



**BRIDGET JONES'S UNIQUE PSYCHOLOGICAL CONDITION IN
HELEN FIELDING'S *BRIDGET JONES* SERIES**

A THESIS

**In Partial Fulfillment of the Requirements for
the Bachelor Degree in English Department
Faculty of Humanities Diponegoro University**

Submitted by:

ARTANA DIVA SYABILLA

13020117120005

FACULTY OF HUMANITIES

DIPONEGORO UNIVERSITY

SEMARANG

2021

PRONOUNCEMENT

The writer hereby declares that the thesis entitled *Bridget Jones's Unique Psychological Condition in Fielding's Bridget Jones Series* is written and compiled by the writer herself without taking any works from other research in S-1, S-2, S-3, and in diploma degree of any university. The writer also ascertains that she does not quote any material from publications or papers other than the references mentioned.

Semarang, 20th September 2021



Artana Diva Syabilla

MOTTO AND DEDICATION

“We need to accept that we won’t always make the right decisions, that we’ll screw up royally sometimes – understanding that failure is not the opposite of success, it’s part of success.”

--Arianna Huffington

“Twenty years from now you’ll be more disappointed by the things you did not do than the ones you did.”

--Mark Twain

*This thesis is dedicated to
myself and my go-to people.*

APPROVAL

**Bridget Jones's Unique Psychological Condition
in Helen Fielding's *Bridget Jones Series***

Written by:

Artana Diva Syabilla

NIM: 13020117120005

Is approved by the thesis advisor

On 20th September 2021

Thesis Advisor



Dra. R. Aj. Atrinawati, M.Hum.

NIP. 196101011990012001

The Head of English Department



Dr. Oktiva Herry Chandra, M.Hum.

NIP 196710041993031003

VALIDATION

Approved by

Strata I Thesis Examination Committee

Faculty of Humanities Diponegoro University

On 21st October, 2021

Chair Person



Dr. Ratna Asmarani, M.Ed., M.Hum

NIP. 196102261987032001

First Member



Ariya Jati, S.S., M.A.

NIP 197802282005021001

ACKNOWLEDGEMENT

Praise to Allah SWT for His blessings and grace for that the writer successfully managed to finish this thesis entitled *Bridget Jones's Unique Psychological Condition in Fielding's Bridget Jones Series*. The writing of this thesis is meant to fulfill the requirement to earn bachelor's degree in Literature from English Department in Diponegoro University.

The humblest and remarkable gratitude from the writer is addressed to Dra. R. Aj. Atrinawati, M.Hum., as the advisor of the writer's thesis. For without her guidance, patience, suggestion, and unconditional love, the writer would not have been able to finish this thesis successfully.

The writer's greatest appreciation also addressed to the following people:

1. Dr. Nurhayati, M.Hum., as the Dean of Faculty of Humanities, Diponegoro University.
2. Drs. Oktiva Herry Chandra, M.Hum., as the Head of the English Department of the Faculty of Humanities, Diponegoro University.
3. Dr. Ratna Asmarani, M.Ed., M.Hum, as the advisor of pre-thesis seminar who patiently guides and expresses her company toward the writer. The writer cannot thank her enough for her purposeful lessons and love during the pre-thesis seminar class.

4. Drs. Siswo Harsono, M.Hum., who have taught and shared meaningful values and his personal perspectives for the writer. The writer hopes that he is now rest peacefully in the arm of the Lord.
5. Endro Agus Wahjudi, Andhy Evva Simatupang, and Fatina Diva Syabilla who share their eternal and absolute love and give endless opportunities for the writer to grow and glow. The writer cannot thank them enough for always giving their affection and support for the writer.
6. Natasha, Vania, and Yunindya for sharing their absurd moments, laughters, and their positive encouragements to the writer. Without their wise words, the writer would not rise and thrive these past four years. The writer hopes that they will find their success and prosperity in the near future.
7. Pujarisma, Putri, Tira, Ferrare, Sintia and Dhea for sharing their bed and snacks every time the final exam time comes. Salsa, Reza, Daniel, and Pramudya for our countless deep talk session at Burjo. The writer wishes that they have brilliant future, because they acquire endless sincerity and fortitude.
8. Tiara, Raisa, Heda, and Icha, thank you for being the writer's ride or die and home when the writer needed. Bibil, Irsya, Shafira, and Hisan, thank you for being the writer's number one support system and

always offer their hand during the writer's hard times. May they always find their own ways to accomplishment and contentment.

9. Pradipta Megantara, Fikri Riza, Fadli Hadyan, and Aldy Maulana, they deserve many good things in the world. The writer cherishes every minute they shared and every encouragement they gave. Thank you for being a very good example of platonic love.

The writer realizes that this thesis has imperfections that needed to be improved, therefore, the writer is glad to receive any constructive advice and criticism. Last, the writer hopes that this thesis would be helpful for the readers and bring enlightenment toward psychological study.

Semarang, September 2021

Artana Diva Syabilla

TABLE OF CONTENTS

PRONOUNCEMENT	i
APPROVAL	iii
VALIDATION	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	viii
ABSTRACT	ix
CHAPTER I INTRODUCTION	1
1.1 Background of the Study	1
1.2 Research Problems	4
1.3 Objective of the Study	4
1.4 Previous Study	5
1.5 Scope of the Study	6
1.6 Organization of the Writing	6
CHAPTER II THEORY AND METHOD	8
2.1 Theoretical Framework	8
2.1.1 Intrinsic Elements	8
2.1.2 Extrinsic Elements	11
2.2 Research Method	15
CHAPTER III RESULT AND DISCUSSION	17
3.1 Intrinsic Elements	17
3.1.1 Bridget Rose Jones's Trait	17
3.1.2 Bridget's Relationship with Male Characters	25
3.2 Extrinsic Elements	30
3.2.1 Bridget's Unique Psychological Condition	30
3.2.2 The Triggers of Bridget's Unique Psychological Condition	38
3.2.3 The Effect of Bridget's Unique Psychological Condition	43
CHAPTER IV CONCLUSION	47
REFERENCES	50

ABSTRACT

This thesis tells about Bridget Rose Jones's unique psychological condition, including self-centeredness and Narcissistic Personality Disorder (NPD) traits in Helen Fielding's chick-lit novels *Bridget Jones series*. These traits take effects on Bridget's life, including her indecisive personality and her labile romantic relationships. The purposes of this study are to analyze Bridget's unique psychological condition, the triggers of these conditions, and the effects of these condition toward Bridget's personal life and her surroundings. The writer uses Sigmund Freud's Narcissism and Jean Piaget's Cognitive Development theories, and uses contextual and close-reading method to analyze these novels. From the study, the writer found that Bridget's unique psychological condition which are narcissistic and self-centered traits are mainly caused by major trauma and unpleasant events caused by male characters in the novel, her parents, and her divergent friend circles. The effect of these traits is Bridget always gets involved in her inner conflicts because she experiences troubles in decision-making and in positioning her ego, which lead her into bigger conflicts with other characters.

Keywords: Narcissistic Personality Disorder (NPD), Self-centeredness, trait.

CHAPTER I

INTRODUCTION

1.1 Background of the Study

In modern era, adult women in many Western countries are in general single and content to stay independent. As indicated by *World Marriage Data* research conducted by WHO in 2019, the proportion of individuals who decide to wed has dropped forcefully over the past four decades in many Western nations. Single women will in general seek after their profession or education, and they are having greater control over financial and other leisure activities. Some women choose to flirt with men rather than having a steadfast commitment. As quoted in Peter's research in 2019, a new stigma is discovered in Western countries which stated that single women in emerging adulthood are frequently seen as lonelier, desperate, and labile, and less mature.

All *Bridget Jones* novels are written by Helen Fielding. According to bridgetsarchie.org, Fielding is a feminist British chick-lit writer born in Morley, West Yorkshire, 19th February 1958. She graduated from Oxford majoring in English Literature, and started her first career as a regional researcher for BBC's *Nationwide*. Later, she published her first comic novel about African struggle but in a very amusing writing style, *Cause Celeb* (1994), which soon lead her to be a column writer in *The Independent* in 1995.

As described in bridgetsarchie.org, it is also said that she wrote her weekly column anonymously, which in the sequel was the fragments of her witty canon

novel *Bridget Jones Diary* (1996) about daily life of a single woman in thirties. Many reviews and letters from the readers showed that they were very related to this fictional character, which made this novel won British Book of the Year. Thus, a movie adapted from her novel was released in 2001, starring Renée Zellweger as Bridget Jones, Hugh Grant as Daniel Cleaver, and Colin Firth as Mark Darcy. The following series of *Bridget Jones* were *Bridget Jones: The Edge of the Reason* (1999), *Bridget Jones: Mad About the Boys* (2013), and *Bridget Jones Baby* (2016), which were adapted into motion picture in 2004 and 2016. These novels brought Bridget Jones as one of seven fictional woman characters who influenced British women over the last seven decades and provided some awards to Helen Fielding.

According to Fielding's personal web blog in bridgetsarchie.org, the idea of making *Bridget Jones* series came from her old diary. Young Fielding had a very weird hobby of writing her daily calorie intake and drinking habits in her diary. The fact that Fielding had similarities with her fictional persona, Bridget Jones, made these series became more intriguing. Both Jones and Fielding were extremely ambitious in their job as a producer in TV programs. However, Fielding was always sealed about her personal life and her relatedness with her own fictional character.

