

# Psychological Approach in Daryl Wayne Flint's Psychopathic Disorder in Carla Norton's *Hunted*

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## ABSTRACT

The study, entitled Daryl Wayne Flint's Psychopathic Disorder in Carla Norton's *Hunted*, studies the main character Daryl Wayne Flint who has various abnormal characteristics. The study aims to provide further information about psychopathic disorders. This research broadly explains the paradigm, causes, and effects of psychopathic disorder using a qualitative descriptive method combined with a psychological approach. The findings of Flint's symptoms are narcissistic, antisocial, aggressive sadism, and a strong paranoia orientation. The underlying cause for this disorder is started from childhood trauma and the environment that causes a lack of sympathy, negative internal states, and bad repetitive behavior. Flint also causes severe negative effects on his surroundings, including excessive sadistic aggression and long-term trauma for the survivors. Based on the findings above, Flint is a positive psychopathic disorder by showing a tendency for repetitive destructive behavior.

**Keywords:** *Psychopathic Disorder, Symptoms, Repetitive Behavior, Trauma, Characteristics*

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## 1. INTRODUCTION

Humans are the most perfect God creatures in the world. According to Elizabeth et al. (2020:749-770), Some variations of the componential displays of emotion, which are described as a condition characterised by completely organised changes in five elements: feeling; changes in personal experience, cognition; focused and inferential procedures action; changes in a preference for or the implementation of specific reactions, expression; facial and vocal physical appearance, expression; physical appearance, and physiological processes. It is still being debated why they can be different, but the clear differences are that humans have the best mental ability, mind, sense, and cognitive skill over everything. They can change along based on their socialization environment. Characteristics, habits, and ways of thinking of every human can be completely different. Therefore, some personality disorders in humans can occur.

One of the personality disorders that is often discussed is psychopathic disorder, a disorder that has a default mode network, lying and dishonesty, encouragement, identifying emotions material, moral issues, and impartial. The phrase default mode network refers to a network of interconnected brain areas whose activity declines during ambitious tasks. The normal operation of the default mode network is associated to self-referential, affective, and moral cognitive skills (Johanson, 2020:03). These characteristics cause some sufferers to commit crimes continuously due to limited logic. However, not all perpetrators of criminal cases are referred to people with psychopathic disorders. Several tests are carried out to find out whether the perpetrators have psychopathic disorders or not. In 2022 Matt Delisi et al. (2022:05) gathered data from a sample of 636 Californians who were criticised to death for murders they conducted. The Psychopathy Checklist-Revised (PCL-R) instrument was applied to determine this, and one-third of the population in question was categorised as clinically

psychopathic with a total PCL-R score of 30 or above. This highlights the reality that not all offenders have psychopathic disorders.

This psychopathic disorder is also discussed in one of the New York Times best seller novels *Hunted*, by Carla Norton. *Hunted* describes a person named Daryl Wayne Flint. He is a prisoner of the mental hospital at Olshaker Psychiatric Hospital and one of his plans is to escape. Daryl Wayne Flint tries to escape with his connections, armed with the code he has designed and prepared various materials. Dr. Moody, the psychiatrist who works to treat Daryl Wayne Flint, becomes his first target in temporary supplies such as money, a car, food and documents regarding his main target, Reeve. Daryl Wayne Flint is also assisted by his uncle who is a businessman to carry out several actions outside the prison such as killing, kidnapping and disguise. However, all of his plans are not implemented as easily as Flint thought. He must keep running from the police.

The writer is interested in examining more deeply the character of Daryl Wayne Flint, who is stated to be a patient in a mental hospital. The writer wants to dig further into Daryl Wayne Flint's behaviors, what caused him to become a different person, the symptoms discovered, and the effects that occurred with a different perspective of research. In fact, the mistreatment of Daryl Wayne Flint's personality disorder can also be examined from a different perspective to determine the outcome of a psychopathic disorder.

## **2. METHOD**

This research focuses on the main character, Daryl Wayne Flint, who has symptoms of psychopathic disorder in Carla Norton's *Hunted*. The discussion is limited to analyze how Daryl Wayne Flint's psychopathic disorder is described, what are the causes and effects of Daryl Wayne Flint's psychopathic disorder. According to Willis et al (2016:1185) the descriptive qualitative approach is used to identify and understand people's experiences, ideas, and perspectives on specific appearances via the phenomena in a more comprehensive way in order to gain extensive understanding about the concepts. The phenomena creates several points, which are gathered through quotations from various individuals, such as the victim's confession, police statements, and Daryl Wayne Flint's personal perspective.

