Albom, 2006, p.194).

By referring to this sentence there are several things can be said. First "the two years since" there means since Charles's dream regarding his mother and his problems, for about two years he has tried to make his life better by being in a hospital and doing a treatment. He has to be in the hospital since he has undergone several accidents that hurt him psychically which are falling down and colliding with truck. Charles also has to take a treatment so that his depression can be got rid, his desire and thought to end his own life can be stopped, his psychological balance can be maintained, and all the problems that he faces are solved.

From the explanation above, it can be concluded that Charles starts living healthy by quitting drinking and taking bold decisions in his life by selling his mother's house, moving to an apartment next to Maria, taking a treatment, and trying to be a sociable person toward others. These things can be categorized as a personality since it is related with healthy behaviors. Based on Larsen and Buss (2014, p.19) "personality is also certainly linked with health-related behaviors, such as smoking, drinking, and risk taking". This statement supports that Charles' personality changes due to a health-related behaviors that is now encountered.

Charles, as has explained before in the sub chapter entitled "Charles' Depression", tries to kill himself more than one time. It crosses his mind due to his hopeless feeling. "I had twice failed to kill myself" (Albom, 2006, p.25).

Charles tries to do suicide because he can no longer face continuous problems that he has and is unable to cope with demands and expectations of his life. He even has to do it twice after the first failed-one so that he can free all his burdens and end all the troubles. It really shows how he really thinks that suicide is the only help.

In his dream, he finds out that suicide is not the only way. It is just one of another anger's releasing.

"Life goes quickly, doesn't it, Charley?"

"Yeah," I mumbled.

"It's such a shame to waste time. We always think we have so much of it."

(Albom, 2006, p.151-152)

In this conversation, Charles is told by his mother that he should use the times that he has properly. It also can be said that he actually has to use the rest of his times to solve his problems and change it better no matter what the result it as long as he has been trying. Another conversation of his mother and Charles in the dream that helps in changing his perspective about life is:

"I wanted it to stop, Mom... this anger, this guilt. That's why... I wanted to die..."

I lifted my eyes, and, for the first time, admitted the truth.

"I gave up," I whispered.

"Don't give up," she whispered back.

(Albom, 2006, p.187-188)

Charles tries to tell his mother how his guilty feeling toward his family and also his anger because he never feels peace after his mother's death, for example is uninvited to Maria's wedding, make him want to end his life. In responding to Charles' words, his mother instead telling him not to give up and to fight for a better life. "Not to give up" indicates how Charles has to find another better

solution in facing his problems rather than ending his own life. These two conversations then lead him, after waking up from the dream, to struggle for his own life and improve the lives with his family well while he is still given a chance to be alive.

Charles feels grateful to have life after that. The dialogue in his dream is influential to his personality toward his thought about life. He changes his mindset that life must be appreciated. One of several things that shows his appreciation is not to waste his life and to use his time well, for example trying to make amends with his daughter and Catherine. "I feel ashamed now that I tried to take my life. It is such a precious thing" (Albom, 2006, p.193). It shows that he finally realizes that doing suicide is not the only way to solve his problems in life and it only arises another emotional problem.

In conclusion, there are several things that can be identified as a personality changes that is shown by Charles. According to Larsen and Buss (2014)

Personality influences how we act, how we view ourselves, how we think about the world, how we interact with others, how we feel, how we select our environments, what goals and desires we pursue in life, and how we react to our circumstances.

This statement means Charles' personality influences how he acts, thinks, interacts, feels, and reacts. After dreaming Charles acts differently. He now tries to be a sociable person, wants to get closer and interact more with others especially his family. The way he thinks toward life also changes that life must be appreciated. He feels embarrassed that he has ever thought to do suicide so that he now feels blessed to still have a chance to live and can fix broken things he has

ever done in the past.

In addition, by dreaming, Charles finally can spill all over his anger and expectations that have not been delivered in the real life. According to Jung (1964, p.50) dream is to balance the psychological condition of the dreamer itself by producing the dream material. Referring to Jung's statement, by having that kind of dream, the psychological condition of Charles can be restored. This happens because in his dream, Charles can discuss his problems in his life and be given an advice by his mother, since there is no one to talk to except his mother that wants to get close and be chatted about that. The proof about this thing can be seen in the sub chapter entitled "The Relation between Charles' Dream and His Depression".

Furthermore, Charles' dream is a regression that leads Charles to have a progression in his personality later. According to Schultz (1976, p.129)

Regression is the way to lead to progression by recalling the past experiences from the personal and collective unconscious and by introspecting and conciliating toward the experiences, the person can solve the problems that he has that first led to regression. Dreaming is a regression that it can encourage the person to have a creative thought and revitalization.

It can be said that in having a better development on Charles' personality, firstly Charles has a regression that his past experiences from his personal unconscious appear in dreams. There, he tries to think about the things he has been through with his mother over, and by that he can have introspection act about his problems and solve them. It then leads him to a progression regarding his personality.

CHAPTER IV

CONCLUSION AND SUGGESTION

4.1 Conclusion

For One More Day by Mitch Albom shows how Charles undergoes depression. He can be categorized as a depressed person by having several symptoms of depression which are: having disturbance in sleeping and eating, doing unusual things, being a loner and grouchy, thinking that he is unimportant, hating himself, thinking about committing suicide, and feeling guilty and worthless. His depression arises due to experiencing several losses. He is left by his mother due to death, loses his money and job, separates with his wife (Catherine), and loses his daughter's trust.