This series has three novels and one spin-off novel about Bridget's life. These novels mostly talk about an ordinary single life of Bridget Rose Jones, a thirty-year-old woman, who started to write her diary and tried to leave her unpleasant habit and lose her weight. Soon, she discovered that she was attached with two

men, Daniel Cleaver and Mark Darcy, and she could not decide who would be her timeless lover. Each novel has 200-500 pages and written in “diary” format, with a happy conclusion for each character.

Bridget Rose Jones as the main character was a thirty-something modern London woman who started to write a diary about her ordinary single life. Her diary held her daily routine and the struggles to get rid of her unpleasant habit. She had interest with her fuckwit boss Daniel Cleaver, hung out with her toxic friends, tried to lose her weight, reduced her drinking and smoking habits, and started to explore self-help books and inner poise.

Although Bridget found many imperfections on herself, she wanted to be seen as a perfect woman by Daniel Cleaver. They soon messed around and dated for months before Daniel cheated on her with another skinny American girl because Bridget was chubby. Mark Darcy, a well-known human rights lawyer in London, was Bridget’s rebound. The Darcy had always been remarkably close to The Jones, so after both families found out that they were both dating, they became alongside each other. Mark helped Bridget to get a new job in television agency and helped Bridget’s family problem.

Even though Mark was a widower and a run-off-mile man, Mark was particularly good in bed. Bridget called Mark a sex-God and herself sex-goddess. However, their relationship was always complicated. Bridget denied the fact that she had fell in love with a tedious man. She imagined her love life would be full of controversy and defiance just like what she experienced with Daniel before. Later, she was always lost in her own thoughts. Her toxic ‘singletons’ friends

made her relationship much worse. Sometimes, her friends persuaded her to leave Mark, which soon developed bigger problems in Bridget's relationship with Mark.

Based on the writer's previous statement, this series brought the writer's attention to analyze Bridget's unique character and personality. Bridget's clumsiness and labile personality might not be the only causes of her complex situations. Her toxic friends, flirty mother, and unclear love relationship status also affect her trait. Likewise, her unique psychological condition could influence and might harm herself and her loved ones.

1.2 Research Problems

As indicated from the previous explanation, the writer will focus on Bridget Jones as the main character with unique psychological condition. In this thesis, the writer will resolve three focus which are:

1. What is Bridget's unique psychological condition?
2. What trigger Bridget's unique psychological condition?
3. How do these unique psychological conditions affect to herself and her surroundings?

1.3 Objective of the Study

According to the research problems above, the purpose of this thesis would be:

1. To describe Bridget's unique psychological condition including her narcissist trait and self-centeredness trait.
2. To explore the triggers of Bridget's unique psychological condition.

3. To explore the effects of Bridget's unique psychological condition to herself and her surroundings.

1.4 Previous Study

Bridget Jones series are extremely popular at the time the series were published and create an enormous impact for the readers. There are many published papers and articles which compare these novels with Jane Austen's *Pride and Prejudice* because they have similarities in the plot and each characters' trait. In Lina Widlund's journal (2004), she mentions how Bridget Jones and Elizabeth Bennet's traits are common to each other, which affect to both of their love life. Moreover, an online article from charactour.com states about how similar these novels are and how Helen Fielding is inspired by Jane Austen's writing style.

Allison Case (2001) and Kelly A. Marsh (2004) state that Bridget Jones is a symbol of modern feminist who influences readers to be like her. A study of readers' psychological reactions after reading these novels was conducted by Romeo Vitelli (2018) from psychologytoday.com which discovered "The Bridget Jones Effect" trend in early 2000. This trend encourages modern women to be independently single in thirty-year-old. Timmersman on his writing in 2019 mentions about how "The Bridget Jones Effect" affects to emerging adults' psychological condition.

On the other hand, there are several journals analyzing Bridget Jones's psychological trait and men characters' trait in the novels. Linnea Wirgell (2009) states that Bridget Jones is both egoistic and authoritative to men characters. An

online article publisher, theodysseyonline.com, explains why Bridget choose Mark Darcy rather than Daniel Cleaver, and analyzes Daniel Cleaver's personality. Other online articles such as protemgl.com, bridgetjonesarchives.org, charactour.com explains and analyzes the three main character in *Bridget Jones Series*.

The writer finds that Bridget's traits are unique and somewhat odd. Her unique traits might affect her clumsiness and her unstable emotion, especially to men's character in this series. Therefore, the writer will explore her traits and unique psychological condition, the triggers, and the impacts of her unique psychological condition to herself and her surroundings as these topics has not been discussed thoroughly by other experts or writers.

1.5 Scope of the Study

The writer will be focusing on Bridget Jones as the main character. The focus of this thesis would be Bridget's personality, her relationship with her boyfriends, friends, and family, and her inner and outer conflicts in three *Bridget Jones's series*; *Bridget Jones's Diary*, *Bridget Jones: The Edge of the Reason*, and *Bridget Jones's Baby* that signify her narcissist and self-centeredness trait. To support this study, the writer will use Sigmund Freud's Narcissism theory and Jean Piaget's Cognitive Development theory.

1.6 Organization of the Writing

This proposal is arranged into four chapters and will be divided into subchapters, as follows:

- Chapter I: INTRODUCTION. This chapter explains background of the study, research problems, objectives of the study, scopes of the study, methods used, and organization of the proposal.
- Chapter II: THEORY AND METHOD. This chapter consists of theories that support the study of the novel and the method that the writer uses to discuss the novels.
- Chapter III: RESULT AND DISCUSSION. This chapter discusses the intrinsic and extrinsic elements of the novels to answer the research problems.
- Chapter IV: CONCLUSION. This chapter concludes the analysis in the previous chapter.
- References

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

In this section, the writer will analyze the novel with the support of intrinsic and extrinsic aspects. Therefore, various theories related to the hypotheses will be used in the discussion.

2.1.1 Intrinsic Elements

Intrinsic element is the essential element which built the literary work from the inside. In prose or novel, intrinsic element consists of plot, theme, character and characterization, settings of time, place, and situation, conflicts, and point of view. However, the writer only chooses three intrinsic elements which are character, conflicts, and plot of the novels. These three intrinsic elements create sturdy understructure and indisputable argument, help the writer discussing the selected topic, and lead the discussion into wider topic.

2.1.1.1 Character

Character is people, animals, or beings in a narrative literary works. A character may be fictional or based on real-life people depends on the type and genre of literary works (DiBattista, 2011: 14-20). Character in fiction can be distinguished by its complexity, importance, and character development. The complexity in character can be distinguished into round or flat character, while the importance in character can be distinguished into major and minor, and the character

development is divided into two types which are dynamic or static character (Chatman, 1993: 60).

The writer focuses in analyzing the main character, Bridget Jones, which has strong influence towards the plot. The reason the writer chose three novels of *Bridget Jones series* to analyze her unique psychological condition is to find the significance in Bridget's personality development. Bridget can be appraised as round character because she has dynamic personality in each novel. It can be said that she unlocks different trait and new habit in each character influenced by her surroundings. Bridget, as quoted from Fanny Blake's statement, is a clumsy and labile woman with inability to determine either a straight man or anything in the fridge.

2.1.1.2 Conflict

Conflict is a challenging situation in literary works that character must solve (Roberts and Henry, 1986: 103). In some narrative stories, the character will face many conflicts to achieve their goal. Conflict in narrative story will create tension and closure to the readers.

There are three types of conflicts which are man against self, man against man, and man against society (Simpson, 20017: 46). Man against self is an internal conflict that involves the struggle of a character to overcome their own nature. On the other hand, man against man is an external conflict that involves two or more characters. There are many triggers of man against man conflict such as physical conflict or subtle conflict. Last, man against society is a condition where man is

counter to the society that inversely proportional to them. This may be caused by moral or social values discrepancies.

In *Bridget Jones series*, the writer concludes that these three types of conflicts lie in the three novels. Bridget often argues with herself because she has unstable mood and labile personality. For example, when she decides to cut her relationship with Daniel, she would easily break her commitment and stay in Daniel's property the moment Daniel apologizes. Moreover, Bridget often gets involved in man against man conflict. In her office, her manager Perpetua often shows disrespectful gestures to Bridget that makes her uncomfortable being in office. Bridget faces many conflicts with other character which will be explained in detail on the next chapter. Bridget ever involved a huge conflict with Thai customs because she accidentally brings cocaine in her bag from Phuket Island. This event is considered as the example of man against society.

2.1.1.3 Plot

A Plot or storyline is a chain of connected and notable events that occurred in the narrative story (Dibell, 1999: 5). In addition, according to Freytag (1900: 115), plot has five steps. These steps are exposition, rising action, climax, falling action, and denouement. Exposition introduces the characters and their relationships, motivation and goals of each character, and the settings of the story (Freytag, 1900: 115-121). In rising action, conflicts are starting to develop (Freytag, 1900: 125-128). This step contains some events which lead to climax. Climax occurs when the problems in the story become more complicated and it reaches the turning point (Freytag, 1900:128-130). Then, the resolution of the problems will

be the falling action (Freytag, 1900: 133-135). Last, denouement is the ending of the conflict which shows the fate of each character (Freytag, 1900: 137-140).

