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# Narcissistic Personality Disorder in Bret Easton Ellis's *American Psycho*: Character Analysis

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## KEYWORDS

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## ABSTRACT

The purpose of this study is to analyze the Narcissistic Personality Disorder (NPD) shown by Patrick Bateman in Elli' *American Psycho*. The present study also aims to analyze the causes and effect of the NPD in the novel *American Psycho* written by Bret Easton Ellis. The writer employed qualitative research as the research design in which the data are collected in the form of words. To collect the research data, note taking technique is used. The primary data source in this study is the novel *American Psycho* written Bret Easton Ellis. The primary data is supported by the secondary data such as research papers, books, and internet. In analyzing the data, the researcher used psychological criticism. From the result show in *American psycho* has described that Narcissistic Personality Disorder is a bad personality, not only effect to the suffer but also effect to the others. Characteristic of narcissistic personality disorder that shown by Patrick Bateman in the novel and determine the tendencies in Patrick Bateman. The effect of narcissistic personality disorder in Patrick Bateman makes him tendencies violence, a greedy person, and make him into illusion. The causes of narcissistic personality disorder are sociological factors, biological factors, and psychological factors.

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## INTRODUCTION

Literature always reflects about the social and cultural phenomenon that happened in society (Sabudu, 2020). It is mean literature as a medium of information to satirize the public. According to Runtu et al., (2022) Literature is the reflection of human life whether in the society or in their private life, every phenomenon that found in the society usually reflects in the literary works such as poem, novel, drama or short story. In a general sense, the novel is defined as a form of literary work, a novel is a meaningful structure and novel is not just a series of writings that excite when read, but is an organized structure of thought. Each novel has many genres consisting of comedy, action, drama, horror, and indirectly. books or novels are included in the development of communication media, which is Novel often used as a medium that had written to describes social life in society. Social environment as an individual place interaction, which has several aspects namely social attitudes, attitudes psychology, and spirituality (Budanti et al., 2017). On the other word, social environment as one of the factors for the formation or change of individuals such as morals, behavior, and characteristic. The social environment can also be a causes of personality disorders in individual which is caused of association or family. A personality disorder is a condition in which individuals have unhealthy thought patterns and behaviors. When experiencing a personality disorder, the individual will find it difficult to relate to other people. This causes limitations in establishing relationships, social activities, and work (Fadilah, 2021). Personality disorders can be found in all groups of people and in various regions. People with personality disorders suffer from problems in their psychological, physical, and social lives. There are so many kinds of personality disorders and one of them is narcissistic personality disorder (NPD).

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Narcissistic personality disorder is a desire of individuals who tend to like to ask for admiration, praise, and self-worship regarding the need for uniqueness, excess success, higher abilities than others, and asking for more attention from others as a form of evaluation of themselves (Jazilah, 2017). In 1991, Bret Easton Ellis's Had written the novel *American Psycho*. *American Psycho* is one of the Novel that contain to narcissistic personality disorder. This can be seen as a portrayal of the 1980s New York yuppie life style which described the live of selfishness and greedy upper-class people. In the Novel of sometime described with a luxurious atmosphere, fancy apartments, fancy restaurants, fancy food, fancy vehicles and lavish things from famous designers and individuals who are obsessed with a fancy life and compete with others only to get a higher status, that describe narcissistic related to people in that era Just like what Patrick Bateman did. In *American Psycho*, the author tells the life story of Patrick Bateman. Patrick Bateman does anything to be praised by his co-workers. He likes to indulge himself, has an athletic body, educated, and cares a lot about his appearance. However, Patrick Bateman is more than that. Patrick Bateman has Narcissistic inside him that makes him crazy. Make his life into between imagination and reality, a tendency to violence, even murder. This is the point where narcissistic personality disorders dominate in *American Psycho*. The writer thinks that it is important to analyze the narcissistic personality disorder of Patrick Bateman because it has negative effects to him. Make his life into between imagination and reality, a tendency to violence, even murder. For that, the writer should learn about Patrick Bateman's psychology and characteristic of narcissistic personality disorder inside him. the writer chose this Novel as the object of this research because the main character describes the Narcissistic. So, the writer conducts the present study to analyze the Narcissistic Personality Disorder (NPD) shown by Patrick Bateman in Ellis' *American Psycho*. The present study also aims to analyze the causes and effect of the NPD in the novel *American Psycho* written by Bret Easton Ellis

## METHOD

This research used qualitative research. Qualitative research is the data collected and analysis in the form of words and not with numeric diagram of formulas (Runtu et al., 2022). It means, that qualitative research is usually used to describe the characteristics of some group, people, or phenomenon (Tulung et al., 2021). Qualitative research is used to make it easier for the writer to understand the research. Qualitative research not only fulfills the writer's desire to get an overview or information but also helps to get a more in-depth explanation of the main object to be studied. In this researcher the writer uses two categories those are primary and secondary data. The primary data taken from the the novel *American Psycho* written by Bret Easton Ellis. The writer read the novel and mark the important line that related to narcissistic personality disorder, and the object of this Research is Patrick Bateman. The secondary data is taken from internet as references researchers had browse the internet to collect data or review documents about theories related to the topic. The method for analysis data that used is Psychological Criticism. Psychological Criticism is a work to explain the growth, behavior, and condition of human personality (Pollingug & Williams, 1995). Psychological criticism analysis makes the writer of a work or a character in his work, where the writer's work is analyzed psychologically. This approach helps the writer make write in their own way, how the circumstances of their biography influenced their writing and why the characters in their stories turned out differently in certain ways. This approach was used by the writer to gain further insight into the characteristics of narcissistic personal disorders (NPD) and focused this research on the main character who suffered from narcissistic personality disorders (NPD). Therefore, Psychological Criticism in this research is used to analyze data and answer the problem formulation that is the aim of the research in depth.