This research also use psychological approach to examine the main character Daryl Wayne Flint from a psychological lens. According to Nandana (2022:4594), psychology and literature simultaneously revolve around areas consisting in human desire, conflict among individuals, human emotions, and other comparable subjects. The psychological approach takes consideration of all extrinsics elements of literature, in order to be used as a bridge for information that can be interpreted through various events presented by the main or side characters. This method may be used to explain the precise causes of the traits and bad habits that Daryl Wayne Flint developed, which were greatly impacted by his immediate environment.

## **3. RESULT AND DISCUSSION**

### **3.1 Daryl Wayne Flint's Psychopathic Disorder**

Daryl Wayne Flint is a prisoner at Olshaker Psychiatric Hospital for many years. He has detained for his crimes in kidnapping his victim, Reeve, for four years. While prisoned in the hospital, he prepares and memorizes all the guard's routines and prisoners' activities. On certain days that prisoners get their rights. He begins his plans to escape. He uses several methods and one of his plan first is showing symptoms of narcissism, the sufferers of narcissistic usually experience narcissistic personality disorder. Narcissists think they are superior while continuing to depend on and manipulate others to acquire attention and gratitude; this is known as narcissist supply (Giacomo, 2023:03), which shows

how he works alone with his superiority and self-centeredness in mastering the basketball court at the hospital.

Flint ignores the comment and struts across the damp grass toward the asphalt basketball court. Exactly at center court, he stops, opens his arms wide, and starts a slow spin. The familiar scenes flash past, the parking lot, the cafeteria windows, the blank wall, iron girded windows of the warden's corner office, the lawn extending to the fence, the woods beyond, and what's this? A wink of light from between the trees. He wishes he could stop and study but must continue his rotations. (Norton, 2016:11)

In his first plan, Flint is careful to capitalize on the opinion of people who thought that someone with a mental illness is crazy and doing everything individually. Flint attempts to memorize his escape route by frequently performing a spinning in the middle of the basketball court during sports hours to avoid suspicion. Flint does this repeatedly, the other prisoners who see him take over the basketball court often get annoyed and try to throw him out, but Flint does not care. Flint also suffering from antisocial behaviour. According to Marzili et al (2021:01) an antisocial disorder is defined as a chronic habit of disrespecting or violating the rights of others, frequently without exhibiting concern for their emotions. Specific diagnostic criteria for antisocial behavior include a list of seven indicators that are both behavior- and personality-focused, such as impulsivity, persistent irresponsibility, irritability and aggression, and lack of regret for harming, abusing, or stealing from another. Flint can has several charm advantages that make him more trustworthy and perfectly adapt to his surroundings.

"He's been on medication for years. I do not understand how a patient who is not fully functioning, and who is certainly not hard to identify, could be allowed to simply walk away. His beard alone-". "He shaved, goddammit!" Dr. Blume shouts. "Or, to be more precise, he killed the barber who did it for him." Noticing that other diners are casting disapproving glances in his direction, Dr. Moody forces himself to pause and lower his voice. "Have you alerted the sheriff?" (Norton, 2016:44)

From the sentence above, after Dr. Moody hears the news about Flint's escape, he goes to his house. After he makes sure he locks the door, he enters the house without the slightest suspicion. Suddenly Flint shows himself and grins. He tries to applying psychological pressure and implies the meaning of power position to Dr. Moody who is surprised by the uninvited guest. He wants to show pressure exerted that he takes over control of his psychiatry. Flint's favorite refers to being dominant over other people. His ego must be given special attention. Flint's antisocial symptoms always make him more enthusiastic about showing his power to his psychiatrist. Dr. Moody tries to distract Flint by offering him alcohol. He thinks that Flint still has a strong symptom of paranoia that makes him always need guidance and protection from someone he thinks has power. According to Bird et al (2019:1134) negative emotions, anxiety, unfavorable self-perceptions, sleep problems, and safety-seeking activities are all symptoms of paranoia in adults. Negative social experiences have a bigger impact on the probability for persecutory perceives to spread. Dr. Moody wants to take advantage of this symptom by diverting his attention, trying to offer any help he can to Flint, who looks aimless.

