Schizophrenia of Naoko on Haruki Murakami’s *Norwegian Wood* (A Psychological Approach)

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**ABSTRACT**

Key Words: Causes, Negative, Positive Symptoms, schizophrenia

Schizophrenia is a serious mental disorder characterized by thought disturbances, hallucinations, withdrawal, and delusion. In Indonesia, 80 percents people with schizophrenia were let staying on the road or stocked. And even if the possibility to be cured is small but if schizophrenic has treatment from the beginning, there will be a chance for him or her to be cured. The aims of the research are to describe what schizophrenia is, to describe the characteristics of schizophrenia reflecting in Naoko’s character, to describe why Naoko is suffering from schizophrenia, and to describe the kind of schizophrenia that Naoko is suffering from. The method of this research is qualitative method because the resulting data of the study is presented in the form of quotations or descriptions. The result of the research are (1) schizophrenia is a group of psychological disorder that is divided by two symptoms, positive and negative, (2) Negative symptoms are characterized by thought disorder, delusion, and hallucination, while the negative are poverty of speech, social withdrawal, and inability to experience pleasure, (3) the schizophrenia is caused by genetic cause, (4) the schizophrenia is classified into undifferentiated schizophrenia.

**INTRODUCTION**

Literature offers exciting narratives that can be read uncritically simply because it allows us to escape the problems and responsibilities of our everyday lives and to participate, however briefly, in a world of experience that differs radically of our own, and offers the reader “knowledge” in the form of information. Part of our interest in reading works as different as Jane Austen’s *Pride and Prejudice*, Charles Dickens’s *Oliver Twist*, Edwin Arlington Robinson’s “Tilbury Town” poems, or Anton Chekhov’s *The Cherry Orchard* lies in the fact that in the
process we gain a good deal of information about rural England at the beginning of the
nineteenth century, life in Victorian London, the New England industrial town, and the declining
gentry of Czarist Russia – information that at the time is all the more fascinating because it is the
part of the author’s re-created world. Literature read in this way serves as a social document,
giving us insight into the laws, customs, institutions, attitudes, and values of the age in which it
was written or in which it is set. And the last, literary characters offer us immediate access to a
wide range of human experiences we otherwise might never know. As readers we observe these
characters’ private as well as public lives, and become privy to their innermost thoughts,
feelings, and motivations. It is the very intimacy of this access that explains why psychologists
have traditionally found imaginative literature a rich source for case studies to illustrate theories
of personality and behavior (Pickering and Hoeper, 1981:2-3).

For this research, the writer takes one of the branches of psychology as the approach; it is
schizophrenia which can be found in a character in Haruki Murakami’s *Norwegian wood*. Schizophrenia is a serious mental disorder characterized by thought disturbances, hallucinations,
anxiety, emotional withdrawal, and delusion (Carlson and Buskist, 1997:586). Schizophrenia is
arguably the most serious major psychiatric disorder, usually developing in late adolescence or
early adulthood, between ages 15 and 36 years (Mueser and Jeste, 2008:3) and often having a
profound effect over the lifetime on daily functioning. People with schizophrenia a frequently
have difficulties living independently and caring for themselves, working or attending school,
fulfilling parental or other role obligations, and enjoying close relationships and rewarding
leisure activities (Mueser and Jeste, 2008:xiii).

Even though schizophrenia is that serious, but in Indonesia it still has no serious
attention. According to an article on *health.kompas.com* on March 6, 2011, there are about 80 %
people with schizophrenia are not cured. Half of them become unproductive; even they are let just staying on the road by other family members or relatives. Tjipto Susana, a psychologist from Faculty of Psychology, University of Sanata Dharma, told for the article that based on the Ministry of Social’s Survey in 2008, there are 650,000 people with schizophrenia. About 3000 of them are stocked so they can not danger the others or it will make a family name saves. It shows us that Indonesian still has not enough attention for the disease. Tjipto also said that Schizophrenia can be cured. People with schizophrenia have a potential to be cured if the early signs of the disease known. Because the reasons above the writer chooses schizophrenia to be researched, so whoever read this research or whoever ever cares about the symptom know what really it is and know how to know the early signs of the symptom, so they can help the people with schizophrenia have a chance to be cured.

In other hand, novel *Norwegian Wood* is chosen because it can help the writer idea about the schizophrenia symptom through one of the main characters, named Naoko. Norwegian Wood tells about Toru Watanabe, 37 years old, that remembers his past when he was still in college in about 18 years before, after he is listening to an instrument of *Norwegian Wood* by The Beatles that is played by a group of orchestra. The time also reminded him about his feeling to a girl, named Naoko. Naoko is beautiful but an emotionally fragile woman who is Kizuki's girlfriend, but becomes involved with Toru after Kizuki's death. Naoko's older sister committed suicide at age 17, which, along with Kizuki's suicide, has a lasting effect on Naoko's emotional stability. And it makes Watanabe could not really enter Naoko’s life and he almost loses his own life.

For all the reasons above this research is done. This research is expected that the people that read it will know and understand more about schizophrenia. So they can give more attention
to the disease. And no one of the people with schizophrenia will live on the road or get stocked. And last but not the least; hopefully the research will be so useful for the writer himself.

The problems of this study are (1) What is schizophrenia? (2) What are the characteristics of schizophrenia reflecting in Naoko’s character? (3) Why is Naoko suffering from schizophrenia? (4) What kind of schizophrenia is Naoko suffering from? The writer is interested in conducting this study in order to find out what schizophrenia is, what are the characteristics of schizophrenia in reflecting in Naoko’s character, why Naoko is suffering from schizophrenia, and what kind of schizophrenia that Naoko is suffering from. In doing this study, the writer uses a qualitative method and the population of the study is Haruki Murakami’s *Norwegian Wood*.