In *Bridget Jones series*, the writer concludes that the plot is not complicated enough in one book. This idea leads the writer to analyze the three books to analyze Bridget's character development thoroughly. Therefore, the writer draws the exposition is represented by the first book, *Bridget Jones's Diary* (1996). The exposition explains who Bridget is and introduces other significant character for the next series. As the plot goes, the rising action starts when Bridget is confused whether she should choose Daniel or Mark. Bridget develops her narcissistic and self-centeredness trait because she gets the attention she needs from both men. Bridget goes back and forth with Mark and Daniel, not knowing what she will be facing to. The rising action is represented in the second book, *Bridget Jones: The Edge of the Reason* (1999). The climax of the story is when Bridget gets pregnant after she had sex with both Daniel and Mark, and she could not decide who is the father of her baby. The climax is represented in the third book, *Bridget Jones's Baby* (2013). At this point, she regrets everything she had done to both men and tries to strengthen and change herself as it is considered as the falling action of the plot. The denouement marks at happy conclusion, as she finally chooses Mark Darcy as the love of Bridget's life proved by Mark's sincerity and affection.

2.1.2 Extrinsic Elements

Extrinsic element is considered as secondary element which built the literary work from outside the story, but it is agreeably attached to the plot. Extrinsic element in literary works might come from historical background, political or economic

situation, psychological state, and other elements that related to the story. In this thesis, the writer chooses to analyze two Bridget's psychological state, which are narcissistic and self-centered. These two psychological conditions of Bridget were chosen because they appear in the plot and have a significant impact to Bridget. There is no deep earlier study about Bridget having these traits, however, as mentioned in the section 1.4 Previous Study, there is a study mentioned that Bridget has egoistic trait.

2.1.2.1 Egocentrism

Egocentrism is the inability to differentiate self and others (Pronin and Olivola, 2006: 441-442). It is a concept from Jean Piaget's cognitive development. People with egocentric mindset think that they are the center of everything, and it is mostly happening during childhood. Piaget, as quoted in *Invitation to the Life Span* (Berger, 2014), believes that egocentrism affects children's morality sense, so they tend to concern about the outcome rather than intention. This mindset could imprint them and when they finally become adults, they are wonted by this mindset. This trait will lead into self-centeredness trait and narcissistic trait.

2.1.2.2 Self-centeredness Trait

One of egocentrism traits is self-centeredness, or known as self-absorbed trait. Self-centeredness is a condition where a person is excessively concerned with themselves and their need (Freud, 1953). People with self-centered traits never consider others' feelings, but they are still capable of being personable and kind to others. This condition happens when the self and the ego are not balanced with each other and then they become single-mindedness on themselves.

There are two human impulses (intentions and volitions) that produce specific motivations to human's 'self' to seek pleasure and avoid displeasure. As a result of these impulses existence, there is a strong focus on stimuli favoring satisfaction, self-defense, and expectations about the value of objects. It is also claimed that self-centeredness involves frequent impulses toward pleasurable stimuli and away from unpleasant ones (Freud, as quoted on Dambrun, 2011: 139-140).

Self-centeredness is not a mental health issue, however, people with this trait tend to be annoying in society. There are some symptoms of self-centeredness according to *Common Traits of the Self-Centered Person* (Everyday Health, 2017), such as (1) they act defensively, (2) they do not see the big picture and only focus on themselves, (3) they are imposing, (4) they sometimes feel insecure and have a missing gap in their life, (5) they think that they are superior to others, (6) they consider friendship as a tool for getting what they want, (7) they are extremely opinionated, and (8) they are lacking in empathy—they do have empathy but they find difficulties to understand the depth of true empathy.

2.1.2.3 Narcissistic Personality Disorder Trait

Narcissistic Personality Disorder (NPD) or narcissistic trait is a mental condition where people have an inflated sense of their own importance, greed of attention and admiration, usually having trouble in their relationship, and lack of empathy for others (Caligor and Levy, 2015: 415). People with NPD may be generally unhappy and disappointed when they are not given special attention or admiration they deserve.

People with NPD would have different symptoms such as (1) believe they are superior and can only associate with equally special people, (2) have an inability or unwillingness to recognize the needs and feelings of others, (3) be envious of others and believe others envy them, (4) exaggerate achievements and talents, (5) expect to be recognized as superior even without achievements that warrant it, (6) have an exaggerated sense of self-importance, (7) have a sense of entitlement and require constant, excessive admiration, (8) insist on having the best of everything, (9) behave in an arrogant or haughty manner, or (10) take advantage of others to get what they want (Mayo Clinic, 2017).

Sigmund Freud on his book, *On Narcissism* (1914: 76-77), stated that humans have the mind's self-control mechanism, or he called it as 'ego-ideal'. Freud also claimed that narcissism is a part of neurosis and is divided into two types (Freud, 1914: 92). The first type is the primary narcissism, which is a natural trait of all humans. This affects human to give their reaction and affection towards an object, for example, children would feel capable to do and achieve something because their mother encourages them (Freud, 1914: 93). If humans direct their affection outward the object and wanted to be praised, then it is the second type of narcissism.

Freud stated that humans with secondary narcissism tend to have two types of 'ego' which are 'ego-libido' and 'object-libido' (Freud, 1914: 94). 'Ego-libido' is human need to fulfill themselves, sort of self-love and self-happiness. This kind of ego will boost human confidence which will lead them to have covert or overt narcissist traits. On the other hand, 'object-libido' is human need to survive life,

such as eating, sleeping, drinking, et cetera. These features will affect their narcissistic demeanor. If humans could not balance these features, they will be exiled from society.

Covert and overt narcissism, as mentioned above, is a condition when someone craves affection and admiration as well as lacks empathy toward others (Sparkster, 2013). These types of narcissism are usually happening in the teens or early adulthood and are very toxic to the society. Covert narcissists are commonly prone to feelings of neglect, belittlement, hypersensitivity, anxiety, and delusions of persecution (Vaknin, 2015). On the other hand, overt narcissists as quoted in *Why is it Always about You?* (Hotchkiss, 2003) tend to be aggressive, self-aggrandizing, exploitative, and have extreme delusions of grandeur and a need for attention.

2.2 Research Method

This study belongs to descriptive qualitative research. This type of research requires constructional analysis of the acquired data to describe one incident (Creswell, 1994: 21). This study uses contextual method to get a profound discussion result. According to Behrendt (2008), contextual method aims to interpret some historical and cultural background of acquired data. The writer will gather the data acquired from the three novels of Bridget Jones series which are *Bridget Jones's series*; *Bridget Jones's Diary* (1996), *Bridget Jones: The Edge of the Reason* (1999), and *Bridget Jones's Baby* (2013). The discussion is also supported by several studies, books, journals, e-journals, or articles related to *Bridget Jones series* to discuss the topic mentioned above.

The data will be discovered using library research and close-reading method. The writer will analyze the main character's characteristics, relationships, and conflicts with the support of Freud's Narcissism theory and Jean Piaget's Cognitive Development theory to discover Bridget's unique psychological condition, the triggers, and the impacts of her unique psychological conditions. These topics were chosen because the writer found that Bridget considers that she is more important rather than any other character in the novel. This might be identified as an egoistic trait that leads her into bigger matters in the novels.

CHAPTER III

RESULT AND DISCUSSION

3.1 Intrinsic Elements

In this section, the writer will discuss and analyze the intrinsic elements in *Bridget Jones's Series*. The discussion are including Bridget's trait on the three novels and the relationship between Bridget and men characters who are Daniel and Mark. This section will also reveal Bridget's personality development on each novel.

3.1.1 Bridget Rose Jones's Trait

In this study, the writer focuses on Bridget's character development. The writer will entangle three books of *Bridget Jones series* to analyze Bridget's characteristics and her relationship with both Daniel Cleaver and Mark Darcy. In this study, the writer will describe Bridget's characteristic, plot, and conflicts based on each book in the series.

3.1.1.1 Bridget Jones's Trait in *Bridget Jones's Diary* (1995)

Bridget Rose Jones is depicted as a thirty-one-year-old woman who fancies her single and free life as an editor, surrounded by her loving friends in this series. This year, Bridget wants a momentous change in her life so she starts writing diary to keep herself on track. The writer finds that Bridget sees herself as an indecisive and inconsistent woman that she wants to change (Fielding, 1995: 2). Therefore, she swears to be more assertive toward herself and others. Moreover, she writes down many resolutions that may help her to be more mature and wiser in her adulthood era.

The writer finds that Bridget is being contradictive toward herself and that few days after being so hopeful about the bucket list she wrote on the diary, she rants to Mark Darcy, “I do think New Year’s resolutions can’t technically be expected to begin on New Year’s Day, don’t you? Since, because it’s an extension of New Year’s Eve, smokers are already on a smoking roll and cannot be expected to stop abruptly on the stroke of midnight” (Fielding, 1995: 15). This shows that Bridget still continues her negative traits by being inconsistent and sulky. This also shows that Bridget speaks in as a matter of fact and she is being frankly honest about what is inside her brain. This trait sometimes puts Bridget in awkward situations and causes bigger conflicts in her life.

The other averment Bridget is still inconsistent with is that she thinks that being taken and married might ruin her independent life and not getting married is the best choice for her sanity (Fielding, 1995: 40) considering that she previously wrote that she is longing for a steady love relationship in her New Year resolutions (Fielding, 1995: 2). Bridget refuses to get married even more after knowing her mother cheated on her father while they are already having nice and steady marriage (Fielding, 1995: 61). This leads her into endless confusion and creates irritations between Bridget and the men characters in the novel.

On any occasion Bridget is involved in bewilderment, she copes with cigarettes and alcohols intake. She promises herself that she would not drink and smoke (Fielding, 1995: 2) This happens in her daily calorie intake as well. Bridget copes with sweet snacks such as chocolate whenever she feels betrayed. This indicates that she disobeys her own promise and being indecisive on herself. The

writer finds that Bridget is fully aware that smoking and drinking might harm herself instead, she still does that to cope with her pain.

