

**BEHAVIOR DISORDER OF RACHEL REFLECTED IN PAULA  
HAWKINS “*THE GIRL ON THE TRAIN*” (2015): A PSYCHOANALYTIC  
APPROACH**



**Submitted as a Partial Fulfillment of the Requirements  
for Getting Bachelor Degree of Education  
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**APPROVAL**

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THE MEANING OF TRUE HAPPINESS OF JOHN TYREE REFLECTED  
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PSYCHOLOGICAL APPROACH

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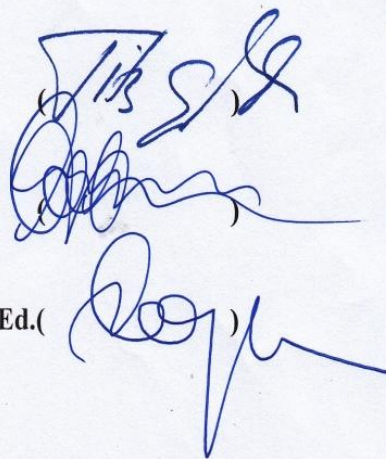
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**Abstrak**

Studi ini tentang behavior disorder dalam novel *The Girl on the Train* (2015) oleh Paula Hawkins yang dianalisis menggunakan pendekatan Psikoanalitik oleh Sigmund Freud. Tujuan dari studi ini adalah untuk mengetahui makna dari perilaku menyimpang, gejala perilaku menyimpang, dan akibat dari perilaku menyimpang berdasarkan dalam novel. Penelitian ini adalah penelitian kualitatif. Sumber data primer dalam penelitian ini adalah novel *The Girl on the Train* karya Paula Hawkins. Sumber data sekunder adalah sumber-sumber data lain yang terkait dalam penelitian ini meliputi buku, jurnal, artikel, dan internet. Teknik analisis data menggunakan metode deskriptif kualitatif. Berdasarkan analisis yang telah dilakukan, peneliti menarik tiga kesimpulan. Pertama, makna dari perilaku menyimpang adalah perilaku yang tidak sesuai yang mana tidak dapat diterima dalam masyarakat karena sering bertentangan dengan norma dan nilai moral dalam masyarakat. Perilaku menyimpang dalam novel *The Girl on the Train* adalah penyimpangan perilaku yang dilakukan oleh Rachel yang merupakan pendapat orang-orang di sekitarnya. Kedua, gejala perilaku menyimpang ditunjukkan dengan memiliki hubungan yang buruk dengan orang lain, memiliki pandangan yang buruk terhadap dirinya, dan ketidakstabilan emosi. Dan yang terakhir, perilaku menyimpang memiliki akibat yang buruk terhadap kehidupan seperti perceraian, kehilangan pekerjaan, menjadi pemabuk. Kemiskinan, dan kehilangan kepercayaan dari orang lain.

Kata kunci: perilaku menyimpang, pendekatan psikoanalitik, *The Girl on the Train*, Paula Hawkins

**Abstract**

This study is about Behavior Disorder in Paula Hawkins' *The Girl on the Train* (2015) which is analyzed using Psychoanalytic approach by Sigmund Freud. The objectives of this study are to find out the meaning of behavior disorder, behavior disorder symptoms, and the impact of behavior disorder on the novel. This research is a qualitative research. The primary data of this research is *The Girl on the Train* Novel by Paula Hawkins. The secondary data of this research are other sources related to the study including books, journal, article, and internet. The technique of analyzing data is descriptive qualitative. Based on the analysis the researcher draws three conclusions from this research. Firstly, the meaning of behavior disorder is the inappropriate behavior which is not acceptable in the society because usually contra with the norms and moral value in the society. Behavior disorder in *The Girl on the Train* novel is a deviant behavior committed

by Rachel who interfered with people around her. Secondly, the symptom of behavior disorder showed of has a bad relationship with the other, has bad self-image and unstable emotion. And the last, behavior disorders give bad impact to the life such as being divorced, jobless, becoming an alcoholic, poverty, and being untrustworthy of other.

