

CHAPTER II

REVIEW OF RELATED LITERATURE

This section will show the previous study from the various analysis that related with the writer's topic about trauma. This section aimed to avoid a problem called plagiarism, so the thesis will be continued and will be recognized as her own research in one of trauma's topics of analysis.

2.1 Previous Study

The thesis will describe the several researches who had done their research with trauma topic in a previous research. The thesis writer has found one topic analysis of trauma entitled is "*The Analysis of Trauma in Staub's Novel 'Scared to Death.'*" Written by Sulaeman in 2014. The writer of the study focused his study on post-traumatic stress disorder, the aim is to arise psychology effect after someone got experience of trauma by the portrayal of post-traumatic stress disorder in accordance to the symptoms of post-traumatic stress disorder or shorten to PTSD as limitation of the research.

The thesis writer also found three studies, each of them are "*Analysis of Trauma and Revenge of Hannibal Lecter in Thomas Harris' Hannibal Rising.*" Written by Dwiana in 2011. The aim of Dwiana's analysis of the study is to describe the change of physical side of innocent boy named Hannibal Lecter who turn into psycho killer. The writer uses intrinsic approach focusing on characters and conflict. The writer also uses psychological approach according to The Personality Theory of Psychoanalysis by Sigmund Freud. Working through the analysis, the result of the analysis shows that if an unstable natured person is pressured into a breaking point, it can change his personality and trigger a destructive behavior. The next study is "*Post Traumatic Stress Disorder Tokoh Utama dalam Novel Biola Tak Berdawai karya Gumiraajidarma.*" The purpose of this study includes: to describe a form of post-traumatic stress disorder and to describe an efforts of handling Post-traumatic stress disorder experienced by the main character in novel. The research approach of this literature used textual approach, namely the psychological aspects of the characters in literature. She found that it showed symptoms of Post phenomena traumatic

stress disorder, a form of this disorder in the form is flashes of memories and nightmares. The efforts of 7 handling stress disorder are by using the defense mechanism namely 1) compensation, is the main character trying to become the figure of a good mother to the babies quadriplegic. (2) Undoing is the main character trying to leave out his past time by buying land for a place of quadriplegic baby. (3) Denial is denial of the main character in treating Lord as like a normal child is not as a quadriplegic. In addition, the last of the study is "*Trauma Tokoh Nayla dalam Novel Nayla karya Djenar Maesa Ayu.*" Written by Yohana in 2012. This study aims to determine the effect of trauma experienced by the main character (Nayla) on the personality and life as an author. The method used in this research is descriptive analysis method with the theory of psychoanalysis Sigmund Freud. Psychoanalytic theory is used with the aim of knowing the character's personality structure Nayla. The results of this study show how the psychological and physical torture suffered by Nayla character and personality affect the next life as an author. Nayla character's personality is more dominated by the *id* and ignores the norms of the existing or the *superego*.

Almost all of the discussion in previous research uses theories about post-traumatic stress disorder but each topic has its own statement. Sigmund Freud says same as Sulaeman that Dwiana focused on trauma and revenge and she used intrinsic approach focusing on character and conflict and used psychological approach to The Personality Theory of Psychoanalysis. Zulfah focused on post traumatic stress disorder by using textual approach namely the psychological aspects of the characters in literature. Yohana focused on the effect of trauma experienced by the main character (Nayla) on the personality and life as an author. The method used in this research was descriptive analysis method with the theory of psychoanalysis Sigmund Freud. They found some impacts of trauma, trauma cause, and the way to heal it. While, the writer used psychological approach and focus on post traumatic stress disorder based on theory of Flannery (Sulaeman 2014:7-8).

2.2 Theoretical Review

This part will give an explaining about what is trauma. The writer use the study about *Post Traumatic Stress Disorder* to interpret concerning what is traumatic events, type of trauma, factor generate trauma, process experienced by dealing with trauma and effects experienced of trauma.

2.2.1 Definition of Trauma

Trauma is an event that usually involves death or serious injury, or the threat of death or serious injury. The actual event doesn't have to happen directly, it can happen to related someone close. This event appropriately frightening or painful that it overwhelms and interferes with the ways that usually cope with difficult events in someone's life (Palmer, 2012). *Post-traumatic stress disorder* is a common reaction to experiencing something in traumatic. To make the diagnosis Post-traumatic stress disorder, someone must have experiences in life-threatening to exposed a traumatic event that involved death, threat of death, injury, or threat to the physical safety of yourself or someone else (Raja, 2012:15). Post-traumatic stress disorder results from exposure to an overwhelmingly stressful event or series of events, such as war, rape, or abuse (Schiraldi, 2009:3). After someone experienced the trauma, he or she will feels helplessness or terror (Rosen bloom, Williams, and Watkins 2010).