THEORETICAL REVIEW

Definition of Schizophrenia

Carlson and Buskist (Carlson: 586) in their book, *Psychology: the science of Behavior*, defined schizophrenia as a serious mental disorder characterized by thought disturbances, hallucinations, anxiety, emotional withdrawal, and delusions. While Bootzin and friends (Bootzin: 551) define that Schizophrenia is a group of disorders characterized by disorganized thought, perception, and emotion, and by bizarre behavior. It can be concluded that schizophrenia is a group of mental disorder that is characterized by thought disorders, hallucinations, delusions, and the absence of normal behavior.

Types of Schizophrenia

- **Undifferentiated schizophrenia**, a type of schizophrenia characterized by fragments of symptoms of different types of schizophrenia. The patients have delusions, hallucinations, and
disorganized behavior but do not meet the criteria for catatonic, paranoid, or disorganized schizophrenia. In addition, some patients’ symptoms change after an initial diagnosis and their classification changes accordingly. (Carlson and Buskist, 1997:587)

- **Catatonic schizophrenia** (from the Greek *katateinein*, meaning “to stretch or draw tight”) is characterized by various motor disturbances, including catatonic postures—bizarre, stationary poses maintained for many hours—and waxy flexibility, in which the person’s limb can be molded into new positions, which are then maintained. Contrary to popular assumptions, catatonic schizophrenics are often aware of all that goes on about them and will talk about what happened after the episode of catatonia subsides. (Carlson and Buskist, 1997:587)

- **Paranoid schizophrenia** is a form of schizophrenia in which the person suffers from delusions of persecution, grandeur, or control. (Carlson and Buskist, 1997:587)

- **Disorganized schizophrenia** is a type of schizophrenia characterized primarily by disturbances of thought and a flattened or silly affect. (Calson and Buskist, 1997:587)

**Symptoms of Schizophrenia**

According to Carlson and Buskist (1997:586) schizophrenia is characterized by two categories of symptoms, positive and negative. Positive symptoms are those that make themselves known by their presence. These symptoms include thought disorder, hallucinations, and delusions. In contrast to the positive symptoms, the negative symptoms of schizophrenia are known by the absence of normal behaviors: flattened emotional response, poverty of speech, lack of initiative and persistence, inability to experience pleasure, and social withdrawal. Negative symptoms are not specific to schizophrenia; they are seen in many neurological disorders that involve brain damage, especially to the frontal lobes (Carlson and Buskist: 586).
Possible Causes

Genetic Causes

If a person has been diagnosed with schizophrenia, there exists the possibility that other family members have the disorder, too.

Physiological Causes – The Dopamine Hypothesis

Two classes of drugs have been found to affect the symptom of schizophrenia. Cocaine and amphetamine cause these symptoms, both in schizophrenics and nonschizophrenics; antipsychotic drugs reduce them.

Physiological Causes – Neurological Disorders

Once investigators began paying more attention to negative symptoms, they discovered evidence for brain damage in patients exhibiting these symptoms.

Cognitive and Environmental Causes – The Family and Expressed Emotion

Many researchers have tried to discover the cognitive and environmental factors that are responsible for triggering schizophrenia in a person with a hereditary predisposition for it.

DISCUSSION

Schizophrenia

Schizophrenia is a group of mental disorder that is characterized by thought disorders, hallucinations, delusions, and the absence of normal behavior.

The characteristics of Schizophrenia reflecting in Naoko’s character
Schizophrenia reflecting in Naoko’s character is characterized by two categories of symptoms, positive and negative. Positive symptoms consist of thought disorder, delusion, and hallucination, while the negative symptoms are characterized such as poverty of speech, social withdrawal, and inability to experience pleasure.

The Causes of Naoko Suffers from Schizophrenia

There are two causes that make Naoko has schizophrenia, first is the death of her boy friend, Kizuki, and the second is the death of her sister.

Kind of schizophrenia

First, Naoko has paranoid schizophrenia because in the analysis of positive symptom the writer found that she experiences delusions. Second, Naoko has disorganized schizophrenia because in the analysis of positive symptom the writer found she gets thought disorders. And the third is Naoko has undifferentiated schizophrenia because in the analysis above the writer found that she has delusion, hallucinations, and disorganized behavior (thought disorders, poverty of speech, social withdrawal, etc). And from the three conclusions the writer chose Naoko has an undifferentiated schizophrenia. Because Naoko shows symptom of several subtypes, like delusions (paranoid) and thought disorders (disorganized). And It is supported by Bootzin, Bower, and Crocker in their book, Psychology Today: An Introduction – 7th Ed, that undifferentiated schizophrenia is individuals are schizophrenic but do not meet the disorganized, catatonic, and paranoid criteria, or else they show symptoms of several subtypes (1991:553).

CONCLUSION
From this research the writer found that schizophrenia of Naoko is a group of psychological disorder that is divided into two symptoms, negative and positive. Positive symptoms are characterized by thought disorder, delusion, and hallucination, while negative symptoms are characterized by the absence of normal behaviors; poverty of speech, social withdrawal, and inability to experience pleasure. The schizophrenia is caused by genetic cause, like the writer found that Naoko seems to be a schizophrenic after she sees her sister dies and she has a relative with schizophrenia (her father’s younger brother or her uncle). Her schizophrenia is classified into undifferentiated schizophrenia because Naoko shows symptoms of several subtypes of schizophrenia.

BIBLIOGRAPHY