Keyword: behavior disorder, a psychoanalytic approach, *The Girl on the Train*,

Paula Hawkins

## 1. INTRODUCTION

Behavior disorder is always attached to human life, only more diverse line with the times. And for now, issue about the behavior disorder becomes hot news and currently being discussed within the community because there are so many cases related with behavior disorder. *The Girl on the Train (2015)* by British author Paula Hawkins is one of novel which has an issue about behavior disorder.

Behavior disorder is also referred inappropriate behavior. Schroeder & Gordon (2002) state that disruptive behavior is negative forms of behavior such as tantruming, whining or crying excessive, demanding attention, rebelling, fighting, doing aggressiveness that could endanger themselves or others, stealing, lying, tampering, and delinquencying. Behavioral disorders are those related to mental health problems that lead to disruptive behavior, emotional and social problems.

Behavior disorder in the novel is reflected in the main character, she is Rachel. *The Girl on the Train* is the story of Rachel Watson's life post-divorce. Previously, she underwent a happy marriage with Tom for five years. Behavior disorder of Rachel began when she wanted to have children, but it could not be realized, even though they in a good health. From there Rachel become a person with emotional instability, she became depressed and then she consumed alcohol to forget her problems. And her behavior disorder started from here.

Before the researcher conducted this study the researcher finds some previous study. First, Gholipour and Sanahmadi (Osmania University, 2013) was conducted the research entitled A Psychoanalytic Attitude to *The Great*

*Gatsby*. The study is concerned to understand the role of Gatsby's mental functions in individual and social behavior. Second, the research from Pertiwi (UMS, 2013) entitled Traumatic Experiences in Okky Madasari *The Outcast* (2012). She focuses to analyze how traumatic experiences and the effect of it reflected in *The Outcast* novel by Okky Madasari. Third, the previous study is conducted by Lamusudidi (Samratulangi University, 2014) entitled The Influence of Society on Women's Attitude toward Men in the Novel *The Great Gatsby* by F. Scott Fitzgerald. He analyzes the attitude of women toward men in *The Great Gatsby* novel and to analyze how the society influences this particular attitude. And the last study by Permatasari (UMS, 2016) entitled Sadomasochism in E.L James's *Fifty Shade Trilogy* (2011-2012) A Psychoanalytic Approach. She focuses to analyze the sexual acts in E.L James's *Fifty Shade Trilogy*. In this study, the researcher analyzes the behavior disorder of Rachel using Psychoanalytic Approach by Sigmund Freud.

## **2. RESEARCH METHOD**

The type of this research is a descriptive qualitative research because the result is a description of the phenomena not the digit of a number. The object of the study in this research is divided into two, first is a formal object and second is a material object. The formal object of this study is an issue about behavior disorder that includes emotion, personality, characterization, behavior and psychoanalytic theory. And the material object of the study is *The Girl on the Train* a novel by Paula Hawkins. It is analyzed by using a psychoanalytic approach and it is discussed the meaning, the causes, the state, and the impact of behavior disorder on Rachel's daily life.

There are two types of data sources that are needed to do this study, they are primary data sources and secondary data sources. The primary data source in this research is the novel *The Girl on The Train* by Paula Hawkins published in 2015. And the secondary data is taken from some critical works, previous studies, and some books that concern with the novel and the explanation psychoanalysis theory.

In this study, the researcher using the method of collecting data is library research. Library research works through many of books and other references like articles, journals, and websites in doing this research to support the topic. Here, the writer takes the novel of *The Girl on the Train* as the object. And the technique of collecting data is taken note. Then, the noted were used by the writer for the analysis. There are some steps, which are to use to collect the data of this study: reading and understanding the novel, selecting the materials or sources there are with the problems and the purpose of the study, conducting survey towards paragraphs and dialogues in the novel, choosing the data that related to the problems that will be investigated, and arranging data into the several parts according to its classification.

