

## CHAPTER V

### CONCLUSION AND SUGGESTION

This chapter contains the thesis' conclusion and suggestion. The conclusion provides an analysis of the findings presented in the first chapter and the suggestion contains the writer's recommendation for the reader who wishes to pursue the same subject further in the future.

#### 5.1 Conclusion

The focus of this study is Dahmer's psychological issues and their comorbidity with one another in a Netflix TV series. In this study, the writer conducted a study on Jeffrey Dahmer. The study's findings show the writer discovered Dahmer's borderline personality disorder and alcohol use disorder were described in the DM: TJDS series. In this study, the writer found 15 data of borderline personality disorder, 8 data of alcohol use disorder and the total data of both disorders are 23 data.

In borderline personality disorder, there are 6 types of symptoms with 13 data Dahmer experienced such as 5 frantic efforts, 1 unstable and intense interpersonal relationships, 3 identity disturbance, 2 impulsivity, 1 chronic feeling of emptiness, 1 intense anger or difficulty controlling anger, and 2 data of cause namely environmental (emotional neglect). In the first finding, there were three dominant symptoms experienced by Dahmer, namely frantic effort, identity disturbance, and impulsivity. The reason why the symptom of frantic effort is more dominant than

other symptoms is because this symptom is a form of behavior pattern related to the fear of being abandoned. Dahmer, who was afraid of being abandoned would do anything in a panicked effort to get others to stay and avoid abandonment. Identity disturbance as the second dominant symptom occurred because Dahmer, who had experienced being abandoned by his family, had an unstable sense of self because he thought he was bad, so everyone left him alone. The final symptom is impulsivity, which occurs because it is a pattern of behavior to avoid the feeling of loneliness that he experiences when someone leaves him. Dahmer, who felt lonely, then showed impulsive behavior to avoid these feelings of loneliness.

Not only that, the symptoms of his frantic efforts, identity disturbance, and impulsivity also were related to the cause of the BPD he suffered from. This happened because the environment where his parents neglected and abandoned him from childhood to adulthood made Dahmer feel afraid of being left behind and alone, resulting in him making frantic efforts to prevent people from leaving him. This abandonment and neglect then caused Dahmer to experience identity disturbance because he felt he did not exist and did not know who or what he believed in. The impulsivity that occurred was then related to his environment because he was alone and there was no one beside him because his parents neglected him so Dahmer began to do impulsive things such as alcohol and risky sex to fill his emotions of being alone.

Move to alcohol use disorder, there are 6 symptoms with 7 data such as 2 data on alcohol is often taken in larger amounts or over a longer period, 1 unsuccessful

effort to cut down or control alcohol use, 1 great time spent in activities relating to alcohol, 1 recurrent alcohol use failing to fulfill major role obligations, 1 continued alcohol use, 1 tolerance increased amounts of alcohol and 1 data of environmental cause.

In the second finding, alcohol taken over long periods and in large amounts became the most dominant symptom of Dahmer's AUD. The reason this occurs is that Dahmer, who experienced emotional neglect by his parents, impulsively drank a lot of alcohol because it was effective in preventing the empty and stressed feelings he had since his parents left him by himself in the house.

In alcohol use disorder, the symptom of alcohol taken over long periods and in large amounts is related to the cause of Dahmer's AUD because the environment where Dahmer was left by his parents made Dahmer feel lonely. To prevent these feelings, Dahmer began using alcohol as a coping strategy to reduce his stress (being left alone) by drinking alcohol for a long time and in large quantities because this had the effect of preventing the feelings of stress he experienced.

In this study, the writer also found the comorbidity between BPD and AUD in Dahmer, the comorbidity occurs because in BPD individuals, emotion dysregulation and struggle to cope causes one of the symptoms of BPD namely impulsivity can cause individuals to have negative outcomes including substance abuse such as alcohol use which can develop AUD.

In Dahmer's case, this comorbidity occurred because Dahmer who has BPD experienced emotional instability which led him to impulsivity as his emotion

regulation mechanism because he was under emotional stress (his parents divorced and left him). Dahmer's impulsivity leads him to consume alcohol as his coping motive. As his coping motive for his emotional stress, Dahmer consumes alcohol to control his emotions. He chooses to drink alcohol as an attempt to manage his unpleasantness or distress (neglect and fear of abandonment).

Getting temporary relief because alcohol can balance negative emotions, Dahmer then increased his rate of alcohol consumption which led him to have harmful drinking habits such as binge drinking which became a predictor of his alcohol use disorder while he also has a borderline personality disorder.

In conclusion, Dahmer's dominant BPD symptoms are frantic effort, identity disturbance, and impulsivity meanwhile in his AUD is alcohol taken over long periods and in large amounts. For BPD and AUD causes, both disorders have similarities namely environmental causes. In comorbidity between BPD and AUD, it can be seen that emotional instability in Dahmer leads him to have impulsivity which becomes a predictor of AUD in his BPD. After Dahmer experienced these mental health disorders, the writer found that Dahmer had BPD and AUD because of his parents' behavior and treatment of him from when he was a child until he was grown up.

## **5.2 Suggestion**

Based on the findings of this study, the writer expects that by reading this thesis, the reader will be able to distinguish between BPD and AUD based on symptoms and causes defined by the DSM-5-TR. Even though this thesis is not

perfect research, if a gap exists, other researchers can fill it. The writer hopes that this study will be beneficial for those who are interested in studying similar topics. Finally, the writer suggests that readers who are interested in a related topic compare the series DM: TJDS to other films.

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