

Schizophrenia of Main Character in The Novel Words on Bathroom Walls by Julia Walton

Millen Rahmanisa Utami¹ Firdiansyah² Chandri Febri Santi³

UIN Sulthan Thaha Saifudin Jambi

rahmamillen46@gmail.com firdiansyah@uinjambi.ac.id chandrifis@uinjambi.ac.id

Article Info

Article history:

Submitted Nov 14, 2022

Revised Des 12, 2022

Accepted Jan 20, 2023

Published Feb 28, 2023

Keywords:

Schizophrenia, Main Character, Words On Bathroom Walls

ABSTRACT

This study discusses Schizophrenia of the Main Character In The Novel Words On Bathroom Walls by Julia Walton. The researcher chose this title to provide further information to readers and especially in the English literature department about Schizophrenia. The purpose of this study is to find and explain the first, the types of schizophrenia that exist in the main character Adam Petrazelli, the second the symptoms of schizophrenia, and the third way of treating schizophrenia. Researchers used three theories. The first theory is about the types of schizophrenia presented by the American Psychiatric Association, the second theory is conveyed by Keliat which explains the symptoms of schizophrenia, and the third theory by Ross Willson explains the treatment of Schizophrenia. This type of research uses descriptive qualitative research. sources of data in this study were all conversations spoken by all characters in the novel "Words On Bathroom Walls By Julia Walton" containing sentences related to schizophrenia. The data collection technique used was documentation. The results of this research indicate that: from the types of schizophrenia there is one that has been found, namely Paranoid Type which has been analyzed, the researcher only managed to find one symptoms namely positive symptoms and in these positive symptoms there are two characteristics found by the researcher (Hallucination and Behavior Change), there are two ways to cure schizophrenia Medical Intervention and Psychosocial Intervention.

Corresponding Author:

Millen Rahmanisha Utami¹ Firdiansyah² Chandri Febri Santi³

Universitas Islam Negeri Sulthan Thaha Saifudin Jambi

Jambi, Indonesia

rahmamillen46@gmail.com

<https://doi.org/10.30631/ellture.v5i1.71>

Introduction

Literature presents various forms of problems, psychology, and human behavior because literature and psychology have a very close relationship. Literature is also one of the souls of the author, and authors write everything they see and they feel. Literature is also a form of the author's attention to humans and humanity as well as a form of world reality. Literature is written by its creator in various forms, namely poetry, short stories, novels, and many more. Many people see literature as aiming to learn, entertain themselves and increase their knowledge of literature.

Understanding the novel etymologically, the word novel comes from the English language, namely *novelette*, which then entered Indonesia in Italian called *novella* which means a small new item which is then interpreted as a short story. Currently, *novella* and *novelette* have the meaning of prose fiction whose length is neither too long nor too short. In (Kartikasari & Suprpto, 2018 : 115) book, it is explained that *According to Freye: stating that a novel is a real work that is not only imaginative but also can expand the experience of life and bring the reader to more colorful life.*

Novel is one form of work created by an author or which aims to express and express the soul of the author so that readers can see and also feel what was created by the author. A novel is a literary work that tells the problems of the life of the main character or several other characters, novels usually have a happy ending or even a sad ending. Sometimes novels can make the readers become carried away in the story. The author purpose in writing a novel is usually to provide experience to the reader and provide information and insight to the reader. Based on the explanation according to Freye in the book Kartikasari & Suprpto above, it can be concluded that the novel is a work of realistic fiction, not only imaginary but can provide more experience for the reader and can bring the reader to a better life.

Like the novel ever written by Julia Walton, she is one of the authors of novel that tell about mental illness such as schizophrenia, Julia Walton is a famous writer and award winning *words on bathroom walls*. She also received a *Master of Fine Arts (MFA)* in the field of creative writing at Chapman University. She lives in Huntington Beach, California with her husband Doug, and her daughter name Alexandria. Before becoming a writer she was a career person, she write quite a number of words on the bathroom wall and on the notepad. Her hobbies are writing she likes to write books all the time and bake cakes, she is a very intelligent career star and the company she works is very lucky to have her Anastasia, 2020).

The novel she ever wrote about mental illness was *Words on Bathroom Walls*, this novel she wrote started from her curiosity about schizophrenia she conducted research on people affected by schizophrenia and saw many references through books, youtube, and people affected by schizophrenia to complete her writing. This novel is a fiction genre novel written by Julia Walton which tells about a 16 years old teenager suffering from schizophrenia named Adam. Julia Walton write this book because she started from being very curious and want to share information about schizophrenia, through this novel Julia Walton wants to help readers inform about mental illness, they see how the characteristics of people affected by mental illnesses such as schizophrenia and with this novel Julia Walton hope to treat mental illnesses like schizophrenia. She explained in this novel that not everyone who has mental illness can harm many people and there is no need to be afraid,

we should even support them so that they can improve, especially people who have mental illness since their teens.

