

Death of a Salesman as a Bipolar disorder Study Case

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Abstract

This study will look at Willy Loman, the protagonist of Arthur Miller's *Death of a Salesman*, through the lens of psychodynamic theory. The aim is to discover why he tried to kill himself. Furthermore, according to the claim, Willy Loman had a narcissistic and borderline psychiatric disorder that harmed his thinking and prompted him to commit himself. Willy Loman is a conceited man. He is consumed with his success as a salesperson, a spouse, and a parent. His mental health is jeopardized. His decision to kill himself was motivated by a mental disorder brought on by his neuroses. As a result, Willy Loman's conduct will be examined through the lens of the Psychoanalytic Theory of neuroses and mental diseases.

Keywords: Willy Loman, Death of a Salesman, Suicide, Narcissist

مسرحية وفاة بائع متجول كحالة لدراسة مرض اضطراب ثنائي القطب

الملخص

ستنظر هذه الدراسة في ويلي لومان ، بطل رواية آرثر ميلر موت بائع متجول ، من خلال عدسة النظرية الديناميكية النفسية. الهدف هو اكتشاف سبب محاولته الانتحار. علاوة على ذلك ، وفقاً للدعاء ، كان ويلي لومان يعاني من اضطراب نفسي نرجسي حدودي أضرب تفكيره ودفعه إلى الالتزام. ويلي لومان رجل مغرور. لقد استهلك نجاحه كمندوب مبيعات وزوج وأم. صحته العقلية معرضة للخطر. كان الدافع وراء قراره في الانتحار هو اضطراب عقلي سببه عصابه. نتيجة لذلك ، سيتم فحص سلوك ويلي لومان من خلال عدسة نظرية التحليل النفسي للعصاب والأمراض العقلية.

الكلمات المفتاحية: ويلي لومان ، موت بائع متجول ، انتحار ، النرجسية، اضطراب ثنائي القطب

1. Introduction

The play *Death of a Salesman* by Arthur Miller is a satire on America and the "American Dream." Willy Loman is the play's protagonist. He was a failed salesperson in the post-war era. Willy Loman is an example of many people's downfalls during that period due to their unrealistic standards of becoming wealthy and successful. He is a 63-year-old Brooklyn native, married with two sons, who seems exhausted from his crosscountry travels and wants to return to his hometown to work as a salesperson. Willy is dissatisfied with his existence, as evidenced by the fact that the entire play tells us approximately what he thinks so that we feel as if we are inside his head. In order to evaluate Willy Loman's conduct, this study employs the Freudian psychoanalytical theory of Narcissism, the Bipolar theory and the phases of borderline personality disorder.

Willy looks up to his brother, but Dave Singleman is his professional role model. Singleman, an 84-year-old salesperson, could simply answer the phone and be recognized and liked by many people, as shown by Willy. Willy Loman's fixation on achievement and notoriety seems to have been a burden for him. He has established some unrealistic standards about his life, profession, and his kids' lives. Willy's deluded urge to achieve causes him to go through several paranoid periods, and as a result, he develops a variety of psychiatric problems.

2-The Psychoanalysis Theory of Freud

Sigmund Freud established psychoanalysis and was an Austrian neurologist, philosopher, physiologist, and psychotherapist. He invented the concepts of repression, infantile sexuality, limitation, and the Oedipus complex as a critical psychoanalytical theory and his dream theory, among other things. His ideas have proven to be quite significant, and they are currently being researched by psychologists, anthropologists, and others. Sigmund Freud's ideas about sexuality and various neuroses were used to develop several treatments. Psychotherapy began as a therapeutic therapy for a variety of psychological problems. In

this essay, psychological problems significantly influence the protagonist's choices. Hence the features of psychological diseases will be discussed indepth (Martin, .2019).

Psychoanalysis aims to cure a patient by establishing a link between their consciousness and their subconscious to develop a link between the variables. When a patient begins to talk about their dreams, worries, and fantasies, Freud believes that they gradually fade aside and are entirely removed after the patient realizes the trauma that caused the illnesses. Moreover, mental diseases may be incredibly refractory to treatment in some circumstances, and Narcissism is one of them. The topic of Narcissism will be further studied to understand better the difficulties that Willy Loman faces. A Basic Course in Psychoanalysis by Sigmund Freud is a good place to start if you want to have a broad knowledge of Freud's psychoanalytical ideas. The publication is split into three sections. The first section is the psychoanalytic theory of mistakes (Martin., 2019).

