

JOE GOLDBERG'S OBSESSIVE COMPULSIVE PERSONALITY DISORDER IN CAROLINE KEPNES' *YOU*

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Abstrak

Studi ini menganalisis gangguan kepribadian kompulsif Joe Goldberg yang obsesif dalam novel karya Caroline Kepnes yang berjudul *You*. Tujuan dari penelitian ini adalah untuk mengidentifikasi gangguan kepribadian kompulsif obsesif yang digambarkan dalam karakter Joe Goldberg dan untuk menganalisis dampak gangguan kepribadian kompulsif obsesif dari karakter Joe Goldberg pada dirinya dan orang-orang di sekitarnya. Penelitian ini menggunakan teori Theodore Millon untuk mengungkapkan gangguan kepribadian kompulsif obsesif dalam karakter Joe Goldberg dari novel *You* dan dampak gangguan kepribadian kompulsif obsesif dalam karakter Joe Goldberg. Hasil penelitian menunjukkan gangguan kepribadian obsesif-kompulsif biasanya menunjukkan kekakuan dan sifat keras kepala, misalnya Joe Goldberg memiliki obsesi dan kontrol hidup kepada orang-orang yang dicintainya, kontrol mental dan interpersonal. Dampak dari gangguan kepribadian kompulsif Joe Goldberg yang terobsesi, dia akan melakukan apa saja untuk orang yang dia cintai, tetapi dengan caranya sendiri, meskipun itu bermaksud untuk membunuh orang lain.

Kata kunci: *gangguan kepribadian, gangguan kepribadian kompulsif obsesif.*

Abstract

This study analyzes Joe Goldberg's obsessive-compulsive personality disorder in *You*. The purpose of this study was to identify obsessive-compulsive personality disorders depicted in Joe Goldberg's character and to analyze the impact of obsessive-compulsive personality disorder from Joe Goldberg's character on himself and those around him. This study uses the theory of Theodore Millon to reveal obsessive-compulsive personality disorders in Joe Goldberg's character from *You* and the impact of obsessive-compulsive personality disorder on Joe Goldberg's character. The results show has an obsessive-compulsive personality disorder usually exhibits stiffness and stubbornness for example, Joe Goldberg had an obsession and control of life to the people he loved, mental and interpersonal control. The impact of Joe Goldberg's obsessed compulsive personality disorder. He will do anything for the person he loves, but in his own way, even though it intends to kill others.

Keywords: *personality disorder, obsessive-compulsive personality disorder.*

INTRODUCTION

Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community (World Health Organization, 2004). In this way, a mental health personality can provide for itself well. *You* written by Caroline Kepnes tells about one adult man and woman who had not known him at all, the man

named Joe Goldberg and the woman named Guinevere Beck. Joe is a lonely and tech-savvy bookstore guy. In the story, Joe is an orphan, and he is ignored by his parents. Joe is adopted and cared for by a man named Mr. Mooney, but Joe is not treated well; he is locked in a glass cabinet filled with books, under Mr. Mooney's bookstore and contrary to what Joe wants. Mr. Mooney did that for Joe to show affection and respect for the activity. According to the (American Psychological Association, 1994), the emotional response someone has to an extremely negative event. The effects can be so severe that they

interfere with an individual's ability to live a normal life. In a case such as this, help may be needed to treat the stress and dysfunction caused by the traumatic event and to restore the individual to a state of emotional well-being.

The criteria list for each personality disorder includes either seven, eight, or nine items, each of which details some characteristic trait, attitude, or behavior strongly related to that particular disorder. In the antisocial criteria, deceitfulness is considered a personality trait, a long-standing pattern of behavior expressed across time and in many different situations. The histrionic criteria can also be considered as tapping the personality trait of seductiveness, because histrionics are known for inappropriately sexualizing their communications. Where many such personality traits typically occur together, they may be said to constitute a personality disorder. Antisocial, for example, are much more than just deceitful; they are often manipulative, reckless, aggressive, irresponsible, exploitive, and lacking in empathy and remorse (Millon, 2004:20).

For compulsives, however, such contrary feelings and dispositions create intense feelings of anger, uncertainty, and insecurity that must be kept under tight rein. To do so, they make use of a whole host of defensive strategies, more than any other personality pattern. Research argues that the first, and perhaps most distinctive, is reaction formation (Berman & McCann, 1995).

The interpersonal process of compulsives requires that they invest much time and energy in it. For this reason, compulsives are often seen by others as reserved, cheerless, or even grim. Although they are invariably polite, this flows from their desire to adhere to social convention, not from an intrinsic warmth. Their posture and movement may seem tight and controlled. Their words are carefully chosen to be accurate and objective (Millon, 2004: 241).

