

**ALICIA BERENSON'S COMPLEX POST TRAUMATIC
STRESS DISORDER (C-PTSD) IN ALEX MICHAELIDES'
*THE SILENT PATIENT***

A THESIS

**Presented in a Partial Fulfillment of The Requirements for
Completing The Sarjana Degree in Department of English Literature**



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2023**

APPROVAL SHEET I

This is to certify that the Sarjana Thesis of AMELIA PRATIWI entitled ALICIA BERENSON'S COMPLEX POST TRAUMATIC STRESS DISORDER (C-PTSD) IN ALEX MICHAELIDES' *THE SILENT PATIENT* has been approved by the thesis advisor for further approval by the Examining Committee

Surabaya, 2nd December 2022

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Dr. Tri Pramesti, M.S.

APPROVAL SHEET II

This is to certify that the Sarjana Thesis of AMELIA PRATIWI entitled ALICIA BERENSON'S COMPLEX POST TRAUMATIC STRESS DISORDER (C-PTSD) IN ALEX MICHAELIDES' *THE SILENT PATIENT* has been examined and approved by the thesis Examining Committee as the requirement for Sarjana Degree in English Literature


Surabaya, 6th January 2023

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Bilamana dikemudian hari ditemukan ketidaksesuaian dengan pernyataan ini, maka saya bersedia dituntut dan diproses sesuai dengan ketentuan yang berlaku.

Demikian pernyataan ini dibuat dengan sesungguhnya dan sebenar-benarnya.

Surabaya, 02 Desember 2022



Amelia Pratiwi

MOTTO

بِالْعِبَادِ بَصِيرٌ اللَّهُ إِنَّ اللَّهَ إِلَىٰ أَمْرِي وَأَقْرَضُ لَكُمْ أَقُولُ مَا فَسْتَذْكُرُونَ

“You will remember what I told you. And I leave all my affairs to Allah. Indeed, Allah is seer of his servants, and their deeds are not in the slightest vague to him.”

– (Q.S Al-Mu'min: 44) –

سَهْلًا شِئْتُ إِذَا الْحَزْنَ تَجْعَلُ أَنْتَ وَ سَهْلًا جَعَلْتَهُ مَا إِلَّا سَهْلًا لَا اللَّهُمَّ

“Oh Allah there is no ease except that which you make easy and that, which you made easy will become easy if you wish So make my Affairs easy.”

-Silsilah Ahadeeth As-Saheehah' vol.6 hadeeth nos. 2886 p.902-

DEDICATION

*Dengan penuh rasa bangga skripsi ini ku persembahkan
untuk kedua orang tuaku*

Bp. Djumari (Alm) dan Ibu Rumlah

*yang selalu mendo'akan dan memberikan semangat
kepadaku*

ABSTRACT

This study examines the psychiatric symptoms called Post-Traumatic Stress Disorder (PTSD) experienced by Alicia Berenson in *The Silent Patient* by Alex Michaelides. This study aims to describe the symptoms and causes of Alicia Berenson who experienced Post-Traumatic Stress Disorder (PTSD). In this study, the writer applies a theory of the psychology of literature by Wellek and Warren and the theory of PTSD by Carlson & Ruzek. This study uses a psychological approach. The method used is descriptive qualitative. There are several *PTSD* symptoms found in Alicia's characters i.e. reliving trauma through flashbacks, negative self-view, aggressive behavior toward oneself or others, impulsive behavior, social isolation, emotional regulation, and difficult with relationship. The causes of Alicia's PTSD are car accident at the young age, verbal abuse, sexual abuse, child abuse and betrayed by her husband.

Keywords: *psychology of literature, PTSD*

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TABLE OF CONTENT

APPROVAL SHEET I	
APPROVAL SHEET II	
SURAT PERNYATAAN	
LEMBAR PUBLIKASI	
ACKNOWLEDGEMENT	i
TABLE OF CONTENT	ii
ABSTRACT	iv
CHAPTER I INTRODUCTION	1
1.1 Background of Study	1
1.2 Statement of the Problems	1
1.3 Objective of Study	2
1.4 Scope and Limitation	2
1.5 Significance of Study	2
CHAPTER II REVIEW OF RELATED LITERATURE	3
2.1 Previous Study	3
2.2 Theoretical Framework	4
2.2.1 Psychology of Literature	4
2.2.2 Post-Traumatic Stress Disorders	5
2.2.3 Symptoms of PTSD	5
CHAPTER III RESEARCH METHOD	7
3.1 Literary Approach	7
3.2 Research Design	7
3.3 Data Source	7
3.4 Research Instrument	8
3.5 Data Collection Procedure	8
3.6 Data Analysis Procedure	8
CHAPTER IV ANALYSIS	9
4.1 Symptoms of PTSD	9
4.1.1 Reliving the Trauma Through Flashbacks	1
4.1.2 Negative Self-View	12
4.1.3 Aggressive Behavior Towards Oneself or Others	13
4.1.4 Impulsive Behavior	14
4.1.5 Social Isolation	17
4.1.6 Emotion Regulation	18
4.1.7 Difficult with Relationship	19
4.2 Causes of PTSD Experienced by Alicia Berenson in	

<i>The Silent Patient</i>	20
4.2.1 Car Accident at the Young Age	21
4.2.2 Verbal Abuse	22
4.2.3 Sexual Abuse	23
4.2.4 Child Abuse	27
4.2.5 Husband Betrayal	28
CHAPTER V CONCLUSION	29

BIBLIOGRAPHY

APPENDIX I SYNOPSIS OF *THE SILENT PATIENT*

APPENDIX II BIOGRAPHY OF THE AUTHOR