



BARRIERS OF AN ADDICT IN DUNCAN MACMILLAN'S PLAY *PEOPLE, PLACES AND THINGS* (2015)

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Abstract

This thesis is the analysis of a play which written by Duncan Macmillan entitled *People, Places and Things* (2015). It explores the issue of the barriers which experienced by an addict in getting well, escape from addiction and achieve the better life. It is reflected by the main character in the play. It is also intended to find out the contribution of fictional devices such as character, plot (conflict), and stage direction in revealing the issue of barriers of an addict. This analysis is related to the concept of life instinct which developed by Sigmund Freud that is supported by the text-based and context-based interpretation. The result of this analysis shows about the barriers that is experienced by the main character because the harmful substances she consumed such as internal barriers and external barriers.

Key words: addict, barriers, external, internal

A. INTRODUCTION

A play entitled *People, Places and Things* (2015) written by Duncan Macmillan reflects the issue about the barriers of an addict. In this analysis, the barriers of an addict refers to the character who experiences the difficulties and hardships to get well, escape from her addiction and achieve the better life. It is represented by the protagonist, Emma, who is a forty years old woman and works as an actress. In her mind, only drug and alcohol can make her feel comfortable. It causes the protagonist becomes an active drug addict and alcoholic. Her addiction makes her depend on those things in all kind of situations. She takes them to solve her internal conflicts such as headache, anxiety, guilt, trauma and stressed. Moreover, she also takes them in solving her external conflicts that occur because of her surroundings. This active addiction which already happened for a long time, makes the character faces a lot of barriers to get well and recover. In this

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analysis, the barriers of an addict can be seen in two ways; internal and external barriers.

The barriers of an addict to escape from addiction can be seen by the internal barriers in herself. It includes the emotional and behavioral of an addict. In emotional, she has an abrupt changes in mood, bad stigma and denial, and the stronger symptoms of mental illness. In behavioral, the protagonist has a lying manipulative behavior, blaming, and neglectfulness.

The second way to see the barriers of an addict is by her external barriers. It includes the negative social support and the negative stigma towards addiction. The negative social support refers to the surroundings of an addict which never tell them about the dangerous effects of addiction. They even influence her to keep using those things. The negative stigma towards addiction can be seen through how her surrounding blames her of her addiction and stamped her as a risk human being.

B. RESEARCH METHOD

The analysis of play *People, Places and Things* (2015) by Duncan Macmillan is going through text and context based interpretation. It is going by analyze fictional devices such as characters, stage directions and plot (conflicts). These devices are related to each other. Characters and conflicts are used to reveal the barriers of an addict by analyzing character's reactions toward the conflict. Then, the stage directions are used to show the character's expression and what the character feels and does when she survives in recovery processes. It gives contribution in process of analysis by giving help in revealing the meaning.

This analysis is dealing with the theory of life instinct from Sigmund Freud. This is an instinct which are relied upon for survival, pleasure, and reproduction. It is an instinct which needs for sustaining the life. This instinct can be seen as simply the desire to develop, grow, and thrive. The concept of life instinct also encompasses all emotions and actions that makes people preserve their lives as well as they create new lives.

C. RESULT AND DISCUSSION

This chapter analyses the play's dramatic elements such as character, plot (conflict) and stage direction to reveal about barriers of an addict. In this analysis, barriers of an addict refers to the hard effort of an addict to get well, escape from addiction and achieve the better life through a lot of difficulties. One of the efforts of the protagonist to escape from her addiction is going to the Drug and Alcohol Rehabilitation Centre. However, to survive in this recovery, the character experiences a lot of barriers which make her find a lot of difficulties in life and unable to escape from her addiction easily. She has to fight with herself in controlling her emotional and behavioral which already created by the harmful substances. Beside, she also needs to be wiser about the absence of support from her surroundings and the negative stigma towards addiction in society. In this case, barriers of an addict can be seen in two ways; internal and external barriers.

2.1 Internal Barrier

The barriers of an addict in getting well, escape from addiction and achieve the better life can be seen through the internal barriers faced by the addict when she was in recovery. This internal barrier occur because of the emotional and behavioral characteristics which already created by the harmful substances that has been consumed. It becomes the internal barrier because it happens in her internal and requires her to fight with her own self. She needs to be wiser to handle herself during the recovery processes which have some contradictions with those characteristics. The contradictions make the addict experiences a lot of difficulties to survive during the recovery processes.

