

## **Chapter II**

# **Structure Factual, Post-traumatic Stress Disorder, and Psychology**

In this chapter, the writer would like to present some of previous study from another thesis, from the theories of literatures, structures of novel which include intrinsic elements, to the theories of psychology literature particularly regarding post-traumatic stress disorder, symptoms and factors of post-traumatic stress disorder. At the end of the chapter, there also description regards to Eka Kurniawan's biography and the synopsis of "*Seperti Dendam, Rindu Harus Dibayar Tuntas*"

### **2.1 Previous Research**

In his thesis titled "*An Analysis of Hannah Baker's Post-Traumatic Stress Disorder (PTSD) in Jay Asher's Novel Thirteen Reasons Why*", Maulana (2021) from University of Sumatera Utara initiated the first study. This research examines the impact of the symptoms and factors of post-traumatic stress disorder on Hannah Baker's character and life in *Thirteen Reasons Why*. The investigator posed two questions: What symptoms of post-traumatic stress disorder does Hannah exhibit in the novel *Thirteen Reasons Why*? What contributing factors to Hannah's post-traumatic disorder are depicted in the novel *Thirteen Reasons Why*? To accomplish these objectives, researchers analyze literary criticism from a psychological perspective. It emphasizes literary analysis, such as the description, analysis, and interpretation of literary works. The primary source of data for this study is Jay Asher's *Thirteen Reasons Why*. Researchers utilize a psychological approach, focusing

specifically on post-traumatic stress disorder symptoms and contributing factors.

The second study was conducted by Mufied (2016) of the Maulana Malik Ibrahim state Islamic University for his thesis entitled "*Post-Traumatic Stress Disorder Sustained by Katie in Nicholas Sparks' Safe Heaven.*" Katie exhibited two symptoms of post-traumatic stress disorder, as determined by the researcher. These are symptoms of re-experiencing and avoidance. Her psyche is influenced by her memories of the past, and she avoids situations and people that trigger flashbacks to the past. The second finding of the study is that Katie's post-traumatic stress disorder was caused by the psychological effects of her traumatic memories and marital violence. The third finding of the study is that Katie's post-traumatic stress disorder resulted in altered emotions and behaviors. Post-traumatic stress disorder has caused a change in her emotions, causing her to experience anxiety and sorrow. In addition, her altered behavior causes her to become a person who withdraws from society.

The third research is Sulaeman's (2014) thesis titled "*The Analysis of Trauma in Staub's Novel Scared to Death*" from State Islamic University of Alauddin Makassar. In this study, the author discovered that the novel "Scared to Death" by Wendy Coursi Staub depicts post-traumatic stress disorder symptoms, such as intrusive, avoidance, and arousal symptoms, experienced differently by two primary characters. Elsa's intrusive symptoms are more prominent than her avoidance and arousal symptoms, while Maris's arousal symptoms are more prominent. The author also discovered the means of

character recovery from post-traumatic stress disorder as depicted in the novel, including reasonable mastery, compassionate attachments to others, and a meaningful purpose in life as they mature into ideal mothers. Elsa employs all of them, whereas Marin employs only two: a caring attachment to others and a purposeful existence. However, every individual with post-traumatic stress disorder will experience its symptoms and treatments differently.

The objective of Dewiana's (2011, Universitas Diponegoro) thesis, "*Analysis of Trauma and Revenge of Hannibal Lecter on Hannibal Rising by Thomas Harris,*" is to describe the psychological transformation of an innocent child named Hannibal Lecter who becomes a psychopath. The author employs an approach centered on characters and conflict. The author also employs a psychological approach in accordance with Sigmund Freud's The Personality Theory of Psychoanalysis. The result of the analysis indicates that if a person with an unstable personality is pushed to the breaking point, it can alter his personality and provoke destructive behavior.

Fifth, Outka (2011) from University of Richmond in her thesis entitled "*Trauma and Twmporal Hybridity in Arundhati Roy's The God of Small Things*" the writer found a theory "hybridity" from postcolonial theory deliberately that concern issues of colonization and the post-indepedence period. The traumatic events experienced by an Indian family living in Ayemenem during a two-week period in 1969. The family includes Mammachi, her two grown children, Ammu and Chacko, who are both divorced, The twin children of seven-year-old Ammu are a daughter, Rahel,

and a son, Estha. During these two weeks, Estha is raped by a stranger, Chacko's half-English daughter Sophie arrives from America only to perish by accident, and Ammu has an affair with an untouchable employee, Velutha. The barbaric beating of Velutha by a group of police officers, which occurs in front of the twins and results in his death.