### **3. FINDING AND DISCUSSION**

Sigmund Freud's psychoanalytic theory of personality argues that human behavior is the result of the interactions among three component parts of the mind: the *id*, *ego*, and *superego*. This theory known as Freud's structural theory of personality places great emphasis on the role of unconscious psychological conflicts in shaping behavior and personality. The balancing between *id*, *ego*, and *superego* will build a good personality and behavior of human. But the *id*, *ego*, and *superego* of a person can vary according to his or her condition at that time.

Usually, a person with a dominant *superego* will have better social skills because every act will always refer to the morals and values that exist in the society. And people with dominant *id* will usually cause more conflicts in the society because he or she only follows his or her own desires without considering the morals and norms that exist in the society. Personality and behavior are usually determined by one's *ego*, whether to follow *Id* or *superego*. So *id*, *ego*, and *superego* really determine someone in making decision and action, it will form in shaping human personality and behavior. So it is very appropriate if the researcher wants to analyze the events experienced by Rachel based using psychoanalytic theory by Sigmund Freud. The researcher wants to know which the component part of the mind that



dominates in Rachel personality is, finding the meaning of behavior disorder of Rachel, the behavior disorder symptoms, and the impact of behavior disorder based on this novel.

### **3.1 Structural Theory of Personality**

There are so many experiences done by Rachel in this novel. She felt misery, lonely, depressed and more of sadness. And it makes her doing many acts that get impact in her life.

#### **a. Post Divorce**

Rachel's life after the divorce became worse. She has lost hope to have a child and she also lost her beloved husband. She felt very depressed and lonely. She missed someone who gives meaningful hug or kiss in her life. She wants to be loved and cared for again.

“Sometimes, I catch myself trying to remember the last time I had meaningful physical contact with another person, just hug or a heartfelt squeeze of my hand, and my hearth twitches.”  
(p. 03)

While living his empty days without the presence of someone she loves, sometimes she missed the presence of someone to give meaningful hugs. It is the basic instinct or desire of a human being, it is her Id. She always felt hurt when she remembered her happy life with Tom was ended. And she feels jealous when she saw the happiness life of Tom with her new wife who was pregnant because she cannot do that even she really want to have a baby. And she also felt hurt when she saw her role was replaced by Anna.

“I lived at number twenty-three Blenheim Road for five years, blissfully happy and utterly wretched. I can't look it now. That was my first home. Not my parent's place, not a flat share with other students, my first home. I can't bear to look at it. Well, I can, I do, I want to, I don't want to, I try not to. Every day I tell myself not to look, and every day I look. I can't help myself, even though there is nothing I want to see there, even though anything I do see will

hurt me. Even though I remember so clearly how it felt that time I looked up and noticed that the cream linen blind in the upstairs bedroom was gone, replaced by something in soft baby pink; even though I still remember the pain I felt when I saw Anna watering the rose bushes near the fence, her T-shirt stretched tight over her bulging belly, and I bit my lip so hard it bled.” (p. 03)

Rachel is struggling to deny her Id to see her first home that she lived with Tom because it would make her hurt. But her ego still following her Id, she looked at the house twenty-three even it would make her feels hurt because her place and role in the house had been replaced by Anna. And Anna does it all very well, she is a skillful wife in taking care of the house and she can also get pregnant, which has a child is a very desirable thing of Rachel, so she felt very jealous. All her happiness has gone now. Her id always wanted happiness marriage, but what happened was the opposite. So it makes her feels lonely.

I felt isolated in my misery. I became lonely, so I drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk. I lost and I drank and I rank and I lost. I liked my job, but I didn't have a glittering career, and even if I had, let's be honest: women are still only really valued for two things – their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless. (p. 40)

Rachel felt so lonely and miserable that she ventured on alcohol. She drank a little, a little more and in the end, she became a drunk. She just follows her lust without regard to the norm in her environment that being a drunkard is less acceptable in her environment and it is so rude. It is her Id, she doing something even she knows that it is not true but she still doing that. And after becoming a drunk she becomes lonelier because she is dubbed by people because of her bad habit.