Psychology and literature have a very close relationship and the two elements can't be separated. This is based on the fact that several theories in psychology can't be separated from literary contributions, for example the theory of Oedipus Complex, Electra Complex, Eros and Thanatos. The study of literary psychology relies more on one's ability in terms of psychology, understanding someone in terms of psychology is not an easy thing because it requires a broad understanding of psychology. Many people who do not know psychology and literature are closely related and explain psychology according to Fuchs & Millar in the book (Ahmadi Anas, 2015: 3) "*psychology as a science*" which means that currently psychology can coexist with other sciences, especially with literature and so many literary writers, especially novels, use psychological elements that are written in their literary works to attract the attention of readers and broaden the readers' horizons of the novels they create.

Like the novel *Words On Bathroom Walls* written by Julia Walton, she wrote this novel aims to broaden the reader's knowledge related to psychology, many people do not know what schizophrenia is because they rarely hear about schizophrenic mental illness, and many people around who sufferers of schizophrenia but don't know the general characteristics experienced by the sufferer, so Julia Walton wrote this novel that aims to provide knowledge to her readers about schizophrenia through the main character named Adam petrazelli, what is unique in this novel is that the sufferer is a teenager who may be suffering from schizophrenia. The average person affected by mental illness such as schizophrenia is adult aged 20 years and over." *My first doctor said it was unusual for the symptoms to manifest in someone so young. Schizophrenic males are more commonly diagnosed in their early to late twenties. I remember thinking, well, shit, that's awesome. I am anusual.*" (Walton, 2017: 2) The sentence above is the doctor telling Adam that this is unique. This is the first time he has found someone who suffers from schizophrenia as a teenager. Most people who get schizophrenia start at the age of 20 years and above and Adam is a unique child. This makes it interesting for researchers to examine the novel *Words on Bathroom Walls* because they want to find literary works that are related to psychological problems or what we often call literary psychology.

Based on the background above, the first reason why the researcher wants to analyze the novel "*Words On Bathroom Walls By Julia Walton*" as an object of research because that the discussion in this book is very interesting and the researcher can learn new lessons about how teenagers can get schizophrenia and know that teenagers with schizophrenia or people affected by schizophrenia need support from people around them, not being shunned and feared. then people with schizophrenia aren't dangerous, hallucinations are only at certain times, and can't harm those around them. From the character of Adam who is affected by schizophrenia, we can learn that people who are affected by schizophrenia are not always weak and cannot do everything. Adam's memory is still good and he is very intelligent but only his hallucinations are still there every time Adam is also trying to be a normal teenager in general.

The second reason is that Julia Walton is a famous writer and award-winning word on bathroom wall she also received a Master of Fine Arts (MFA) in creative writing at Chapman University. This book he published in 2017 in the United States By Random House

Children's Books. This book was written by Julia Walton starting with her curiosity about schizophrenia and it is rare for teenagers to get schizophrenia then also with Julia Walton wrote this book because she hopes to provide a little knowledge about schizophrenia experienced by teenagers and Julia Walton describes the teenager with Adam Petrazelli . The author is interested in researching this novel, no one has researched schizophrenia experienced by teenagers inside because of the main character.

Based on background above this research aims to find the answers of the following questions,

1) What are types of schizophrenia experienced by the main character in the novel *Words On Bathroom Walls By Julia Walton* ? 2) What are the symptoms of schizophrenia experienced by the main character in the novel *Words On Bathroom Walls By Julia Walton* ? and 3) What is the treatment of schizophrenia for the main character seen in the novel *Words On Bathroom Walls By Julia Walton*?

Literature Review

A. Schizophrenia

Schizophrenia is one of the mental disorders that has the most psychotic types, changing Dementia Praecox to schizophrenia the word comes from schitos which means "split" and phren which means "split-brain". According to Bleuler in the book Rilla Sovitriana (2009: 2), emphasizes that schizophrenia occurs because of the fragmentation and separation of cognition, affect, and behavior, so there is no compatibility between thoughts and emotions or a person's perception of reality and what is happening.

Schizophrenia is expressed in late or early adulthood, rarely in childhood. The peak incidence of onset is 15 to 25 years for men and 25 to 35 years for women. The prevalence of schizophrenia is estimated at 1% of the total population (Mashudi, 2021 : 3).

Many people do not know how old the person affected by schizophrenia is Mashudi's book above explains the onset for men at the age of 15-25 years and the onset for women at the age of 25-35 years.

According to Bleuler in (Frith & Johnson, 2003: 15) book theory about Schizophrenia, the diagnosis of schizophrenia could be made even when delusions or hallucinations had never been present at any time. Based on that idea, he added to the catatonic, paranoid hebephrenic forms of illness described by Kraepelin latent and simple subtypes of schizophrenia.