2.2.2 Type of Trauma

In addition, after the trauma, someone will experience one or more of these other types are re-experiencing, avoidance, or feeling constantly anxious or on edge. The type of trauma can explained as bellow:

1) Re-experiencing

There are various ways that the traumatic event can be re-experienced. People with PTSD often experiences bad dreams about the event; may have distressing memories of the trauma; and may have times they feel the trauma is actually happening all over again (Raja, 2012:15). Someone whom often re-experience the trauma may can feel tired in mind also in heart even his or her are fresh in physically. However, it will effects them sin mental health if they are in limited ability control.

2) Avoidance

In one condition, certainly any situation that make people avoid to spook about memory that can remain them to their trauma. Because being reminded of the traumatic event (or events) is so painful, the painful feelings associated with actual or potential damage to social bonds. Thus, experiences of social rejection or loss are often described with physical pain words ('hurt feelings' and 'broken heart'), and both physical and social pain are highly noxious experiences. (Eisenberger, 2012). Someone may find his or her self going to great lengths to avoid any reminders (Raja, 2012:16).

3) Feeling Constantly Anxious and On Edge

The hallmark of anxiety is excessive of worry, while in depression lack of energy, motivation and sadness prevail (Peres, Mercante, Tobo,

Kamei, & Bigal, 2017). Many people with PTSD talk about difficulty managing their anger, or feeling very irritable (Raja, 2012:16). These conditions will create the feeling more stress if someone cannot control it and probably can refuse all things that make the anxious feeling will back.

2.2.3 Factors of Trauma

Intentional human is the factor that indicate cause to trauma. Intentional human here caused by manmade, deliberate, malicious acts. Some examples of the trauma that caused by man-made, deliberate, malicious acts could be happened to someone who lives in a situation full of war, combat, resistance fighting, and abuse (Schiraldi, 2009:5). These situations can itemized as below:

- Sexual-incest; rape forced nudity, exhibitionism, or pornography; inappropriate touching, fondling, or kissing.
- Physical-beating; kicking, battering, choking, tying up, stalking, forcing to eat or drink, threatening with weapon, elder abuse by own children.
- Emotional-isolation; threats to leave or have affair, intimidation, degrading names, economic neglect, minimizing or denying abuse, taking away power or control, destroying property, torturing pets, physical neglect (living alone, not feeding bathing). Also seen in criminal assault, violent crime, robbery, mugging, family violence, or battery.

To understand the explanation above, the writer only focuses on emotional condition which caused by trauma. Schiraldi also explains that intentional human traumas are usually the worst. Such traumas are typically the most degrading and cause the most shame (2009:7). This reaction gets easily effecting on emotional condition and changes people into different person. To respond all the faults that had laid on Silas, Silas decided to avoid all of his trusts toward anyone and everything. He faced all his lost by himself for many years without opened up himself to all of things. He lost his trust in God, stopped believing people, secluded himself by choose to be alone, and avoid everything about socialize. Manmade traumas are also most likely to cause people to lose faith and trust in humanity, in love, and in themselves. (2009:7). With Silas, he experienced the events where he got a problem deliberately created by William concerning deacon's death and also his loving one was seized by William, his own friend. Not only he solely faced the problems alone, he also stops believing in everything that he ever believed.

2.2.4 Process Dealing with Traumatic Event

The idea that trauma or life crises may lead to positive changes has been suggested in ancient literature, philosophy, and religion. In social science, this phenomenon has been systematically investigated only in the past 15 to 20 years. Many instruments have been validated for the assessment of several domains of growth, such as increased spirituality, self-understanding, belongingness, personal strength, appreciation of one's life, and quality of relationships (Triplett, Tedeschi, Cann, Calhoun, & Reeve, 2012). The experience that generate from the life crises that give someone a personal strength to push he or herself needs social support to solve his or her problems. Social support improves social resources by providing sympathy or reduces the individual's feelings of isolation and loneliness (Prati & Pietrantonio, 2009).

2.2.5 Effect of Traumatic Event

Someone who experiences trauma takes an action to show the effect as a result from the problem that was attacking his or her safety life. In Silas case, it shows how he had decided to take the result from all that had happened suddenly and avoided everything that reminds him about his trauma which leaves him in pain into numb and made him also cannot leave his past. Because the intrusive thoughts and accompanying arousal are so unpleasant, people with traumatic event desperately try to avoid all reminders of the trauma (Schiraldi, 2009:10).