## FINDINGS

Narcissistic personality disorder (NPD) is the impact of bad behavior of high self-esteem, cause not each person who has high self-esteem can use in a good path, however, in contrast to a person who has low self-esteem, narcissistic with low self-esteem is a combative behavior that has showed to increase someone self-esteem, by receiving praise and being care for something they want and it all becomes a necessity (Elliya & Rahma, 2020). Following to the novel *American Psycho* by Bret Easton Ellis, the writer had found that there are characteristic of narcissistic personality disorder described by Bret Easton Ellis through Patrick Bateman the main character in the novel.

### **Narcissistic Disorder in Patrick Bateman**

Patrick Bateman is a typical yuppie that might find in the 80's. He is a handsome, smart, and educated. Patrick's hair is slicked back, nose is sharp, and have eyes brown. He got prominent jawline and his body is in good shape. Patrick is 26 years old, and has a high-paid job. He earns a lot and also spending a lot of money. He is very narcissistic and self-absorbed (Ferdian, 2018). Patrick Bateman as a chairman at pierce & pierce on the wall street, he is the main character in *American Psycho* Novel, he described as a young rich man killer. Patrick Bateman suffering from some of personality disorders included narcissistic personality disorder. He has bad behaviors, there are so many characteristics of narcissistic personality disorder in Patrick Bateman. Narcissistic personality disorder is a mental health condition with persistent symptoms that have a significant impact on quality life of Patrick Bateman. that we can find the characteristic of narcissistic personality disorder in Patrick Bateman's activities and plot shows day by day lives routines.

### **Grandiosity**

Narcissistic greatness contains feelings of need for perception and admiration that give rise to urgent motives for seeking experiences of self-improvement. While this dominates the personality, the one's is simultaneously susceptible to increase sensitivity to ego threats and subsequent dysregulation of self, emotion, and behavior. (Pincus et al., 2014). Narcissistic personality disorder is characterized by a sense of grandiosity and self-importance and by a strong need to be validation and gain attention or admiration from anyone (Thomaes et al., 2009). Patrick Bateman has an overconfidence or excessive self-esteem with an exaggerated belief in a sense of superiority, uniqueness, and attractiveness. The Grandiosity depicted in the novel shows how extravagant Patrick Bateman's impressive life is and good looks, style, and he thought that he has a higher opinion, and believes that he is more important than others.

*"I decide to even up the score a little bit by showing everyone my new business card. I pull it out of my gazelle skin wallet (Barney's, \$850) and slap it on the table, waiting for reactions"* (Ellis, 1991: p.27).

In paragraph above, we see Bateman and his friends in a restaurant, engage in activities that may seem trivial to many people, but it is very important for Patrick Bateman to show his achievements. He started to show his new business cards. When they compare their cards, Price took out his card. In the end Patrick admits that they are better than his. This triggered a deep envy and jealousy in him, causing him to feel consumed by these emotions. We can see in the scene Bateman showing off his own card proudly at first. Patrick Bateman shown the sense of grandiosity in him, that he felt self-confidence dan self-esteem. make he is better than everyone else, Patrick's feeling is refer to an exaggerated sense of personal uniqueness which is a common characteristic among people with narcissistic disorder.

### **Selfishness**

Selfishness is one of personal characteristics which is commonly found in personal life. Selfishness means putting themselves in the center of one's goals and careless about the suffering of others(Runtu et al., 2022a). Patrick Bateman has narcissistic and very lofty views of self-esteem and importance, egocentricity, and righteousness an overwhelming sense of entitlement, and seeing himself as center of others, as a superior being justified in life according to its own rules.

*"But... what about us? What about the past?" she asks blankly. "The past isn't real. It's just a dream," I say. "Don't mention the past." She narrows her eyes with suspicion. "Do you have something against me, Patrick?" And then the hardness in her face changes instantaneously to expectation, maybe hope. "Evelyn," I sigh. "I'm sorry. You're just... not terribly important... to me."* (Ellis, 1991: p.182).

A quote above is a statement that talking about Patrick and Evelyn broking up. Patrick Bateman is careless about Evelyn's feeling and even said that she is not important to him and after all this time of their relationship Patrick Bateman leave her without emotions for what just he said to Evelyn. In the novel, Bateman repeatedly uses women for his pleasure without any regard for their feelings or well-being. This shows us the self-importance or a sense of selfishness in Patrick Bateman that he do not care about others people's feeling.

### **Intellectual Superiority**

The words popular used give for the expression of intellectual superiority in commonly; the words clever, able, gifted, intelligent, and many others, testify to the prevailing believe in this kind of

endowment (Bain, 1895). This type of narcissistic personality disorder described their intellectual abilities. In Patrick Bateman relate to a form of sense of superiority that aims on impression that he has greater knowledge and intelligence than everyone else. The Patty Winter Show that always watches by Patrick Bateman in the morning before going to his office, The Patty Winter Show is a talk show supply on the latest news and topics that Patrick would bring up to his friends during conversations making him appear knowledge and informed.

*"Oh come on, Price," I say. "There are more important problems than Sri Lanka to worry about. Sure our foreign policy is important, but there are more pressing problems at hand." "Like what?" he asks without looking away from Vander. "By the way, why is there an ice cube in my soy sauce?" "No," I start, heitantly. "Well, we have to end apartheid for one. And slow down the nuclear arms race, stop terrorism and world hunger." (Ellis, 1991: p.15).*

The dialogue above shows Patrick Bateman and his friends enjoying the dinner at Evelyn's house. The patty winter show is a talk show that Patrick Bateman obsesses, He always bring the topics from the talk show about world issues. Patrick Bateman seemed to be argument to show his knowledge in discussing the world issues which made his friends salient. This show us Patrick Bateman believes that he is superior to other, and he wants to impress everyone at dinner with his knowledge and this is the way Patrick Bateman tries to make himself the center of attention and show off his intelligence.