Misspellings, word abuse, and carelessness are all examples of these blunders. Such events have a deeper relationship with our minds, which the patient frequently overlooks or is unaware of until psychology is presented. Errors such as a slip of the tongue or the tip of either the tongue phenomena, according to Freud, have a real significance: "... the product of the slip has itself a right to be considered as a valid psychic act which also has its purpose, as a manifestation having content and meaning" (Freud.2011.25).

Dreams, according to Freud, frequently show signs of a patient's mental illness. After the Norwegian novelist J. Mourly Vold, who was the first to move to experimental study on dreams, Freud was the first to explore dreams and their interpretations truly. The comprehensive idea of neuroses is finally explored in the third portion of the book. Willy Loman's actions are driven by neuroses that he developed due to his attachment to the past, which would eventually grow into significant illnesses that would lead to a loss in his wellness. According to Freud, "... patients give us the impression of being fixated upon some very definite part of their past; they are unable to free themselves therefrom and have

therefore come to be completely estranged both from the present and the future” (Ibid.2016.206).

In order to repair particular neuroses, Freud methodically outlines the necessity of psychoanalysis. While a psychiatrist seeks solutions through the prolonged use of medicine for severe cases of neurosis, a psychoanalyst takes the patient as a whole into account. As a result, treatment is only administered after numerous rounds of discussion with the physician in eight psychoanalyses (Ibid.192-195). The example that Freud offers to show psychotherapy and how it may cure neuroses is a middle-aged lady who is happily married until she receives an anonymous letter that confirms her suspicion that her husband is unfaithful to her. The woman had told a friend the day before the letter event that she would be devastated and angry if she found out her husband was cheating on her, so receiving a letter claiming that her husband was cheating on her could be fake because her friend may have intended to hurt her. Despite this, she becomes obsessed with the option of her husband betraying her and is willing to divorce him (Freud .2016.189).

During psychoanalytic treatment, such a woman transfers her concerns to her husband because she is smitten with her son-in-law. This instance is linked to Sigmund Freud's theory of the Oedipus complex and sexuality by the following:

A strong erotic attachment to the daughter, which in the last analysis leads back to the mother's sexual constitution, will often find a way to live on under such a disguise. May I perhaps remind you that the relationship between mother and son-in-law has seemed particularly delicate throughout all time and is one which, among primitive peoples, gave rise to very powerful taboos and avoidances? (Freud.2016.192)

The preceding example is being used to emphasize the need for comprehensive communication and expressing sentiments and views. There is also an enormous chasm regarding this subject between Willy Loman and his family. It contributes to his mental health decline since he and his family cannot grasp what is wrong with him. It will be too late to assist him once they realize what has been going on with him for several years. Sigmund Freud developed psychoanalysis to cure mental illnesses. Neuroses are a sort of mental condition in which two categories of neuroses were also significant for psychoanalytical theory and therapy. "Compulsion neurosis and hysteria are the neurotic

diseases which the psychoanalytic theory was developed, and in whose treatment the therapy also celebrates its achievements." (Freud 195).

Compulsive disorder neurosis is linked to a play when we start examining Willy Loman's conduct due to his Narcissism. Later on, his insanity and preoccupation with achievement lead to borderline personality. Finally, the book seeks to show how psychoanalysis may be utilized to assist or assist a patient in effectively connecting with their unconsciousness. As a result, Freud explains the prevailing theory of psychoanalysis and how it operates in theory and practice. This book served as the foundation for this article. It provided a thorough understanding of psychotherapy and its qualities and the ability to apply them to examine Willy Loman's conduct (Artin., 2014).

2.1. Personality Disorders

The word "personality" is used to describe a person's distinct qualities and attributes. Traditionally, pathological personalities were used to describe personality problems. The study of pathological individuals was done from four different angles. The first one is from a clinical point of view, the second is about personality qualities that have been destroyed, the third is all about the brain and its biological system, and the fourth is about inheritance. The current term neurosis is broken down into many groups based on the various symptoms. According to Ekselius, personality traits are divided into six clinical personality features based on the severity of the symptoms. (Ekselius., 2018. 196).

Instead of problematic qualities, such characteristics are founded on an individual's human personality (Ibid.197). A borderline personality disorder is a mental condition on which this analysis is based. The main symptoms of bipolar include unpredictable and unstable conduct and identity confusion, self-harm, anxiety, and psychotic episodes. Suicide is prevalent among people with borderline personality disorder, as are depressed symptoms (Ibid. 198-199). It is simpler to explore the function of borderline personality disorder and how it may be studied after you grasp the function of the generic term personality disorder.