First, the internal barrier can be seen through the emotional or psychological signs. This includes three things; she has an abrupt changes in mood, bad stigma and denials, and stronger symptoms of mental illness. Addict has an abrupt changes in mood when there are the chemical imbalances developed in herself. It makes her experience depression, anxiety, irritability, hostility, and paranoia. It also makes her unable to decide something consistently. It appears in the following quotation where the character registered in the recovery rehabilitation:

“Emma: Just this one thing can you please do this one thing for me please I'm just asking for listen to me okay alright please this is important to me I'm trying to do something for once in my life do something for myself and don't be like that why do you have to be like that no, listen please for a second because right now you're being a complete cunt. Well i'm sorry you hate that word, that's really unfortunate because in one syllable it so perfectly describes your entire personality...” (p.15)

In the quotation above, it is proved that the character cannot control her emotional wisely. Through the stage direction *Just this one thing can you please do this one thing for me please I'm just asking for listen to me okay alright ... / listen please for a second because right now you're being a complete cunt*, it can be seen that there is no full stop or comma in her sentences which shows her unstable emotional or mood. She has no power to control her emotional when the effect of drug and alcohol she consumed are working. It proves that the character is talking in the depressed condition. The pressures come from the depression, anxiety or paranoia that she was experiencing. This causes the character become very sensitive and irritable. It makes her just want to be heard without being denied by anyone. She even gets angry easily when her wishes cannot be fulfilled or when someone does not want to do something for her. No matter what happens, she forces everything that she wants to come true and does not allow whoever to

obstruct it. She even does not care whether the people will help her life or not. The abrupt changes in mood are also supported in another quotation such as:

“The lights blackout. Chaotic sounds, like a thousand television channels playing simultaneously. All rising in pitch. After barely a second the lights snap up again and the sounds stop. Emma is surprised and scared to find herself on the floor, surrounded by Nurses. Doctor: (To Nurses) Give her some space please. Emma: Get off me. Doctor: Stand back. Emma: GET THE FUCK OFF ME. Emma pushes the Nurses away.” (p.29)

This quotation shows the abrupt changes in mood of the character. In the stage direction *The lights blackout. Chaotic sounds, like a thousand television channels playing simultaneously.../ After barely a second the lights snap up again and the sounds stop*, it reflects the stability of the character's mood or emotional is very bad and disorganized. It also shows how the abrupt changes in mood greatly affect her internal and external condition. Through the words *lights blackout to the lights snap up* and *Chaotic sounds to the sounds stop*, those are the symbol of the character's internal condition that always changing abruptly. Those prove how the emotional condition of the character which is very bad and chaotic returns to normal suddenly. It also can be seen that the disorganized internal condition of the character is very hard to be controlled. It is because the changing internal atmosphere makes her dizzy, headache, unstable and even blackout. In the stage direction *Emma is surprised and scared to find herself on the floor...*, it also proves how her fast changing emotional or mood affect her. Her disability to control it actually worsens her own condition. It is because she experiences the abnormal things which another human cannot see or feel. It also pushes her to be very irritability and hostility. Through the stage direction *Emma pushes the Nurses away*, it can be proved the irritability in herself makes her treat people badly and create the distance with people. It actually becomes one of the factors that can obstruct her to survive and get well. It because the abrupt changes in mood such as depression, anxiety or paranoia that seem come from nowhere make her lost her focus and fail to follow the recovery processes. Moreover, the sensitivity, irritability and hostility make her hard to interact with people and against the processes. This is why the abrupt changes in mood belongs to the internal barrier.

Another internal barrier that is occurred by the emotional sign of addict is a bad stigma and denial. The addicts are really concern to what people think about them. It makes them erect the walls of denial to protect themselves from the truth. It appears in the quotation below:

“Doctor: Your recovery can't start until you
admit you have a problem.
Emma: This was a mistake.
Doctor: You aren't an alcoholic and drug addict?
Emma: I'm not saying I'm anything, I just need a
I don't know.
I just want to get clean, get my certificate
and go back to / work.” (P.26)