### **Sense of Superiority**

One of characteristic in Narcissistic Disorder is sense of superiority. feeling of superiority can drive people to be more powerful, smart, and important. Sometimes people must have felt greater feelings than some other individuals in their lives(Tulusan et al., 2021). sense of superiority is what leads them to feel entitled to good outcomes and special treatment ("I'm an amazing person, so I deserve good outcomes"), and this perception does not have to be tied to reality(Freis & Hansen-Brown, 2021). A sense of superiority would be placed beyond self-confidence. Additionally, construct is a comparison. It is not only that a person is considering their selves as better. In generally, but considering themselves is better than some other people. Patrick described in the novel who believe that he is special, a sense of confidence, unique, and has the high opinion.

*"I should probably be stretching first but if I do that I'll have to wait in line—already some faggot is behind me, probably checking out my back, ass, leg muscles. No hardbodies at the gym today. Only faggots from the West Side." (Ellis, 1991: p.38).*

This dialogue shown us when Patrick Bateman coming to the health club and doing exercise, no one in the health club but there is only faggot. while doing exercise Patrick Bateman thought a faggot who doing exercise behind him staring at his body. Patrick Bateman thinks that he is too valuable to be viewed by other people. This Patrick's Behavior is described sense of superiority. we can see Patrick feeling that he believed that he is special, this sense refers to narcissistic high sense of superiority and sense of self-important.

### **Attention seeking**

Patrick Bateman has a sense of need to be price and admired, wished to be attention by others. Attention-seeking is a behavior as a way of looking for validation from people, with a goal of having more positive impressions (Syihab & Rani, 2023). This is some behavior of Patrick's who will do anything being noticed by peoples, attention seeking behavior leads to narcissism as will in him.

*"Carruthers keeps telling me how nice I look and complimenting my suit. Evelyn and I are by far the best-dressed couple." (Ellis, 1991: p.77).*

In this dialogue Patrick Bateman and his circle going to the Bono's concert and wearing a luxury dress from famous designer. The paragraph above shows us Patrick Bateman feeling about he and Evelyn appearance, he thought they are the best dressed couple than the others in the concert and feels they are more above than the other couples. Individual with narcissistic personal disorder want attention of other because they have low self-esteem such us Patrick Bateman, he believes he deserves it. We can see the narcissistic personality disorder in Patrick Bateman that he felt proudly of himself if there someone or people impressed by his appearance. Moreover, this behavior of Patrick is shown in another dialogue containing attention seeking.

*“After I change into Ralph Lauren monogrammed boxer shorts and a Fair Isle sweater and slide into silk polka-dot Enrico Hidolin slippers I tie a plastic ice pack around my face and commence with the morning’s stretching exercises. Afterwards I stand in front of a chrome and acrylic Wash mobile bathroom sink—with soap dish, cup holder, and railings that serve as towel bars, which I bought at Hastings Tile to use while the marble sink I ordered from Finland are being sanded—and stare at my reflection with the ice pack still on.” (Ellis, 1991: p.16).*

From the dialogue above, Patrick Bateman always wears fancy clothes from famous designs and showing the morning routine of Patrick Bateman who always doing exercises to form an athletic body aims at attracting the attention of peoples, especially for women. and Patrick also always doing facials use expensive products for grooming his face and employ other products to use on the body skin, aims to make his facial skin and body skin look soft and beauty to always be thinner. This behavior of Patrick Bateman shows us narcissistic personality disorder relate to attention seeker. All Patrick does is just to seek attention, he desires to inflated sense of personal uniqueness, sense of self-importance, and the most importantly is to be praise by others, because of the look of fancy stuff he wears and the beauty of his skin and body.

### **Sense of entitlement**

Recognized sense of entitlement int as a personality trait characterizing by individuals' sense of self, egotistic admiration, and perceptions of narcissism, and defined this trait as an individual's pervasive sense that they deserve more than others, even if this is not commensurate with their actual abilities and efforts. (Sun et al., 2022). Sense of entitlement behavior in Patrick is refer to behavior tendency manipulate the others. This is also appeared in how Patrick treatment of others especially women. He saw them as an object to be used for his own pleasure and he treated them as person without their own thoughts, feelings, and desires bur they must follow for Patrick want.

*“Dorsia?” she asks and then, suspiciously, “You have reservations there? I mean for us?” “Yes” I say, “Eighty-three,” “Well...” She emits a little laugh and then, faltering, “It was... well, what I mean is, I’ve seen them. I just wanted you to see them.” “Listen. as if maybe I should congratulate her for making the correct decision, but I hardly have time to deal with this so I abruptly hang up.” (Ellis, 1991: p.41).*

This statement above talking about Patrick is lying about having reservation at Dorsia (the most luxury restaurant). This action aims to make impress Patricia to choose him rather than going to concert. This scene shows us Patrick Bateman’s narcissistic personality disorder who sense of entitlement to whatever he wants, and he would use whatever means necessary to achieve his goals.

### **Manipulative tendency**

Manipulation is the way a person tends to do things by subterfuge designed to influence or control others (Noggle, 2021). Manipulation is generally considered a dishonest form of social influence because it is used to the detriment of others. manipulative tendencies usually in a way that facilitates Patrick Bateman's personal goals by distorting or orienting the interlocutor's perception of reality. Patrick's behavior tends to manipulate others by creating stories and falsehoods.