2.1.1 Borderline Personality Disorder

According to Kent-Inge Perseus in Borderline Personality Disorder Studies of Suffering, Quality of Life, and Dialectical Behavior Therapy, psychotherapist Adolf Stern described BPD (borderline personality disorder) as a neurotic and psychotic behaviour in 1938. In the 1960s, psychoanalyst Otto Kernberg gave BPD a more precise description. "Identity diffusion," he explained, "is a psychological defense mechanism based on splitting and projective proof of identity, but with proper reality checking." (Perseus.2006.11). "Narrower, descriptive criteria were presented by John G. Gunderson in 1975, with fury, depression, impulsivity, shallow social adjustment, and instable intimate relationships as fundamental symptoms" (Ibid. 12)

The American Psychiatric Association first recognized BPD in the 1980s. The diagnosis was given an eight-criteria classification and was included in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM III). The American Psychiatric Association, according to Perseus, defines BPD as having a core of upheaval in human relationships, uncertain self-image, and impulsivity. It may differ from person to person, but some or all of them are very likely to show up. (Ibid.12).

1. Fear of rejection: People with BPD are nervous around everyone else and frequently fear that now the people they care about will desert them. It might be genuine or imagined.
2. Turbulent personal relationships: When BPD patients have exaggerated hopes of their loved ones or have constructed an idealistic view of them, they continue to feel unhappy and unloved. They frequently fear that they will not be able to survive without such individuals they care about, which makes them insecure about them by projecting their dread onto others. It frequently results in confrontations and even. As a result, vital relationships are lost. (Perseus .2006.12).
3. Self-confusion. People with BPD often have a shaky sense of self. They are not genuinely identified since their perceptions of themselves and feelings about their

personalities might change dramatically. For example, they might feel quite confident in their importance one period and then feel uneasy another one.

4. Self-harming: People with BPD are prone to reckless conduct, leading to self-harm. It can happen in a variety of ways, including reckless driving.

5. Suicidal conduct, such as attempting suicide, having suicidal thoughts, or even threatening to commit suicide, is frequently a clear indicator that the patient is struggling to get the awareness of others around them.

6. Emotionally erratic: Mood changes are expected and might include sensations of severe terror, rage, and despair that last only a few minutes or hours. (Ibid.12).

7. Emotional loneliness: BPD patients with chronic experiences of emptiness are more likely to seek out activities to fill their restlessness and emotional numbing.

8. Extreme wrath: Extreme and unpredictable rage is common among BPD patients.

9. Paranoia: People with BPD are prone to delusion or paranoia about a scenario without understanding if it is genuine or imagined. Numbness can also develop and linger anywhere from a few minutes to many hours. Because BPD and Narcissism have so many similarities, it is natural to believe that the two diseases may interact. In actuality, there is evidence that BPD and Narcissism are linked. "Even so, that little is learned regarding the impact of pathological Narcissism on BPD patients. Emotional vulnerability and interpersonal dysfunction are thought to be important variables in both BPD and narcissistic personality disorder founder". These are some key details which will be considered in Willy Loman's causal inference.

2.1.2. Narcissism

Narcissism is a behaviourist hypothesis inspired by Greek mythology. Thus, according to Fredrik Artan in Arthur Miller's *Death of a Salesman*, Narcissism and the American Dream. Narcissus was just a young guy who fell back in love with himself after seeing his projection in the sea. The American Psychiatric Association classifies Narcissism as a

mental condition characterized by egoism and intense adoration of oneself. "The narcissistic personality is often defined by their most prevalent traits: an overt and startling sensation of grandiosity, arrogance, insensitivity to others, and rejection of feelings," Artan says of a narcissistic personality (7). In 1914, Sigmund Freud was the first to establish the concept of Narcissism. (Artan .2014.3).

Narcissism has its origins in egoism. According to a translated version of Fonagy P. Freud's on Narcissism: "Self-love is narcissism, and egoism is self-regard exhibited in need for consciousness egoism" (Fonagy.2018.37). Egoism is closely associated with incredibly self-centred people who have a solid need to feed their ego via other people's praise and affection. People with Narcissism have higher levels of desire, according to Freud. "Megalomania and diversion of interest from the exterior world— from people and things— are two essential features of this type of patient." (Ibid. 74).