The quotation above shows that the character has a bad stigma and it makes her create a lot of denials. In the sentence *I'm not saying I'm anything, I just need a I don't know*, it can be proved the character denied the truth about her addiction. It because in her mind, she use those substances with a reason and there is no problem with it. This denial was also made because of her fear on the bad stigma from others. From the conflict in the sentence *I just want to get clean, get my certificate and go back to work*, it can be seen that Emma; the main character has a bad stigma about what public will think about her addiction. She concerns about her work as an actress and the negative stigma towards her. It because she realizes that her addiction will disturb her reputation as a public figure and make public blames and judges her negatively. The negative judgments will allow her to lost her job, has no money or even to be alienated by her surroundings. This is why she becomes cynicism. She does not let people come into herself. When someone tries to get close or help her, she will bring a string excuses and rationalizations or denials. In her mind, she denies the truth to protect herself and her addiction. She does not aware that this emotional sign just creates a barrier to her to survive in recovery and escape from addiction. Another quotation that said about the denial of the character is:

“Emma: I shouldn't be here.
Doctor: It's pretty obvious that you should.
You came here for a reason. That was a good
impulse.
Emma looks at her hands. She's shaking.
The Doctor refill Emma's water.
Your addiction will fight any progress. It's a
parasite and it will fight for its own survival
until you're dead. But progress is possible. I
just need to hear you say that you are willing
and motivated to make changes.
Emma: *'I cast you out, unclean spirit!'*
You know. From *The Exorcist*.
'Your mother sucks cocks in hell!'
Doctor: I haven't seen it.
Emma: Oh. Really?
Doctor: Are you willing and / motivated to
Emma: You've never seen *The Exorcist*?

Doctor: I can't help you unless / you
..." (p.30)

This quotation proves that the character has built a wall of denials to protect her addiction. The character denies the questions from everyone about her addiction, even to the doctor in the recovery which she came for treatment. She does not realize that her denials are the thing that can obstruct her recovery process. Through the plot (conflict) in the sentence *Your addiction will fight any progress. It's a parasite and it will fight for its own survival until you're dead*, it can be seen that the harmful substances which have affected the psychological or emotional signs of her, are the parasite. It means she has to fight harder in controlling herself to survive and escape from those substances through the processes in recovery. This because in the recovery processes, the addicts have to admit about their addiction and are not allowed to deny that they are willing and motivated to changes. When they cannot control it, it will hamper the recovery processes and would bring them to the worst condition. Thus, the processes of the character to survive will take so long and even fail. In the sentences *I shouldn't be here / 'I cast you out, unclean spirit!' You know. From The Exorcist. 'Your mother sucks cocks in hell!'*, it can be seen that the character has a big wall of denial in herself. She always denies anything that talk about the topic which is close to her addiction. She does not think she has a problem that could endanger her. This is why she creates the wall of denials and unable to handle herself from it even it already asserted by the doctor. This also proves that this emotional sign is really hard to be helped because it is already been a protection for her. This is why it becomes the factor of the internal barrier.

The emotional or psychological sign of an addict which is part of the internal barrier is having the stronger symptoms of mental illness such as having hallucinations, depression, anxiety, and guilt. It is shown through the following quotation below:

*"...Emma watches as another Emma gets out of the bed and starts to pace around the room, itching her arms. She sees another Emma get out of the bed and fill a glass of water from sink in the bathroom then drink it quickly. She is shaking and smashes the glass in the sink.
A rumble, increasing in volume and pitch.
...Emma's mum stands in the darkness, wearing marigolds and holding a large plastic box full of bottles and drug paraphernalia...
Mum : Look what you are doing to yourself.
Emma: Mum.
Emma approaches her Mum but she's no longer there.*

Time is passing, the sun rising and falling, faster and faster, days turning to night, night turning to day... ” (p.34)

The quotation above proves the character has the strong symptoms of mental illness. The symptoms include hallucination, anxiety, guilt and depression. She sees and hears something which another normal people cannot. The hallucination allows her to see the people like her which are her reflections. Their bad conditions show about the real condition of the character that is really helpless and powerless. This also makes her unable to distinguish between the real thing or not. It becomes the barrier because it disturbs her focus to follow the recovery processes. Beside the hallucinations, the character also suffers another symptom of mental illness such as anxiety. The words *pace*, *itching*, *shaking* and *smashes* in this stage direction are the symbol of the panic, anxiety or depression she suffers. It actually becomes very hard for the character because it does not only disturb her focus, but also worsens her physical condition. The words *sweating and breathing heavily* show that the character has something chaotic like panic or anxiety. This situation also proves the character has difficulties in controlling herself to keep stable. Another symptom of mental illness that is suffered by the character is feeling guilt. It is proved by the existence of her mom in the darkness through her hallucinations. The word *darkness* means the bad memories she has about her mom. It appears in her hallucinations because of the feeling of guilt she felt to her mom. These symptoms of mental illness become the factor of internal barrier because it requires the character to be stronger and work harder to kill the symptoms in herself which can be the impediment to her to survive and escape from addiction. Another quotation that said about the stronger symptoms of mental illness of the character is:

“Emma: ...if i tell you i was sexually abused or the child of alcoholics, if i tell you i returned from back-to back tours of Iraq and started to self-medicate wouldn't that all just be a massive simplication of the complexity of just being a human fucking person?” (P.40)

This quotation proves that the character has a symptom of mental illness such as depression. Through the plot (conflict) in these sentences, it shows that the character experiences the depression caused by the events in her past. It also shows that her life was very bad and it traumatized her. It becomes a trauma for her because it still makes an impression for her which she can never forget. One of the bad memories she ever faced is sexually abused. The words *sexually abused* assert that the character's self esteem has been damaged as a woman and human being. It makes her lost her confidence and become powerless. It becomes very hard for her because she has no power to find a right way to escape from this bad memory. The words *the child of alcoholics* proves how she began to know the harmful substances and started to use those things. This never helps her to erase the traumas, but it even makes her traumas bigger. This is why she experiences the

depression which hard to be helped. Through the stage direction *if i tell you i returned from back-to back tours of Iraq and started to self-medicate wouldn't that all just be a massive simplication of the complexity of just being a human fucking person?*, it can be seen that she is talking quickly without any commas or pauses which explains about her depression. Another trauma that made the character become depression is about the place she lived before. She did not have a safe place to be her permanent home. It because she lived in a danger zone which allowed her to moved around frequently. This danger zone is one of the reasons why she experienced the worst events that is very difficult to be erased from her memory. It also obstructs the processes in recovery because this symptom makes the character lost her focus, impair the brain function and damage her physical and mental health. In controlling the traumas, depression and another symptoms of mental illness, she has to fight with her own self. This is why it belongs to the internal barrier.

Second, another factor which can support the existence of the internal barrier is the behavioral characteristics of an addict. The behavioral characteristics of the character include three things; the character has a lying manipulative behavior, she always blames everything and she is neglectfulness.

The lying manipulative behavior of the character makes her experience the internal barrier. It is shown in the quotation below:

“Emma: You know, it’s rude to interrupt people when they’re telling their life story.

Mark: I do know that,yes. But that wasn’t your life story.

It’s the plot of Hedda Gabler.

,
How far were you going to go with it? I mean, she fucking dies in the end.

Emma : Don’t we all.

Mark : Not me. I’m immortal. I’ve taken hits that would kill an elephant.” (p.49)

From this quotation, it can be proved that the character hides the truth and lies about her life to people. Through the plot (conflict) in the sentences *You know, it’s rude to interrupt people when they’re telling their life story / How far were you going to go with it? I mean, she fucking dies in the end*, it can be seen that the main character is a liar. She lies to herself and everyone about her identity, life story and her addiction. It proves that she does not want to remember everything about herself. She manipulates it with the plot of the play that she ever played or seen. Through those play, she tries to find the new identity. It also asserts that her

life was very hard for her and she did not feel alive with it. This makes the character does not trust everyone and become a liar. This behavior is very difficult to be fixed because it is one of the ways of the character to protect herself. It certainly becomes the barrier because during the recovery processes, the addict has to tell about their life story. Honesty is the strong factor which can help the addicts to survive and escape from addiction. In contrast, lying just makes her unable to survive and pass the recovery processes successfully. It is also supported in the quotation below:

“Doctor: I can't force you to stay. I can't force you to be truthful. I can just tell you that the process only works if you are honest. With yourself, with me and others. Denial. Denial is what kills you.” (p.42)

The quotation above asserts that the lying manipulative behavior is one of the factors which can create the internal barrier in addict's self. Through the plot (conflict) in the sentence *I can't force you to be truthful. I can just tell you that the process only works if you are honest*, it can be proved that how to help the character to escape from her addiction is by knowing her true story. Her honesty is the most important thing to help her to survive in recovery processes successfully. No matter how hard it is to kill this bad behavior, the addicts have to be honest during the processes. Telling lies is just the factors of the internal barriers become bigger. It becomes the factor of the internal barrier of an addict because the character is required to fight with her own self to handle and abolish this behavior.