*“Dorsia?” she asks and then, suspiciously, “You have reservations there? I mean for us?” “Yes” I say, “Eighty-three,” “Well...” She emits a little laugh and then, faltering, “It was... well, what I mean is, I’ve seen them. I just wanted you to see them.” “Listen. as if maybe I should congratulate her for making the correct decision, but I hardly have time to deal with this so I abruptly hang up.” (Ellis, 1991: p.41).*

This statement above talking about Patrick is lying about having reservations at dorsia (a most fancy restaurant). This action aims to make impress Patricia to choose him rather than going to the concert. Wei can see in this scene Patrick’s behavior is tend to manipulate other people by making stories and falsehoods. This is the typical of individuals with narcissistic tendencies who always emphasize their achievements and status in order to gain the admiration and approval of others. By making a stories and falsehoods about reservation at Dorsia making Patrick seems more important.

*I lightly kick Courtney under the table. This raises her out of the lithium-induced stupor and she says robotically, “Patrick owns an Onica. He really does.” I smile, pleased; sip my J&B. “Oh that’s fantastic, Patrick,” Anne says. “Really? An Onica?” Scott asks. “Isn’t he quite expensive?” “Well, let’s just say...” I sip my drink, suddenly confused: say... say what? “Nothing.” Courtney sighs, anticipating another kick. “Patrick’s cost twenty thousand dollars.” (Ellis, 1991: p.54)*



As for, in this statement above Patrick is ask by Courtney to having a dinner with their circle and talking about David Onica exhibit. Patrick kicking Courtney to get her starting to talk about David Onica that Patrick had one in his apartment. In this dialogue Patrick use to manipulating the expensive painting (David Onica) to impress his friends that he had one. Patrick manipulating how about he had expensive one of the paintings (David Onica), which immediately attracts attention of his friends. both scenes above are examples of Patrick Bateman's manipulative tendencies that are both hallmarks of narcissistic personality disorder. It is clear that Bateman derive pleasure from manipulating people.

### **Lack of empathy**

lack of empathy is that someone who not wanting to recognize or identify with feelings and needs by others (Ritter et al., 2011). lack of empathy is difficult sense to other people which can lead to difficulties in social. Patrick's behavior comes more bothering for people, He was not able form any kind of emotional connection with another people. Patrick seems to act purely on impulse, without considering the impact of his behavior on people around him.

- Patrick : I'll help you."*  
*Al : "You're so kind, mister. You're kind man,".*  
*Patrick : "I can tell." "Shhh, It's okay." I start petting the dog.*  
*Al : "Please" he says, grabbing for my wrist. "I don't know what to do. I'm so cold."*  
*Patrick : "Do you know how bad you smell?" I whisper this soothingly, stroking his face. "The stench, my god..."*  
*Al : "I can't..." He chokes, then swallows." I can't find a shelter."*  
*Patrick : "You reek, You reek of... shit." I'm still petting the dog, its eyes wide and wet and grateful. "Do you know that? God damn, Al—look at me and stop crying like some kind of faggot," I shout. (Ellis, 1991: p.71).*

The quote above is shows Patrick Bateman with an old beggar and his dog on the side walk who need some help from him, however Patrick rather making fun of him by offending the old beggar. Bateman takes a condescending tone and implies that men are responsible for their own predicament. He saw the old beggar as an object which is worthless and useless and instead blames the man's personal choices as only lazy people do being in his current situation. He considers the old beggar had failed in the social causing him to lose his job and his economic factors that might cause old beggars to become like that homeless. This show us the behavior of Patrick that make him like a selfishness personality, his behavior to the old beggar can be seen as a display of his uncared towards welfare of others. Rather than offering help or showing kindness, he chose to underestimate and intimidate the old beggar. Patrick's characteristic of narcissistic behavior that pay more attention of himself, and seek profit. Here we can see that the behavior of Patrick Bateman, his lack of empathy for others needs or feelings is a common trait among individuals with narcissistic personality disorder.

### **Jealousy**

Jealousy is a feeling of envy that gives rise to detective and protective actions that a person takes as long as there is a rival (Winata & Sannjaya, 2020). Jealousy is an emotion or feeling envy of someone. Social environment can be the triggers a deep sense of envy and jealousy to Patrick Bateman. Feelings of envy toward others often feeling jealous of other talents, accomplishments, and possessions just like Patrick Bateman, he cannot control his action and emotions to shown he being in a state of frustration and jealousy.

- Timothy Price : "But wait,". "You don't see nothing yet..." He pulls his out of an inside coat pocket and slowly, dramatically turn it over for our inspection and says, "Mine."*  
*Van Patten : "Holy shit,".*  
*Patrick : "I've never seen..." "Nice, very nice," I have to admit. "But wait. Let's see Montgomery's." Price pulls it out and though he's acting nonchalant, I don't see how he can ignore its subtle off-white coloring, its tasteful thickness. I am unexpectedly depressed that I started this.(Ellis, 1991: p.27).*

In this dialogue above shows where Patrick with his circles in the restaurant showing off their business card. Patrick looks like very shock and anxious since saw a business card of timothy Price's and van Patten's are prettier than his business card. Patrick cannot hold back his feelings when he feels rivaled and feels regretted starting it. we can observe how jealous Patrick Bateman is, which make him hallucination and overthinking about Just looking at the business card of his friends prettier than his. What specifically tells us about this scene is how Bateman's reaction for this situation. This business

card exchange is just normal, but brings a strong emotional response to Patrick. This demonstrated the influence of individual characteristics with Narcissistic Disorders That Cannot Experience Emotions. Not only that, Patrick's jealousy is reinforced by his feelings for his co-worker Paul Owen which is depicted in the following dialogue.