The objective libido is one of the several classifications of libido. Although libido is associated with pleasure, receiving enjoyment from items and seeing others as objects is a prevalent trait of Narcissism (Ibid. 74-76). It is fascinating to observe how narcissistic people pick their mates based on the numerous kinds of pleasure they wish to experience at any one time. IT can be further examined in light of Willy Loman's position, in which he had more than one spouse at one time in his life. According to American society, the drive to acquire more and more has been transformed into happiness. As a result, someone with much stuff is considered outstanding. As mentioned before, the object-libido is not only related to actual objects but also the object of loveinterest. Megalomania is a term connected to the desire for humans often want to be great (Fonagy.2018. 90).

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Because "the patient's inability for love, stemming from his profound persecutions, inevitably gets in the way of a therapeutic approach of this sort," according to Freud, a narcissist cannot indeed undergo successful therapy (Ibid.101). When such people become parents, they are more challenging to catch on to their Narcissism toward their offspring. Children become their new object of attention in some manner, and as a result, they often feel had to get some in addition from our children. They consider their children as extensions of themselves. Hence they want them to be good, do well, and accomplish things in order for them to feel successful, since they consider they were not just beautiful parents but also unique human beings, and their children are as well.

(Ibid.105-106).

3. Bipolar disorder

Bipolar disorder is a mental disease that can be either chronic or episodic (i.e., it happens at random intervals). It can cause mood, energy, activity, and attention or concentration swings that are irregular and often extreme. Major depressive disorder (MDD) and manic depression (MDD) are terms used to characterize bipolar disease in the past. Everyone experiences ups and downs, but the bipolar disease is different. Mood swings may be rather extreme. During a manic episode, a person may feel excessively happy, impatient, or "up" with increased activity. A person experiencing a depressive episode may feel sad, uninterested, or hopeless and have a reduced level of activity (Gautam.2019.294). Hypomanic episodes are comparable to manic episodes. However, some people are less severe and annoying. In late adolescence or early adulthood, bipolar disorder often develops or begins. Symptoms of bipolar disorder in children might emerge on rare occasions. Even though the symptoms come and go, bipolar disorder is a chronic condition that will not go away. Bipolar disorder is connected to suicide, job loss, and family trouble, but appropriate therapy can help. (Ibid.296).

The symptoms of bipolar illness are varied. People with the bipolar disease might have manic periods, depressed episodes, or "mixed" episodes. A mixed episode has both manic and depressive symptoms. Mood fluctuations might linger for a week or more. Throughout an episode, diagnoses last for the majority of each day. The mood episodes have much power. The intense feelings are coupled with noticeable changes in behaviour, energy, and effort. Some persons with bipolar illness may experience milder symptoms than others (Goodwin, .2012.545). Hypomanic episodes, for instance, might make a person feel fantastic and productive, and individuals may not even realize they are experiencing them. Mood swings and variations in activity levels, on the other hand, may indeed be recognized by family and friends as strange behaviour, and generalized anxiety illness may accompany moderate acute psychotic episodes.

https://www.nimh.nih.gov/health/publications/bipolar-disorder#part_6165

4-Bipolar disorder in Willie Loman

In Arthur Miller's *Death of a Salesman*, Willy Loman's difficulties are mocked. As a result of his bipolar disease, he struggles to live a fulfilling life and presents a chaotic state of mind that badly impacts his family. This unsuccessful salesperson who dreams of the American dream cannot even think for himself, let alone dream. Willy's family, as supportive as they are, has difficulties when Willy is unstable and has mood swings regularly. To make things a bit worse, Willy has delusional beliefs that cause him trouble in his daily life. Willy exhibits the symptoms of bipolar illness in *Death of a Salesman*, establishing. Willy frequently switches back and forth between the past and the present in the play, as seen by the multiple instances in which he lives his past while believing it is taking place in the present. Willy suffers from acute psychotic symptoms, which cause racing thoughts (An EMS Guide...). It reflects the complexity of his bipolar disease, demonstrating that his divergent thinking is beyond his hand, as he imagines "sounds, faces, and voices" swarming around him (Miller.1949. 136).