1. Types of Schizophrenia

According to the American Psychiatric Association (1994 : 291) in the DSM-IV book, schizophrenia is divided into 5 types, namely paranoid type, disorganized type, ctatonic type, undifferentiated type and residual type and are described as follows :

1. Paranoid Type

Hallucinations that are seen in the context of cognitive function and relative effects. Delusions in the paranoid type are usually violent and grandiose or both. But delusions with other contextual themes such as (jealousy, religiosity, or somatization) can also occur. The delusions may be numerous , but are usually organized around a coherent theme. Hallucinations can also usually occur according to what happens in delusions. Paranoid is the most common type of schizophrenia. Usually, people with paranoid schizophrenia will feel they have more influence than their imaginary enemies through the unreal

hallucinations they experience. This type of schizophrenia usually occurs due to environmental and hereditary factors, however, the trigger for schizophrenia is stress and trauma.

2. Disorganized Type/ hebephrenic

The essential features of disorganized schizophrenia are disorganized speech, disorganized behavior, and flat or inappropriate effects. This disorganized sufferer has no purpose in life (easy to despair). Disorganized symptoms can cause severe impairment in the ability to perform daily activities such as (bathing, dressing, or preparing food) and having excessive emotions.

3. Catatonic

Catatonic type of schizophrenia causes sufferers to experience periods of little movement and periods of being too active for no reason. In the period of little movement, the patient is usually unable to accept instructions from others, while in the hyperactive phase, the patient will become too active for no reason. Catatonic sufferers can show unusual physical styles and levels, for example, the person can move the body erratically or cannot move at all and this condition can last for minutes, hours, or even days. Such as Stupor (involuntary movement), Catalepsy (convulsions with the rigid body).

4. Undifferentiated Type

Undifferentiated schizophrenia is one of the diagnoses in which there is no typical clinical picture that meet any type of schizophrenia but in general symptoms of schizophrenia are found. This type has no specific symptoms, for example a person with schizophrenia sometimes shows symptoms of paranoid type schizophrenia, disorganized type and catatonic type and the symptoms can change over time. Because this type is part of schizophrenia, people with this type of disorder remain a person with schizophrenia and require further therapy to a psychiatrist.

5. Residual Type

Residual type of schizophrenia is the current clinical picture of schizophrenia without prominent positive psychotic symptoms (e.g., delusions, hallucinations, speech or disorganized behavior with ongoing disturbances as indicated by the presence of negative symptoms (e.g. flat effect, poor speech or avolition) or with more than one symptom, namely attenuated positive symptoms (eg, extrinsic behavior, somewhat disorganized speech or strange beliefs) if delusions or hallucinations are present they are not prominent and are not accompanied by strong effects the sufferer.

Based on the theory of the American Psychiatric Association (APA) in the DSM-IV book there are 5 types of Schizophrenia, namely: 1. Paranoid Type has the characteristics of experiencing delusions and hallucinations, due to environmental factors, heredity, stress, and trauma. 2. Disorganized Type has the characteristics of disorganized speech, irregular behavior, disorganized behavior doesn't have a purpose in life, and easy getting emotional. 3. Catatonic type has the characteristics of sufferers sometimes have behavior that often moves and rarely moves, patients who rarely move are usually difficult to accept other people's instructions, and patients who are actively moving usually move more often. 4. Undifferentiated Type is a diagnosis of patients who do not find a typical clinical picture that meets any of the types of schizophrenia, but in general, symptoms of schizophrenia are found. This type does not have specific symptoms, for example, a person with schizophrenia sometimes shows paranoid schizophrenia type, disorganized type, and the catatonic type

and usually, the symptoms of schizophrenia can change over time. 5. Residual Type has the characteristics of having negative symptoms, but what is more prominent in schizophrenia is positive symptoms.

B. Symptoms of Schizophrenia

Schizophrenia has several symptoms, namely based on research according to Keliat in(Mashudi, 2021 : 8) book :

1) Positive Symptoms

- a. Delusions : a belief that is not in accordance with reality that is maintained and can't be change by others. This belief stem from uncontrolled thinking, usually occur in people with mental disorders.
- b. Hallucinations: the emergence of the perception of hearing, seeing, tasting, smelling and touching something that isn't really there.
- c. Changes in the Stream of Thought:
 1. Disconnected flow of thought: in conversation suddenly forgets / can't continue the conversation.
 2. Incoherent: irregular talk
 3. Neologism: using sentences that are only understood by oneself and not understood by others.
- d. Behavior Changes : people with schizophrenia suddenly behave strangely after seeing what normal people have never seen.

2) Negative Symptoms

1. Hyperactive: a condition when a person with schizophrenia continues to be active regardless of the time, situation and surroundings.
2. Agitation: is a feeling of restlessness or irritation, anger that generally can make people with schizophrenia feel uneasy
3. Irritability: easily angered and easily frustrated.