One day, Beck came to a bookstore in New York City, and there he was looking for a book. In the bookstore, there is Joe, the owner of the bookstore, who is working. Beck walked into the bookstore, and Joe watched Beck, who was walking; they talked briefly and found common ground with him as a fellow book lover. After Joe met Beck at the bookstore, Joe began to find out about Beck on social media. He uses his technological skills to find out everything about her. However, his lust will soon turn to obsession when he starts trying to control every aspect of her life.

In *You* novel, Joe has dominating and obsessive about controlling Beck's life. Joe followed Beck secretly wherever he was, including where Beck lived; Beck lived on a highway that had a transparent glass that could be seen directly by people passing through his house. Joe watched Beck from outside the house. Beck, Joe saw what was being done by Beck. Besides that, Joe always looked at Beck's social media because Beck was a person who loved to update the status on Twitter, Facebook, and Instagram. After Joe follows and observes Beck in the real world, he knows that Beck is a really lovely person and not as happy as Beck's social media.

After Joe and Beck are getting closer because of Joe's actions that want Beck to fall in love with him, but Beck is not aware of Joe's actions that are done secretly. Until finally, Joe starts calmly removing the obstacles that are in the way of their love. Joe will do anything to make their relationship happy in Joe's own way, even by killing.

This study uses personality disorder by Theodore Millon, which serves as the theory of this article. Personality disorder thoughts are initiated from the personality theory ideas of Theodore Millon. An individual's influences mental disorders whose individual causes vital disturbances to each individual, dysfunctional in the workplace or in relationships with others, other than this personality and methods are irregular (Mental Health,2010).

Developed societies generally have a disciplined and organized personality towards the community, on time, work hard, detail every what is done in social or financial; those are the qualities possessed by compulsive personality. Developed society or modern society has self-discipline and has social to many people (Millon,2004:227).

Everyone has a sudden thought to protect themselves from the outside social world and the treatment of others that can harm themselves (Tippie,20016:272). According to the obsessive-compulsive personality (Millon,2004:227), every individual who has a compulsive personality can be sure that the person is very thorough about the work he does, but not to other aspects of life.

A person who has a compulsive illness considers his deficiency to be the cause of undesirable actions. Besides that, he has excessive anxiety and tension within himself. Compulsive body disease is a means of repairing deficiencies and failures, those who have this disease always have

sadistic actions, but they will escape from others' talk about their actions because they have their own way by reason of having the compulsive disease (Millon:2004,253).

Depression is a major factor in compulsive personalities. Every person who has a compulsive personality in everyday life has an emotionally strong, quiet money, boring when talking to people so that a personality that has a compulsive personality feels strange and minimizes interaction with people. Another case with the field of work that a person has, he will work hard, have good performance until the results in work continue to progress, even though he has a depression that is quite heavy, but he is able to overcome it (Millon,2004:254).

This study reveals the personality disorder which happens in Joe Goldberg that influenced his characteristic. A person who has a personality disorder and mental health problems have different characteristics. Someone who has personality disorder mentally causes difficulties in understanding others and their own situations and behavior (American Psychological Association, 1994).

This study will analyze Joe's behaviors toward other characters, and this study will found if Joe has the symptoms of Obsessive-Compulsive Disorder. Very few analyze that *Your* novel of obsessive-compulsive personality disorder issue uses the theory of personality disorder. There are previous studies that have same topic or novel with this study. First, (in Muhammad Fanani Septivian, 2016) in his study explains with the same topic but different novel and theories. John Bristow's Narcissistic Personality Disorder is the main the focus of this study in Robert Galbraith's *The Cuckoo's Calling*. Previous research on personality disorder revealed that Narcissistic Personality Disorder could occur to an individual if their Narcissism healthy development is disturbed by parents that cannot give their proper affection to their children. The second previous studies is from Priyanka Gupta (2020) with her study entitled *An analysis of the female character in Caroline Kepnes' novel You: Reading through Theory of Sexual Politics*. In her study, she focusses on gender reading of the text and how subjugation of woman is still evident in the twentieth century. The study aims to examine closely the representation of female characters in the novel *You*. The study replicates and explains the representation of woman and how their individuality and free will is thwarted and meddled by the superior man in the novel.

This study concerns in character Joe Goldberg and his obsessive-compulsive personality disorder, which is displayed in the novel *You*. Joe has a clever way of speaking and his actions so that other people are not suspicious of his actions, and he has no friends because of his prying nature in the basement that contains books.