Type I and type II bipolar disorder can be distinguished. I just need to describe a type I for our purposes, as I believe Willy Loman has type I, not type II or cyclothymic disorder,

based on the severity of his attitude in the play. A person must experience at least one manic episode to diagnose type I. I would want to focus on providing a detailed description of mania since many believe that having great energy and being joyful is synonymous with mania, which is not necessarily the case. The significant traits of mania are as follows:

- Feeling extremely invincible or indestructible, euphoria.
- Taking part in high-risk activities. When it comes to economics, gaming, business transactions, or relationships, committing hasty or costly judgments. Betrayal or drug and alcohol addiction are examples of harmful or foolish sexual actions.
- A manic person will be advised to "slow down" since their ideas fly around so often and talk so fast.
- Sleeping less or simply a few hours each night and getting up energized.
- Interest in formerly uninterested hobbies, including a desire to change job paths or extreme interest in games when you despise exercising.
- Irritability, inability to sit still, and the potential for violence (Baldessarini.2015.15).

Changes in perception, auditory or visual hallucinations, and strange or erroneous beliefs, such as sudden religious fanaticism, are all possible psychotic symptoms during manic episodes. Following mania, depression sets in. Depressed has many indicators of unipolar disease. Symptoms of depression are below:

- Sadness or indifference, a lack of interest in anything.
- Self-esteem issues, a fixation on mistakes, and a belief that you are a burden to your relatives and family
- Failure to focus and impaired memory
- Work, hobbies, and meeting friends have all become uninteresting to you.
- Insomnia or just over
- Appetite modifications

- Thoughts of suicide (Jordan.2010.249).

These lists are not complete, but they should give you a decent idea of the many experiences that people with a bipolar illness go through as they cycle between mania and depression for weeks or months. Mixed episodes are also possible; a combination of mania and sadness is best described as "tired yet energized." Now, not all of this information about bipolar disease was known and diagnosed in the mid-twentieth century. However, Miller would have been aware of this type of mental illness regardless of whether he realized it. Melancholy was regarded as a psychological manifestation of various neural defects by medical authors in ancient Greece in the fifth and fourth centuries BC. While there was a significant emphasis on the diagnosis and detection of mental illness when *Death of a Salesman* was produced, the variations between bipolar and unipolar disorder might be further characterized by Kraepelin and post-Kraepelinian descriptions of the condition. Moreover, while mania and depression have been discussed and depicted in literature, it is doubtful that Miller fully understood what he was doing with Willy Loman before he gave him the qualities he has, purely and simply that Miller was providing him with a utopian as well as far individuality, given to grandiose notions and plunged into insecurity and despair when his needs are not met. Moreover, now I've explained what we mean when we term "bipolar disorder," let us are at the fun: applying this knowledge to the text (Anderson .2012.345).

Willy's conduct evolves, and how he gradually comes to grasp the truth. His mental health continues to deteriorate after he understands he cannot change his fate, and it culminates in his decision to terminate his life to save his family. The play starts with a tour of the set. Miller introduces Willy Loman's impatiently awaiting wife, Linda, and the house. Even though she has a problem with Willy, we see Linda as a very supportive partner who has always been pleasant and caring to him.

Willy's mental breakdown starts when he loses control of his thoughts and becomes easily overwhelmed, even when he is meant to be paying any attention. He claims he went numb while driving and lost track of the number. Numbness is a typical symptom of

borderline personality disorder, as described above. "WILLY: No, it's just me, it's just me, it's just me, it's just me, it's just me, it' I quickly discover I'm traveling at 60 mph and have no recollection of the previous five minutes. I'm having trouble - I can't seem to — focusing on it" (Miller.1949. 9).

In addition, reckless driving might be seen as a kind of self-harm among BPD patients. Willy appears to be aware that something is amiss with him, but he tries to dismiss it by quickly moving on to the next issue without more investigation. He is at the point where he goes from contemplative to frustrated by the concept that he is 60 years old and still needs to travel. <https://www.bartleby.com/essay/Bipolar-Disorder-In-Arthur-Millers-Death-Of-PJYCCYZRT>

After that, he shifts his attention to another topic, becoming frustrated and upset about his son Biff, who has yet to do anything. The ability to be emotionally unstable is a prevalent feature of borderline characters. Willy Loman's ability to go from sad to cheerful to perplexed or even enraged is well-known. His mood fluctuations and his difficulty focusing on one thing are signs of potential confusion, which he appears to be aware of yet unconcerned about resolving. His worry for his kid, Biff, demonstrates his incapability to comprehend and sympathize with people emotionally. "WILLY: Biff Loman is lost," he says, as though he is so self-centred that he does not grasp how others think. A young man with such personal charm gets bogged down in the world's best nation." (Miller.1949.11).