Based on the theory Keliat in the Mashudi's book there are 2 symptoms of schizophrenia, namely positive symptoms and negative symptoms. Positive symptoms are delusions (false beliefs, not in accordance with reality causing behavioral changes in people with schizophrenia because the delusions experienced by sufferers are like living in an imaginary world), hallucinations (feeling to see someone but actually not being real and can only be felt by people with schizophrenia with symptoms only positive and cannot be seen by other normal people) according to the appearance, hallucinations can be divided into several types, namely auditory hallucinations, visual hallucinations, tasting hallucinations, smelling hallucinations, and tactile hallucinations. Changes in the flow of thought, namely (the flow of thought is interrupted where the sufferer suddenly forgets or cannot continue the conversation, incoherent speech is not in harmony or can be called chaotic, the patient's neologism uses words that can only be understood by himself and difficult to understand by others Changes in behavior, namely schizophrenic people suddenly behave strangely after seeing what normal people have never seen Negative symptoms such as hyperactivity (conditions when people with schizophrenia continue to be active do not see the time, situation and surroundings), agitation (feeling restless or irritated) , anger that generally makes people with schizophrenia feel uneasy), and irritability.

C. How To Treat Scizophrenia

According to Wilson (2019 : 15) there are several treatments for people with schizophrenia, namely :

1. Medical Intervention

Antipsychotic drugs are the drugs most commonly used in managing the symptoms of schizophrenia. Ross Wilson has said that problems with the brain's neurotransmitters can cause the symptoms of schizophrenia. Because antipsychotic drugs are given to balance the levels of the neurotransmitter, traumadomamim. The medical goal of antipsychotic treatment is to manage the symptoms of schizophrenia at the lowest possible dose. To achieve this, a psychiatrist may try several antipsychotic drugs and perhaps a combination of these drugs to determine which is most suitable for the patient's condition, antipsychotic drugs can be combined with other types of drugs, namely anti-anxiety drugs, or antidepressants.

D. Psychosocial Interventions

Psychosocial (psychological and social) should also be implemented even if a person is undergoing treatment for schizophrenia. Interventions can be applied after the symptoms of schizophrenia subside such as: Individual psychotherapy, Cognitive behavioral therapy, Family Therapy, and Social Skills Development.

Research Method

In this research, the researcher uses qualitative research that prioritizes the depth of appreciation of the interactions between the concepts being analyzed, including the fabrication of literary texts with literary theories to understand the meaning of psychologically nuanced literary texts. The qualitative type used in this research is library research and uses descriptive research. The qualitative approach is often referred to as the humanistic approach, because in this approach a perspective, way of life, tastes, or emotional expressions. According to Samsu (2017: 65) *Descriptive research is often also called taxonomic research*. It is said so because this research is intended to explore or clarify a phenomenon, phenomenon, or social reality that exists. Descriptive research seeks to describe some variables related to the problem and unit being studied. According to Hidayat Syah in the book (Samsu, 2017: 65) descriptive research is a research method used to find the broadest knowledge of the object of research at a certain time.

Findings and Discussion

1. Type of Schizophrenia found in The Novel Words On Bathroom Walls By Julia Walton.

Based on the theory of the American Psychiatric Association (APA,1994 : 291) in the DSM-IV book there are 5 types of Schizophrenia, namely: 1). Paranoid Type has the characteristics of experiencing delusions and hallucinations, due to environmental factors, heredity, stress, and trauma. 2). Disorganized Type has the characteristics of disorganized speech, irregular behavior, disorganized behavior doesn't have a purpose in life, and easy getting emotional. 3). Catatonic type has the characteristics of sufferers sometimes have behavior that often moves and rarely moves, patients who rarely move are usually difficult to accept other people's instructions, and patients who are actively moving usually move more often. 4). Undifferentiated Type is a diagnosis of patients who do not find a typical

clinical picture that meets any of the types of schizophrenia, but in general, symptoms of schizophrenia are found. This type does not have specific symptoms, for example, a person with schizophrenia sometimes shows paranoid schizophrenia type, disorganized type, and the catatonic type and usually, the symptoms of schizophrenia can change over time. 5). Residual Type has the characteristics of having negative symptoms, but what is more prominent in schizophrenia is positive symptoms.

From the characteristics described above, the researcher finds one type of schizophrenia that stand out in the main character in the novel Words On Bathroom Walls By Julia Walton seen in every behavior of the main character in the novel, namely Paranoid Type. Then the researcher analyzed the symptoms experienced by Adam and how the treatment was carried out by Adam.

1. Paranoid Type

Datum 1

"Mrs. Brizeno said you looked up in the Chemistry lab, started, screaming, and fell to the floor." I remember how calm she was. My mom has this jedi voice that sort of washes over you when she's trying to get information. What that you see ?

I didn't answer her right away I took off my spectacles and tried to pretend she wasn't there, waiting for an answer.

"Bats" I said, looking down at my shoes. " Huge black bats".