METHOD

The source of the data is from Caroline Kepnes' *You*, which is published by pocket books (an imprint of Simon & Schuster, Inc) in September 2014. The data are in the form of dialogues, epilogues, and direct-indirect speech between characters, especially Joe Goldberg, that represents his obsessive-compulsive personality disorder. The study begins with close reading to get the data from the whole texts that exist in different from narrations and conversations in the novel. By reading the novel, the statement of the problem will be collected and going to be selected, and analyzed. The supporting references used in this study are taken from the library and internet sources.

In analyzing the representation of Obsessive Compulsive and the impact of obsessive exploitation in Caroline Kepnes' *You*, the author applies the theory of personality disorders in the analysis. More specifically, this study uses the obsessive compulsive personality disorder perspective of Theodore Millon to explain the research questions contained in this study. Several theories will be used to further support the representation of obsessive compulsive and the impact of obsessive compulsive in the novel.

DISCUSSION

Joe Goldberg's Obsessive Compulsive in *You*

Obsessive-compulsive personality disorder has criteria for someone such as a pervasive pattern of preoccupation with orderliness, perfectionism, mental and interpersonal control, at the expense of flexibility, openness, and efficiency, is preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost, and then shows perfectionism that interferes with task completion is excessively devoted to work and productivity to the exclusion of leisure activities and friendships that over conscientious,

scrupulous, and inflexible about matters of morality, ethics, or values. In addition, there are personality disorder criteria, that is, someone who cannot throw away obsolete or valueless objects even when they have no sentimental value and are reluctant to delegate tasks or work with others unless they are subject to how to do something. Someone who has an obsessive-compulsive personality disorder usually exhibits stiffness and stubbornness (Millon, 2004:242).

Joe Goldberg has feelings and anxieties about himself in the *You* by Caroline Kepnes. Joe manages Beck's life and their relationship is not disrupted by anything. A cast of emotionally troubled characters whose relationships with each other can be both funny and tragic are portrayed in the book. As Joe takes off invisibly and obsessively from Beck's life. Joe has become fascinated with Beck. Obsessive is a word that is sometimes used to describe something that is intense. A man who is stalking a famous artist, for example, is totally obsessed with her. Obsession may also refer to excessive interest in a job, a hobby, and social media. The idea that one might injure others or oneself is also conveyed through obsessions. The obsession may have the same emotional effect as re-experiencing a trauma each time it is encountered (Barlow, 1988).

Each person with the disorder has self-pressure and an aggressive feeling that is internally committed to achieving their goals. However, those with compulsive personalities have the positive side of using the energy of fear to foster knowledge and power that is beneficial for themselves (Turner, Beidel, Borden, Stanley, 1991).

As a young man who looks average or does not seem to have a personality disorder from the outside. The author constructs Joe's character, but obviously. Joe has a personality disorder that is unknown to others. He has a nervous attitude, he has an obsession with someone he likes, he follows those he loves, he doesn't like being social with others, he doesn't like being social with others, he doesn't have friends. He does so for self-justification as depicted below:

"YOU walk into the bookstore, and you keep your hand on the door to make sure it doesn't slam. You smile, embarrassed to be a nice girl." (Caroline Kepnes, 2014, p. 1)

From the statement above, Caroline Kepnes said she came as a nice girl. According to Caroline

Kepnes (2014) Joe had begun to have an interest in Beck. Like he was talking to himself in his heart. The words of Joe, who said to himself because Beck called Joe "Buddy" like the words of Joe as shown below, will explain this:

"You sneeze loudly, and I imagine how loud you are when you climax. "God bless you!" I call out. You giggle and holler back, your horny girl, "you too, buddy." Buddy." (Caroline Kepnes, 2014, p. 2)

The statement shows that the two of them meet and get acquainted in the bookstore where Joe also works there. They're in that stop chatting together. He found out about Beck's house, and the internet also brings up Beck's social media so that Joe knows what he wants to know about Beck as mentioned below:

"The first thing I had to find was your home, and the internet was designed with love in mind. It gave me so much of you, Beck, your Twitter profile." (Caroline Kepnes, 2014, p.11)

According to Caroline Kepnes (2014) Joe shows the behavior and counseling he has done to get closer to Beck. Joe also found out the address of the residence that Beck lived on through the internet. Joe immediately left his place to look for Beck's house, and he found a place to live in Beck in New York. Joe has found a beck with a window open without curtains, as illustrated below:

I wear the suit for my first visit, and I love it here, Beck. It's quintessential Old New York, and I expect Edith Wharton and Truman Capote to cross the street hand in hand. (Caroline Kepnes, 2014, p. 14)