While Linda understands that her kid may not yet have discovered what makes him happy, Willy is unable to comprehend what may have transpired in his son's life to cause him to feel that way. According to the first phase of psychoanalysis, Freud reinforces the concept that forgetting is linked to the patient's more profound ability, or in this instance, inability, to grasp their mind and awareness (Freud.2002.25). The topic of amnesia and its effects on the protagonist will be discussed more below. Willy frequently travels across time in order to clear his head and relax. Both through recreating the situation in a hallucinatory manner and by recalling a recollection. Willy, for example, recalls his old Chevy and seems to derive energy from it. The thought of a pleasant experience with his son Biff improves his

attitude immediately. "WILLY: That is incredible. Do you recall those times? Biff used to simonize the automobile like that?" (Miller.1949.13)

It is strongly related to Sigmund Freud's theory of Narcissism, which states that narcissists seek pleasure from items and seek out ideals that make them feel fabulous and entirely happy as youngsters (Fonagy 2019.78-79). Willy seemed to have dreamed of owning a great automobile, and although he no longer has one, the recollection of driving one keeps him going. Willy's delusions begin as he delves deeper into his thoughts.

According to Freud, hearing voices or speaking with people who are not there is a narcissistic sign (Fonagy.2019.95), and it is also a sign of BPD. Biff, Willy's son, was releasing a trauma when he showed up with a new counterattack.

Biff replies that he stole it when Willy questions where he got it. Willy realizes he took it and asks him to restore it. However, instead of being furious with him for having a homicidal lunatic kid, he encourages him by stating, "Sure, he has had to practice with a genuine ball, doesn't he?" A coach would very certainly applaud you for taking the initiative!" Miller, number 23. This moment reveals a crucial aspect of the protagonist's personality. A narcissistic parent's goal is to produce a perfect child who will obey their parents' wishes and achieve their objectives. Because narcissists see their child as an embodiment of themselves and their legacy, and because they feel their child can never be harmed or confronted by others, they prefer to "hide" their children's misbehaviour from the outside world in some way (Ibid.85).

Willy Loman has a youngster with kleptomaniac inclinations who has the potential to become a crook. Meanwhile, Biff did nothing wrong in Willy's eyes. He does not punish him; simply, he encourages him by claiming that biff is far too good and intelligent to be punished by the coach and that the coach should instead congratulate him as a young man wanting to learn. In most cases, parents would be concerned about their young child's behaviour and would have sought to admonish rather than encourage it immediately. On the other hand, a narcissist would strive to conceal any incidence of their child's misbehaviour

since they can never acknowledge that their child is not good enough or performing correctly. Willy does this all the time, even when he is furious at Biff and accuses him of being lazy; he quickly changes his mind, as though he does not want to acknowledge that his kid may be less than ideal. "WILLY: The issue is, he is a slacker!" "WILLY...There is one thing about Biff - he is not lazy," he remarks after a few phrases. (Miller.1949.11).

According to Paul Roazen's book *Encountering Freud: The Politics and Histories of Psychoanalysis*, one characteristic of patients at risk is their tendency to alter their thoughts frequently (Roazen., 1990.158). As previously said, the suicidal patient may feel highly self-assured and capable of taking control of their lives at one moment and then be quite critical of themselves and disappointed in not achieving what they thought they should. When a narcissist's expectations of oneself are not met, he or she cannot compromise or be satisfied with what they have. They are immediately upset with themselves, believing that they are insufficient (Ibid.189).

The second stage of observing Willy's response to loss is to observe his character issue manifesting itself. He is perplexed now. "WILLY: Next week, I'll kill them. I'm going to Hartford for the weekend. In Hartford, I'm trendy. People don't like me, Linda" (Miller.1949.28). Based on this scenario, we can see that Willy is quite disoriented and uncertain about himself. He frequently boasts about how well he is, only to complain that others ignore him, laugh at him, and fail to recognize or acknowledge him. He oscillates between being loved or disliked, well-known or unknown, and being disregarded regularly. Those traits may be crucial in understanding his personality, particularly his Narcissism and borderline personality disorder. He wants other people to like him, which is a natural desire that all humans have, but this conduct is considered problematic since he has grown obsessed with being loved, to the point that it has affected his thinking and sentiments. Sigmund Freud defines megalomania as a person's preoccupation with becoming outstanding or flawless (Fonagy.2019.90).