I didn't tell her that they were twice the size of regular bats or that they had human or that their tiny fangs hung like needles from their mounts. (pg. 4)

Based on the quote above, the explanation Describes that Adam was experiencing a paranoid type because he started having hallucinations but at that time Adam did not tell him that he was seeing a very large bat, and the text above gave the understanding that only Adam saw bats in the chemistry lab. and proved that he was hallucinating and exhibiting the characteristics of the paranoid type. Mrs. Brizeno told Adam's mother to come to school because Mrs. Brizeno felt something was wrong with Adam.

This bat is very large, larger than the size of an ordinary bat. Bats have huge bodies, and hideous eyes similar to those of humans, their teeth have sharp fangs in Adam's hallucinations. Adam was very scared to see the big bat because he had never seen such a big bat. When his mother asked Adam, Adam initially refused to tell. He knew if he explained it to his mother, she would think he was crazy because it couldn't be seen with normal human eyes and was inconceivable because it was so scary.

Datum 2

What do I see ? well, let's start with who. I see Rabeca. I know now that she isn't real because she never changes. She's beautiful and tall like Amazon tall with huge blue eyes and long hair that falls to her waist. And she's sweet and never says a word. As far as hallucination go, she's completely harmless. I've only ever seen her cry once, the day my mom found out about me. When it happened, I still thought Rabeca was real. I didn't understand that she was crying because I was crying. (pg. 7)

Based on the quote above, Adam showed symptoms of paranoid type because Adam saw his hallucinatory friend for the first time no one could see him, only Adam could see

Rebecca. she was a beautiful girl, tall as an amazon, with big blue eyes, and waist-length hair. At first, Adam thought Rebecca was a real person but after meeting Rebecca for a long time he realized that Rebecca was not human, only Adam's hallucination but Rebecca's hallucinatory friend who is very loyal to Adam wherever Adam is, he will always be beside Adam.

At first, Adam felt uncomfortable being followed by Rebecca but after he learned that Rebecca was just his hallucinatory friend, Adam felt used to Rebecca's presence in Adam's life. Rebecca is a good girl, she never bothers Adam it's just that when Adam feels sad Rebecca is sad too. At that time Adam saw him sad on Mother's Day Adam found out about Adam's illness and at that time Adam still thought Rebecca was real and at that moment Adam immediately understood that Rebecca was crying because Adam was crying.

2. The Symptoms of Schizophrenia Experience by The Main Character in The Novel *Words On Bathroom Walls* By Julia Walton

Positive Symptoms

a. Hallucination

Datum 1

But I see stuff I shouldn't everywhere. There's the man in the suit with the big metal briefcase that always spills open, flinging money everywhere. And the woman with the huge dog dragging her across the lawn. Then there's the weird shadowy guy who hangs out at the edge of my line of sight, always dashing into an alleyway. The mobsters. Rebecca a few others I only see once in a while. (pg 29-30).

Based on the quote above, describes positive symptoms because Adam experienced hallucinations and according to the characteristics described in the positive symptoms in the theory of clay. And what the researchers underlined is that somewhere Adam suddenly saw his hallucinations and the only one who could see was Adam. It was explained that at that time he saw a man in a neat suit carrying a large open iron bag and the money in the bag was scattered, then Adam also saw a woman who was dragged by a big dog and brought the dog to the front of the yard, Then there is a strange man and suddenly enters the alley, there are mafia, Rebecca his hallucinatory friend and several others but only seen occasionally. From the quote, it is by the characteristics described in the positive symptoms described by the visible, namely experiencing hallucinations. Something that Adam saw only Adam could see and hallucinations often occur when Adam.

Datum 2

In the corner of my room, I see a man standing in shadow. He's wearing a black bowler hat and crying a cane with a curved handle. Every few minutes, he checks his watch and looks at me.

"it's almost time," he keeps saying under his breath. "get ready to run. Train's coming."

"Almost time for what?" I want to ask him.

But he just smiles and says nothing. He doesn't have to.

And even though he's creepy and I wish he'd leave, *he isn't what I'm afraid of.*

I'm afraid of the way thing used to be when I believed he was real. (pg.39-40)

Based on the quote above, describes that the characteristics of positive symptoms because Adam experiences hallucinations, and his hallucinations cannot be seen by others. Adam suddenly saw his hallucination in the corner of his room adam saw a man standing alone in the shadows, the man was wearing a bowler hat and he was carrying a long stick with a curved handle every few minutes the man always checked his watch and looked at adam sharply and said “ it’s almost time,” he keeps saying under his breath. “get ready to run. Train’s coming.”

From the above explanation by the theory stated, it seems that people with schizophrenia with positive symptoms have characteristics that sufferers experience hallucinations. Adam had hallucinations and the people around him did not see what Adam was seeing when he was hallucinating. It happened not just once but many times Adam had hallucinations.

b) Behavior Change

Datum 1

The voices got louder until, quite suddenly, the buzzer signaling the end of the match sounded. We’d won by over sixty points.

But the voices didn’t stop. They kept growing louder until I couldn’t hear my own voice and couldn’t concentrate over the sound of my pale, nerdy, cheering teammates, who were all as shocked as I was that their lowest scorer at practice had just miraculously out geiked them all. I knew how to pretend. I just nodded and smiled at everyone, even though I couldn’t hear a word they were saying.