Bridget is being overly optimistic about herself. She pursues her career as a successful news editor in her office and uses her skill as an English Literature graduate well. Though Bridget is sometimes clumsy and panics, Bridget still manages her career well. After she gets accepted into her new job as TV presenter and resigned from her earlier job (Fielding, 1999: 203), Bridget thinks she will pursue good fortune and fame in the near future. This shows that Bridget has the positive trait of ambitious and optimistic. With the help of inner poise and Buddhism practice (Fielding, 1995: 89), Bridget is slowly getting calmer and assured of herself. It can be said that Bridget is successfully mastered those practices and becomes a better person in order to fulfill her New Year resolutions.

At last, Bridget creates resume of what she has done in one year on the very last page of her diary. From those lists, the writer concludes that Bridget has improved much on her trait. Bridget finally gives up her smoking and drinking habit and alternates it to gym membership subscription. The hangover-free days that Bridget counts are 114 days and it is considered as *v.g* or *very good* by Bridget (Fielding, 1995: 310). The writer also finds that after learning about inner poise and Buddhism practice, Bridget's panic reaction is decreased and she could think thoroughly before giving any reaction toward the situation. Last, the presence of Mark Darcy gives rise to Bridget's improvement. Mark's subtle and mature figure creates 'a safe space' for Bridget and she could finally accept a steadier relationship to hold to.

3.1.1.2 Bridget Jones's Trait in Bridget Jones: *The Edge of The Reason* (1999)

In this novel, the setting moves forward to five months later when Bridget is having blithe life with Mark Darcy living in her house. Bridget is now learning self-help books after successfully learned inner poise and Buddhism practice (Fielding, 1999: 14). She believes that those books could improve her social skill and create a full-grown mindset. Later, the writer finds that Bridget's view on life is almost dependent on self-help books, including her seeking relationship advice from *What Men Wants* and *If Buddha Dated* books. This new habit irritates Mark because Bridget expects Mark to treat Bridget according to the book and causes further conflict as proved in Mark's dialogue, "I'm starting to feel like a laboratory animal!" (Fielding, 1999: 75). The writer also sees that Bridget is absorbing those books without setting apart between what is good and bad. This made Bridget creates self-assumption toward others, especially Mark.

Bridget is also having a delusion that Mark would leave her and sleep with Sharon or Jude, who are her own friends (Fielding, 1999: 23). According to that incident, Mark leaves Bridget which the writer concludes because Mark is tired of being Bridget's probation. The situation becomes even worse because Bridget starts having judgment of her body as quoted from the book, "Think would have huge big breasts and hips and tiny waist. But would there be too much fat to dispose of in this way?" (Fielding, 1999: 50). The writer interprets that these self-help books might develop insecurity trait that leads into body dysmorphia syndrome, although it is not too severe. Moreover, the insecurity developed by

these self-help books is not only attacking her thoughts on her body but also makes Bridget think of things that are not actually going to happen.

However, the effect of practicing self-help books is not always bad for Bridget. Since Bridget starts reading self-help books, the writer notices that Bridget establishes self-affirmation toward herself. She often writes “Am assured, receptive, responsive woman of substance. My sense of self comes not from other people...” (Fielding, 1999: 153) in her diary. This is considered a positive habit that builds Bridget’s self-esteem, although Bridget becomes narcissistic eventually. Both insecurity and self-affirmation that Bridget owns, create conflicts within herself. This resulting in Bridget’s extreme and altered mood swing, as quoted on:

“11 p.m What Daniel may or may not have said is a matter of supreme indifference to me.

11.15 p.m How dare Daniel go round bad-mouthing me! How did he know I don’t know where Germany is!

11.20 p.m Anyway, I am really nice. So there.

11.30 p.m Am horrible. Am stupid. Am going to start studying *The Economist* and also go to evening classes and read *Money* by Martin Amis.”

(Fielding, 1999: 247-248).

Bridget reaches the turning point when she is involved in two big tragedies in her life. The first big tragedy is Bridget gets thrown into jail by Thai customs because Bridget is caught bringing cocaine stitched in the bag Jed gave to her (Fielding, 1999: 303). The writer reveals that after spending a week in Thai jail with “eight Thai prostitutes and a potty in the corner” (Fielding, 1999: 303),

Bridget finally understands her worth. She writes seven “post-spiritual epiphany life resolutions” that hold promises on herself to become self-assured, able to make judgments toward self-help books and not fully absorb what is written there, have self-reliance, and be more spiritual (Fielding, 1999: 320). This implies that Bridget wants to create a notable change in herself and realizes that she made mistakes in the past that she wants to fix. The word *epiphany* in her resolutions emphasizes what Bridget thought while in jail. The second tragedy occurs when Bridget is getting assassination terror from Gary whom Bridget rents for renovating her apartment (Fielding, 1999: 352) five days after her arrival from Thailand. From this incident, the writer identifies that Bridget becomes more conscious of herself and Bridget should be mindful to reduce her clumsiness and slovenliness. Finally, Bridget proves her intention to change by starting over her relationship with Mark without any dependance from self-help books.

3.1.1.3 Bridget Jones’s Trait in *Bridget Jones’s Baby* (2016)

Moving to the last novel of the series, Bridget is depicted as a thirty-six-year-old successful TV news producer who is still single (Fielding, 2016: 35). The writer finds that Bridget’s last relationship did not work out well because of the miscommunication between her and Mark Darcy (Fielding, 2016: 14). The only thing that matters for Bridget is that she is a happy *singleton* now. Bridget is now surrounded by steady financial status and supporting *Singletons* and *Smug Married* friends. Moreover, Bridget is too busy pursuing her career and managing her hustling schedule. She rarely mentions inner poise, Buddhism practice, or any self-help books that company her in the last novel. Instead, the writer finds that

Bridget gets easily panic. It is confirmed by the writer that Bridget's clumsiness makes her gets easily panic.

The clumsy trait that Bridget owns since the first novel appears to become more severe in this novel. This includes her carelessness in using "dolphin-friendly condoms" with Daniel Cleaver and Mark Darcy that had expired two years ago (Fielding, 2016: 50). This resulting in the pregnancy Bridget did not want at the first place. Furthermore, it is claimed that Bridget blames anyone, mostly her baby, for dreadful things happened to her. This mostly happens when Bridget enters the last three semester of pregnancy. Bridget keeps forgetting things and abandons her responsibilities. The writer reveals that this happens because Bridget is unemployed and she becomes unproductive. She even blames her baby because she forgets Mark's phone number as proven in the monologue, "The baby eaten every number in my head. ...I have no brain" (Fielding, 2016: 174). This leads Bridget's panic reaction on almost every situation instead of solving her own problem right away.

Another triggering factor that makes Bridget gets easily panic is because she is labile. Bridget has always been depicted as a labile character, but in this novel, she becomes more unstable. It is told that this unstable trait is because she is no longer studying any faith or religion that she usually holds on to, for instance, Buddhism practice, self-help books, or inner poise practice. However, those self-help books sometimes guide Bridget's life and helps her to decide what should she do. For instance, when Bridget is about to take DNA test to find who is the father of her baby, she directly changes the plan after she sees the needle Dr.

Rawlings use (Fielding, 2016: 58). Bridget's labile trait also creates unpleasant situation because she wastes Dr. Rawlings equipment and time, while it also affects herself. Bridget aborts her desire to reveal who is the baby's father and keeps her curiosity for the next nine months.

Nevertheless, the writer finds that as Bridget grows older, her mindset becomes more mature. It is obvious that Bridget's mindset grows mature when she decides to keep the baby even though the baby is unwanted by anyone. For the writer, it is a big and tough decision for Bridget to raise the baby by herself. Bridget also says that, "Having a baby is not the be all and end all of woman's life" (Fielding, 2016: 8) to counter her mother's principal on having baby and raising children. As her belly grows bigger, Bridget appears as a calm and thoughtful figure. She leaves behind all of her problems and focuses on the baby's development. Bridget finally has a courage to say "no" to anyone (Fielding, 2016: 157). This emphasizes the increase of Bridget's maturity level and her maternal instinct.

Later, after the baby is born, Bridget writes an "introduction" of her diary that refers to Billy—the baby—to prevent misunderstanding in the future. It is put on the very first page on the novel, but the writer concludes that the introduction is meant to be the ending of the diary. Bridget leaves a very thoughtful message to her son, "...just as there is a big gap between how people think they are supposed to be and how they actually are, there's also a gap between how people expect their lives to turn out and how they actually do" (Fielding, 2016: 3). The writing portrays the emphasis on Bridget's maternal instinct that proves the development

and maturity on her logic. Moreover, Bridget shows a change in the way she decides things in her life and starts worrying about her son.

During her pregnancy time, it is proved that Bridget senses maternal instinct more often. Even though Bridget is identified as an egoistic and ignorant figure, she puts her baby's importance on top of herself during the pregnancy period. Furthermore, Bridget starts to spend more money on the baby's clothes and preparations. This proves that Bridget finally understands her responsibility of being a mother by being conscientious of her baby. Not only for the baby but also Bridget develops responsibility toward herself. She takes care of her sanity and stability after facing many bewilderments in her child-bearing time. Bridget finally becomes dependent on herself and not being vulnerable to her friends' opinions. It can be said that Bridget is finally having her own principle and becoming less selfish at the end of the series.

3.1.2 Bridget's Relationship with Male Characters

When it comes to men she is interested in, Bridget becomes capricious and inconsistent. Bridget has two lovers with opposite traits. Both Mark Darcy and Daniel Cleaver are colleagues back then in the university, however, their relationship is already gone too bad. Bridget has numerous flings beside Daniel and Mark, but they did not last long because Bridget always goes back and forth. The writer will explain Daniel and Mark's trait and their relationship with Bridget in this study.