His depressive condition brings him to dream. It happens because his emotional feeling, wishes and desires toward his problems cluster around in his mind and affect him so it is discharged in his dream. As the result, the causes of his depression that are related to his mother and his family are embodied in the dream. In his dream, mostly he and his mother talk about his condition in the real life with his family, the problems he has, his relationship with his mother, the stories about his father's past, and things he wants to say but never been said in the reality. Charles experiences those dreams because there are several things, events, images, and expectation relating to his problems with his family that remain in his unconscious and appear in the form of dream. By dreaming, Charles finally can fulfill his desires and wishes, and can compensate the imbalance

condition in his psyche.

His dream affects the change on Charles' personality. In addition, the change of Charles' personality happens because of the things he has been through with his mother and things he has discussed with his mother in his dream are recalled and thought again. His mother gives him several advices that help Charles to open his mind to solve his problems in the real life and be someone better in the future. There are differences regarding his personalities before and after dreaming which are related to his drinking habit, decision to do rehabilitation, feeling grateful to still be alive, willingness to re-build a good relationship with his family, and being a sociable person. In short, there is a positive progress in his personality after dreaming.

4.2 Suggestion

There are several suggestions for the next researchers who want to analyze *For One More Day* by Mitch Albom. Firstly, since this novel explores continuous stories about "Times My Mother Stood Up for Me" and "Times I Did Not Stand Up for My Mother", the relationship between Charles and his mother and also how the personality of Charles developed through the effect of his mother since childhood to adolescence can be analyzed. Secondly, this novel shows the story about the divorce happen to Charles' parents. Thus, how people's views on divorce at that time (in 1950s) in the United States and how public's reaction toward divorce in families can be used to identify the impact of the society's views and reactions to the condition of Charles as a divorced child. Furthermore, this novel portrays that Charles' mother, a widow, is considered as a potential

threat to women in their neighbourhood because they are afraid that their husbands would be tempted. Regarding these issues, sociological approach can be used to analyze the novel.



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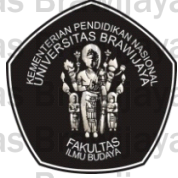
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Appendix 1 *Berita Acara Bimbingan Skripsi*

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4. Topik Skripsi : Sastra - Psychoanalysis
5. Judul Skripsi : **Charles Benetto's Dream in Depressive Condition and Its Effect Depicted in Mitch Albom's *For One More Day***
6. Tanggal Mengajukan : 24/Februari/2014
7. Tanggal Selesai Revisi : 20/Agustus/2014
8. Nama Pembimbing : I. Yusri Fajar, M.A
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No	Tanggal	Materi	Pembimbing	Paraf
1.	22 Februari 2014	Pengajuan Judul	Pembimbing I	
2.	12 Maret 2014	Konsultasi Judul	Pembimbing I	
3.	19 Maret 2014	Pengajuan Bab I dan II	Pembimbing I	
4.	26 Maret 2014	Revisi Pertama Bab I dan II	Pembimbing I	
5.	1 April 2014	Revisi Kedua Bab I dan II	Pembimbing I	
6.	14 April 2014	Revisi Ketiga Bab I dan II	Pembimbing I	
7.	22 April 2014	Pengajuan Bab I dan II	Pembimbing II	
8.	28 April 2014	Revisi Pertama Bab I dan II	Pembimbing II	
9.	5 Mei 2014	Revisi Kedua Bab I dan II	Pembimbing II	
10.	14 Mei 2014	ACC Seminar Proposal	Pembimbing I	

11.	14 Mei 2014	ACC Seminar Proposal	Pembimbing II
12.	23 Mei 2014	Seminar Proposal	Pembimbing I
13.	23 Mei 2014	Seminar Proposal	Pembimbing II
14.	3 Juni 2014	Pengajuan Bab I, II, III, dan IV	Pembimbing I
15.	9 Juni 2014	Revisi Pertama Bab I, II, III, dan IV	Pembimbing I
16.	16 Juni 2014	Revisi Kedua Bab I, II, III, dan IV	Pembimbing I
17.	25 Juni 2014	Revisi Ketiga I, II, III, dan IV	Pembimbing I
18.	27 Juni 2014	Pengajuan Bab I, II, III, dan IV	Pembimbing II
19.	1 Juli 2014	Revisi Bab I, II, III, dan IV	Pembimbing II
20.	7 Juli 2014	ACC Seminar Hasil	Pembimbing I
21.	7 Juli 2014	ACC Seminar Hasil	Pembimbing II
22.	16 Juli 2014	Seminar Hasil	Pembimbing I
23.	16 Juli 2014	Seminar Hasil	Pembimbing II
24.	21 Juli 2014	Revisi Bab I, II, III, dan IV	Pembimbing I
25.	23 Juli 2014	ACC Ujian Skripsi	Pembimbing I
26.	23 Juli 2014	ACC Ujian Skripsi	Pembimbing II
27.	7 Agustus 2014	Ujian Skripsi	Pembimbing I
28.	7 Agustus 2014	Ujian Skripsi	Pembimbing II
29.	14 Agustus 2014	Revisi Bab I, II, III, dan IV	Pembimbing II
30.	20 Agustus 2014	Revisi Bab I, II, III, dan IV	Pembimbing I
31.	20 Agustus 2014	ACC Penjilidan Skripsi	Pembimbing I
32.	20 Agustus 2014	ACC Penjilidan Skripsi	Pembimbing II

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