Then I saw my mom and watched her face fall. Her eyes said it all.

Be careful. Are you okay ?

The voices stopped and I could think again. (pg. 74).

Based on the quote above, evidence that there is a change in attitude. At that time Adam suddenly heard voices from inside his head saying "we won by a margin of more than sixty points" his voice got louder until he could not hear Adam's voice but when Adam saw his mother who was looking at him with thoughts that seemed to show his thoughts and The voice suddenly stopped and Adam could think again.

Adam voice is often suddenly heard. His mother knew that Adam suddenly experienced a behavior change. When his mother saw Adam and felt that Adam suddenly experienced a behavior change, the strange voices disappeared and were no longer heard by Adam. Adam often acts like that when his hallucinations appear and he doesn't know how to hide it from others because the reaction comes suddenly. This shows that including the characteristics of positive symptoms because Adam experienced a behavior change when he was experiencing hallucinations.

Datum 2

And like the smell of books.

A few minutes after I arrived, I noticed Ian staring at me. He had his feet up on a nearby table, and his eyebrow were raised. I'd unknowingly started twiddling the pen in my right hand to ward off the of flies that were circling my stack of books

But then I realized he wouldn't have kept staring if that we actually what I was doing. The flies weren't real.

So I stopped moving altogether then flies were still there, moving in perfect formation. Maya came back from the copy room a few minutes later and ask me why I was keeping so still. I

told her I was studying, but really I was just concentrating on not acting weird. Ian was still watching me. (pg. 93)

Based on the quote above, describes that including the characteristics of positive symptoms because Adam experienced a behavior change in the form of Adam unknowingly doing that Adam waving the pen in his hand to repel the swarm of flies but all of that was just Adam's hallucination, it turns out that the swarm of flies is not real. Ian realized that Adam changed nature, namely Adam wagged as if there were flies there but in reality, there weren't any. Adam suddenly turned to Ian when he saw Ian was watching Adam with a very curious face.

Ian wants to know what happened to Adam, but Adam tries to hide his illness and no one should know about him being schizophrenic because he is afraid that his friends at St. Therefore when Ian saw Adam experiencing the hallucinations and experienced a change in Adam's behavior, he immediately took control of himself so that Ian would not find out about him.

3) The Treatment of Schizophrenia found The Main Character seen in the novel *Words On Bathroom Walls By Julia Walton.*

According to Ross Wilson (2019 : 15) There are 2 types of treatment for schizophrenia, namely Medical Intervention, and problems with brain neurotransmitters that can cause symptoms of schizophrenia. Because antipsychotic drugs are given to balance the levels of the neurotransmitter. The medical goal of antipsychotic treatment is to manage the symptoms of schizophrenia at the lowest possible dose. To achieve this, a psychiatrist may try several antipsychotic drugs and possibly a combination of these drugs to determine which is best suited to the patient's condition.

Psychosocial Intervention Psychosocial (psychological and social) should also be implemented even if a person is undergoing treatment for schizophrenia. This treatment involves other people to help heal the schizophrenic because apart from using drugs, people with schizophrenia also need support from those around them. Psychosocial includes several characteristics such as (Individual Psychotherapy, Cognitive behavioral therapy, Family therapy, Social Skill Development, and Vocational). training and rehabilitation). However, in the book *Words On Bathroom Walls*, researchers only found one characteristic, namely Family Therapy.

a) Medical Intervention

According to Ross Wilson (2019 : 15) problems with the brain, and neurotransmitters can cause schizophrenia symptoms. Because antipsychotic drugs are given to balance the levels of the neurotransmitter, traumadomamim. The medical goal of antipsychotic treatment is to manage the symptoms of schizophrenia at the lowest possible dose. To achieve this, a psychiatrist may try several antipsychotic drugs and perhaps a combination of these drugs to determine which is most suitable for the patient's condition, antipsychotic drugs can be combined with other types of drugs, namely anti-anxiety drugs, or antidepressants. In the novel *Words On Bathroom Walls By Julia Walton*, the main character Adam is undergoing medical therapy using drugs to calm anxiety, anxiety and reduce his fear of hallucinations that he often encounters every time. Before he underwent medical therapy he often felt uneasy and could not distinguish between what was real and what was not and often had an imbalance in his body. However, after undergoing drug therapy, Adam felt better as described in the novel as follows:

Datum 1

Dosage 0,5 mg.

I can't really complain about pills, though. Things have gotten better since I start the new drug. We won't know how it really affects me until I've been on the full dosage for a while. They're easing me into it, which you already know. Part of the reason I'm required to sit in your office once a week so you can spot any problems and report back to clinical trial doctors.

So I'll tell you all the stuff you already know. The drug is called ToZaPrex, which, according to the label, can cause among other things, (1) decreased white blood cell count which hinders the body's ability to combat disease, (2) seizures, (3) severely low blood pressure, (4) dizziness, (5) trouble breathing and (6) severe headaches (pg. 7).