*"I lazily wondering about how Owen got the Fisher account. It makes me not hungry but our meals arrive almost immediately after our appetizers are taken away and we begin to eat". (Ellis, 1991: p.28).*

This paragraph shows how Patrick Bateman is very curious about some card from his co-worker named Paul Owen. Patrick was feels jealous of the fishier account brought by Paul Owen, Patrick was so obsessed with a card that he did not have. We could see that how jealous he is, when his friends ID-card is prettier than his and about fisher account that he did not have. The narcissistic tendency to experience jealousy depends largely on the emotional state. This is called the narcissistic impact, and it is likely to make someone with narcissistic disorder in a state of low self-esteem. So, impact of narcissistic disorder in Patrick might cause him to be more prone to jealousy.

### **Arrogant**

(Toscano et al., 2018) define arrogant as a set of behaviors that communicate a people exaggerated sense of superiority which is always accompanied by disparaging or belittling others. Arrogant can be thought of as a cluster of behaviors that communicate someone superiority and importance relative to others (Runtu et al., 2022). As Patrick did, Patrick being annoying to others and underestimate others by feeling proud of himself for what he had.

Patrick : "New card." I try to act casual about it but I'm smiling proudly. "What do you think?"  
McDermott : "Whoa," McDermott says, lifting it up, fingering the card, genuinely impressed. "Very nice. Take a look." He hands it to Van Patten. (Ellis, 1991: p.26).

From the conversation above, we can see that Patrick Bateman and his co-workers is showing off their good business cards, the more unique design of card they have, the prouder there will be. Patrick Bateman begins to be showing off his business card and wants his friends to praise him for how unique his card and Wei can see how proud he is show off his business card. Patrick Bateman is proud of himself and what he got; he has tendency to show off what he got to other people.

*"On my way into the Chinese cleaners I brush past a crying bum, an old man, forty or fifty, fat and grizzled, and just as I'm opening the door I notice, to top it off, that he's also blind and I step on his foot, which is actually a stump, causing him to drop his cup, scattering change all over the sidewalk".(Ellis, 1991: p.45).*

From the quotation above, Patrick walking on the sidewalk and unintentionally step on the top of foot of a blind homeless man without any reason and make his drop his cup of coffee. We can see that Patrick Bateman has no regards for other person and Patrick Bateman shows without any compassion for others, and displays no sign of guilt for his actions. This is a source of narcissistic personality disorder. Arrogant in Patrick variety of narcissistic personality disorders experiences strong negative reactions, which can display to others. Narcissistic personality disorder in Patrick Bateman generally strive to appear cool and calm, as if it doesn't mean much to others that affected by the Impact.

Patrick Bateman's behavior in the novel can be better explain through the theory of current psychology. Characteristic narcissistic personal disorder in Patrick Bateman compares himself to living in fancy apartments, branded clothes, and the sparkling life of expensive restaurants. Patrick wants to prove that his life is better than anyone and he derives pleasure from the tendency to do things related to the characteristics of narcissistic personality disorder such as felt he special, tendency to manipulate, feel jealousy, and lack of empathy. Patrick Bateman declared as a person with narcissistic personality disorder because of his intense absorption of theory about characteristic of narcissistic personality disorder.

### **The Causes of Narcissistic Disorder in Patrick Bateman**

There are several kinds of internal causes for the narcissistic personality disorder of the main character "Patrick Bateman", such as psychological factors, Biological Factors, and Sociological Factors.

#### **Psychological factor**

Psychological factor. Narcissistic disorder due to unrealistic of aspiration or reduced self-acceptance (Husni, 2019). One of factors of NPD is psychological factor. It is well known that

psychological factors can have a significant impact on a personality disorder. One example of psychological factor that can impact narcissistic personality disorder is stress in social environments. Psychological factor in Patrick being narcissistic is that he has expectation that he is superior to others and sense of uniqueness without think about the impact of something that he felt.

Patrick : "New card." I try to act casual about it but I'm smiling proudly. "What do you think?"  
McDermott : "Whoa," McDermott says, lifting it up, fingering the card, genuinely impressed. "Very nice. Take a look." He hands it to Van Patten (Ellis, 1991: p.26).

The dialogue above show about Patrick Bateman and his friend's having conversations in the restaurant. They are showing off their business card that starting with Patrick's Business card. He proudly started showing off his business card to his friends intend to be seeking attentions and to impressing his friends with his business card and getting compliments from them. Patrick's actions refer to grandiosity, arrogance, and self-worth. At last, he got the impact for what he done, which made his hallucinate and emotionally. This feeling of Patrick Bateman lead to psychological factor of narcissistic personality disorder, that he proud of what he has and Patrick feels that he more than other people even though he just an ordinary person.

### **Biological factors**

Biological factors. Biologically, narcissistic personality disorder is more experienced by individuals who often distinguish gender, age, and other physical structures related to narcissism (Husni, 2019). This factor is related to Patrick's habit, his always underestimate someone and compare himself with others.

#### 1. Gender.

Gender refers to both masculinity and femininity (Johnson, 2010). Gender is a main way of signifying connection between power (Johnson, 2010). Genders is one of biological factors in narcissistic personality disorder. This factor is impact to Patrick's sex behaviors. Patrick Bateman as a man who are belittle to women and perspective them as a sex object.