Dr. Moody then led him downstairs, through the basement, to a door at the back. It was a cold room with a musty smell. Flint stood back and whistled, "That's a nice selection of wine, Terrance. How many bottles have you got there?". "Nearly four hundred, I believe." Dr. Moody faced the racks, lifted a hand and asked, "What would you prefer? Red or white?" Flint shot him in reply. (Norton, 2016:65)

According to the symptoms of psychopathic disorders that often appear in Flint, he can easily do something outside the norm. The lack of empathy and different ways of thinking makes Flint never question his actions. He brutally shoots Dr. Moody in his head. He is feeling tired of playing around. Without feeling guilty, he examines the body that is starting filled with his blood. After making sure Dr. Moody is dead, he continues his plan. Flint takes all the money from his savings, depletes his food supply, and messes up his house. Flint tries to search for information about his favorite victim, Reeve, through Dr. Moody's computer and takes some points that he can use later.

### **3.1.1 The Cause of Daryl Wayne Flint's Psychopathic Disorder**

Trauma is the main factor in causing many side effects that can be visible from different perspectives. It recreates an extremely contribution what Flint does in his current life. His trauma caused Flint's behavior to be some symptoms narcissistic, antisocial, sadistic aggression, and strong paranoia orientation. These symptoms also happen because of the feeling of paranoia that often comes and gives little whispers to him about things that are forbidden. Oddly enough, these little whispers lead Flint to be prisoned in the Olshaker Mental Hospital for treatment rather than punishment. Prosecutors argued at the trial that Flint's trauma could disappear with a psychiatrist that expertly able to handle and manage in Flint every treatment session. The sentence below describes the judgment of Flint.

“A fluke. Right. So anyway, Flint had a closed head-injury, some kind of post-concussive syndrome, and after he was sentenced, the DOJ decided that Olshaker was the only suitable institution for someone with his mental problems” (Norton, 2016:95)

However, the post-concussive in the sentence above is not the main cause of Flint's can acts of violence to others. The post-concussive is not necessarily a reason that underlies Flint's trauma. Trauma forms because of frightening treatment that occurs repeatedly. He suffers these symptoms based on childhood trauma that forms him into a hard and numb person. Flint's behavior which often shows abnormalities outside the social norm, is described as revenge for his childhood when he cannot do anything when facing his problems in the past. This behavior quickly turns into his standardization, which he believes is his principal. It is important to investigate the cognitive processes of Flint, who experienced this symptom. The psychiatrist tries to examine Flint and investigates more into his brain. His psychiatrist concludes and labels Flint, not a dangerous person. The quote that follows further supports this.

The sun disappears behind the clouds, and a cold wind whips Flint's hair across his face as he continues his walk. No one pays any attention. He's the repetitive inmate with post-concussive syndrome who never causes problems. “Mentally disordered, with frontal lobe dysfunction, obsessive tendencies. Antisocial behavioural problems that render him unsuitable for incarceration in the state penitentiary,” his psychiatrist had said. (Norton, 2016:15)

Flint's psychiatrist, Dr. Moody, confidently determines that Flint's obsessive preoccupation will not cause him to commit violence despite Flint's discoveries the source of his obsession. He develops a diagnosis after identifying one of his antisocial symptoms. Dr. Moody solely considers Flint to be a traumatic accident victim. He also thinks that Flint's extreme obsession leads to what he does to Reeve. He thinks Flint may stop breaking the law if this obsession is to get the right treatments. Because of this opinion, it is conceivable that Flint diagnose as a low-danger prisoner. As a side effect, Flint is unlikely to approach therapy measures with genuine enthusiasm or desire to change; instead, he may merely see it as a chance to obtain knowledge for his manipulative strategies.

### **3.1.2 The Environment**

Flint characteristics also form perfectly when he finds a role model that supports all of his obsession. Walter Wertz, who also has similar symptoms, such as antisocial and sadistic aggression, is a great contributor that underlie the formation of Flint's characteristics. But Wertz is different from Donald Flint. Donald is more inclined to torture Flint physically and mentally, while Wertz guides him and provides sufficient supplies to satisfy Flint's desires. Flint is only 13 years old and has a great sense of new knowledge. His curiosity becomes a supporter in learning something. Wertz also does things outside of social norms, such as kidnap, killing, or torture until the victim is dead, becomes a role model for him. Environmental effects recreate a major role in underlying his reason to do every violate thing when he grows up as an adult. Wertz's teaching of behavior and decisions are perfectly adopted by Flint. He smartly and swiftly imitates Wertz. He hopes to become Wertz's partner and is always involved in his every devised plan. For years he lives under Wertz's supervision, and Flint becomes a reliable partner. The professional Flint because of Wertz's treatment is reinforced in the quote below.