## **b. Starting a New Life**

Rachel starts to realize where is the wrong moments are started. Her superego rate that there is a mistake on her, which she wants a family that completed with a baby. Just life together with Tom was not enough for her, and Tom had sacrificed a lot for Rachel. And it makes Tom disappointed, and the argument that led to divorce was begun. Rachel began to realize her selfishness that she just wanted a baby and ignored Tom's feelings. And she realized if all the problems existed from there. In fact, she cannot blame anyone for what happened in her life.

Maybe it was then. Maybe that was the moment when things started to go wrong, the moment when I imagined us no longer a couple, but a family; and after that, once I had that picture in my head, just the two of us could never be enough. Was it then that Tom started to look at me differently, his disappointment mirroring my own? After all he gave up for me, for the two of us to be together, I let him think that he wasn't enough. (p. 25)

But now her superego looking for hopes, that it is not problems if she cannot have a baby, she can adopt it. She has changed her mindset, and now she also feels better about children thing, she does not feel disturbed when she goes to places filled with children. In the past, she was almost lost her mind when she has thought about children things. But now she is thinking about new hope, about a better life. Finally, now she does not slump in her misery because just follow her id, now her ego has started to follow her superego which will lead to a better life.

I'm better now, about the children thing; I've got better since I've been on my own. I've had to. I've read books and articles. I've realized that I must come to terms with it. There are strategies, there is hope. If I straightened myself out and sobered up, there's a possibility that I could adopt. And I'm not thirty-four yet – it isn't over.

I am better than I was a few years ago, when I used to abandon my trolley and leave the supermarket if the place was packed with mums and kids; I wouldn't have been able to come to a park like this, to sit near the playground and watch chubby toddlers rolling down the slide. There were times, at my lowest, when the hunger was at its worst, when I thought I was going to lose my mind. (p. 40)

After a lot of things happened, and so many problems that he faced, now Rachel started thinking to get back up. Her superego thinks that she could not just bemoan on her fate and surrender to her condition. She wants to be a useful person for her environment and trying to forget Tom. She tried to find a busy life to get her mind distracted from Tom. And she started to succeed because Tom was no longer a priority for her. She believes that she could live without Tom. And her happiness will come true not for a long time.

With a joyful click, fizz, I open the second can of GT and realize, with a rush, that I haven't thought about Tom all day. Until now, anyway. I've been thinking about Scott, about Gaskill, about B, about the man on the train. Tom has been relegated to fifth place. I sip my drink and feel that at last I have something to celebrate. I know that I'm going to be better, that I'm going to be happy. It won't be long. (p. 52)

From the above analysis, the researcher can conclude that at the post divorced the part of the mind that dominant in Rachel personality is her Id. Because her ego just followed her Id and ignores the moral values in the society. Rachel just followed her own desire even it not acceptable in her society. When she wants to drink she just drunk even it in the train that actually it breaks the moral value in her society because drank alcohol in the public place is not acceptable. And she also often called Tom who now Tom has become the husband of Anna and it annoys Tom's new family. She ignores the moral value that exists in the society if calling people's husbands is highly inappropriate.

And when she starts a new life the part of the mind that dominant in Rachel personality is her superego. Because she wants to get a new life that betters without Tom's shadow and hopes to have a baby. She just wants to forget her misery and starts a new life. She didn't drink alcohol and she also not disturbed Tom with a new family. She realized that she will be happy without Tom and she can adopt children. But sometimes her Id still suggested her ego, she stills drank alcohol even happy or sad. So it can conclude that dominant part of the mind of Rachel is her Id because even she realized to starts a new life but her bad habit as alcoholism cannot be ignored by her.

### **3.2 Borderline Personality Symptoms**

There are many factors that cause behavior disorder of Rachel in *The Girl on the Train* novel. She has a bad relationship with her ex-husband and people around her. And her self-image and her emotion also influence her behavior.

#### **a. Relationship**

A bad relationship is one of causes behavior disorder. Craus and Reynolds (2001) identifying that "people with behavior disorder have intense relationships characterized by a lot of conflict, arguments, and break up." In *The Girl on the Train* described that Rachel always hurt when she remembers about her divorce and choose to marry Anna. She also has to receive the fact that Tom was happy with his new family and lived in their house now.

