

**Guilt Trips in *Gone Girl* Novel by Gillian Flynn (2012)**

**THESIS**

*Submitted as a partial fulfillment of the requirements for the strata (S1) degree*



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**UNIVERSITAS NEGERI PADANG**

**2023**

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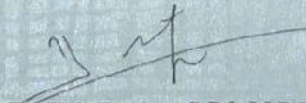


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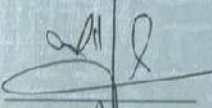
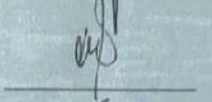

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## ABSTRACT

El-Ardhi, Rafiq Hanif. 2023. **Guilt Trips in *Gone Girl* Novel by Gillian Flynn (2012).**  
Thesis. English Language and Literature Department, Faculty of Language Arts,  
Universitas Negeri Padang.  
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This research analyzes the novel *Gone Girl* by Gillian Flynn (2012). The main problem analyzed is the guilt trips that happen in the married life of the main characters in the novel *Gone Girl* by Gillian Flynn. This research uses the psychoanalysis theory by Sigmund Freud to expose the meaning of the novel. This research uses a descriptive qualitative method and the data will be taken from words, phrases, and statements from the novel as the centered data. The aims of the analysis are to reveal how guilt trips are committed by the female character in the *Gone Girl* novel by Gillian Flynn, to uncover the type of guilt trips committed by the female main character, and to expose how the male main character overcomes guilt trips. The findings reveal the reasons why guilt trips happen, the forms, and the responses to the guilt trips. Furthermore, the causes of guilt trips are emotional dependency, the power to manipulate, and low self-esteem and insecurity. Then, it exposes three types of guilt trips there are societal, victimhood, and ethical guilt trips. Lastly, the victim who gets guilt-tripping in the novel responds to the guilt trips by recognizing the manipulation, expressing the emotion, as well as offering sympathy.

**Keywords: guilt trips, gone girl, marriage issues.**

## ABSTRAK

El-Ardhi, Rafiqa Hanif. 2023. **Guilt Trips in the Novel *Gone Girl* by Gillian Flynn (2022).**

Skripsi. Department Bahasa dan Sastra Inggris, Fakultas Bahasa dan Seni,  
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Penelitian ini menganalisis novel *Gone Girl* karya Gillian Flynn (2012). Masalah utama yang dianalisis adalah perasaan bersalah berkelanjutan yang terjadi dalam kehidupan pernikahan tokoh utama dalam novel *Gone Girl* karya Gillian Flynn. Penelitian ini menggunakan teori psikoanalisis oleh Sigmund Freud untuk mengungkap makna dari novel tersebut. Metode yang digunakan dalam penelitian ini adalah metode kualitatif deskriptif, dan data yang diambil dari kata-kata, frasa, dan pernyataan dalam novel sebagai data utama. Tujuan analisis ini adalah untuk mengungkap bagaimana perasaan bersalah berkelanjutan yang dilakukan oleh tokoh perempuan dalam novel *Gone Girl* karya Gillian Flynn, untuk mengungkap jenis perasaan bersalah berkelanjutan yang dilakukan oleh tokoh perempuan utama, dan untuk mengungkap bagaimana tokoh laki-laki utama mengatasi perasaan bersalah berkelanjutan tersebut. Temuan penelitian ini mengungkap alasan mengapa perasaan bersalah berkelanjutan terjadi, bentuk-bentuknya, dan tanggapan terhadap perasaan bersalah berkelanjutan. Selain itu, penyebab perasaan bersalah berkelanjutan adalah ketergantungan emosional, kemampuan untuk memanipulasi, serta rendahnya rasa percaya diri dan ketidakamanan. Selanjutnya, penelitian ini mengidentifikasi tiga jenis perasaan bersalah berkelanjutan, yaitu perasaan bersalah sosial, perasaan seperti korban, dan perasaan bersalah etis. Terakhir, korban yang mendapatkan perlakuan perasaan bersalah berkelanjutan dalam novel tersebut meresponsnya dengan mengenali manipulasi, mengungkapkan emosi, dan memberikan simpati.