Based on previous research above the writer concluded that each of them used different theories and different object but use same causes of PTSD. Maulana (2021) focused on trauma and cause factor of PTSD and this research analyzed the character behaviors and mental phenomena about post-traumatic disorder (PTSD) based on the theory from Robin Roseburg in his book entitled *Abnormal Psychology* (2011). Abdul (2016) focused on the symptoms of PTSD and causes of PTSD, this research views the topic investigated based on theory of Gerald C. Davison. Last is Sulaeman (2014) focused on 2 characters in that novel to face PTSD based on theory of Flannery. They found some impacts of trauma, trauma cause, and the way to heal it. while the writers used a psychological approach and focus on Post-Traumatic Stress Disorder based on theory of Flannery.

## **2.2 Psychology and Literature**

Literature is the manifestation of human intellect. It can be influenced by the author's environment and may even reflect the author's manner of life. The majority of people believe that literary works are reflections of human life. In other words, authors use literary works to convey how they feel, what they observe, and the

challenges they face in human social life. People are familiar with written literary works, such as novels, poems, and plays (Sangidu, 2004:2).

The term "piece of art" also applies to literature. Literary works are typically the result of the authors' imagination. They are organized according to the writers' writing style because they are free to do so in their works. It gives literary works an artistic purpose and makes them distinctive. Because of this, literature is usually admired by readers who are interested in the aesthetic aspect and find the intriguing themes. There are many messages in those works, but you can typically understand them through reading and understanding the works. It can't be immediately and easily caught. Even, the style of the authors itself in writing should be understood so the main theme and important information can be found by the readers. It is about the background of the writer and the setting of place and time that should be known to support the comprehension of certain works.

Psychology and literature have an intricate relationship with human existence. Both are concerned with human behavior, language, intellect, and motivation. Kartono defines psychology as the study of human behavior (1980:94; Kartono). "Psychology is the scientific study of behavior, both externally observable action and internal thought (Wortman et al., 1999:4)." Like psychology, literature, particularly the novel, has a connection to human existence. Novels are works of art with intrinsic value.

This is the writer's expression and sense of encouragement. Relationships exist between novels and actual life. Typically, authors use

real-world occurrences to express their emotions in fiction. Since the novel is a representation or reflection of reality, psychology has a close relationship with the novel. Using psychology, one can gain a deeper understanding of the novel's message, characters, and other elements. Psychology can assist in illuminating the causes of character behavior. It reveals the fundamentals of human motivation and behavior (Guerin, 1979:1).

According to Endraswara (2011:96), there are three ways to do a psychological criticism analysis in literature. First, the subject of the analysis can be the writer's psychological condition when they create a literary work. Secondly to analyze the psychological conditions of the characters in literary work. The last one is about the reader's psychological conditions while reading the literary works.

### **2.3 Structures of Novel**

The novel is one of the literary works that is built by elements which is broadly divided into two parts, namely (1) intrinsic elements and (2) extrinsic elements. Extrinsic elements are elements from outside a story influence the contents of the literary work, for example economic, political, social and etc. Intrinsic elements are elements that build the story from within above himself. For example, characters, plot, setting and center of the story.

According to Sumardjo (1991:54), the structure of literary works (fiction) consists of plot, characterization, theme, setting, and message as the most important and dominant elements in constructing literary works (fiction). Intrinsic elements are the building blocks of a literary work. These

elements establish it as a literary work; they are elements that people will encounter when reading literary works. The intrinsic elements of a novel are the elements that directly contribute to it, as well as the stories that create cohesion between the various intrinsic elements to create a novel with substance. In this study, only the author's (intrinsic) elements, such as plot and character, that are directly relevant to the research will be discussed.

### **2.3.1 Plot**

According to Stanton (2012:28), plot is a series of events in a story. The term plot is usually limited to causally connected events only. Causal events are events that cause the impact of various other events and cannot be ignored because they will affect the entire work. Causal events are not limited to physical matters such as utterances and actions, but also include changes in the character's attitude, flashes of his views, decisions, and everything that becomes the modifying variable within him.