I clear my throat, try to be as matter-of-fact as possible. 'We were trying for a baby and it didn't happen. I became very depressed, and I started to drink. I was extremely difficult to live with and Tom sought solace elsewhere. And she was all too happy to provide it. (p. 78)

#### **b. Self-image**

Rachel feels inferior because of her great hope of having a child does not manifest. She feels worthless because according to her principle that women will have value for two things: her beauty and her

role as a mother. And Rachel does not have either. And she also not good in career, so she felt there was nothing she could be proud of herself.

So I drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk. I lost and I drank and I rank and I lost. I liked my job, but I didn't have a glittering career, and even if I had, let's be honest: women are still only really valued for two things – their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless. (p. 40)

### c. **Emotions**

Rachel felt very hurt when she found out if her husband had an affair with a woman named Anna. The more painful Tom divorced her when she felt deeply depressed after their attempts to have a baby did not realize. Tom divorced Rachel and chose to marry Anna. It made Rachel so angry.

Which makes Rachel even angry is because Tom has a child with Anna, which is where the presence of a baby is what Rachel really wanted. And now Tom lives happily with Anna over Rachel's misery. Rachel was anxious to show them if she was suffering, so Rachel would often do such harmful acts as calling Tom in the middle of the night, wandering around Tom's House to see Tom and it all bothered them.

I was angry. I was distraught. Maybe I was vengeful. Maybe I thought I'd show them that my distress was real. I don't know. I did a stupid thing. (p. 40)

### **3.3 Behavior Disorder**

Behavior disorder in someone there is a wide variety of forms includes feelings of anxiety, become alcoholics, often commit terror to others, offensive to others. The following are some of the behavioral disorder suffered by Rachel in *The Girl on the Train* novel.

**a. Conduct Disorder**

Rachel often called Tom in the middle of the night. Anna was disturbed by it because they cannot be able to rest comfortably. Moreover, the phones woke Evie (Tom's and Anna's daughters) whom they struggle to put her to sleep. Anna felt it was a kind of terror because it made her very restless. And calling a married man at midnight is inappropriate behavior. It is unacceptable in society because it is against the norm. She has disturbed the comfort of others. It is called behavior disorder.

‘Rachel, it’s Anna. ‘Long pause. ‘I need to talk to you about the phone calls.’ Another long pause she’s talking to me and doing something else, multi-tasking, the way busy wives and mothers do, tidying up, loading the washing machine. ‘Look, I know you’re having a tough time, ‘she says, as though she has nothing to do with my pain, ‘but you can’t call us at night all the time. ‘Her tone is clipped, irritable. ‘It’s a bad enough that you wake us when you call, but you wake Evie, too, and that’s just not acceptable. We’re struggling to get her to slip through at the moment.’ *We’re struggling to get her to slip through.* We. Us. Our little family. With our problems and our routines. Fucking bitch. She’s a cuckoo, laying her egg in my nest. She has taking everything from me. She has taken everything and now she calls me to tell me that my distress is inconvenient for her? (p.16)

Besides calling people in the middle of the night, Rachel also often lied to cover the fact that she was jobless. She lied to Cathy about her job where she had been fired but she pretended to go to work every morning and come home in the afternoon. And she covered her lies for months. Cathy felt very angry and asked why she was telling the truth about her true condition.

‘Cathy ...’

She held her hand up, took another gulp of water. ‘You haven’t worked there in months! In months! Do you know how idiotic I feel? What

an idiot Damien felt? Please, please tell me that you have another job that you just haven't told to me about. Please tell me that you haven't been pretending to go to work. That you haven't been lying to me – day in, day out – all this time.'

'I didn't know how to tell you ... '(p. 79)

#### **b. Delinquency and Substance Abuse**

Unfortunately, disorder behavior frequently co-occurs with others conditions that impact mental health. Alcoholism is one disorder that is common among people with a behavior disorder.