The behavioral characteristic which is the factor of the internal barrier is blaming others. It can be seen from the quotation below:

“Emma: Drugs and alcohol have never let me down. They have always loved me. There are substances I can put into my bloodstream that make the world perfect. That is the only absolute truth in the universe. I'm being difficult because you want to take it away from me. So sorry.

Doctor: If we don't bond with people, particularly parents, we seek a connection elsewhere. Drugs. Alcohol.” (p.42)

The quotation above proves how the character loves drugs and alcohol a lot. She does not find any problems with her using. For her, those substances are not the problems. However, those are the things that actually can help her. It helps her to be more relax, reduce panic, anxiety and any other bad feelings in herself in facing the conflicts in life. This trust allows her to depend on those things. That is why she does not want to be separated with those things and tries hard to find the way

to protect them. Through the plot (conflict) in the sentence *I'm being difficult because you want to take it away from me. So sorry*, it reflects the character blames everything to protect her addiction. She blames people for the difficulties in life that she is facing. She even does not care whether the people will help her or not. For her, the worse condition does not occur because of the effects of those substances. It occurs because of people who want to separating her with those things. In her mind, those people are never be the hero to help herself. They just try to kill her, because they never understand how important those substances for her to save her life. It is supported by the quotation below:

“Emma: ...as if we can solve everything by confronting our own defects. We're not defective. It's the world that's fucked. Shouldn't we feel good for all those who can't? Don't we owe it to them to say 'fuck this, let's drink?'” (p.64)

This quotation shows how the character thinks that there is no problem in herself because of the substances she used. For her, she just consumed the harmful substances because it helps her to feel and do better. Through the plot (conflict) in the sentence *We're not defective. It's the world that's fucked*, it can be seen that the character does not realize about the bad effects from her using and just blames other for her bad condition. The word *world* means her surroundings. In her mind, the conflicts in life happen not because of herself who cannot be wise in solving them, but it actually happen because of her surrounding which are too parasite to be fixed. It also proves that the character never blames her addiction for the bad condition she is suffering. For her, this suffering occurs because of people, places and the things around which make her unable to be herself and blame her about her using a lot. This is why she is always trying to make sure that using drugs and alcohol will never be the cause of her bad condition. However, when her surroundings against it, she tries hard to protect her addiction by blaming them. This behavior becomes the barrier to survive in recovery because in recovery, she has to admit that drugs and alcohol are dangerous and stop using them. This is why the blaming behavior belongs to the internal barrier which make the character has to fight with her own self to control it.

Another behavioral characteristic which is the factor of the internal barrier is neglectfulness. The main character is too busy to find a way to get more drugs and alcohol. She even does not realize that she has another responsibility as a human being. It is supported by the quotation below:

“Emma: I'd be really fucking surprised.
,
I wasn't there for either of you when
Mark
when Mark died. I disappeared and it must
have

put even more stress on you and that was selfish and unthinking. I'm not asking for forgiveness. I'm acknowledging that i was wrong and that i wish i could take it back. I miss him.

I know you do too.

I know that over the years i've scared you. Disappointed you. Wow this is really hard.”

(p.76)

The quotation above proves that the character is very ignorant of her surrounding such as family. Through the plot (conflict) in the sentences *I wasn't there for either of you when Mark died. I disappeared and it must have put even more stress on you and that was selfish and unthinking*, it can be seen that the character is too busy to reach her ambitions and ignores her family. This neglectfulness happens because of the effect of her using which makes her depend on those things. This is why she spends her time too much to find the way to get those substances. Moreover, she often borrows the money from her parents to fulfill her wishes. She does not care whether her parents have enough money or not. She even disappears when her family gets a trouble and need more help. It is supported by the quotation below:

“Dad: ...

Get a job. Keep the job. Call us once in a while. Just to chat. Not to borrow money or to ask help. Because you're interested in us. Get out of yourself. I'm sorry. There's a lot been unsaid for a long time.

Emma: I love you Dad. Thank you.

Dad: I love you too darling. It's just really hard.”