Based on the quote above, describes of how treatment uses medical intervention, and in the quote above, Adam explains to his psychiatrist who is interviewing him. In this dose, Adam has felt better since taking the medicine, Adam slowly gave the dose until it was full. Adam also explained the name of the medicine he was taking. use it then he also explains the side effects that are in the drug.

And in the quote above it is explained that the name of the drug used by adam is ToZaPrex, since adam has used the drug as a treatment therapy, adam feels himself getting better, the hallucinations are still there but since using the drug, adam feels calmer and doesn't feel afraid anymore Then Adam began to be able to distinguish between what was real and what was not. Adam also explained some of the side effects of taking the drug.

Datum 2

Anyway, yeah, this drug is pretty incredible. The distance from the visions is really all I needed. Just a little bit of space away from it to watch everything happen. It's not all bad stuff, actually. Sometimes it's okay. Real. I'm not complaining about all of it. No other hallucinations to report at this point. They'll show up when they feel like it. They always do (pg. 16).

Based on the quote above, it is an explanation that when Adam underwent Medical Intervention treatment, Adam felt that this drug was great, he and his hallucinations became his needs. He had been comfortable with his hallucinations ever since he took the medicine he could distinguish the good and the bad from his hallucinations and felt comfortable after taking the medicine.

And from the data above it explains that all the hallucinations that Adam experienced were not all bad, some hallucinations came to tell them if there was something Adam had to do but sometimes Adam was not aware of the hallucinations that Adam saw. At that time there were no hallucinations that often appeared but the hallucinations would appear when they wanted to appear.

b) Psychosocial Intervention

According to Ross Wilson (2019 : 15) Psychosocial (psychological and social) may be carried out by patients who are undergoing treatment for schizophrenia. Interventions can also be applied after the symptoms of schizophrenia have subsided as described by the main character in the Novel Words On Bathroom Walls By Julia Walton as follows :

• Family Therapy

Family attention is needed by people with schizophrenia because people with schizophrenia need support from their families. Family therapy is very important to have

an impact on effective recovery as described in the Novel *Words On Bathroom Walls* By Julia Walton, Adam gets support from his family while he is undergoing therapy as follows :

Datum 1

The good thing is that he actually does love my mom. And since my mom loves me, he makes an effort. He was the one who suggested the new private school instead of tossing me back into a school where all the kids knew there was something wrong with me (pg. 4-5)

Based on the quote above, describes how Adam gets family therapy (family support) by showing Paul cares about Adam even though he is Adam's stepfather but he loves Adam just as his mother loves Adam. The support shown by Paul was by moving Adam to St. Agatha. Because his old school already knew Adam's strange attitude, Paul wanted Adam to stay comfortable at school.

Paul loves Adam as much as his mother loves Adam, Paul tries to take part in the treatment of his illness, Paul is the one who found Adam a new school after the incident in the biology lab, his friends, and everyone at his school already knew about Adam. Paul is trying to transfer Adam to his new school, St. Agatha to make Adam feel comfortable at school. The form of family support that Paul showed to Adam was by paying attention to Adam's condition, finding a new school for Adam, and finding the best psychiatric doctor for Adam's treatment.

Datum 2

I got nervous when the doctors told me they might take me off the drug. Mom says they aren't going to do anything hasty and we're still going to find a medication that does everything I need it to do, but I think she was just trying to keep me calm. She was trying to say the thing she knew would make me feel better, because that's what moms do, but I was still nervous, and sometimes when I get nervous I try to do things that aren't always a good idea (pg. 127)

Based on the quote above, describes that Adam received Family therapy by calming Adam when he was nervous. When the doctors told Adam they might stop the medication because there wasn't a proper dose for Adam. Adam's mother always said they wouldn't be able to do anything with it. In a hurry and Adam's mother always encouraged Adam and gave understanding to Adam so that Adam did not feel afraid.

His mother always comforted him by reassuring Adam that nothing would happen. And telling something about what his mother knows will make Adam calmer because that's what mothers do he will always try to keep his child calm and not afraid. His mother gave support to Adam whenever he felt nervous and scared.

Conclusion

After analyzing the novel *Word On Bathroom Walls* By Julia Walton, the researcher concludes that: There are five types of schizophrenia, namely Paranoid, Disorganized/Hebephrenic, catatonic, undifferentiated, and residual Type. In this type of schizophrenia, the researcher found just one type of schizophrenia in the novel *Words On Bathroom Walls* By Julia Walton that is Paranoid Type.

There are two symptoms of schizophrenia, namely positive and negative symptoms, and these symptoms are further divided, namely positive (delusions, hallucinations, changes in the stream of thought, and behavior change) and negative symptoms.

