

ANALYSIS OF ADJUSTMENTS DISORDER SYMPTOMS IN NATHANIEL HAWTHORNE'S THE HAUNTED MIND

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Abstract

This research explores the adjustments disorder symptoms in Nathaniel Hawthorne's *The Haunted Mind* by looking for similarities in the story with symptoms of adjustment disorder. This research use qualitative method by focus on the issue of awareness and sensitivity regarding to the mental health and realize that mental health is very important. Visible symptoms are: 1. Feeling hopeless or not enjoying things that used to enjoy, 2. Frequent mood, 3. Worrying or feeling anxious, nervous, jittery or stressed out, 4. Trouble sleeping, 5. Difficulty concentrating, 6. Feeling overwhelmed, 7. Withdrawing from social supports, 8. Suicidal/dead thoughts or behavior. Therefore, the importance of the researchers conducting this research is to build sensitivity to the condition of a person's mental health through the work they create. Artwork that depicts gloom, sadness, and even horror in it has a great potential that is inform us what is happening to the artist.

Keyword: *Mental, Illness, Symtoms, Adjustments, Disorder.*

I. Introduction

Written work is an instrument of entertainment that we often find in various conditions in everyday life. Lots of people spill all the ideas and all the turmoil that is raging in their minds onto a piece of paper, then it becomes a written work. Many written works that have a very deep meaning come from the hands of writers who suffer from various mental disorders. Their writings become more creative and full of deep meaning that they often hide certain messages behind their writings (Fay, 1967).

The mood of the artist plays a big role in the masterpiece that they will produce, so that from their masterpiece we can immediately feel the message contained such as sadness, anxiety, loneliness, gloom and even horror of their masterpiece. They make artwork as a platform to express themselves individually, they pour what they think with a certain state of emotion to what they believe into their work, even for those who do not have talent in the art world, they have an artistic depiction. It is evident from some artistic artists that they are mentally ill (Rustin, 2008).

In writing which is a work that we commonly find, the researcher focuses on the mental health condition of Adjustment disorder. According to (Sarkar & Krüger, 2008) adjustment disorder is an emotional disorder that refers to subjective distress and is able to inhibit self-work functions in the social sphere and drastic changes in a person's life moments with

full pressure on the person. However, it can also be concluded that this can occur without triggering stress to the individual, various forms of emotion are generated such as anxiety, worry, feeling down in a situation, feeling unable to survive, fear of planning for the future, to cause various disabilities in individual life functions in life. his daily life. There are so many characteristics caused by sufferers that it is not surprising that they will reflect on them in a written work. In addition to relieve or to share what they feel. There is even the term Art Therapy in the journal *GMS Psycho Social Medicine* for people with mental disorders in a hospital that has been applied to those who suffer from a type of anxiety disorder, depression and several other emotional disorders (Rustin, 2008). Other is proposed by Daniels (2009) who stated that adjustment disorder is a traumatic impact or adjustment disorder produced by an event that deeply imprints on the sufferer's mind, with a symptom duration of six months or less. Some of the visible symptoms are: 1. Feeling hopeless or not enjoying things that used to enjoy, 2. Frequent mood, 3. Worrying or feeling anxious, nervous, jittery or stressed out, 4. Trouble sleeping, 5. Difficulty concentrating, 6. Feeling overwhelmed, 7. Withdrawing from social supports, 8. Suicidal/dead thoughts or behavior.

This research focuses on the writings of a famous writer named Nathaniel Hawthorne in a paper entitled *The Haunted Mind*. Nathaniel Hawthorne is a very famous writer in the 19th

century. His writings are known to contain elements of religion as well as one's mental health condition as well as implied from the stories created. In several previous studies Nathaniel Hawthorne has given some criticism of the implied relationship between sin and mental health conditions. (Morgan, 1975).

Based on the explanation above, the researchers had the intention to explore the adjustments disorder symptoms in Nathaniel Hawthorne's *The Haunted Mind* by looking for similarities in the story with symptoms of adjustment disorder. It is also to find out deeper meanings in a written work, and to hone our sensitivity to the condition of the people around us who without us realizing they have mental health problems, through the work and the meanings implied in the work by analyzing it in Nathaniel Hawthorne's short story "The Haunted Mind".

II. Research Methodology

The design used in this research is descriptive qualitative that has the intention to describe the adjustments disorder symptoms in Nathaniel Hawthorne's *The Haunted Mind* by looking for similarities in the story with symptoms of adjustment disorder. The data were analyzed by some steps, namely: 1) reading the novel, 2) underlining the words, phrases or sentences that represented the data needed, 3) describing in detail, and 4) concluding the results.