The plot is the backbone of the story, in contrast to other elements, the plot can prove itself even though it is rarely discussed at length in an analysis. A story will never be fully understood without an understanding of the events that link the plot, causality, and influence. As well as other elements, the plot has its own laws, the plot should have a real, convincing and logical beginning, middle and end, can create various surprises, raises and ends tensions.

### 2.3.2 Characters

Characters are typically employed in two contexts, per Stanton (2012:33). In the first context, characters refer to individuals who appear in a narrative, such as when someone inquires about the number of characters. Every author desires his readers to correctly interpret every character's motivations. However, no single author can accomplish this feat. Typically, our initial impression of a character is unimpressive or inaccurate. We have a tendency to reduce these characters to certain archetypes with which we are familiar.

Characterization is the mental, moral, and ethical traits that distinguish a person from others. Character can also be understood as possessing a personality and a character. The emphasis of Kamisa's definition of character is on the diversity of each individual's character, because each character is formed through a unique life experience. (Kamisa, 1997, page 29)

This is not a significant issue unless we maintain our initial position (first impression). An experienced reader will typically hold off on forming an opinion about a particular character, remaining receptive to new clues that could enrich his judgment, until he can reach a conclusion based on all the evidence gathered and observed. An experienced reader is also aware that interpretation errors are very likely to occur unless the story is read



multiple times. Even the interpretation of the characters' names can yield evidence. The context of both characters refers to the ostensible blending of their respective interests, impulses, emotions, and moral principles.

### **2.3.3 Setting**

The setting is the environment that surrounds and interacts with an event in the story universe. In addition to specific times (day, month, and year), weather, and historical eras, a setting can take the form of specific dates (day, month, and year), weather conditions, and historical eras. Typically, a location is described with descriptive sentences. It can be seen in various stories that the setting has the ability to reveal the character's emotional tone and temperament (Robert Stanton, 2012:35).

## **2.4 Post-Traumatic Stress Disorder (PTSD)**

Post-traumatic stress disorder (PTSD) is induced by traumatic experiences, such as serious accidents or injuries, assault or abuse, combat experience, exposure to terrorism, or substantial emotional loss (O'Doherty, 2017; Kessler, 1995). Historically, PTSD was seen as a psychological disorder associated with military combat veterans and labeled accordingly as “shell shock” or “battle fatigue” (McFarlane, 2010; Friedman, 2016; Monson et, 2009). However, in the last twenty

years, researchers have increasingly demonstrated that PTSD can stem from non-combat experiences as well (Kubzansky, 2014; Friedman, 2016), and that, in addition to psychological effects, PTSD causes physical changes to the brain structure that have extensive impacts on overall health (Kubzansky et al., 2014; Bremner et al., 2003, Rosen & Fields, 1988). Reductions in the brain areas of PTSD victims, including the frontal lobe, gray matter, and hippocampus are associated with impairments in learning, concentration, memory, cardiovascular disease and cardiometabolic disease. (Bremner et al., 2003; O'Doherty et al., 2017). These notable reductions indicate that PTSD is a physical injury that can lead to wholebody consequences.

Post-traumatic stress disorder (PTSD) is one of the few mental disorders in which the cause is readily identifiable. According to Robin (2012:314), PTSD is a disorder in which a person who has directly experienced a traumatic event develops a characteristic set of symptoms. The person with PTSD might experience or witness an event that involved actual or threatened death, serious injury, or sexual violation. People who experience a traumatic event go on to develop stress followed by the person's response to the events involved intense fear, helplessness, or horror.

People that suffered from PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through

flashbacks or nightmares; they may feel sadness, fear, or anger and they may feel disconnected or detached socially from society and other people. People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch. Once PTSD develops, symptoms are relatively chronic. In one study of people diagnosed with PTSD, about half continued to experience diagnosable symptoms when interviewed several years later (Perkonig et al., 2005). These impacts intensify until the person is overwhelmed and gets disfunction.

According to Galea (2005: 78), Post-traumatic stress disorder (PTSD) is the most studied, most prevalent, and most debilitating psychological disorder following traumatic events and disasters. According to Herrmann (2012:2), posttraumatic stress disorder (PTSD) is an anxiety disorder that can develop after exposure to a potentially life-threatening event and is primarily characterized by re-experiencing the traumatic event, nervous hyperarousal, and avoidance of trauma-related stimuli.