Wertz treated him differently after that, like he was testing him or something, giving him tasks. But Daryl didn't mind. He knew he'd have to jump through a few hoops if he wanted to team up with someone like Walter Wertz. Getting rid of his brute of a father was a bonus. As Daryl matured, Wertz gave him more responsibility, and they honored their complementary talents. Daryl was good at improvising, while Wertz was always methodical. (Norton, 2016:341)

Flint, who lives with his mother at that time, try to kidnap and bring Reeve to his house. He keeps Reeve in his basement for years. His mother, who frequently gets torments from Donald and has freedom, chose to stay out of any trouble. Flint's mother does not report this to the authorities. Nor does she remind Flint what he is doing is wrong. She does not help Reeve or even talk to her. His mother's actions showed indirect support for Flint. When his mother was silent, it always stimulated Flint to think that what he does is normal and acceptable. He even assumes Reeve is just Flint's girlfriend. Flint's mother's support is implicitly mentioned in the conversation when she meets Reeve again.

Surprised, Reeve is trying to digest this when Mrs. Pratt continues, "But it wasn't so bad, was it, really? It made you famous, didn't it? I've seen you on TV. You're quite the little celebrity, aren't you?" The Floor seems to tilt. "Anyway, let's face it, plenty of girls have trouble with men." Still smiling, she seems to be speaking to the ice cubes clinking in her glass. "So what? It happens. You get over it." Their eyes meet, and something churns in Reeve's stomach. "After all, just look at you. Young and pretty." Mrs. Pratt's eyes sparkle with malice. "You've recovered all right, haven't you? You seem just fine to me." (Norton, 2016:314)

From the quote above, Mrs. Pratt shows more pride in what her son is doing for Reeve. She supposed proud when she saw that Reeve could grow normally after going through all those times. She does not even show any guilt or apology for what happened. Mrs. Pratt knows it all, knowing every day is a nightmare for Reeve. But she still rejects all guilt. She considers Reeve to be Flint's toy and refuses to consider the matter serious. She assumes that Flint brings Reeve good luck as well. She does not go to scold or protest because what she knows, for now, they both have the same advantage. Mrs. Pratt also shows the same symptoms as Flint. She easily twists facts and makes Reeve feel small. It shows manipulative symptoms to encourage Reeve to feel grateful to have satisfied Flint. His characteristic show that Flint's behavior is because his traumatic and his environmental factors.

### **3.2 The Effect of Daryl Wayne Flint's Psychopathic Disorder**

#### **3.2.1 Sadistic Aggression**

Flint describes in detail as having significant sadistic aggression. He easily takes other people's lives to his advantage while remaining fearless. According to Robertson & Knight (2014:2) the individuals who are characterized as sadistic are all sexual offenders who have exhibited non-consensual sadistic craves or reactions. Sadism becomes a bridge to create their aggression, emphasizing the superiority and bait they create. This expression of aggression frequently found without any purpose, is contrasted with the antisocial personality repertoire, which is reflected in the predominance of parasitic and manipulative behavior that is concerned with personal gain without regard for the concerns of others. After Flint successfully using the barber as an excuse for his disguise and escaping from the Olshaker mental hospital, Flint begins to make trouble with the various authorities. His behavior has a huge effect as Flint carelessly starts killing people one by one for his purposes, and it repeats. The psychiatrist, Dr. Moody, also becomes one of his victims.

Using both hands, he lifts out the bundles of cash and gold coins and places them on the desk. Then he lowers himself into the soft leather chair while savoring one final memory: in a nice trick of light, Dr. Terrance Moody's pooling blood had looked dark as wine. (Norton, 2016:66)

In the quote above, the sentence implicitly explains the murder that Flint commits against his psychiatrist. Flint will never show guilt in his actions because he kills other people to his personal satisfaction. Flint's characteristic shows evidence that he never thought about any consequences that would occur in the future because of his behavior. Flint does not seem to be able to learn from punishment and is driven only by his immediate demands without regard for the future. Drivers from the previous sentence described Flint as someone who does repetitive behavior. His habits were detrimental not only to the victim's family but to the detriment of innocent people, too. They must die at the hands of criminals like him. The number of victims described implicitly is also indicated in the sentence below.