3.1.2.1 Bridget Jones and Daniel Cleaver

Daniel Cleaver is Bridget's boss in her workplace. Daniel is a sociable, workaholic, and non-committal man based on Bridget's depiction. He is wickedly funny and genius, according to Bridget's self (Fielding, 1995: 18). Bridget's relationship with Daniel lasts only for three months and ends with Daniel being caught cheated on Bridget.

Bridget often calls Daniel *the fuckwittage* and herself as *the fuckwit*. These terms are written all over her diary, especially when Bridget is having trouble or being involved in arguments with Daniel. The writer interprets that the term *fuckwittage* is addressed for Daniel because Daniel tends to be senseless to the women. Daniel Cleaver himself is depicted as a single successful thirty-year-old man with a charming look and he is always being hospitable to his employees. With those amusing features mentioned, Daniel has the privilege to be near any woman he wants. The writer sees that Daniel is a free soul and not being able to commit because, at the thirty-year-old era, a man should be in marriage or merely in a relationship. Therefore, the term *the fuckwittage* is meant to describe Daniel's inability to commit to woman and Daniel's pleasure seeker trait because Daniel loves to play with women's feelings. Otherwise, the writer perceives the term *the fuckwit* that is addressed to Bridget because she falls in love with a non-committal man, which is very fruitless and rather pathetic for her considering that she wants an established relationship with a steadier man as per to her New Year Resolution in the first book.

Bridget and Daniel have nicknames of each other that contain mockery and satire meaning. Bridget once calls him, "naked lust-crazed sex beast" (Fielding,

1995: 124) which implies Daniel has a huge sex desire which is similar to animals' sex appetite. This also explains his intention when he approaches Bridget. She is being noticed by Daniel because she forgets to wear skirt the day after she gets sober, as quoted in Daniel's flirtatious email "Skirt is indisputably absent. Is skirt off sick?" (Fielding, 1995: 24) that also means he is falling in lust not falling in love with Bridget. Bridget has been working in the office for years yet Daniel never notices her before that tragedy. As their relationship emerges, the writer discovers that the feeling Bridget shares is love while Daniel only shares lust with Bridget.

Unlike Daniel who is driven by sexual and physical needs, Bridget shares romantic and emotional affection. Daniel calls Bridget "irresistible sex-kitten" (Fielding, 1995: 76) that has similar meaning to his nickname. However, he implicitly uses *kitten* that shows Bridget is subordinate in the relationship because kitten is seen as a tiny helpless animal. The writer perceives that both Bridget and Daniel are satisfied with their sex life, but their relationship would never work out because Daniel does not love Bridget the way she is. After the break-up, Bridget cuts her communication with Daniel after she realizes that she is the mistress, not the American girl she found in Daniel's attic.

Daniel appears only in the first and last novel of *Bridget Jones* series. He plays a significant role in Bridget's engagement day and pregnancy. According to Bridget's diary, he ruins her engagement day and creates misunderstandings between Mark and Bridget (Fielding, 2016: 16). It can be stated that five years have passed yet Daniel's traits have remained the same. Bridget even mocks him

as “very manipulative and sexually incontinent, and unfaithful and does tell a lot of lies, and can be very unkind” (Fielding, 2016: 15) which describes Daniel’s trait when they were still together five years ago. At last, Bridget finally chooses Mark over Daniel because of his immaturity and uncontrollable sexual drives.

3.1.2.2 Bridget Jones and Mark Darcy

Bridget’s soulmate is Mark Darcy. He is depicted as “top-notch barristers, has masses of money, and divorced” (Fielding, 1995: 9) whom his family has been extremely close with Bridget since Bridget is a kid. According to Bridget, Mark is a boring and inflexible man to be with. She even describes Mark as a “strangely-dressed opera freak with bush hair burgeoning from a side-parting” (Fielding, 1995: 9) on their first arranged meet-up. The quotation also shows the way Mark dresses up that signs Mark is an organic grown-up man. On the other hand, Mark thinks that Bridget is being inconsistent by lying about books she ever read which makes him uninterested. Therefore, both of them decide not to continue their arranged relationship.

Being with Mark is like a rebound to Bridget. After breaking up with Daniel, Bridget starts seeing Mark straightaway. Bridget is sexually satisfied. However, their relationship goes back and forth because Bridget and Mark’s traits are discrepant. The writer discovers the fact that Bridget loves being in a steady relationship with a mature man, but deep inside, she also expects that Mark could bring the wild side of Bridget just like what Daniel did, as proved in the quotation, “Maybe it has been decreed that I should be with someone wilder, earthier, and more of a flirt” (Fielding, 1995: 286). On the other hand, Mark is satisfied enough

with Bridget and expresses his love by always being on her side, for better or worse. This statement is proved when Mark uses his privilege as human rights attorney to clear Bridget's problem such as when Bridget's mother is involved in the money fraud with her juvenile Portuguese boyfriend, Julio (Fielding, 1995: 272-273), when Bridget gets arrested because she inadvertently brings cocaine to the airport (Fielding, 1999: 303), and when Bridget gets blackmailed by her housebuilder (Fielding, 1995: 353). Mark uses his privilege as human rights attorney to clear those problems and help Bridget's family without them noticing. It can be said that both of them have unsatisfied expectations that are slowly harming their commitment.

The other crucial problem in their relationship according to the writer's finding in this study is Mark is never a frank person and Bridget is also fault-finding to him. Mark never utters his distressing backlash when she starts applying self-help books theory to him that makes him "feels like a laboratory animal" (Fielding, 1999: 75). Bridget, in contrast, feels that Mark has become more tedious and stiffer to her. The writer finds that Bridget has elevated expectations and wild ideas for Mark, however, Mark's trait is as he is. Both of them never express their feeling bare-facedly so that this can cause many misinterpretations in their relationship, especially when Rebecca and Daniel break in their relationship. The misperception peaks when Bridget is assumed to cheat on Mark on their engagement day with Daniel (Fielding, 2016: 17) and Mark directly cancel the engagement. The writer claims that both Mark and Bridget are not giving each other chance to have a sit and talk about what was happening that

day and instead, they push each other. This can be concluded as immaturity trait that both of them acquire.

Eventually, five years later, Mark's sincerity and patience successfully overcome Bridget's fear of having stable relationship. Mark proves that his love for Bridget is truthful and that he loves her "just as u r" (Fielding, 2016: 175) that was said when Mark first confessed to her in the first book. This meaningful phrase has a very deep significance to Bridget and it becomes Bridget's phone password that signs Mark's presence and love takes a huge effect on her. Not only does Bridget's traits that have changed in the last book, but the writer also finds that she lowers her expectation to Mark and both of them fix their communication during Bridget's pregnancy period. It can be stated that they successfully understand each other as they grow older and face many bewilderments together. The writer also discovers that the presence of baby could form the maturity trait of Mark and Bridget.

3.2 Extrinsic Elements

There are three extrinsic elements that will be discussed in this section, including Bridget's narcissistic and self-centeredness traits, the triggers of her traits, and the effect of her traits.

3.2.1 Bridget's Unique Psychological Condition

According to the intrinsic study of Bridget's characteristics and traits, the writer finds that Bridget acquires not only clumsy and unstable trait but also egoistic trait. Bridget has narcissistic trait that encourages her to become overconfident in herself. Moreover, Bridget also has self-centeredness trait that sometimes makes

her becoming indifferent to her surroundings. Based on the study, these traits are caused by egocentrism. The writer will elaborate Bridget's self-centeredness and narcissistic traits in this study.

3.2.1.1 Bridget's Self-centeredness Trait

Bridget always thinks about herself. She only believes what she thinks is right, and she only cares about her pride as a single and independent woman. At some point, this trait helps Bridget to think mindfully, however, sometimes this trait also creates bigger bewilderments in her life. It can be said that Bridget only seeks pleasure and avoids displeasure during her adulthood phase. This marks the difference between having egoistic and self-centered trait. People with self-centeredness trait act defensively, have a missing gap in their life, acquire lack empathy, and do not see the bigger picture. In this study, the writer finds those behaviors in her. Therefore, the writer concludes that Bridget acquires self-centeredness trait.

The writer first notices that Bridget has self-centered trait when she is about to prepare herself for a date with Mark Darcy. She is using a "1600 volts, Salon Selectives hairdryer" (Fielding, 1995: 242) that blocks her hearing of the bell sound Mark rings beneath her house. Bridget does not feel guilty at all after knowing that their date is canceled because of her clumsiness. She does not say sorry to Mark, instead, she says "am complete berk" (Fielding, 1995: 242) as her slight guilt expression. This remarks as the initial problem of their relationship; Mark who is the accepting one and Bridget who never feels sorry of what she does. At last, Mark is tired of Bridget's self-centered trait and says, "Bridge, why

do you always have to jump to conclusions?” (Fielding, 1999: 133). Mark’s disappointed expression signs that Bridget only thinks of herself and not wanting to hear Mark’s explanation.

Moreover, the writer finds that Bridget pretends to care about politics because she wants everyone to notice that she acquires political literacy. She pretends that she supports Tony Blair as the next prime minister candidate and she degrades the other candidate, Tory, by saying that “Tories are rubbish” without saying reasonable reasons (Fielding, 1999: 58). She starts talking nonsense when she is oppressed to mention the reason she chooses Blair,

“And it is perfectly obvious that Labour stands for principle of sharing, kindness, gays, single mothers and Nelson Mandela as opposed to braying bossy men having affairs with everyone shag-shag-shag left, right and centre and going to the Ritz in Paris then telling all the presenters off on the *Today* programme.”