(p.86)

This quotation proves that she was really neglectfulness. She ignores her responsibility as a daughter. Through the plot (conflict) in the sentences *There's a lot been unsaid for a long time.../ it's just really hard*, it can be seen that her parents were in trouble and needed her help. As a forty years old woman, the character who should take care of her parents, she even became the reason why the life of her parents more difficult. It also proves how her parents wished her attentions and cares for a long time especially since her brother dead. This neglectfulness occurred because in her mind, only drug and alcohol can make her feel loved. This is why she needed noone else. It actually makes her unable to get the honour or sympathy from her surroundings. This even becomes the factor which can obstruct her to survive in recovery. It because, during the recovery processes, she has to admit her mistakes and make apologize to people that she had ignored and hurted before. Moreover, she also needs the help from those people to escape from her addiction such as a cooperation with the doctor to help

the recovery processes and how to handle her when she relapse after the treatment processes finished. However, this behavior allows her to ignore the processes in recovery and makes the processes obstructed, take longer and even fail.

In facing these internal barriers, the character has a great life instinct which can help her to keep survive in life and escape from addiction. The character has decided to go to recovery rehabilitation centre after experiencing a lot of difficulties or bad impacts from the drugs and alcohol she consumed. She also goes to the recovery to get her job back through the certificate by doctor that says she is free from addiction. During the recovery processes, she faces a lot of internal barriers that can be seen by her emotional and behavioral. However, the life instinct in herself can help her to solve those barriers and survive in the recovery processes.

2.2 External Barrier

The second way to see the barrier of an addict is by the external barrier. The external barriers are caused by the factors outside themselves. It can occur because of the environments of the character such as people, places and things around her. The external barriers of an addict can be seen by the negative social support of the character. It means the character has no support from her society to survive and escape from her addiction. While, the external barriers also occur because the negative stigma towards addiction that already developed in society.

The external barriers of an addict occur because of the negative social support from the environments of the character. It can be seen by the quotation below:

“...Naturalistic sounds, including a gunshot play, then begin to repeat rhythmically. She can see a man in the distance, dancing under a flashing light. She thinks she’s in a nightclub. Men suddenly surround her. A pill is put onto her tongue. She takes someone’s drink and downs it. She snatches a phone from someone. She takes someone’s cigarette...”
(p.14)

This quotation shows how the bad environments have a strong impact of her using. As a public figure, she has to keep her reputation. The way that she can use is by following the lifestyle of the people in her job such as going to nightclub or bar. It can be seen by the word *nightclub*, the character often spends her time and money in the place which she can meet her friends, producer, director and any people in her job. It is because through this meeting, she can be known by them and it also helps her to keep her job as an actress. However, she does not aware that the lifestyle she followed makes her become addiction and create a lot of barriers in life. Through the stage direction *...She thinks she’s in a nightclub. Men suddenly surround her. A pill is put onto her tongue*, it can be seen that the character has negative social support from people in her surroundings. It shows

how her environment influences her. The words *is put* also assert that those people affect her to use the harmful substances. It because they have a same thought with the character that drugs and alcohol are the common things which are used as a life style and can help them to feel and do better in job. The absence of support from people around, makes the character finds the more difficulties to escape from her addiction. This is also supported by the quotation below:

“Emma: ...

The lights are changing. A spotlight gradually falls on Emma. Music. Gradually, the room is turning into a bar with a dance floor. A disco ball throws tiny reflected spots of light around the room. The music grows louder.

The whole universe in one room. Your body hot with joy and certainty and love love love love love.

One by one the Group throw their squash into Emma's face. Lights flash, music pounds, CLUBBERS dance around her. Someone puts a pill on her tongue. She takes someone's drink and downs it.

Young woman: You're so gorgeous.

Emma: Thanks, I'm just trying to say a few things.

Young woman: Amazing! I love everything you do.

Emma: That's so nice! I'm having such a great time!” (p.26)

The quotation above proves the external barrier occur because of the bad environment. In the stage direction *Gradually, the room is turning into a bar with a dance floor*, it reflects that the places which she can get alcohol or drug easily such as bar or nightclub are the places she always come. As a public figure which often become the role model for some people, it makes her has to update and follow the trend lifestyle to keep the reputation. It also shows how the character gets the pleasure from the nightclub and bar. From the stage direction *Clubbers dance around her. Someone puts a pill on her tongue*, it can be seen that the people around her are the strong factors of her using. They affect the character to keep using the harmful substances. The young woman is the representation of the people in her surrounding such as fellow actress, director, producer and any other job mate. Through the plot (conflict) in the sentences *You're so gorgeous... Amazing! I love everything you do*, it shows how the people around give the strong support for her using. It also shows how the lifestyle of an actress is seen by the drugs or alcohol she consumed. This is why it becomes the barrier for the character to escape from her addiction.