III. Findings and Discussions

a. Findings

Based on the results of the study found eight symptoms of adjustment disorder that are exactly described in Nathaniel Hawthorne's short story "The Haunted Mind". In this story gently implies that at the right time to rest, namely midnight, the researcher invites the reader to open his eyes again and begin to sink into the adventure of the mind again. In the symptoms of adjustment disorder, the sufferer has symptoms of disturbed-sleep, where he will continue to think about something that scares him or can make him anxious. Nathaniel Hawthorne is known for his contrasting writings containing the hidden morals and moods implied in his fiction. As has been done in previous studies, the writings of Nathaniel Hawthorne bring readers to understand the flow of life or take a moment to think and feel

life with our minds and senses as reflected in the work "The Haunted Mind". Describing a cold, silent night and a very long night with many fantasies and fantasies that come to mind. Feeling restless, sad, drastic mood swings, worry and anxiety to the curiosity of death. As Nathaniel Hawthorne wrote in his short story *The Haunted Mind*, the researcher finds the effect of anxiety in several parts of the story. After analyzing the data, it can be found that there are 8 types of symptoms, they are: Anxiety And Distraction To Enjoy Something, Frequent Mood, Trouble Sleeping, Worrying Or Feeling Anxious, Nervous, Jittery Or Stressed Out, Difficulty Concentrating, Feeling Overwhelmed, Withdrawing From Social Supports, and Suicidal/Dead Thoughts or Behavior.

b. Discussions

1. Anxiety And Distraction To Enjoy Something

As an indication of anxiety that makes a person unable to enjoy something he should enjoy, such as resting. With the mind haunted by the image of fear, one's resting time is disturbed and one cannot enjoy it peacefully at all. The following is a snippet of a story that contains elements of anxiety and distraction to enjoy something well.

"By a desperate effort, you start upright, breaking from a sort of conscious sleep, and gazing wildly round the bed, as if the fiends were anywhere but in your haunted mind"
(Nathaniel Hawthorne Page 02).

It is clearly described that this is the effort of someone who wakes up from sleep feeling very disturbed and depressed, continues to look for other figures in his life who are defined as "friends" who are there but only in his haunted mind. This picture implies the need to be supported by other parties, but in fact the absence of support is described in the meaning of "but in your haunted mind", the support figure such as the friend mentioned is only in the imagination. Need for support

2. Frequent Mood

Other symptoms are also described in the story fragment found by the researcher in Nathaniel Hawthorne's short story "The Haunted Mind". The following symptoms are mood swings that fluctuate over time. Mood swings are

caused by various things that are thought to make the frequency of mood change quickly.

“Sufficient without such guilt is this nightmare of the soul; this heavy, heavy sinking of the spirits; this wintry gloom about the heart; this indistinct horror of the mind, blending itself with the darkness of the chamber.” (Nathaniel Hawthorne. Page 02)

Some of the types of feelings found in the following passage are similar to those experienced by people with adjustment disorders. As felt filled with feelings of anxiety, heaviness in his heart, a feeling of emptiness in the midst of gloom expressed in “wintry gloom” and “the darkness of the chamber”. Where a person will feel solitude with himself. And he isolates himself from his surroundings. The maladaptive form implied in this passage illustrates that “the darkness chamber” is a form of distancing oneself from the surroundings. Maladaptive is a form manifested by either impaired social or occupational functioning or symptoms that exceed normal reactions. The disorder is not just one example of the pattern of overreaction to a trigger or mental disorder described earlier (Pollock, 1992). The description of other feelings he also wrote with the word “nightmare” which is a bad sleep experience, where with a heavy feeling in his heart he woke up and felt his mind disturbed and haunted by many things. The reflection of the nightmare gave him a feeling of guilt along with the feeling of fear that raced through his mind. The description of this haunted feeling is quite similar to that commonly experienced by people with adjustment disorders. A traumatic event that continues to haunt his mind and it keeps repeating itself in his nightmares which is quite worrying. Therefore, the researcher feels that this fragment of the story is quite similar to the description of what is felt by people with adjustment disorders. This haunted mind clearly tells us that how someone with a fairly disturbed mind will feel uneasy in his life, he will continue to be trapped in the same state where the traumatic bad memories will continue to be remembered and they will find it difficult to focus on managing the future, because feeling unable to exhaustion in the face of life. Care and sensitivity are needed in interpreting a work that more or less depicts a person trapped in a traumatic situation as described by Nathaniel Hawthorne in this story.

“Do you remember any act of enormous folly, at which you would blush,

even in the remotest cavern of the earth? Then recognize your Shame.”

(Nathaniel Hawthorne. Page 03)

Here is another excerpt that contains mood swings ranging from mood movements from sadness and fear to feelings of pleasure with feelings of shame. Changes in mood very quickly and as if every mood will be different in a short time in thinking about different things is also a sign that the person's psychological condition is not healthy. He felt a variety of moods such as changing themes in his mood depicting anxiety and mixed anxiety and unease in dealing with something.