(Fielding, 1999: 58).

People with self-centered trait is extremely opinionated. Bridget’s behavior shows that she does not open to any other opinion. While on the other hand, she brags about Blair’s accomplishments and records. Bridget’s reason to degrade Tory is too personal and she shows unprofessionalism considering that she is a TV presenter who is required to act competently. Bridget cannot see the bigger picture if someone exposes her statement and will destroy her career. Therefore, this dialogue shows that Bridget is a self-centered person.

In fact, Bridget does not care about the election. She mentions that the election is full of “mutatedly bloated, arrogant pawns” (Fielding, 1999: 203) and that she is not officially permitted to take a vote because she does not register herself

(Fielding, 1999: 204). The writer believes that she does not take her statement seriously.

Bridget's self-centered trait can also be seen clearly when she is late to the airport that will take her to Rome to interview with Colin Firth. She writes in her diary,

“11.45 a.m. Cannot believe it. Plane has gone without me.
Noon. Thank God, Mr. Darcy, and all angels in heaven. Turns out can go on another plane in one hour forty minutes. ... Goody, can do airport shopping.
1.31 p.m Was announcement: ‘Will Passenger Jones, the last remaining passenger for flight BA 175 to Rome, please make her way immediately to Gate 12 where the plane is waiting to depart.’”

(Fielding, 1999: 166-167).

The quotation above is the representation of her self-centered mind. She does not feel in a rush and she has no regret after she is being left by the previous airplane that makes her book another ticket that will create an unnecessary budget for her work trip. The writer also discovers that she repeats her clumsy behavior by doing airport shopping which will potentially make her late again. People with self-centeredness trait will seek pleasure to fulfill their satisfaction and declines unpleasant situation (Dambrun, 2011: 139). According to the study, Bridget's behavior in this monologue can be considered as self-centeredness trait because she declines the fact that she creates huge mistakes and continues to do airport shopping to seek her pleasure.

Moreover, Bridget's self-centered trait is shown when she lists down reasons why Jude should not marry Vile Richard, as quoted in:

“... And that Jude must not marry Vile Richard because:

1) He is mad.

2) He is vile: Vile by name and vile by nature.

3) Is intolerable to have to dress up as pink puffballs and walk down aisle with everybody watching.”

(Fielding, 1999: 220).

Jude is a part of *Singletons* friends. A true friendship contains people who support each other unconditionally. The writer discovers that Bridget does this intentionally to assure Jude to cancel the wedding because Bridget does not want to be her bridesmaid. She uses the term *pink puffballs* because she sees Jude’s wedding gown as a horrible thing and Bridget is ashamed to walk her to the aisle with that dress. Moreover, Bridget feels betrayed because they have promised that they will remain single endlessly. Bridget shows no empathy toward Jude and Richard’s wedding. Therefore, this list is a representation of Bridget’s self-centeredness trait.

Likewise, Bridget’s self-centeredness trait evolves during the whole series. The writer finds that her trait evolves to become more severe during her pregnancy period. She brings up the baby as her reason to walk away from people who love and care about her (Fielding, 2016: 161). When she is having a panic attack in the supermarket cashier, she blames the baby by saying, “The baby had eaten the part of my brain with the PIN in it” (Fielding, 2016: 172) while the fact is she is the one who is panicking and forgets her PIN. She does not take the blame for what she has done on herself, instead, she blames the baby who is still innocent. These behaviors are considered a self-centered trait because she avoids problems and points out the source to another factor. The writer concludes that

self-centeredness trait that Bridget owns is reduced as the baby is finally born. She shows a significant alteration after she writes a letter to her son (Fielding, 2016: 3) in her diary's introduction.

3.2.1.2 Bridget's Narcissistic Personality Disorder

According to the series, it can be said that Bridget has an undoubted egoistic trait. It is also quoted from Mayo Clinic (2017) that people with egoistic trait who believe that they are beyond other people and need excessive admiration are considered as people who acquire narcissistic personality disorder (NPD). Bridget always puts herself on top of everything. The writer claims that Bridget has high self-esteem that sometimes triggers her to create elevated expectations that might end up hurting herself. Moreover, this egoistic trait also annoys people around her. Therefore, the writer concludes that Bridget is a narcissistic person.

This narcissistic trait emerges as Bridget becomes close with Daniel Cleaver. Daniel is known as her superior at work, therefore, finally being close with him is one big achievement for Bridget. According to the book, Bridget has no other crush because she thinks that Daniel is the right one for her. She even rejects her parents' arranged meeting with Mark Darcy in the first place, because Bridget thinks that Mark is not tantamount to her. Moreover, Bridget is an ambitious achiever who will go the extra miles when it comes to her settled goals, so that she starts flirting with Daniel seductively by wearing black skirt just to be noticed by him (Fielding, 1995: 19). Bridget finds joy after knowing that Daniel is tempted by her, as quoted by:

“ Message Jones.

You appear to have forgotten your skirt. As I think is made perfectly clear in your contract of employment, staff are expected to be fully dressed at all times.

If walking past office was attempt to demonstrate presence of skirt can only say that it has failed parlously. Skirt is indisputably absent. Is skirt off sick?

Cleave.”

(Fielding, 1995: 23-24).

Bridget’s response toward Daniel’s seductive email is “undeniably flirtatious” (Fielding, 1995: 23). Although this response is only said inwardly, however, this shows that Bridget needs excessive recognition and thirsts for compliments. The writer notices that she expresses no shame or any regret. Normally, when someone gets reprimand from their boss, they would feel ashamed and apologize for their mistake immediately. Therefore, the writer finds that Bridget purposefully does this to meet her ego-libido as the representation of her self-satisfaction in life (Freud, 1914: 94).

Bridget truthfully works hard to be in relationship with Daniel. She even makes the first move, proving her feelings to him. When Daniel finally agrees to bring their relationship to the next level, she claims herself as “irresistible Sex Goddess” (Fielding, 1995: 26). This appellation proves that she is being narcissistic over herself. She uses the word *irresistible* which signs her narcissistic trait. She exaggerates herself even if she has not had intercourse with him. She has not known his private and personal information yet. Therefore, this claim is considered unsuitable. The writer concludes that going out on a date with her is not equal to being a sex goddess or any other self-entitlement she claimed.

Another of Bridget's narcissistic trait is proved in her diary when she is about to go to *Kafka's Motorbike* book launching party. She is assigned to gain network and note some notable events that happened at the party. She writes two implicit goals among six goals,

“ ...
4) ~~To make Daniel think I have inner poise and want to get off with me again. No. No.~~
4) ~~To meet and sleep with sex god.~~
... ”

(Fielding, 1995: 97).

This can be considered a narcissistic trait, as she writes something that reflects the symptoms of narcissistic personality disorder. The writer finds that her written goals express the urge to be considered a stable person when she is actually not. Bridget has not mastered inner poise theory yet. The fourth and fifth goals also show contradictive purposes. To the writer, these goals indicate that Bridget thinks if she can prove that she practices inner poise, she can get Daniel back. Not only has the greed of admiration, but also, she insists to achieve her goals without considering other people's feelings. The last time she and Daniel are about to have sexual intercourse, Bridget denies and runs away from him. It can be concluded that Daniel's *fuckwittage* trait correlates with Bridget's own trait.

Moreover, Bridget is examined as an overt narcissistic when she signs the TV presenter job contract. An overt narcissistic trait is someone who is self-aggrandizing, aggressive, and often has extreme noble delusions (Hotchkiss, 2003). She thinks that she deserves the job because of her competency, while on

the other hand, Richard Finch her new boss is only attracted by her body to increase his almost bankrupt TV station, as quoted in, “‘You, my darling,’ he said to one of my breasts, ‘are an absolute fucking genius’” (Fielding, 1995: 249). Bridget only notices that her grinds have paid off and denies the fact that Finch treats her dreadfully.

The writer also finds that Bridget has a high confidence level which might harm her. It is written in her diary on February 18 that she “was wearing v. short coat and boots so braced myself to deal with lewd catcalls and embarrassing remarks...” and that she feels “completed arse when none came” (Fielding, 1999: 98). This indicates that she purposely wears seductive winter clothes to be teased by pedestrians. However, no one teases her and she writes the word *arse* to express her disappointment. This behavior can be recognized as an overt narcissistic trait because she is being aggressive toward herself.

Bridget once mentions that she is “lovable and an acceptable member of society” (Fielding, 1999: 152) which is untrue, considering that she is socially awkward and only puts herself in two opposite circles which are Smug Married and Singletons. This is also a sign of a narcissistic person, where Bridget thinks she can only associate with relevant people. She is also being extremely rude to an unattractive stranger who flirts with her and she “feels like ragdoll being shagged” (Fielding, 1999: 247). A narcissist, according to a study conducted by Mayo Clinic (2017), behaves in an arrogant manner to escalate their pride. Moreover, the word *ragdoll* is chosen in her diary because she thinks that her trait is similar to Ragdoll cats that are extremely polite, gentle, and affectionate toward humans

when she is not. Therefore, this indicates that she degrades and humiliates other people by saying unnecessary words and not trying to refuse him politely. Furthermore, she is also comparing herself to something that she is not resemblant with. The writer concludes that her narcissistic trait becomes severe at this point and subsides after she writes seven “post-spiritual epiphany life resolutions” (Fielding, 1999: 320) that requires her to become a more thoughtful human being.