On the basis of the preceding description, it can be concluded that post-traumatic stress disorder is a disorder that develops within a person following a terrible traumatic experience. This is due to the occurrence of traumatic events such as rape, violence, familial death, and kidnapping. It can have a significant physical and psychological

effect on a person. The symptoms of post-traumatic stress disorder include nightmares, flashbacks, avoiding activities, places, thoughts, or emotions that remind them of the trauma, and anxiety. It may appear as though you will never recover from the event or feel normal again.

## 2.5 Symptoms of Post-Traumatic Stress Disorder (PTSD)

According to Davidson in (Etten and Taylor, 1989:126) Post-traumatic stress disorder (PTSD) is characterized by three clusters of symptoms, which arise after the person is exposed to a traumatic stressor.

The clusters are:

- a) Recurrent re-experiencing of the traumatic event (e.g. flashbacks, nightmares, intrusive thoughts)
- b) Avoidance of trauma-related stimuli and numbing of general responsiveness.
- c) Persistent hyper-arousal (e.g. hyper-vigilance, exaggerated startle response)

According to Flanery (1999:78), everyone experiences PTSD differently; there are three main types of symptoms:

- a. Intrusive Symptoms
  1. Persistent re-experiencing of the event in images, thoughts, recollections, daydreams, and nightmares.
  2. Acting and feeling as if re-living the event.
  3. Distress in the presence of symbolic reminders.
- b. Avoidance Symptoms
  1. Avoiding places and thoughts symbolic of the trauma
  2. Problems in recalling the event
  3. Loss of interest in important activities
  4. Restricted emotions

5. Sense of foreshortened future

b. Arousal Symptoms

1. Hypervigilance
2. Exaggerated startle response
3. Sleep disturbance
4. Difficulty concentrating
5. Irritability or angry outburst

The author concludes, based on the aforementioned symptoms, that everyone with post-traumatic stress disorder will experience three symptoms: intrusive, avoidance, and arousal symptoms. Images, thoughts, recollections, daydreams, and nightmares are persistent manifestations of intrusive symptoms. Victims may act or feel as if they are reliving the traumatic events, and may experience extreme distress when reminded of the trauma. Symptoms of avoidance include avoiding places and thoughts associated with the trauma, difficulties in recalling the event, a marked loss of interest in other significant aspects of one's life, restricted emotions, and a sense of a limited future. Arousal symptoms include sleep disturbances, hypervigilance, an exaggerated startle response, concentration difficulties, and irritability. Their trauma will always affect them, and they will always feel in peril.

## **2.6 Post-Traumatic Stress Disorder (PTSD)**

According to Jones and Wessely (2002:18), the nature of the traumatic stressor and how directly it was experienced can account for much of the differences in stress response. If the level of stress is high enough, then, the average person can be expected to develop some psychological difficulties (which may be either short-lived or long term) following a traumatic event. That is why the cause of post-traumatic stress disorder is related to so many factors.

The various factors that contribute to PTSD may arise before the trauma, during the trauma, or after the trauma. According to Robin Rosenberg and Kosslyn (2011:317), psychological factors and social factors take a big role to lead someone to PTSD. Both of these factors can influence each other in particular ways and lead to PTSD.

### **1. Psychological factors**

Psychological factors that exist before the traumatic event occurs affect whether a person will develop PTSD. Such factors include a history of depression that the person has or other psychological disorders that they already had (Brewin, Andrews, & Valentine, 2000). Also, the beliefs the person has about himself or herself and the world can create a vulnerability for PTSD, it makes them unable to control the stressors (Heinrichs et al., 2005; Joseph,

Williams, & Yule, 1995).

## 2. Social Factors

Social factors have a big role both before the traumatic event and afterwar. Also, these social actors determine whether PTSD develops. The social factors include the 15 additional stress of lower socioeconomic status and the level of social support provided to the person as a traumatic victim.

Like other stressors in life, socioeconomic factors can affect an individual's ability to cope. People who need to worry about the food, clothing, and housing needs of themselves or their family members have fewer emotional resources to deal with traumatic events, and therefore are less likely to get through the difficulties without suffering from PTSD compared to more fortunate people (Mezey & Robbins, 2001). The level of social support to the person with a trauma can lower the possibility to develop PTSD. People who receive support from others immediately after a trauma have a lower risk of developing PTSD (Kaniasty & Norris, 1992; Kaniasty, Norris & Murrell, 1990).