The depiction above depicts Joe's obsession with the people he loves to find out and stalk about his social media. Joe always visits Beck's place without being noticed by Rain or Beck's own people. Joe was like someone who was monitoring Beck, and he wanted to know what Beck was doing at his place of residence. No one knew that he was watching Beck. Joe's behavior did not look suspicious because Joe has a calm and smart nature to hide the feelings he experienced. He was wearing a costume when he visited Beck's house when Beck was not there, and there was no one there as depicted below:

I could probably strangle some old man in the middle of the street, and nobody

would come outside to stop me. (Caroline Kepnes, 2014, p. 15)

Furthermore, the representation of obsessive compulsive in Caroline Kepnes' *You* is to show behavior at the exploitation he experienced and also to escape from a situation that made her obsession. He deliberately had all the means to be able to meet she again, and then they agreed to meet him at a café. She and her friends were hanging out in one of the city's cafes and she came home drunk because her friends forced her to drink beer. Beck and his friends get drunk in the cafe. She wants to go home drunk and alone. She passes the road in an unbalanced state. She will take the train and head for the station. He always followed she wherever she went.

The Joe statement shows Joe is someone who doesn't like seeing Beck with anyone, even with Beck's friends, Joe wants Beck to only pay attention to Joe, and he wants to have a woman Beck who he loves completely. Joe will do anything that makes him get closer to Beck by Joe himself, whose actions without being known by others. Joe was manipulating to get what they want or violating another privacy.

The Impact of Joe Goldberg's Obsessive-Compulsive Personality Disorder

The depiction of Joe Goldberg has already been explained. Compulsive is an unconscious emotion that dominates itself to do actions that should not occur and events that are not good. Sometimes, people who include compulsive personality disorder have a sadistic personality, and excessive control causes the personality to have enemies or people who do not like him (Millon,2004:245). The impact that arises from obsessive-compulsive Joe's character is that he has a negative impact on his own life and the lives of others close to him. He has a sadistic act to kill people in a conscious state, and the person who he thinks is disturbing his relationship with the person he loves, namely Beck. Obsessive-compulsive personality disorder symptoms such as over control for others, anxiety, protection, ambition, introvert, manipulates, calm, narcissism, and stalking in Joe's character leads to the impact of his obsessive-compulsive personality in his life.

One of the actions that Joe has done to have Beck completely and is very obsessed with Beck is the first way that Joe meets Benji, is Beck's ex-boyfriend, who is still related to Beck. Joe manipulates Benji to make a meeting somewhere, and

Joe pretends to buy drugs because Benji is a drug dealer. Joe invites Benji to the basement in the bookstore where Joe works. In the basement, there is a place made of transparent glass, which is quite large, and there is book storage owned by Mr. Mooney, the owner of the bookstore became Joe's foster father until now. Joe and Benji enter the basement, Benji is suspicious because he was taken to a strange place and asked Joe, but Joe instead beat and held Benji so that he was unconscious and brought to the place made of glass as depicted below:

I lock the door behind me, and by the time I reach the bottom of the stairs, I am smiling because there it is, our beautiful, enormous, beastly enclosure: the cage. (Caroline Kepnes, 2014, p. 49)

From the data above, it can be explained that Joe did that because he didn't want to be close to anyone but himself. Joe wants that after Benji is no longer reported, Joe and Beck become closer to each other. Joe then locked up, tortured for days, and took Benji's cellphone so that Joe could manipulate status or tweet on Benji's social media, so Beck would not be suspicious of Benji if there was no news, even though Benji was being held captive, tortured, Joe was not being fed, and no one knows that. A few days later, Beck cared about Benji again because Beck thought that Benji had another woman and he could think like that because Joe had manipulated posts on Benji's social media which seemed to be like Benji was having fun with other women until one day, Joe kills Benji because by that time Joe and Beck had begun to get closer and Joe didn't want Benji to be present in Beck's life anymore.

The next impact is Beck has a close female friend named Peach. Peach has interests and feelings that are more than just friends for Beck. They have been friends for a long time. Joe and Beck are getting closer to the relationship between them. Peach badmouth Joe's behavior and behavior in front of Beck so that their relationship is further away and Joe away from his life. Besides, Peach has a manipulative nature, acts arbitrarily, and she seeks attention from Beck because she feels she has everything and a lot of wealth. However, Beck is a good friend and understanding. She is always kind to Peach and care for her because they have been friends for a long time. The friendship that has been for a long time makes Peach fall in love with Beck, but she considers Peach as her best friend. Joe follows and finds out Peach's wrongdoing is saving a naked photo of Beck on her laptop, but no one knows about it. In that, Joe

found out about Peach's wrongdoing. Peach invited Beck to go to Paris to live in the house owned by Peach, who was there. Joe follows them until he enters the Peach's house secretly. Joe is worried about Beck because he is afraid that Beck will experience an unwanted act by Peach. Joe sees Peach inviting her male friends to play with Beck and have sex, but Beck refuses while in the room. Joe found out about Beck's bad deeds, Joe was angry with Peach, and he planned to kill Peach. Joe managed to kill Peach after she tried to fight it in his yard. Joe thinks that he saved Beck and eliminated the toxic people in her life, as depicted below:

I grab her by the ponytail. She squirms her head to the side, and her eyes are more beautiful than I realized, and she recognizes me, and she spits, "You." (Caroline Kepnes, 2014, p. 305)

Besides that, Joe commits the murder of the person he loves, Beck. Actually, Joe already knows that Beck admits his actions, and he says it's all over and then forgives him. One day, the two of them were in Joe's apartment, then in the morning, Joe would go to work, and Beck would be left alone. Joe was out of his room, Beck into the bathroom, then Beck looked over the roof of Joe's bathroom. She opened the roof and found a box containing the belongings of the victim who had killed Joe. How surprised Beck saw the box, and she dropped the box accidentally. Beck already knows what Joe has done to kill and harm other people. At the time of the incident, Beck wanted to leave the apartment right away, but suddenly Joe returned to his room to pick up the missing item, and Beck, who has trying to get out of there, still carried the box and was known by Joe. After Joe finds out, he immediately beat her until she passed out.

Beck realized she saw herself in the basement where Joe worked. Her place was in the glass where to store books like Joe locked Benji there. Joe explains to Beck that he does it all to benefit her life, protecting her from what he thinks are bad people. Beck is locked up in the glass room. Joe killed Beck a few days later. Beck tries to escape from there, and he is killed by strangling before she can escape, as explained below:

This is the sound of you dying. There are bones cracking where, I do not know, and tear ducts in emergency mode. The tear of death seeps out of your left eye and onto your

porcelain cheek and your eyes. (Caroline Kepnes, 2014, p. 439)

As a result, there are several effects of obsessive-compulsive personality disorder by Joe that has been mentioned above. Joe is someone who likes to manipulate, often feels anxious, stalks to get to his loved ones. Joe commits this sadistic act because he thinks they are good for Beck's life. Joe has a negative compulsive personality disorder because it has a negative impact on his life and the lives of those around him. Then, Joe becomes a person like that because he had a gloomy childhood; it was when he grew up doing cruel things. When he was a child, when he made a mistake, his adoptive father always locked him in the basement of the glass room where his adoptive father's books were stored. That is what causes him to do this heinous act without feeling guilty and unknown to others.

CONCLUSION

Based on the discussion, that Joe has an obsessive-compulsive personality disorder that exists in him. He has a negative obsession with the person he loves, so that it impacts his life and the lives of those close to him. Joe has criteria that correspond to obsessive-compulsive personality disorder, which is that he is often anxious about himself and the people he loves, so he cannot control his emotions to commit sadistic actions to kill people who he considers to interfere with the relationship between Joe and Beck. Besides that, Joe is a perfectionist person because doing that sadistic deed perfectly according to his own plans without anyone else knowing, and he doesn't want to close with anyone other than himself.

Joe has emotional and anxious about himself. He has worries about Beck, the person he loves. Joe controls the life of Beck so that Joe can have Beck as a whole, and nothing disturbs their relationship. Joe discovers that Beck has had an affair with her married therapist about the same time that Beck learns Joe has a collection of her things, including copies of her emails, at his apartment. The novel presents a cast of emotionally disturbed people whose interactions with each other can be both hilarious and tragic. As Joe invisibly and obsessively takes of Beck's life. Joe is obsessed with Beck when she first walks into his bookstore. Physically Joe Goldberg has a personality disorder in which personality disorders have characteristics such as over control, self-control

obsession with someone who is loved or wants to have.

The impact that arises from obsessive-compulsive Joe's character is that he has a negative impact on his own life and the lives of others close to him. He has a sadistic act to kill people in a conscious state, and the person who he thinks is disturbing his relationship with the person he loves. Obsessive-compulsive personality disorder symptoms such as over control for others, anxiety, protection, ambition, introvert, manipulates, calm, narcissistic, and stalks in Joe's character leads to the impact of his obsessive-compulsive personality in his life. Joe commits this sadistic act because he thinks they are good for Beck's life. Joe has been hiding, torturing, and killing ex-girlfriend Beck and also Joe has killed Beck's close friends. He has a sadistic act to kill people without anyone knowing. Joe becomes a person like that because he had a gloomy childhood; it was when he grew up doing cruel things.

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