Rachel becomes a drunkard because she wants to forget the problem. She feels if the problem that she faces is so heavy and she feels very miserable. Especially now she is alone without any friends to share her problems, she feels lonely so she wrecks it out by drinking alcohol. But eventually it became a bad habit for her and in the end, she was addicted to alcohol.

I felt isolated in my misery. I became lonely, so I drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk. I lost and I drank and I rank and I lost. I liked my job, but I didn't have a glittering career, and even if I had, let's be honest: women are still only really valued for two things – their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless. (p. 40)

#### **c. Anxiety-Withdrawal Disorder**

Low self-esteem is one of the behavioral disorders. In this case, someone can not develop the social skills to establish a good relationship with others. Kaufman (1993) said that signs of withdrawal such as feelings of low self-esteem or self-consciousness, shame, and fear. Signs of anxiety disorders include obsessions (repetitive thoughts) and encouragement (repeated actions).

I have to accept it, there's no point trying to push it away. I'm going to feel terrible all day, it's going to come in waves – stronger then weaker then stronger again – that twist in the pit of my



stomach, the anguish of shame, the heat coming to my face, my eyes squeezed tight as though I could make it all disappear. And I'll be telling myself all day, it's not the worst thing, is it? It's not the worst thing I've ever done, it's not as if I fell over in public, or yelled at a stranger in the street. It's not as if I humiliated my husband at a summer barbecue by shouting abuse at the wife of one of his friends. It's not as if we got into a fight one night at home and I went for him with a golf club, taking a chunk out of the plaster in the hallway outside the bedroom. It's not like going back to work after a three-hour lunch and staggering through the office, everyone looking, Martin Miles taking me to one side, *I think you should probably go home, Rachel*. I once read a book by a former alcoholic where she described giving oral sex to two different men, men she'd just met in a restaurant on a busy London high street. I read it and I thought, I'm not *that* bad. This is where the bar is set. (p. 7-8)

Rachel felt anxiety when she remembered the embarrassing things she was doing. But she does not change her behavior, she keeps doing stupid things and acts out of control. Although after doing that she regrets her actions but she does not try to change. She often does silly things when she is drunk, but Rachel does not feel deterred and the incident will continue to recur and the more ridiculous things she does and it will make her even more uneasy when she remembers it and when she is not strong thinking about it and then she drank alcohol to forget the problem, and when she got drunk she went back to doing silly things she did not realize. And the incident kept repeating and endless because Rachel would not change and eliminate her bad habits as a drunkard.

### **3.4 The Impact of Behavior Disorder**

#### **a. Divorced**

Rachel and Tom have a happy marriage. But it all turns out to be not harmonious since Rachel's desire to have a baby cannot be realized.

Rachel feels that a family is incomplete without the presence of a child, whereas Tom is not concerned about it. Rachel felt depressed and then behavior disorder symptom of Rachel starts to appear, she was consuming alcohol and made her a drunk. In the end, Tom divorced Rachel because she could not accept Rachel's attitude and chose to marry Anna.

I clear my throat, try to be as matter-of-fact as possible. 'We were trying for a baby and it didn't happen. I became very depressed, and I started to drink. I was extremely difficult to live with and Tom sought solace elsewhere. And she was all too happy to provide it. (p. 78)

**b. Alcoholism**

Rachel felt lonely and trapped in misery. It triggers Rachel to consume alcohol because she wants to forget the problem. And then Rachel became a drunk because almost every day she drank alcohol and in large quantities. And since becoming a drunk Rachel became very lonely because people were away from her. Rachel's bad habit of drinking even in public places is less acceptable in society.