**Kata Kunci:** Rasa bersalah berkelanjutan, gone girl, masalah pernikahan.

## ACKNOWLEDGMENTS

Alhamdulillahirabbil'alamin, all praises, and gratitude to Allah SWT, who has bestowed mercy and grace, as it is that researcher is capable of finishing the thesis under the title **“Guilt Trips in the Novel Gone Girl by Gillian Flynn (2012)”**. Salutations and peace are customarily extended to the Prophet Muhammad SAW, who has guided all human beings to a better life from foolishness to knowledgeable phase.

The researcher wants to express gratitude to Mrs. Desvalini Anwar S.S., M.Hum., Ph.D. as the advisor as well as the researcher's academic counselor who has dedicated her time to offering corrections, guiding, and leading the researcher to successfully finalize this thesis. Hence, exclusive appreciation is delivered to the examiners, Mrs. Delvi Wahyuni, S.S., M.A., and Mr. Dr. Muhd, Al-Hafizh S.S., M.A. who have helped with valuable advice, comments, suggestions, and guides to improve this thesis to be more upgraded.

On top of that, the researcher would like to thank her precious parents, Buya and Mommy; Mr. Ardi, and Mrs. Lili, for always keeping in touch with the researcher to support, pray, and provide everything she needed while completing the thesis. Thank you for laughing, commenting, and listening to the researcher's stories which helped her physically and mentally stable all the time. In addition, express thanks to the researcher's dearest brothers; Mr. Iflah and Mr. Fauzan for keeping lowkey, and congrats to her for every achievement accomplished during every progression of this thesis. Very grateful to have been born into this family. Thank you for never blaming and motivating the researcher all the time.

Moreover, appreciates all of the researcher's best friends; Ms. Uty, Ms. Rifda, Ms. Nana, and Mrs. Liony who are always one call away to cheer, motivate, and become her second home. For the researcher's friends whose names cannot be all written that helping and supporting as well as being okay to be bothered with a bunch of questions about the thesis. Last, but not least, all NK-2 class members who stay in contact and keep fighting about the thesis like to discuss

and motivate each other to complete the thesis. Thanks for the amazing experience created to be one of the researcher's most memorable life achievement.

The most crucial, the researcher is determined to thank herself. Gratitude to herself for always being that independent and strong for enduring the stress and pressure from herself until now. Thanks to her for keeping believing and trusting in herself. Thanks to her for always confidence. Thanks to her for keeping lowkey in every situation. Thanks to her for completing this thesis. She is the most fabulous person.

Finally, the researcher absolutely acknowledges that this thesis is still not that outstanding. However, the researcher is welcome to any suggestions or criticism to keep upgrading the knowledge and this thesis.

Padang October 29, 2023

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## CHAPTER I

### INTRODUCTION

#### 1.1 Background of the Study

It can be determined from discussing human behavior that almost everyone sometimes feels guilty or gets stuck in guilt, a phenomenon known as guilt-tripping or guilt trips. Guilt occurs within us when someone believe they have committed wrongdoings due to the weight of being overwhelmed by obligations and expectations. Meanwhile, causing someone guilt trips refer to making them feel guilty or responsible for changing their behavior or carrying out a particular action. Silfver (2007) said, according to expert Beumeister, guilt as emotions that stimulates the moral. Means, people are able to employ guilt as a tool to influence the thoughts, feelings, and actions of others since guilt has the potential to be such a strong motivator of human conduct. Guilt trips can leave the victim feeling emotionally troubling and struggling. Oppositely, the perpetrator uses guilt trips to gain what they want or to keep their dominance in the relationship by using the victim's sense of responsibility, sympathy, or empathy.

Hence, guilt trips happen as a result of betrayal, disloyalty, and faithlessness. When someone dear to you or in a sense of trust betrays you, it is considered an act of betrayal. Rachman (2010), stated the most familiar types of betrayal involve, acts of infidelity, unloyalty, and dishonesty. That happens when someone purposefully behaves in a way that violates their promises, obligations, or the standards you held them to, for example, two-timing or being dishonest to their partner. Which, resulting variety of sentiments, such as rage, sorrow, and a lack of faith in the betrayer, can be delivered by betrayal. Rachman (2010) highlight, betrayal leads to various consequences, such as shock, loss, and grief, diminished self-esteem, self-doubt, and feelings of anger. This means, it can be difficult to recover from betrayal, it may need open communication, forming boundaries, and seeking guidance from others as well.