3.2.2 The Triggers of Bridget’s Unique Psychological Condition

Bridget acquires both narcissistic and self-centered traits. According to the study the writer has conducted, there are three main triggers that cause Bridget’s unique psychological trait. These three triggers will be discussed thoroughly below.

3.2.2.1 Bridget’s Trauma

It is found that Bridget has trauma, especially over men. Since Bridget was a child, she was sexually assaulted by Geoffrey, her parents’ best friend. His parents’ best friend intentionally seeks any seductive opportunity to grab her in a place where he should not touch her. At Alconbury’s New Year Party, Geoffrey gives Bridget “the sort of hug which Boots would send straight to the police station” (Fielding, 1995: 11) which indicates that Bridget receives a lustful hug that would lead Geoffrey to the police station because he does sexual assault to her. Bridget feels uncomfortable; therefore, she always avoids any parties or celebrations at Alconbury’s house and especially avoids being around him.

Moreover, Daniel Cleaver often sends seductive e-mail that holds humiliation. Daniel creates Bridget’s thoughts on body dysmorphia by calling her *an intelligent giant* (Fielding, 1995: 166), *little frigid cow* (Fielding, 1995: 52), and

irresistible sex-kitten (Fielding, 1995: 76). As previously discussed, Bridget has insecurity toward her body weight. Therefore, these names form Bridget's anxiety toward men's opinion and also shows that Bridget is being put in a submissive position by Daniel.

In her new workplace, Richard Finch who is her new boss notices that Bridget has a nice body that could raise his TV channel's rating and starts saying degrading things such as *genius in the breasts, not in the brain* (Fielding, 1995: 249) and often humiliates Bridget in front of other co-workers. Finch also demands Bridget wear sensational clothes while she is on-air. The writer concludes that Finch never really cares about Bridget's competency and professionalism at work.

Therefore, Bridget always has trust issue and tend to play with men's feeling rather than take it seriously. This can also be the reason Bridget becomes a non-committal woman and sensitive when it comes to interaction with men. Her trauma over men triggers her to build a substantial wall between her and men's characters and strengthen her self-centeredness trait.

3.2.2.2 Bridget's *Smug Married* and *Singletons* Friends

Bridget has two close circles that are contradictory. The writer claims that Bridget is good at maintaining her friendship and keeps her friendship balanced by listening and telling her problems to both parties. There are *Smug Married* and *Singletons* circles which play an extremely significant role in Bridget's life in the series.

Smug Married friend contains happy and committed adults who are busy arranging their future with their partners and beautiful children. This circle includes Magda, Jeremy, Mufti, Caroline, Cosmo, and Woney who have their own partners and always arrange dinner to brag about their successful and steady life. *Smug Married* always insists Bridget to get married fast and become a full-time mother. The writer finds that Bridget is uncomfortable being in this circle and only stays because she has Magda who has a similar life vision to Bridget. Magda holds on to modern feminist intellection and never insists Bridget marry someone. Magda also says that being single is better than being in a marriage with *a sexually incontinent husband* (Fielding, 1995: 212) after knowing that being married is inequal with having a happily ever after ending.

On the other hand, *Singletons* friend contains unpaired adults who are united because they have the same life vision. This circle includes Tom, Shazzer or Sharon, and Jude who always make their time on Friday night at the club to flirt with various men in the bar. *Singletons* always influences Bridget in deciding something. For instance, Shazzer asks Bridget to stay away from Daniel by saying, “it was inhuman to leave a woman hanging in air for two weekends after sex” (Fielding, 1995: 69). This leads her into confusion because Shazzer intervenes in Bridget’s feeling. At some moment, they offer the right advice to Bridget. However, sometimes they encourage Bridget to decide something improperly. The writer discovers that Tom triggers Bridget’s self-centered trait after knowing that Bridget is pregnant by Daniel and Mark, as quoted by, “‘You’re not trashy or slutty,’ said Tom on Facetime. ‘You’re a top news

producer and you're practically a nun." (Fielding, 2016: 117). The writer discovers that Tom applies toxic positivity by not saying hard pills to Bridget. He tends to build Bridget's self-esteem by giving her motivational wise word from self-help books.

Both *Smug Married* and *Singletons* give different ways of thinking to Bridget. Both parties could not get along well, however, they have different influences on Bridget's life. *Smug Married* has a huge impact in helping Bridget to prepare the birth of her baby and create Bridget's assuredness in forming a family. On the other hand, *Singletons* focuses to build Bridget's superiority and sense of entitlement which can be the trigger of her self-centered trait. Bridget needs to hear hurtful truth from their friends to make her learn and grow. She does not need to hear idle talks which will make her becomes more self-centered.

3.2.2.3 Bridget's Family

Bridget's family behavior also takes a significant role in Bridget's unique psychological condition. As cited from Piaget's cognitive development in Berger's *Invitation to the Life Span* (2014), children have egocentric mindsets that will fade away over time. However, several factors are believed to be able to keep children's egoistic mindset into adulthood, one of them is caused by parental issues.

The writer discovers that Bridget grows in a tolerant family. They support Bridget and Jamie unconditionally. Her parents, Colin and Pamela Jones have different personalities. Colin Jones is depicted as a calm, caring, soft, and wise man. His love for Pamela is indeed pure, evidenced by his endurance while

dealing with Pamela who is bored and left him for Julio (Fielding, 1995: 48). Colin's wise trait is also proved when he discovers that Bridget gets pregnant and is still unsure about the baby's father. He does not show his bummer, instead, he tries to calm Bridget by saying,

“Don't worry about your mum. You know how she is: mad as bucket, mad as snake. She'll come around when she's got used to the idea'. ... 'It's the expectation that undoes everyone. Every time. It should be like this, it should be like that. The trick is to deal with what is. You always wanted a baby, now, didn't you?’”

(Fielding, 2016: 106).

The quotation above also represents Pamela's trait. Colin uses the word *mad as bucket, mad as snake* to depict Pamela's childish and hotheaded personality. Pamela is also described as a lively soul with terrible traits. She rejects the idea of queer and homosexuality (Fielding, 1995: 38), showing stereotyping toward Mark Darcy's Japanese ex-wife (Fielding, 1995: 12), supports money fraud (Fielding, 1995: 272-273), and commits adultery (Fielding, 1995: 71). Moreover, she is indecisive, ambitious, narcissistic, and over-confident. The writer sees that these traits are inherited to Bridget. Bridget is also inspired by her mother's power and writes this in her diary,

“I know what her secret is: she's discovered power. She has power over Dad: he wants her back. She has power over Julio, and the tax man, and everyone is sensing her power and wanting a bit of it, which makes her irresistible. So all I've got to do is find someone or something to have power over and then... Oh God.”

(Fielding, 1995: 67).

Therefore, it is found that Bridget's narcissistic and self-centered traits are inspired by her mother. Bridget sees her mother as a role model because she radiates mightiness. Both Bridget and Pamela do not realize that these traits are toxic to their surroundings. Luckily, both have loyal and patient partners who can face their natures calmly.

3.2.3 The Effect of Bridget's Unique Psychological Condition

Bridget's Unique Psychological Condition takes effect on herself and her surroundings. She often deals with several conflicts on herself that makes her becoming a labile person. Moreover, she also gets in many bewilderments in her life because of these traits. In this section, the writer will elaborate the effect of her traits to herself and her relationship with men.

3.2.3.1 Bridget's Inner Self

The writer claims that Bridget's unique trait is not always ended up bad. Since she starts reading self-help books (Fielding, 1999: 14), she projects her narcissistic trait to self-affirmation that has a favorable effect on her. She often writes this self-affirmation in her diary especially when she is having problem and needs to calm herself down. During her first huge fight with Mark, she writes, "Am assured, receptive, responsive woman of substance. My sense of self depends on myself and not on... Wait a minute" (Fielding, 1999: 45) which signs she projects her anxiety to self-affirmation. Moreover, she becomes less selfless after she focuses on herself. This can be considered as the positive effect of Bridget's unique psychological condition.

Although Bridget is undoubtedly self-centered and narcissistic, however, sometimes she feels insecure about herself. The writer sees that Bridget holds on to two beliefs that are contradictive. In result, she becomes diffident toward herself, especially toward what she has written in her New Year Resolution. She promises to adopt a healthy life (Fielding, 1995: 3) because she admits that she has *fat, splurging body* (Fielding, 1995: 18). However, she excepts herself to eat sweets and chocolate when she experiences setbacks in her life. This indicates inconsistency in her utterance. Moreover, Bridget's indefinite trait may lead her into broader matters that will disserve herself. This will also lead her into endless confusion and digression.

3.2.3.2 Her Surroundings

Bridget's unique psychological condition affects people around her. As claimed by the study of Mayo Clinic (2017) that narcissistic and self-centered people tend to be annoying to other people, the writer agrees that Bridget is quite aggravating. She acts rude to people whom she thinks are not equal to her. For instance, when a disfigured man tries to talk to her, she writes in her diary,

“Having to pretend to be very busy wearing Walkman and writing as ghastry man next to self in pale brown synthetic-type suit keeps trying to talk to me between silent but deadly farting. Tried pretending to have fallen asleep whilst holding nose...”

(Fielding, 1999: 291).

The term *ghastly* implies that she ridicules that man while he is just being nice to Bridget because the flight might take hours. She also shows an arrogant attitude by pretending to sleep and holding her nose to show him how uninterested Bridget

is to him. People with egoistic traits would never think about other people's feelings and only focus on their contentment.

