

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

**THESIS**

**BY  
DIAN SOPHIA ULFA  
NIM 105110101111015**



**STUDY PROGRAM OF ENGLISH  
DEPARTMENT OF LANGUAGES AND LITERATURES  
FACULTY OF CULTURAL STUDIES  
UNIVERSITAS BRAWIJAYA  
2014**

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

**THESIS**

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

**BY  
DIAN SOPHIA ULFA  
NIM 105110101111015**

**STUDY PROGRAM OF ENGLISH  
DEPARTMENT OF LANGUAGES AND LITERATURES  
FACULTY OF CULTURAL STUDIES  
UNIVERSITAS BRAWIJAYA  
2014**

## 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 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 affect 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 divorcement 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.

## REFERENCES

- Albom, Mitch. (2006). *For one more day*. New York: Hyperion.
- Brooks, Peter. (1987). The idea of psychoanalytic literary criticism. *Critical Inquiry*, Vol. 13, No. 2. Retrieved March 25, 2014, from <http://www.jstor.org/stable/1343497>
- Bulkley, Kelly. (n.d.). *Jung's dream theory*. Retrieved March 30, 2014, from <http://www.dreamresearch.ca/pdf/jung.pdf>
- Cohen, Stewart. (1976). *Social and personality development in childhood*. New York: Macmillan Publishing Co., Inc.
- Colleen Hogan. (2001). *Description and interpretation of salient dream images in light of jungian theory*. Thesis: Newfoundland: Faculty of Education Memorial University of Newfoundland. Retrieved from [http://research.library.mun.ca/931/3/Hogan\\_Colleen.pdf](http://research.library.mun.ca/931/3/Hogan_Colleen.pdf)
- Dilts, Robert. (1997). *Resolving conflicts with nlp*. Retrieved March 27, 2014, from <http://www.nlpu.com/Articles/artic11.htm>
- Esi Susi Pratiwi (2011). *Analisis mimpi dan fantasi dalam novel pohon-pohon rindu karya dul abdul rahman dan alternatif bahan ajar di sma*. Thesis. Semarang: Fakultas Pendidikan Bahasa Dan Seni IKIP PGRI. Retrieved from <http://library.ikipgrismg.ac.id/docfiles/fulltext/4f7be4cfd1f78731.pdf>
- Griffin, Joe., & Tyrrell, Ivan. 2004. *How to lift depression...fast*. UK: HG Publishing.
- Heaton, Jeanne. (2003). Major depressive disorder: what are the facts?. *Allpsych Journal*. Retrieved March 27, 2014, from <http://allpsych.com/journal/depression.html>
- Heller, Sharon. (2005). *Freud a to z*. Hoboken, New Jersey: John Willey & Sons, Inc.
- Hurd, Ryan. (2009). *The link between depression and dreams*. Retrieved March 28, 2014, from <http://dreamstudies.org/2009/09/15/depression-ssri-and-dreams/>

- James, Richard K., & Gilliland, Burl E. (n.d.). *Jungian therapy*. Retrieved March 27, 2014, from <http://wps.ablongman.com/wps/media/objects/208/213942/jungian.pdf>
- Jung, Carl. (1916). *Psychology of the unconscious*. New York: Moffat, Yard and Company.
- Jung, Carl. (1964). *Man and his symbols*. New York: Dell.
- Larsen, Randy J., & Buss, David M. (2014). *Personality psychology: domains of knowledge about human nature, fifth edition*. Retrieved April 2, 2014, from [http://highered.mcgraw-hill.com/sites/dl/free/0073531901/429741/Lar31901\\_ch01\\_ScrnOpt\\_002\\_023.pdf](http://highered.mcgraw-hill.com/sites/dl/free/0073531901/429741/Lar31901_ch01_ScrnOpt_002_023.pdf)
- McManus, Barbara F. (1998). *Psychoanalytic approaches*. Retrieved March 25, 2014, from <http://www2.cnr.edu/home/bmcmamus/psychcrit.html>
- Pervin, Lawrence A. (1989). *Personality theory and research*. Canada: John Wiley & Sons, Inc.
- Schultz, Duane. (1976). *Theories of personality*. California: Wadsworth Publishing Company, Inc.
- Seligman, Martin E.p. (1975). *Helplessness (on depression, development, and death)*. San Francisco: WH Freeman and Company.
- Sheldon, Jonathan. (n.d.). Historical aspects of alcohol and other drug use. Retrieved June 18, 2014, from [http://www.fredonia.edu/athletics/health/davis/drug\\_book/chapter1.htm](http://www.fredonia.edu/athletics/health/davis/drug_book/chapter1.htm)
- Ventura, Thomas. (2002). All psych journals: psychoanalysis. *Allpsych Journal*. Retrieved March 25, 2014, from <http://allpsych.com/journal/psychoanalysis.html>