Meanwhile, when someone cannot forgive the betrayal, they will do revenge, as a result, to fulfill their satisfaction because they think it is a way to cure the pain and it is an act of forgiveness to save the relationship. Tyas, & Mustofa (2022), claimed Revenge is a sort of punishment or payback for an indicated dishonesty. Issues and gaps in marriage sometimes do not go as estimated which could lead to misconduct and mistreatment. Means, it can take many different forms, including physical violence, emotional blackmail, and social interference. Guilt trips is part of emotional blackmail where the method use is can be in scenario when someone feel bad and ignore your rational justification, instance, “You always have work and does not have time to accompany me, I can just go by myself” This is a counterattack that makes you feel guilty to something, despite your tolerable explanations. Yet, you will go along with them and fulfill the perpetrator's satisfaction because you cannot escape the feeling of guilt, they have trapped you in.

There are some cases burst out happens because of guilt trips can be cheating, betrayal, or immoral actions between a couple. This is the reason why, someone tripped one party into guilt trips. This issue also outflows into celebrities couple, according Singh from *Animated Times* (2022), Ben Affleck was guilt-tripped into paying for Jennifer Lopez's expensive limo rides, outfits, and jewelry. Based on one staff (2022) from *Radar Online*, stated this is her way of making him aware that there are consequences to his actions because she has not entirely forgotten or granted forgiveness to him. This means, he fully understands the situation but cannot escape from the blame he takes. In addition, Singh (2022) from *The Insider* reported that, paying off the grand demand as the debt he made from the past whether emotional and financial damages because the last split. Actually, he is aware that he is settling both a material and an emotional debt from his past immoral behavior and she takes revenge on him. Also, it could have happened because of a social judgment attack towards the victim because people sympathize with the perpetrator.

*Gone Girls* which is a 2012 novel by Gillian Flynn is the number 1 New York Times bestseller (*The Crown Publishing Group, 2014*), the genre is a psychological thriller with 442 pages. There are three distinct sections of this novel entitled by *Boy Loses Girl, Boy Meets Girl and Boy Gets Girl Back*. Every component has a unique issue. The first section discusses how a boy meets a girl, the reasons the girl is afraid of the boy, the untruth the boy indicates, and how the boy eventually loses to the girl. The remaining half describes how the boy first met the girl, who she really is, as well as what she really thinks. The final section explains why the girl went back to the boy, how she went back, and why it's happening.

To be detailed, the storyline is about a missing wife Amy, and her husband Nick who searches for her with help from the public, family, and police. Also, the story directly points out each chapter have two main characters' point of view. The sudden disappearance of his wife makes Nick's secret exposed surrounding as it leads to the missing wife who is afraid and intimidated by Nick who is clueless. Nick becomes the most suspect from all the stories uncovered whether it is from Amy's diaries or sudden clues disclosed when the investigation starts. By slipping some clues deliberately the husband cannot get away from the broken household and problematic wife because of social determination and the guilt trips he has becomes part of Amy's mission from failing her trust and to make her husband back to her without being forced from herself.

Gillian Flynn is an American author and a former critic for Entertainment Weekly, she lived in Chicago with her small family. By Wolfie (2019) in *CNN*, *Gone Girl* is titled one of the most compelling novels of as one of ten of the most influential books from the past decade since published. Canfield, (2019) mentions on Entertainment Weekly pointed out that *Gone Girl* is the outstanding novel of the decade. The novel sold over 35 million copies from 2012-2019 whether in printed or digital editions. Following Clark (2013), in 2012, *Gone Girl* becomes number seventh on the inaugural Salon What to Read Awards, as well as, the

Women's Prize for Fiction nominated. Then, another award is the winner of the Goodreads Choice Award for Mystery & Thriller in 2012. In addition, in 2014 *Gone Girl* had a movie adaptation called *Gone Girl* starring Rosamund Pike as Amy and Ben Affleck as Nick. The Author gets paid \$1,5 million US for the screen rights. The movies also become the attention of everyone, as the actors and the movie itself become winners of some awards and are nominated for prestigious awards.