### **2.7 Synopsis of Seperti Dendam, Rindu Harus Dibayar Tuntas**

The story is about Ajo Kawir a boy who is not afraid of death. His great desire to fight is driven by a secret because he is impotent. This condition started when he was kid. At the height of the violent regime, he saw two policemen raping a mad woman named Rona Merah Just then, there were two boys looking at him through the window. The two boys are Ajo and his



friend, Si Tokek. Both of them were then found out by the two policemen and told them to do the same thing. To cover up his impotence, he tries to show his masculine side by becoming a fighter. One day, he has to face a female fighter named Iteung, who is the bodyguard of his target.

After the fight, Ajo fell in love with Iteung. However, Ajo's impotent condition became a challenge in their relationship. On the other hand, Ajo has to compete with a man from Iteung's past. His name is Budi Baik, which adds conflict to his love relationship with Iteung. Iteung and Ajo's relationship gets closer, until the two of them fall in love. One day, Iteung confesses his love to Ajo. Ajo feels happy, but in the end he rejects Iteung's love because of the impotence problem he is experiencing. After rejecting Iteung, Ajo becomes devastated. Ajo and Iteung have never seen each other since that, which makes Ajo feel like he really misses Iteung. At the peak of his worries, Ajo met Iteung to express his feelings, even though it had to start with Iteung's outburst of anger. At that moment, Ajo told his secret. Iteung, who fell in love with Ajo, said he accepted his shortcomings. The two then married. However, that marriage was actually the beginning of a long-lasting problem. Even though he has to withhold contact due to the unsatisfied pleasures of making love, Iteung still loves Ajo with all his heart. But one day his wife suddenly became pregnant. Ajo Kawir's suffering is complete.

Ajo Kawir finally left and ended up becoming a cross-region truck driver. Until he met Jelita and Mono Ompong as his travel partners. In this phase, Ajo Kawir has no desire to revive his bird which has been asleep for a

long time. If it's dead, it's dead. Maybe that's what Ajo Kawir thought. The violent figure of Ajo Kawir has disappeared, replaced by a wise figure.

## **2.8 Biography of the Author**

Eka Kurniawan is one of the Indonesian writers who has started to stir up the international scene for the novels he has written. The novel is titled *Beauty Is a Wound*. For the idea and seriousness of the story, the novel won the 2016 World Reader's Award which was held in Hong Kong. The award also bridged his books to be published in three European countries, namely Germany, Poland and Norway. Not only that, 30 other countries participated in translating the novel which was released in 2002.

Now Eka Kurniawan is 47 years old. This man was born in Tasikmalaya, West Java on November 28, 1975. He is married to his beloved, Ratih Kumala, author of the book *Kretek Girl* in 2006 and is blessed with a child named Kidung Kinanti Kurniawan. Furthermore, sources compiled by *kompas.com* stated that Eka spent his childhood and youth in Pangandaran, West Java. Eka completed his last education at the Faculty of Philosophy, Gadjah Mada University with a thesis entitled *Pramedya Ananta Toer and Literature of Social Realism*. The thesis eventually became a nonfiction book written by Eka Kurniawan, published by the Indonesian Literacy Foundation in 1999, and printed several times.

Through his scientific background in the field of philosophy,

many of the storytelling ideas developed by Eka Kurniawan have a certain philosophy in responding to the realities of life. In addition, he also conveys social criticism in the packaging of his story. This long journey has resulted in a number of works, achievements, and awards during his career in the world of literature. The following are some of Eka Kurniawan's works, achievements, and awards.

His works:

1. *Cantik Itu Luka*, 2002, Gramedia;
2. *Lelaki Harimau*, 2004, Gramedia;
3. *Seperti Dendam, Rindu Harus Dibayar Tuntas*, 2014, Gramedia;
4. *Kitchen Curse: Stories*;
5. *Corat-coret di Toilet*;
6. *O: Tentang Seekor Monyet yang Ingin Menikah dengan Kaisar Dangdut*;
7. *Perempuan Patah Hati yang Kembali Menemukan Cinta melalui Mimpi*;
8. *Kumpulan Budak Setan*;
9. *Pramoedya Ananta Toer dan Sastra Realisme Sosialis*;
10. *Cinta Tak Ada Mati*;
11. *Gelak sedih dan Cerita-Cerita Lainnya*; dan
12. *Usaha Menulis Silsilah Bacaan: Blog 2008—2011, 2015—2019*.