*"She let you fuck her without a condom?" one of us asks. McDermott rolls his eyes up. "This is a Vassar girl. She's not from Queens." Price taps me on the shoulder. "What does that mean?" "Anyway, listen," McDermott says. "She would... are you ready?" He pauses dramatically. "She would only give me a hand job, and get this... she kept her glove on." He sits back in his chair and sips his drink in a smug, satisfied sort of way. We all take this in solemnly. No one makes fun of McDermott's revelatory statement or of his inability to react more aggressively with this chick. (Ellis, 1991: p.19-20).*

Dialogue above talking about Patrick Bateman and his friend in the fancy restaurant. it shows where they are talking about women. We can see here that is how Patrick Bateman and his friends seeing and treats woman. Patrick's friends called women as a chick, shows that they are look a woman as an object, and look them as sexual tools to be used for themselves satisfaction. This action related to sexual behavior which is they just use women for their own pleasure and often becoming bored with them quickly their moving onto their women.

#### 2. Physical factor

Physical factor A factor in the abiotic environment which influences the growth and development of organisms of biological communities(Crouch et al., 2015). One of the factors that causes narcissistic personality disorder in Patrick Bateman is physical factors. Patrick Bateman feels proudly of his physique; he likes pampering himself with treatments using expensive products and doing sports to maintain his body shape.

*After I change into Ralph Lauren monogrammed boxer shorts and a Fair Isle sweater and slide into silk polka-dot Enrico Hidolin slippers I tie a plastic ice pack around my face and commence with the morning's stretching exercises. (Ellis, 1991: p.16).*

In this scene shows the morning routine of Patrick Bateman who does exercises to keeping his body to form an athletic body aimed at attracting the attention of other people, especially women and Patrick Bateman also always grooming facials using expensive products and using other products to use on the body skin. Aims to make his facial skin and body skin look beautiful to could always be thinner and better. This action shows us about Patrick Bateman is so obsesses with his physical appearance and how important to have a good physical shape. We can see this behavior of Patrick Bateman is Increase self-confidence and self-worth to seeking attention and praise from other people.



## **Sociological Factors**

Sociological factors. Media narcissistic is experience by all people with various layers and groups towards the real differences between certain cultural groups and the narcissistic reactions they experience (Husni, 2019). Sociological factors are the source of behavioral changes that shape social life. Like Patrick Bateman, sociological factors influenced the way Patrick thought and acted. The behavior of narcissistic personality disorder in himself is determined by the circumstances of the social environment, the individual, and the characteristics of the environment. and his friends.

### 1. Social environment

The social environment is communication between people, for example discuss with a circle, or vicarious, namely observation about what is being done or worn by others (Budanti et al., 2017). The social environment is a determining factor for changed the behavior of Patrick live. Personality of Patrick will be formed by causes of association, or family and place of citizen will shape the behavior of Patrick.

*One of these girls, sneers and says, "Go back to Wall Street," and the one with the nose ring says, "Fucking yuppie." And they say this even though my suit looks black in the darkness of the club and my tie—Pasley, Armani, silk—is loosened. "Hey." I say, grinding my teeth. "You may think I'm a really disgusting yuppie but I'm not, really," I tell them, swallowing rapidly, wired out of my head. (Ellis, 1991: p.106).*

The statement above shows that Patrick Bateman is underestimated by the people around him. two women who walked up to Patrick and insulted Patrick with the word "fucking yuppie" and another woman shooed him away. Even though everything looks perfect, it turns out that Bateman has problems with social relationships.

*Timothy Price : "See, Bateman agrees with me,"  
Evelyn : "Oh he does not." "Patrick is not a cynic, Timothy. He's the boy next door, aren't you honey?"  
Patrick : "No I'm not," I whisper to myself. "I'm a fucking evil psychopath." "Oh, so what," Evelyn sighs. "She's not the brightest girl in the world." "Hah! Understatement of the century!" Price cries out. (Ellis, 1991: p.12).*

From the dialogue above, we can see that even Patrick's fiancé also calls him "the boy next door" which means that Patrick is a spoiled child. That makes him mad because he felt that the nickname did not suit him, Patrick Bateman as a psychopathic killer is underestimated as a spoiled child.

*Owen has mistaken me for Marcus (Ellis, 1991: p.49).*

The dialogue above talking about where Paul Owen mistakenly thinks that Patrick is Marcus Halberstam who is also his co-worker. Paul Owen always called him Marcus which made Patrick very annoyed with him. This dialogue described where people do not care about other people identities they only care about themselves without knowing other people around them.

### 2. Toxic Circle

Toxic circle is friend relationship that has a negative effect on life (Psikologi, 2023). Toxic circle is a relationship between Patrick and his circle who spending time together to interact but make a negative effect on himself.

*"I'm resourcefu," Price is saying. "I'm creative, I'm young, unscrupulous, highly motivated, highly skilled. In essence what I'm saying is that society cannot afford to lose me. I'm an asset." (Ellis, 1991: p.4).*

We could see that in dialogue above that Price is a person who is arrogant and his really proud of himself calling himself a valuable asset to other people. Patrick being friends with arrogant people like Price who exemplified greedy, immoral, and racist. He is often aggressive, ridicules the homeless, attention-seeker who pursues validation from others.

*"Or an AR-15. You'd like it, Evelyn: it's the most expensive of guns, but worth every penny." I wink at her. But she's still talking; she doesn't hear a word; nothing registers. She does not fully grasp a word I'm saying. My essence is eluding her. She stops her onslauht and breathes in and looks at me in a way that can only be described as dewy-eyed. Touching my hand, my Rolex, she breathes in once more, this time expectantly, and says, "We should do it." (Ellis, 1991: p.68).*

The dialogue above shows how Evelyn is arrogant, obsessed with status and social standing and is not very attractive. She is a Patrick Bateman's fiancé who ignores him and ignores every word that

Patrick Bateman said. Their relationship is also not good because Patrick often treats Evelyn roughly and Patrick also knows that Evelyn is cheating on him.