Flint smiles at this thought, refocuses the binoculars, and stares intently, because there she is, his own little cricket. Her skin is lovely, even at this distance. He likes the red hair. Next to her is another woman, taller, with long black hair, wearing a vest with 'FBI' in bold print. Reggie grabs the woman's elbow and points. And Flint can practically hear her say, "Look there," as she points at where another girl is buried. (Norton, 2016:342)

Although the quote above does not show an exact number, the sentence can show the many of Flint's victims using between the lines. Because in the previous point, they are described as digging, when Reeve shows a gesture as pointing somewhere, it means that more than one victim is buried. This reinforces the damage caused by Flint's obsession. Flint can do things that are prohibited by law. This is also based on the trauma that is instilled by his father since childhood. His trauma gives rise to the perception that what he is doing is the right thing to do and totally acceptable. From the various kinds of murders that Flint committed consciously, it is clear evidence that what he does is detrimental to various parties.

### **3.2.2 Victim's Trauma**

Flint also gives side effects such as traumatizing his longest victim, Reeve, who lived under Flint torment in his basement for years. Reeve, who manages to get her life back, does not easily become a free human being. When she gets the news from the police about Flint's escape, her life, which was starting to get better, makes her feel fear and insecurity again because of her old captor. Reeve's relapsing insecurity is described in the sentence below.

Reeve is shaking with emotion. She says good-bye to Poe and takes several deep breaths, trying to process this news. With effort, she regains her composure and returns the call from the



district attorney's office. A man with a reedy voice tries to gently break it to her that Flint has escaped. She listens intently, hoping for something encouraging, but hears little more than what Poe has just told her. (Norton, 2016:39)

Reeve, when she hears about Flint escaping from the mental hospital that has holding him for seven years, makes her scared and confused. In her mind, she wants to run and save herself even though he has not even met Flint in person. Memories of the past make her feel horrified to return to these times. The trauma she has tried to heal for the past few years, and she tries to accept it with a heavy heart, makes her feel a sense of insecurity, which makes her feel very, very tormented again. Her fear is also explained in the sentence below.

Of course, she never expected her kidnapper to walk the earth again, rising up like some undead creature in a bad horror flick. She tells herself to get a grip. Dr. Lerner is out of reach, and she needs to buck up and cope with Flint's escape on her own. Do something. Go for a run. It's the best she can come up with. Bet then she looks around and realizes she hasn't brought a bag. No way she's going running in those shoes from last night. (Norton, 2016:54)

Reeve, that is the only victim left alive by Flint, often experiences panic attacks, fear, and anxiety which leads her to experience bad sleep. She experiences repetitive nightmares every night after hearing the news that Flint is free and unattended. Her nightmares are not coincidental, considering how long she spends her life under Flint's torture, making her always feel the pain and the severity of threats that makes her afraid to die in her old captor. Not many people survive from psychopathic disorders that cause brutal acts against the victim. When Reeve decides to help the police using all of her traumatic experiences, it has a new impact on the victims. Flint's brutality towards Reeve in his earlier torments is explicitly proven by Reeve's great decision to help the authorities. Reeve has a great struggle within herself over the years, more than most people can believe. This reinforces Reeve's desire to accept responsibility and try to stop Flint's bad behavior. Reeve is the only significant victim who is able to overcome her phobia of being a victim of psychopathic disorder.

#### **4. CONCLUSION**

The study, Daryl Wayne Flint's Psychopathic Disorder in Carla Norton's Hunted, describes the characteristics of the main character Flint. He spends years as a patient at Olshaker Psychiatric Hospital after being detained for his crimes in the kidnapping and abduction of a girl. He is a psychopath who has a lack of empathy, indifference, an excessive obsession, and other undesirable conduct that supports his characteristics in committing dangerous behaviors outside of the parameters applicable regulations. As a consequence, Flint exhibits several undesirable traits including narcissism, antisocial, sadism aggression, and strong paranoia orientation. Based on findings about Flint's personality, it determines that several components formed the primary cause of Flint's inappropriate behaviors. First, his childhood memories contribute substantially to his early characteristics that lead him to have trauma. Flint also gets some support from his surroundings. For example, his mother, Mrs. Pratt, does nothing when he commits a crime. Mrs. Pratt deliberately closed her eyes and refused to care about what Flint is doing to those around him. Basic emotional controls relating to empathy may be immediately conquered which causes Flint to have a significant obsession concerning repetitive bad tendencies. Flint is violently more focused on gaining personal gratification by exploiting and dominance over others. Flint is labeled as a deadly predator due to his terrible habits. His actions caused several negative effects for the surroundings. From the findings above, Flint is indicated as someone who suffers a psychopathic disorder due to his bad behavior.

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