Moreover, the novel explores guilt trips issues that are mainly shown in most chapters. The actions of the main character in this novel are manipulated activities done by the main character and how they influence her lifestyle becomes part of her behavior. As it starts with a common problem of married couple faces which is the broken partner and two times husband. It is caused by the financial problem, unemployment, and an undiscovered agreement with her husband Nick until she wants to give him a learned lesson to wake him up, therefore with whatsoever her achievement to help her married life as how she thinks it is, Amy leads to her sadistic action as she can kill someone for her manipulation plans. Therefrom, the novel determines the analysis of Guilt Trips by Amy Dune from *Gone Girl* Novel by Gillian Flynn (2012) where Amy's manipulative personality leads to Nick guilt tripping into the traps she created.

The main characters are these two married couples, Nick and Amy. They meet in a club where they fall for each other. They have a beautiful romantic story until one day when everything seems delusional. Everything seems normal between these two. Until, in a short time, everything changes when Amy witnesses her lecturer's husband cheating with his young and smart student in front of her husband's bar which the one, she investing her money as the main reason his unemployed husband has hope for the future. The faith shatters and Amy's real personality shows off the surface after being suppressed for a considerable period of time. She makes a storyline about everything in a make-up diary of her missing plans until making

everyone searches for her, as the investigation starts and police found out her diary that mostly points out Nick's fault. Nick becomes the main suspect and hatred spread out toward a murdered, cheated, and irresponsible husband. At first, Nick knows it is all his wife's traps but he cannot fight it until guilt-tripping he faces because the police and society oppressed him becomes the most unbearable feeling that leads him to apologize, admitted, and ask Amy to come back everywhere he can.

There is some research that has discuss this novel, "*A Psychopathy of Main Character in Flynn's Gone Girl*" composed by Syahidah (2017), studies the character within the novel combining all psychopathy personalities. Also, another previous study is "*Personality Disorder of Amy Dunne in Gone Girl by Gillian Flynn*" created by Pratiwi (2019). The study resulting the characteristic observation of Amy Dunne's personality revolution and the reasons behind it. Both researches will be different because the author will focus on guilt tripping experienced by Nick and Amy's method to succeed it.

Additionally, the research with the title "*An Analysis of Id of the Main Character in The Novel 'Gone Girl' By Gillian Flynn: Psychological Approach*" by Situmorang and Evyanto (2020) work on the main character (Amy) urge to get revenge on her husband represents Id, being carried out by Amy. Meanwhile, author also bring the principle of Id but in the term of guilt trip. Then, there is a paper "*Analysis of Dysfunctional Marriage Through Conflicts in Gillian Flynn's Gone Girl (2012)*" by Tyas & Mustofa (2022), this study seeks to understand why their union is dysfunctional. However, the author will focus on the guilt trip. Thus, the author believes this resulting the new current issue in this Novel as nobody has written guilt trips as the research in literature. The aim of this study is to discover how guilt tripping is a crucial thing that could happen in life.

## **1.2 Focus of the Problem**

The story points out how guilt tripping is complicated and related to life and human nature. Where the story discerns the married couple's issues in common social life that includes unhappiness, unrequited feeling, disloyalty, vigilante, and vengeance. The main characters' ways to trapped her husband into guilt to regain the perfect marital life as she wants are interested to be explored.

## **1.3 Research Questions**

The issues of the novel *Gone Girl* are detailed in some questions:

- a. What are the reasons to guilt trips in the *Gone Girl* novel by Gillian Flynn?
- b. What are the forms of guilt trips committed by the female character in the *Gone Girl* novel by Gillian Flynn?
- c. How does the male character response to guilt trips in the *Gone Girl* novel by Gillian Flynn?

## **1.4 Purpose of the Research**

The aims of this analysis are:

- a. To reveal how guilt trips are committed by the female character in the *Gone Girl* novel by Gillian Flynn.
- b. To uncover type of guilt trips commits by the female character in the *Gone Girl* novel by Gillian Flynn.
- c. To expose the male character overcome to guilt trips in the *Gone Girl* novel by Gillian Flynn.