In this case, it is quite similar to what is often experienced by people with adjustment disorders, where they feel their minds are so confused that they are unable to reorganize their hearts and eventually become confused and finally they fall even worse. In this expression, it is vaguely described that how a person sarcasm himself in thinking and stimulates positive thoughts and then makes them bad thoughts in a moment.

3. Trouble Sleeping

The next symptom is sleep disturbance which is implied in the passage of Nathaniel Hawthorne's story.

“If you could choose an hour of wakefulness out of the whole night, it would be this. Since your sober bedtime, at eleven, you have had enough rest to take off the pressure of yesterday's fatigue; while before you, till the sun comes from "far Cathay" to brighten your window, there is almost the space of a summer night; one hour to be spent in thought, with the mind's eye half shut, and two in pleasant dreams, and two in that strangest of enjoyments, the forgetfulness alike of joy and woe.”

(Nathaniel Hawthorne. Page 01)

From this fragment of the story, it can be seen that the image of a person who wakes up all night thinking about many things, where he understands that time should be used as a time to rest, but he wakes up and goes on an adventure of the mind. Various kinds of emotions are included in the depiction of Nathaniel Hawthorne's story, including drastic mood swings when thinking about different things each time.

This similarity in mood is also found in the symptoms of adjustment disorder sufferers and the symptoms experienced by Nathaniel

Hawthorne in his story are quite similar. The existence of sleep disturbances accompanied by drastic changes in mood clearly describes the condition of people with adjustment disorders in Nathaniel Hawthorne's story "The Haunted Mind".

4. Worrying Or Feeling Anxious, Nervous, Jittery Or Stressed Out

The next symptom is a sudden feeling of calm, after feelings of restlessness, nervousness, and anxiety. This is clearly illustrated in the following writings of Nathaniel Hawthorne.

"Throughout the chamber, there is the same obscurity as before, but not the same gloom within your breast. As your head falls back upon the pillow, you think—in a whisper be it spoken—how pleasant in these night solitudes would be the rise and fall of a softer breathing than your own, the slight pressure of a tenderer bosom, the quiet throb of a purer heart, imparting its peacefulness to your troubled one, as if the fond sleeper were involving you in her dream!"

(Nathaniel Hawthorne. Page 03)

The feeling of serenity illustrated by Nathaniel Hawthorne is a depiction of the presence of a female figure in this fragment of the story. Not different from the previous "friends" illustration, the presence of this female image brings calm by starting to catch her breath, and opens a sense of enjoying a very quiet night and being able to try to rest comfortably.

This is also an indication of drastic changes in mood and is very dependent on what comes to mind. In adjusting the mood, what comes to mind can trigger various emotional reactions so that it is not uncommon for people with adjustment disorders to continue to try to defend themselves or on the contrary cannot defend themselves from bad thoughts that people with adjustment disorders continue to think about. The unexpected is intense in love and hate, jumping into situations, relationships, and changes just for the thrill. For them, life is full of ups and downs, glory and hell, and they cannot feel alive without constant emotional turmoil. (Araoz & Carrese, 2013)

5. Difficulty Concentrating

The next symptom is difficulty concentrating, where Nathaniel Hawthorne also

reflects on the form of difficulty in concentrating by the following fragment of the story.

"The distant sound of a church-clock is borne faintly on the wind. You question with yourself, half seriously, whether it has stolen to your waking ear from some gray tower, that stood within the precincts of your dream. While yet in suspense, another clock flings its heavy clang over the slumbering town, with so full and distinct a sound, and such a long murmur in the neighboring air, that you are certain it must proceed from the steeple at the nearest corner. You count the strokes—one—two, and there they cease, with a booming sound, like the gathering of a third stroke within the bell." (Nathaniel Hawthorne. Page 01)

In this fragment of the story it is known that the writer Nathaniel Hawthorne tried to describe the atmosphere of the night accompanied by the sound of the clock ticking and this became the sound that accompanied the whole night. In this haunted mind the researcher tries to describe someone who has difficulty concentrating to sleep at night, finally he counts the ticking of the clock as long as he thinks that the clock will always enter his senses of hearing. Difficulty concentrating during sleep and ending with mind adventures can also be signs of sleep disturbance symptoms.

The condition of being difficult to concentrate at the same time causes sleep disturbances in someone who often overthinks or thinks too much. They will find it difficult to concentrate because they focus too much on the things they are afraid of because of anxiety and like to change moods in certain situations.

People with adjustment disorders often overthink or think too much about what they should plan and do well, but the inability to deal with their surroundings only makes them think that they are alone and think about many things. Similar to several other symptoms and closely intertwined. Some writers write down how they feel without realizing that they are in an unhealthy state of mental health.