(hyperactivity, agitation, irritability). The researcher can find one symptom of schizophrenia contained in the novel *Words On Bathroom Walls* by Julia Walton, namely positive symptoms and in positive symptoms, the researcher found hallucinations and behavior change. Where the main character Adam often experiences hallucinations and often loses balance in thinking which causes behavior change.

Treatment of Schizophrenia in the novel *Words On Bathroom Walls* by Julia Walton is Medical Intervention and Psychosocial Intervention. Researcher found data in the novel *Words on the Bathroom Wall* by Julia Walton Medical Interventions, the main character undergoes treatment regularly until finally finding the right dose. Then the Psychosocial Intervention in the book *Words on the Bathroom Wall* by Julia Walton there are five characteristics, namely (Individual Psychotherapy, Cognitive Behavioral Therapy, Family Therapy, Social Skill Development, Vocational Training, and Rehabilitation) and researchers only found one characteristic of psychosocial intervention, family therapy. Adam Petrazelli's main treatment is not only using drugs but also using family therapy because people with schizophrenia also need family therapy (family support).

Based on the evidence found, this novel can increase the reader's knowledge about schizophrenia, especially knowledge about the types of schizophrenia, the symptoms of schizophrenia, and the treatment of schizophrenia as well as provide knowledge to the reader how people with schizophrenia in their teens are described by the main character Adam Petrazelli as well as a case study to study schizophrenia and a source of reference for further researches.

References

- Al-Ma'aruf, A. I., & Nugrahani, F. (2017). *Pengkajian Sastra Teori Dan Aplikasi* Surakarta : CV Djiwa Amarta Press.
- Ambarawani, Tika .(2006). "Skizofrenia Tokoh Utama Dalam Novel Pintu Terlarang Karya Sekar Ayu Asmara." Skripsi. Surabaya : Universitas Airlangga.
- American Psychiatric Association. (1994). *Diagnostic and Statistical Manual Of Mental Disorder 4th Edition DSM-IV*. Wasington Dc: American psychiatric association.
- Amriani, Nur. (2017). "The Schizophrenic In CE Christianshen's The Roomate". Skripsi. Makasar : Universitas Islam Negeri Alauddin Makasar.
- Ahmadi, Anas. (2015). *Psikologi sastra*. surabaya: Unessa University Press.
- Anastasia, Vlasova. (2020, July). Interview with Author Julia Walton *Words On Bathroom Walls , This is My Brave*.
<https://thisismybrave.org/news/words-on-bathroom-walls-author-julia-walton/>
- Frith, C, & Jhonstone , E. (2003). *Schizophrenia A very Short Introduction* .
 New York : Oxford University Press .
- Harahap, Nasution. (2020). *Penelitian Kualitatif. Medan : Wal Asri Publishing*.
- Hidayah, Nur Wahyu. (2015). "Problem Kejiwaan Tokoh Utama Dalam Novel Pasung Jiwa Karya Okky Madasani".Skripsi. Yogyakarta : Universitas Negeri Yogyakarta.
<https://tafsirweb.com/624-surat-al-baqarah-ayat-155.html>
- Kartikasari HS, Apri, & Suprpto, Edy. (2018). *Kajian Kesusteraan Sebuah*

- Pengantar Magetan: CV AE MEDIA GRAFIKA .*
- Lexy, J Moleong. (2004). *Metodologi Penelitian Kualitatif* . Bandung : PT. Remaja Rodakarya .
- Mashudi, Sugeng. (2021). *Buku Ajar Asuhan Keperawatan Skizofrenia* . Jawa Timur : Penerbit Global Aksara Press .
- Miles , Matthew B & Huberman A Michel . (1994). *Qualitative Data Analysis Second Edition* . United State of America : Sage Publication.
- Santiah. (2021). "The Schizophrenia Of The Main Character In The Movie Sutter Island By Martin Scorsese". Skripsi. Jambi: Universitas Islam Sulthan Thaha Saifuddin Jambi.
- Samsu. (2017). *Metode Penelitian Teori dan Aplikasi Penelitian Kualitatif, Kuantitatif dan Mixed Methods Serta Research dan Development*. Jambi: Pusat Studi Agama dan Kemasyarakatan (PUSAKA).
- Sovitriana, Rilla. (2019). *Dinamika Psikologi Kasus Penderita Skizofrenia* . Ponorogo Jawa Timur : Uwais Inspirasi Indonesia .
- Sugiono. (2019). *Metode Penelitian Kualitatif dan Kuantitatif dan R&D* . Bandung : Alfabeta .
- Suyitno. (2018). *Metode Penelitian Kualitatif : Konsep, Prinsip, dan Oprasionalnya*. Tulungagung : Akademia Pustaka.
- Walton, Julia. (2017). *Words On Bathroom Walls*. United State : Random House Children's Book.
- Wellek, Rene & Warren, Austin (1949) . *Theory of Literature*. London: Thirty Bedford Squire.
- Wilson, Ross. (2019). *Schizophrenia (Understanding Schizophrenia , And How it Can Be Managed Treated and Improved* . Independently Published .