We approach a scenario wherein we learn that Willy has a mistress when he begins to feel nervous about himself and his appearances. Linda does everything she can to cheer him up and feel better about himself. "THE WOMAN.... But you have such a great sense of humour, and don't we have a great time together?" (Miller.1949. 30). In such circumstances, Willy's mentality is exposed in two ways. One is that he chose to spend time with just this lady rather than his wife because she provides him with the selfaffirmation he craves more efficiently. It is not to suggest that his wife is not remarkable; it just means that he could seek a different perspective to bolster his ego. As formerly said, a narcissist is well-known for having a huge ego and seeking acceptance. In this aspect, Willy's intention to seduce his wife is clear.

His heightened desire is the second aspect, which may not be as visible. According to Freud, libido is a person's sexual drive, and as it is raised, that person's conduct tends to change. When most people regard the act of making fondness as a loving, caring gesture, a narcissist will regard it as a means of gaining control. Even if they are content with their relationship, they will attract attention from someone else and let their urge to be in charge to take precedence. It is also worth noting that narcissists are drawn to those who can help them achieve their goals. If we pay great attention to Willy Loman's wife's actions, we can observe that she is untrustworthy. He stops her while she is speaking to make it appear as though he does not value her and instead utilizes her to take better care of him. The lady we see him cheating with, but on the other hand, provides him with a different goal, those of the sexual pleasure and the gratification of feeling desirable (Fonagy.2019. 4).

At this point, it is clear that Willy is going insane. When problems arise, it appears that he uses delusions and illusions to distract himself. He travels through time and realizes that his parenting of Biff has always been incorrect, but he refuses to admit it. He starts to think about his younger brother Ben, and he tells Biff and Happy about how his younger brother became wealthy so quickly. Willy's desire to be like Ben, or his wish for his children to be like him, might be the reason for this. If only for a moment, Willy is pleased by Ben's

presence in his thoughts. By paying great attention to his thinking, we can see how he searches out such misconceptions to escape reality.

Willy's perplexity stems from his irrational nightmares concerning his boys, particularly Biff. Willy does not want to listen to Biff when he tries to explain why he believes he intends to live a different, more basic life. On the other hand, Willy is fiercely opposed to this, and although they do not discuss it at the time, he knows Biff desires a new life, and their already fragile relationship worsens. Willy is adamant about not having a child who wants to pursue a different path in life since, as a narcissist, he feels his son's life should be identical to his. He saw Biff as an extension of himself, not a separate person with different goals and aspirations. Biff is so obsessed with the egoistical character that he is willing to lie to his father to make him feel better. "BIFF: He always claimed he'd stake me [with trepidation but perseverance]. I'd like to create my own company. Therefore I will investigate my options." (Miller.1949.51).

One may argue that his family is also unable to cope with his mental breakdown, but on the other hand, we learn more about the protagonist's approach to life in this way.

A narcissistic personality, according to Freud, is challenging to cure. They refuse to let psychoanalysis guide them, preferring to change their situation alone and with where someone loves them and devotes all of their attention to them in a set of circumstances similar to Willy Loman's (Swann.2005.49).

When he can no longer work as a salesperson in the business, he enters the third and final stage. He wants to settle down instead of moving around and being a road salesman, but his employer, Howard, does not seem to agree. It is also when we learn he is not very good at what he does. He becomes enraged and rants at Howard right away. As previously stated, intense and unpredictably angry behaviour is a frequent BPD symptom. When he understands what he has done, he has dissatisfied with himself, and his delusions resurface. "... Frank, Frank, do you recall what you said to me the other day? How you put your hand on my shoulder, and Frank ..." (Miller.1949.64).

5- Conclusion

From Willy Loman's actions, we may deduce that he thought death was the best way to make his family happy. According to Sigmund Freud's work *Mourning and Melancholia*, a melancholy or unhappy person is someone who believes death would cure their issues. This urge is shown as rage, despair, or grief directed at another object with whom the Melancholy identifies. They identify with it to the point that they believe they are that item. It makes people feel as though they must commit suicide to rid themselves of it. It is doubtful that Miller wanted to represent Willy as bipolar, or if he did, he lacked a term for Willy's illness. Regardless, I feel that this reading of *Death of a Salesman* is good in terms of increasing our empathy for and understanding of Loman's mentality and functioning as a horrifying case scenario for untreated bipolar disorder.

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