It is enough to gently describe some of the symptoms that are likened to a terrible gloomy story about a haunted mind. People with adjustment disorders have difficulty concentrating when they are around other individuals or when they are alone. They often isolate themselves secretly or openly so that they feel comfortable for themselves.

6. Feeling Overwhelmed

Another phenomenon that Nathaniel Hawthorne also illustrates in this short story of *The Haunted Mind* is, as in the following excerpt. *“Next appears a shade of ruined loveliness, with dust among her golden hair, and her bright garments all faded and defaced, stealing from your glance with drooping head, as fearful of reproach; she was your fondest Hope, but a delusive one; so call her Disappointment now.”* (Nathaniel Hawthorne. Page 02)

The following are symptoms of being overwhelmed or overwhelmed/tired in dealing with something. It is written that the person he is telling has failed in love, he is overwhelmed in admiring the beauty of a female figure being told, then he is finally disappointed by the delusional love caused by the fantasy produced by his own thoughts. People with adjustment disorders also experience delusions or hallucinations of fantasies that they create themselves. This fantasy or delusion is a form of entertainment or an escape for oneself from the inability to deal with the surrounding environment. In the depiction of the fictional character by Nathaniel Hawthorne, it is quite clear that the symptoms described with the symptoms of adjustment disorder are similar. They are confused and in emotional pain arising from unexpected changes in their personal “world”. Their familiar reality had been disrupted and they didn't know how to proceed (Araoz & Carrese, 2013).

7. Withdrawing From Social Supports

The next symptom is withdrawing from social supports. Nathaniel Hawthorne describes an atmosphere where it seems as if we are in an unsupportive environment in the following passage.

“See! those fiendish lineaments graven on the darkness, the writhed lip of scorn, the mockery of that living eye, the pointed finger, touching the afternoon place in your heart!” (Nathaniel Hawthorne. Page 02)

A writing that describes the ridicule of people stuck in one's mind. This ridicule clearly makes a person with a mental health disorder will be insecure, full of fear and feelings of sadness and self-pity. It is very clear with what is done with people with adjustment disorders. They will be afraid to start new things because they are afraid of the environment and people ridicule them. People with adjustment disorders are more

likely to care deeply about what people think of them. They will be so sensitive and sensitive to the environment that they feel insecure and afraid to start something new. The feelings of anxiety that haunted them would continue to swirl in their minds.

They will not stop thinking that there is no point in living like everyone else. Not infrequently of them think to end their lives but not a few people who managed to recover from this adjustment disorder. Because adjustment disorders only last for a period of six months to less than six months.

In Nathaniel Hawthorne's story, the mind is haunted, many of the illustrations of symptoms such as anxiety and emotional moods are similar to adjustment disorders. In writing the ideas in his mind Nathaniel Hawthorne is quite familiar with the theme of pathology, so his writings have a fairly deep meaning in relation to one's mental health condition.

8. Suicidal/Dead Thoughts Or Behavior

The last symptom identified in the short story written by Nathaniel Hawthorne is the symptom of Suicidal/dead thoughts or behavior.

“You think how the dead are lying in their cold shrouds and narrow coffins, through the drear winter of the grave, and cannot persuade your fancy that they neither shrink nor shiver, when the snow is drifting over their little hillocks, and the bitter blast howls against the door of the tomb. That gloomy thought will collect a gloomy multitude, and throw its complexion over your wakeful hour.” (Nathaniel Hawthorne. Page 02)

In the following article it can be clearly described that this is an expression of one's curiosity about what death is. Thinking about the curiosity of death makes this passage very similar to the symptoms experienced by people with adjustment disorders.

Research on suicidal attempts in patients with adjustment disorders has been done before. Lack of environmental attention to mental health conditions makes the opportunity for suicide attempts more wide open to those who have unstable mental health conditions. Those who already have suicidal thoughts, threats of suicide, and other suicide attempts will be classified as suicidal cases (Pelkonen et al., 2005).

IV. Conclusion

Therefore, the importance of the researchers conducting this research is to build

sensitivity to the condition of a person's mental health through the work they create. Artwork that depicts gloom, sadness, and even horror in it has a great potential that that is what is happening to the artist. Creating evidence of caring for the environment makes us better at sharpening sensitivity to fellow human beings. The visible symptoms are: 1. Feeling hopeless or not enjoying things that used to enjoy, 2. Frequent mood, 3. Worrying or feeling anxious, nervous, jittery or stressed out, 4. Trouble sleeping, 5. Difficulty concentrating, 6. Feeling overwhelmed, 7. Withdrawing from social supports, 8. Suicidal/dead thoughts or behavior. The purpose of this research is to be able to find out deeper meanings in a written work, and to hone our sensitivity to the condition of the people around us who without us realizing they have mental health problems, through the work and the meanings implied in the work by analyzing it in Nathaniel Hawthorne's short story "The Haunted Mind".

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