In her workplace, Bridget is extremely ambitious and persistent but the writer often finds that she ignores her job desk and acts at her will. Bridget has no hesitation to mess up her job just because she does not feel good about it. Richard Finch, her boss, describes Bridget as late, disorganized, spends the whole time on the loo, and messed up with his show (Fielding, 2016: 155). Bridget does not feel any shame or sorry after dropping the TV program rating down. Therefore, these traits cause a lot of disadvantages in the workplace.

Furthermore, Bridget's unique traits affect her personality toward men, especially to Daniel Cleaver. She thinks that Daniel is madly in love with her, so Bridget puts up some probation in order to test how deep Daniel's love is. She purposely tempts Daniel to have sex with her and calls him *fraudulently flirtatious, cowardly, and dysfunctional* (Fielding, 1995: 33) and leaves him unbuttoned straightaway. He surely feels humiliated because Bridget hastily does that to him, while on the other hand, Bridget feels satisfied. The writer also concludes that her trait might become one of the reasons Daniel cheats on her. Bridget does not sympathize with Daniel's feelings because she only wants to do revenge on him.

At last, her self-centered trait brings a positive influence to her life. Bridget has always been there through people's difficulties but she never gets the same feedback, especially when she is pregnant. She does not feel selfish (Fielding, 2016: 161) because now she has an undeniable reason to stay away from people.

She also uses the word *nested* to represent her peacefulness. Thus, it can be said that Bridget finally understands that she should put her concerns on top of people. She can finally decide when it is time to attach importance to herself or people around her, although the only way to do that is to stay away from them.

CHAPTER IV CONCLUSION

Bridget Rose Jones is the main character in *Bridget Jones* series who is portrayed as a single and contented thirty-something career woman. Bridget has a very unstable, labile, and clumsy trait in the first novel but after she faces many problems in her life, she develops her own trait into positive ones. The first book does not appear to show many developments in Bridget's trait, however, the writer notices that Bridget gets enlightenment in the second book. She copes with her problems by writing resolutions that motivate her to grow. Even the last book jumps the storyline to five years later, it can be said that Bridget has changed herself into a productive and independent career woman with her new self-confidence trait. Bridget does not rely on self-help books, Buddhism practice, and inner poise practice at all. She tends to believe in her capability to execute her problems by herself and not blaming on others. The writer states that this could be the prove of significant maturity development on Bridget's traits.

Moreover, Bridget is involved romantically with two men and various flings. Daniel Cleaver, her superior at work, is depicted as a charming, genius, but lustful figure to Bridget. She and Daniel have a memorable short-term relationship and are separated because of Daniel's infidelity. To Daniel, Bridget is distinct and unlike other women. Another man, Mark Darcy, is a mature top-notch lawyer in the UK. They develop a healthy relationship with lack of communication between them. Both Mark and Bridget never utter what they actually feel. Both Daniel and

Mark take an enormous role in Bridget's pregnancy. At last, she chooses Mark over Daniel because he can prove to her his sincerity and patience.

The writer discovers that Bridget acquires two unique psychological conditions including narcissistic personality disorder (NPD) and self-centeredness traits. Both traits are caused by egoistic traits that Bridget possesses. She always fancies being the center of attention. She tends to believe what she thinks is right, lacking in empathy, extremely opinionated, and being ignorant to other people. According to these personalities, Bridget can be considered a self-centered figure. Moreover, Bridget also shows the need for admirations and self-aggrandizing traits in her work place. She also degrades others to escalate her pride and only associates to important people. These traits are known as narcissistic features. The following paragraphs will concisely uncover the triggers and the effects of Bridget's unique psychological condition.

Her unique psychological conditions are triggered by three fundamental factors which are her trauma over men characters, her influencing friends, and her family behavior. Uncle Geoffrey performs sexual assault to Bridget while Daniel and Richard commit verbal sexual violence to Bridget. These factors build trust issue that will result in Bridget's self-centered trait toward men characters. Moreover, Bridget is involved in two circles which have different life perspective. *Smug Married* often pushes her to get a settled life by marrying committed man, while *Singletons* is basically affecting almost evert Bridget's way of thinking, including her sense of superiority and entitlement. The writer sees that *Singletons* triggers Bridget's self-centered trait. Her parents, especially Pamela, plays an

important role in building Bridget's characteristic. As a mother, she practically exemplifies her narcissistic and self-centered self to Bridget. It can be said that these unique traits are inherited from her mother.

These unique psychological conditions have effects toward Bridget's life and her surroundings. She finally finds her self-worth by practicing self-affirmation. On the other hand, she becomes inconsistent toward herself due to these traits. She is sometimes insecure about herself, but with the help of self-affirmation, she becomes overly narcissistic about herself. This will lead her into frustration because she cannot differ two disparate beliefs. Furthermore, these traits also influence other people around her. Bridget often says unmannerly words to people she thinks does not important. These traits encourage her to ignore her duty because she thinks it does not suit her. She also becomes cruel to men whom in love with her. However, these traits create a new way of thinking to Bridget. She finally understands that family comes first and advances herself first.

The writer hopes that this study will give new perspective toward psychoanalytic literary studies and Bridget Jones studies, as there are lots of compelling factors to dig. The writer suggests further study on Pamela Jones's unique psychological trait due to her huge impact on Bridget's traits.

REFERENCES

- Baldick, Chris. (2004). *The Concise Oxford Dictionary of Literary Terms*. Oxford: Oxford University Press. ISBN 978-0-19-860883-7.
- Behrendt, Stephen C. (2008). *Using Contextual Analysis to Evaluate Texts*. (<http://english.unl.edu/sbehrendt/StudyQuestions/ContextualAnalysis.html> Retrieved April, 28th 2020).
- Burgo, Joseph. (2015). *The Narcissist You Know: Defending Yourself Against Extreme Narcissist in All-About-Me Age*. Touchstone.
- Campbell, W. Keith & Miller, Joshue D. (ed). (2011). *The Handbook of Narcissism and Narcissistic Personality Disorder*. John Wiley & Sons.
- Case, Allison A. (2001). *Authenticity, Convention, and Bridget Jones's Diary* pp. 176-181.
- Caligor, Eve; Levy, Kenneth N.; Yeomans, Frank E. (2015). *Narcissistic Personality Disorder: Diagnostic and Clinical Challenges*. Washington: The American Journal of Psychiatry vol. 172. DOI:10.1176/appi.ajp.2014.14060723.
- Creswell, John W. (1994). *Research Design Qualitative and Quantitative Approaches*. California: SAGE Publications, Inc.
- Chatman, Seymour. (1993). *Reading Narrative Fiction*. England: Macmillan Publishing. ISBN-10: 0023221119.
- Covert, Theresa J. *Dealing with a Narcissist*. United Kingdom.
- Dambrun, Michael, & Ricard, Matthieu. (2011). *Self-Centeredness and Selflessness: A Theory of Self-Based Psychological Functioning and Its Consequences for Happiness*. American Psychological Association.
- DiBattista, Maria. (2011). *Novel Characters: A Genealogy*. John Wiley & Sons. ISBN 978-1444351552.
- Flynn, Peter. (2011). *How Bridget Was Framed: The Irish Domestic in Early American Anema*.
- Freud, Sigmund. (1914). *On Narcissism*. United Kingdom: White Press.
- Freud, Sigmund. (1920). *The Standard Edition of the Complete Psychological Works of Sigmund Freud*. New York: Liveright).
- Kernberg, Otto F. (2004). *Aggressivity, Narcissism, and Self-Destructiveness in the Psychotherapeutic Relationship*. United States of America: Yale University Press.
- Kesselring, Thomas & Mueller, Ulrich. (2011). *The Concept of Egocentrism in the Context of Piaget's Theory*. 10.1016/j.newideapsych.2010.03.008.
- Karamcheti, Indira. (2000). *Review: Happy Ever After?*

- Marsh, Kelly A. (2004). *Authenticity, Convention, and Bridget Jones's Diary* pp. 52-72.
- Marsh, Kelly A. (2019). *Suspended Senality and the Recovery of Bridget Jones*.
- Mayo Clinic. (2017). *Narcissistic Personality Disorder – Symptoms & Causes*. Phoenix, Arizona: Mayo Foundation for Medical Education and Research. (<https://www.mayoclinic.org/diseases-conditions/narcissistic-personality-disorder/symptoms-causes/syc-20366662> Retrieved April, 18th 2020).
- Moncayo, Raul. (2008). *Evolving Lacanian Perspectives for Clinical Psychoanalysis*. London: Karnac Books Ltd.
- Parker, Sue Taylor. (2004). *Biology & Knowledge Revisited: From Neurogenesis to Psychogenesis*. Psychology Press.
- Pronin, E., & Olivola, C. Y. (2006). *Egocentrism: Encyclopedia of Human Development*. California: SAGE References.
- Salber, Cealia. (2001). *Bridget Jones and Mark Darcy: Art Imitating Art ... Art Imitating Art*.
- Simpson, Judith. (2001). *Foundations of Fiction*. iUniverse. ISBN 978-0-595-19791-0.
- Timmersman, E. (2019). *The Bridget Jones Effect: Relationship between Exposure to Romantic Media Content and Fear of Being Single Among Emerging Adults*.
- Vitelli, Romeo. (2018). *Is there a Bridget Jones Effect?*. Psychology Today. (<https://www.psychologytoday.com/intl/blog/media-spotlight/201801/is-there-bridget-jones-effect> Retrieved April, 18th 2020).
- Widlund, Lina (2004). *In Search of a Man: A Comparative Analysis of the Marriage Plot in Jane Austin's Pride and Prejudice and Helen Fielding's Bridget Jones's Diary*.