Another factor of the external barriers of an addict is because the negative stigma towards addiction. It can be seen by the quotation below:

“ Doctor: certificate?

Emma: A piece of paper or a signed whatever,
something
that says i can work. That I’m not a risk.

Doctor: Once you complete the programme/ we
can

Emma: How long will that take?

Doctor: It varies. First i’ll need to see your
results

and
take a history and / psychological
examination.

Emma: Isn’t there a way we could just speed this
along?” (p.26)

This quotation shows there is a bad stigma towards addiction that already grown in society. Through the plot (conflict) in the sentence *that i’m not a risk*, it can be seen that the addicts are the risk human being in society. Addict is a person who everybody should always be careful, because the effects of the harmful substances they use often make them involved to the risky activities. This quotation also proves that addict is hard to be trusted and accepted in work. This is also one of the reasons why the character is afraid to follow the long processes in recovery and make people know about her addiction. This negative stigma towards addiction is also supported in the quotation below:

“Emma: ...

*Emma gradually speaks more naturally, more
sincerely. She really means what she says.*

Why bring the past into the present?

We stand resolutely in the present,
arms wide,
looking towards the future.

I am now.

You are now.

We are now ...” (p.91)

The quotation above shows that the negative stigma towards addiction makes the addict hard to be accepted by her surrounding. From the plot (conflict) in the sentence *why bring the past into present?*, it can be proved that people who are the addict or even the ex addict will never be accepted anymore. Her surrounding will always remember her label as an addict. They blame her for her addiction without trying to understand the barriers she face to escape from it. People around her believe that addiction cannot be recovered. This negative stigma actually becomes the barrier of an addict to get well totally and achieve the better life.

The character has a great life instinct in solving the external barriers. It can be seen by her effort to escape from the bad environment which affect and support her addiction by following the recovery processes in drugs and alcohol rehabilitation centre. Her life instinct makes her realize that she needs to avoid people, places and things which can be the barrier for her to escape from addiction. Being in recovery and following the processes are the good effort she does to get well, escape from addiction and achieve the better life as a human being. Moreover, the life instinct also helps her to prove to the society that addict can be reversed.

D. CONCLUSION AND SUGGESTIONS

The issue of Barriers of an Addict can be revealed in play script *People, Places, and Thing* (2015) written by Duncan Macmillan. Barriers of an addict in this analysis refers to the hard effort of an addict in getting well, escape from addiction and achieve the better life through a lot of difficulties. It is revealed through text-based and context-based interpretation by focusing on fictional devices such as character, plot (conflict), and stage direction. This analysis deals with the concept of life instinct by Sigmund Freud. It is represented by a forty years old woman who is an actress that follows the recovery processes to escape from her addiction. Therefore, to survive during the recovery processes she experiences two kinds of barriers; internal barrier and external barrier.

Internal barrier is the barriers which come from the addict's self. This occur because of the chemical imbalances that already affected her emotional and behavioral. The emotional characteristics include abrupt changes in mood, bad stigma and denial, and the stronger symptoms of mental illness. Meanwhile, the behavioral characteristics include lying manipulative behavior, blaming others, and neglectfulness.

External barrier is the barriers which come from outside of addict's self. This happens because the addict got no support from her surroundings to escape from addiction. In opposite, her surroundings become the strongest factor of her using. Moreover, the external barrier also occur because of the negative stigma which already grown in society.

The whole play shows that the barrier of an addict is related to the concept of life instinct by Sigmund Freud. Freud explained that people who spirit to struggle in life and try to solve the problems are people who have a good life instinct. It helps addicts to keep survive and face the barriers in life. When the life instinct is faced with the internal barriers, it gives the good energy to the addict to keep survive in life in getting well, escape from addiction and achieve the better life. However, the life instinct cannot help addicts to fight with the bads of themselves totally and permanently. Furthermore, when the life instinct is faced with the external barriers, it can help the addicts to keep survive and escape from addiction successfully. It because the external barrier will not occur if someone already have an awareness about their environment and can make a good

cooperation with it. In contrast, when someone has a lot of internal conflicts it will be hard for her to handle herself. It because the hardest enemy to be killed is in ourselves. This is why the internal barriers are more difficult to be helped than the external barriers.

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