In the novel Patrick's life depends on his environment and the people around him. We can see here the cause of narcissistic personality disorder in Patrick, everyone around him it may have a positive or negative impact on his life. Patrick Bateman's life began with his relationships with those around him. The young executive who has relationship with people that began to be indifferent to Patrick Bateman's life. The psychological factor as a cause of narcissistic personality disorder in Patrick Bateman is that he has expectations about his high level of self and Physical Shape that Patrick Bateman has, as the core aspect of factor Biological as the cause of narcissistic personality disorder in Patrick and His own fiancé (Evelyn) was even preoccupied with herself, so that she didn't listen to a single word from Patrick's and everyone around Bateman never consider for what he says and underestimate him. These are the factors that causes Patrick to become a person who tends to have characteristics of narcissistic personality disorder.

### **The effect of Narcissistic Disorder in Patrick Bateman**

An impact that appears from people who with high levels of narcissism and low self-esteem shows a heartless and attitude behavior. (Elliya & Rahma, 2020). According to Mina Pahlewi (2019), narcissism negatively is a personality that include an egoism perspective, as superior to individual power, while narcissism positively has a high level of trust, is optimistic and holds the authority of others, and tends to see himself as very independent and not dependents on others. The fancy life and toxic environments social of Patrick make him into an individual with narcissistic personality disorder. The competition for a lavish lifestyle and higher social status that Patrick pursues only to being recognized and make his life superior to anyone else, that tendency to have an impact which is an attraction to violence and a thirst of greed.

### **Violence**

Violence is defined by the World Health Organization as the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group community, which either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation. In other words, violence has negative connotations based on the words; injury, death, psychological harm, maldevelopment, and deprivation (Angga Ferdian, 2018). Patrick has a tendency to do a violence as an impact of his jealousy. Patrick always takes out his jealousy on someone, animals and even his own friends.

*"No, Owen." I move slowly around the chair until I'm facing him, standing directly in his line of vision, and he's so drunk he can't even focus in on the axe, he doesn't even notice once I've raised it high above my head. Or when I change my mind and lower it to my waist, almost holding it as if it's a baseball bat and I'm about to swing at an oncoming ball, which happens to be Owen's head. Owen pauses, then says, "Anyway, I used to hate Iggy Pop but now that he's so commercial I like him a lot better than—" the axe hits him midsentence, straight in the face, its thick blade chopping sideways into his open mouth, shutting him up." (Ellis, 1991: p.116).*

This statement shows Patrick's ruthless when he killed Paul Owen in his apartments, Patrick made Paul Owen really drunk and Patrick using axe to kill Paul Owen. it is all because he was jealousy of Paul Owen who had a fisher account that he did not have, and he was disgusted because Paul Owen always calls him by someone else's name "Marcus".

*"The child spots me and just stands there, away from the crowd, slightly scared but also dumbly fascinated. I stare back. "Would you like... a cookie?" I ask, reaching into my pocket. He nods his small head, up, then down, slowly, but before he can answer, my sudden lack of care crests in a massive wave of fury and I pull the knife out of my pocket and I stab him, quickly, in the neck. Bewildered, he backs into the trash can, gurgling like an infant, unable to scream or cry out because of the blood that starts spurting out of the wound in his throat. Though I'd like to watch this child die, I push him down behind the garbage can." (Ellis, 1991: p.159).*

We can see how cruel Patrick, he is to kill the child that having conversation with him at the zoo, as a result of their interaction Patrick shows his true personality. Patrick is very ruthless in choosing helpless victims and do not care if caught red-handed and Patrick really enjoys what he has done and also acts as if he has come to save. This action described lack of empathy and manipulate others seem like he done nothing.

### **Greed**

Greed can be defined as the selfish desire to possess wealth, substances, objects, people, power, status, appreciation or attention far beyond what is required for basic human comfort (Angga Ferdian, 2018). Greed is a trait where Patrick Bateman never satisfied with what he had obtained, he always needs more to fulfill his passion.

*“Would Courtney spend more time with me the time she now spends with Luis—if he was out of the picture, no longer an alternative, if he was perhaps... dead? If Luis were killed would Courtney be upset? Could I genuinely be of comfort without laughing in her face, my own spite doubling back on me, giving everything away? Is the fact that she dates me behind his back what excites her.”* (Ellis, 1991: p.85).

Paragraph above talking about where Patrick Bateman imagine that he wants to see Luis were die in front of Courtney and Patrick Bateman wants Courtney Lawrence (Luis's fiancé) to date with him. We can see in this dialogue that Patrick is greedy, he wants Courtney Lawrence when Patrick still has Evelyn as his fiancé.

### **Illusion**

Illusion is something essentially abnormal and allied to insanity (Luginbill & JAMES, 1928). The effect of narcissistic personality disorder in Patrick Bateman made him into hallucinate about something that he did, instead of doing something but in the fact, he was experiencing something that is not truly happened.

*Patrick : “No!” I shout. “Now, Carnes. Listen to me. Listen very, very carefully. I-killed-Paul Owen-and-I-liked-it. I can’t make myself any clearer.” My stress causes me to choke on the words.*  
*Harold Carnes : “Because... I had... dinner... with Paul Owen... twice... in London... just ten days ago.”*(Ellis, 1991: p.207).

The dialogue above talking about Patrick Bateman who want to speak his lawyer about all the murders that he has did against Paul Owen, however, his lawyers just laughing at Patrick as if Patrick was made a joking. In spite of the fact that Patrick was serious about telling the victim, cruel crime, and all the violence that he has done. at last, everything Patrick said is not truly happen when his lawyers told him that Paul Owen had spent the night with him in London a two days ago.