I felt isolated in my misery. I became lonely, so I drank a bit, and then a bit more, and then I became lonelier, because no one likes being around a drunk. I lost and I drank and I rank and I lost. I liked my job, but I didn't have a glittering career, and even if I had, let's be honest: women are still only really valued for two things – their looks and their role as mothers. I'm not beautiful, and I can't have kids, so what does that make me? Worthless. (p. 40)

**c. Jobless**

Rachel is drunk and that happens almost every day. And she cannot put herself when she wants to drink so she drinks whether it's on the train, at home, in the garden, and even at the office. One day her boss saw Rachel getting drunk when she came into the office after lunch with the client company she worked for. And worse, Rachel acted so disrespectfully and unprofessionally to her client that it caused the

company to lose. Finally, Rachel fired from the company where he worked so far. And now he is unemployed.

I should just say it now, she's already angry with me. I should go after her and tell her: I was sacked months ago for turning up blind drunk after a three-hour lunch with client during which I managed to be so rude and unprofessional that I cost the firm his business. When I close my eyes, I can still remember the tail end of that lunch, the look on the waitress's face as she handed me my jacket, weaving into the office, people turning look. Martin Miles taking me to one side. *I think it's best if you go home now, Rachel.* (p. 73)

**d. Poverty**

Almost every day Rachel buys alcohol and it's not just one bottle. Usually, she drank alcohol on the train as she left and came home from work, drank in the park, and went to the pub. This habit has drained her money because the price of alcohol is not cheap. Especially now she is not working, so there is no income while he continues to waste money. Her bad habits have made her poor.

I am soaked through, freezing cold, the ends of my fingers blanched and wrinkled, my head throbbing from a hangover that kicked in at about half past five. Which is about right, considering I started drinking before midday. I went out to get another bottle, but I was thwarted by the ATM, which gave me the much anticipated riposte: *There are insufficient funds in your account.* (p. 74)

**e. Untrusted**

Rachel was asked to be a witness in the case of the disappearance of a woman named Megan (Scott's wife) because there was a witness who said if Rachel was on location when the incident occurred. Rachel told police if the day before Megan disappeared, she saw Megan with another man, not Scott. But Rachel's testimony cannot be trusted because the police know if Rachel is an alcoholic. Although Rachel had

tried to explain if she was in a state where she was fully aware that she was not under the influence of alcohol, the police remained unconvinced by Rachel's testimony. She has lost the trust of the people around her.

You should have told me,' he says as soon as he picks up, 'what you are.' His tone is flat, cold. My stomach is a small, hard ball. He knows. 'Detective Sergeant Riley spoke to me, after they let him go. He denied having an affair with her. And the witness who suggested that there was something going on was unreliable, she said. An alcoholic. Possibly mentally unstable. She didn't tell me the witness's name, but I take it she was talking about you.

But... no,' I say. 'No. I'm not ... I hadn't been drinking when I saw

#### **4. CONCLUSION**

This research comes to the following conclusions. Firstly, the meaning of behavior disorder based on The Girl on the Train novel. Behavior disorder also referred to the inappropriate behavior, it is usually contra with the norms and moral value that exist in the society. Behavior disorder in The Girl on the Train novel is a deviant behavior committed by Rachel who interfered with people around her. Rachel's behavior disorder began to emerge when she was depressed because her attempt to have a child with Tom could not be realized. Behavior disorder of Rachel worsened after her divorce with Tom.

Rachel's behavior disorder was caused by her unharmonious relationship with Tom as husband and wife because Rachel was too selfish so they had to get divorced. And the behavior disorder worsened after her post-divorce because she felt very lonely. Another thing is triggered by her anger at Anna because Anna has snatched with her husband, and her jealousy because she sees Anna could have a child which is the thing she really wanted. And the last is her feeling of inferiority that she feels as a worthless woman because she cannot play her role play as a mother, she is not beautiful, and not brilliant in her career also triggers behavior disorder of Rachel.

And the behavior disorder brings many negative impacts in her life. First, she was divorced by her husband because Tom could not accept Rachel's bad habit as alcoholic and take action out of control that was so damaging to Tom. Secondly, she was fired from her job because her boss found her drunk when she came to the office. Third, she became an alcoholic because every time she felt her life was very miserable she always drank alcohol to forget the burden of her life. Fourth, she became poverty because her money was spent to buy alcohol. And the last she has lost the trust of the people around her for lying and being drunk.

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