*“There is an idea of a Patrick Bateman, some kind of abstraction, but there is no real me, only an entity, something illusory, and though I can hide my cold gaze and you can shake my hand and feel flesh gripping yours and maybe you can even sense our lifestyles are probably comparable: I simply am not there”.* (Ellis, 1991: p.201)

The effect of narcissistic personality disorder in Patrick is proven by the quote above, which confirms in the novel that he was experiencing hallucinations. The paragraph above telling that Patrick Bateman's life is not real but only a kind of illusion and we are given a statement where everything doesn't really happen or everything that was happening is only in Patrick's mind.

Patrick Bateman is very detached from reality and we can see Patrick Bateman's indifference to other people, he is willing to do anything just for his own benefit. Patrick Bateman is a young and charismatic entrepreneur who has a lavish lifestyle described the narcissistic personality disorder in him that make him live into imagination, greedy, and a tendency to commit violence. Everything he does aims only to maintain the fantasy or illusion of life as Patrick Bateman. Thus, its existence will still be accepted by the social environment.

## **DISCUSSIONS**

Based on this research finding the writer discussed in this study, which identify the narcissistic personality disorder in Patrick Bateman in the novel *American Psycho*.

### **Characteristic narcissistic personality disorder dominates to Patrick Bateman**

The writer found there are ten characteristic of narcissistic personality disorder in Patrick behavior throughout the story in the novel According to the theory. Characteristic of NPD that dominate to Patrick's behavior refer to manipulative tendency, grandiosity, and jealousy. Patrick has a charming and charismatic personality, which he often uses to manipulate others for his own advantages. For examples with women, he uses his charm to seduce them, often engaging in deviant behavior towards his victims and he will abandon his victims when they no longer benefit to him. Meanwhile, Grandiosity in Patrick Bateman is clearly seen in the novel when he interacts with other people. This increased sense of self-worth can be seen in his treatment of his colleagues and acquaintances, whom he often

belittles and considers inferior. The writer found that, because of Patrick's grandiosity self-worth, he senses that view of himself as superior to others. He views himself as entitled to their attention and praise.

Symptoms of narcissistic personality disorder (NPD) in Patrick are excessive self-confidence, so that when his co-worker's achievements are superior it will challenge Patrick's self-esteem, he will feel jealous and they will compete. Patrick often exaggerates to increase his status in conversations with his coworkers by manipulating stories. Other times, Patrick belittle others or accomplishments to neutralize challenges to his sense of jealousy. As in the quote above, Patrick feels jealous of Paul Owen and takes it out on Old Beggar.

### **Factors narcissistic personality disorder influence to Patrick Bateman**

Furthermore, there are several factors that causes the narcissistic disorders in the main character. Factors that influence narcissism include biological factors, psychological factors, and sociological factors. Base on the writer found in the novel that The Sociological Factors is a most influences on the behavior of Patrick Bateman that make him into narcissistic disorder. Patrick's social environments are not treated him as he wishes or he want. Patrick always makes his relationships with others problematic and unsatisfying. For examples, include Evelyn, his co-worker, friends and others who may not enjoy Patrick's around them. This make Patrick's social environments is influences what he becomes. In the Novel, people around Patrick had negative effect to him. Additionally, the writer has found that Patrick Bateman's friends keep the roles they believe that deserve with the admiration and facility. In cases, goes along with those roles. Patrick's friends never take responsibility for things that go wrong and have difficulty empathizing with other people's suffering unless the pain directly affects them.

### **Narcissistic personality disorder effect dominated to Patrick Bateman**

The effect of narcissistic personality disorder in Patrick Bateman that the researcher found which is Patrick Bateman has tendency to commit violence, greedy, and also illusion. Illusion as one of effect narcissistic personality disorder in Patrick Pateman and the effect that more dominate to Patrick batman. The writer found, Patrick Bateman's narcissistic personality disorder has the effect of a tendency to commit physical violence to hurt someone and tends to use lies or manipulation to deceive his victims. And Patrick can use any means necessary to get what he wants. In fact, that everything happened to Patrick Bateman was not real. The effect of narcissistic personality disorder make Patrick live into reality and imagination.

Narcissistic personality disorder in the novel described with people who are addicted with a luxury life. As writer had discovered from story in the novel. After reading the *American Psycho* by Bret Easton Ellis the writer found that the main character in the novel had characteristics of narcissistic personality disorder in him like in previous theories. Like on the quotes that researchers have found in novels and psychological theories of narcissistic personality disorder tendencies. And the writer has found the main character described as person who has characteristic of narcissistic personality disorder in the novel. So, we can conclude that Patrick Bateman has characteristic of narcissistic personality disorder in him just like what the writer found.

## **CONCLUSION**

After exploring and explaining the narcissistic personality disorder tendencies define by Patrick Bateman as the main character in *American Psycho*. On the analysis, the writer identified the specific characteristic of narcissistic tendencies that are present in Patrick Bateman as the main character in the novel. The writer conclusion, in the novel *American Psycho* that the narcissistic personality disorder as a mental health condition with persistent symptoms that have a significant impact on quality life of Patrick Bateman. Narcissistic personality disorder tendencies make one's proud of themselves with what they have, who look down on other people but for others people they just mediocre. From the analysis, we seen the social circle and social environment of the main character ascertain what he will becomes. The novel tells us that narcissistic personality disorder in Patrick Bateman makes him life becomes an individual who likes violence and greedy. All he did just for fun. He tried to be the best among his co-workers and he will do anything for that, but when someone is better than him, he will think to finish them. But in the end, all his life seems pointless.

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## COMPETING INTERESTS

The authors declare that they have no competing interests.

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