

Domestic Violence Portrayed in Colleen Hoover's in *It Ends with Us*

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Abstract This thesis discusses the psychological issue of domestic violence in Colleen Hoover's novel *It Ends with Us*. Analysis focuses on the domestic violence experienced by Lily Bloom, the main female character in the novel. The discussion includes the cycle of violence and the types of domestic violence experienced by Lily. This study employs psychological approach since the discussion deals with the psychological motivation of the main character. The method used in this study is descriptive qualitative method because the data in this study is in the form of words and the analysis is presented descriptively. In revealing the cycle of violence reflected in the novel, theory of cycle violence by Lenore Walker is applied. In addition, the type of domestic violence is revealed by using the theory of Lenore Walker. The result of the analysis shows that the domestic violence experienced by Lily involves three cycle i.e honeymoon phase, tension building phase and acute explosion phase. Moreover, there are three types of domestic violence that can be found in the novel i.e physical violence, psychological violence and marital rape. After doing the analysis the writer finds out than when women experience domestic violence, they have to find help. However, when the violence keeps happening and there is not any way to solve it, the best way to solve the problem is to end the marriage.

Keywords : *Domestic violence, Cycle of violence, Physical violence, Psychological violence.*

INTRODUCTION

In general, women are very vulnerable to violent behavior, from physical violence or verbal violence. One issue that still frequently arises today is violence towards women. The primary news in both mass and electronic media frequently involves violence against women. Every nation in the globe is now concerned about this problem. Women are the targets of numerous forms of violence, perpetrated by both adults and children. The sorts of violence experienced also varied, including oral, physical, mental, and mental.

Violence is defined by the World Health Organization as "the intentional the use physical power or force threatened or actual, against oneself, one more person, or a group or community, that either result in or has a high likelihood of resulting in injury, death, emotional damage, developed in the following, or deprivation" (WRVH) (WHO, 2002). This concept places emphasis on the requirement that an act be violent if a person or organization intends to be using power or force against another individual or group.

Thus, violence is separated from harm or injury brought on by unintentional acts and situations.

Another description likewise speaks directly to the application of implied or actual authority in addition to the application of physical force. It is possible to utilize such power or force against oneself, another person, a group, or a society, as in gang warfare or the oppression of ethnic groups. Here, violence is defined as occurring when psychological damage, maldevelopment, or deprivation take place in addition to causing bodily harm; as a result, acts of omission or neglect as well as acts of commission can be classified as violent (Rutherford, 2007).

Walker (1979) Argues that violence can be divided into physical and emotional violence. She points out that emotional torment that results in invisible scars can be as violent as physical beatings. She calculates that one out of two American women will suffer an abusive partner at some point in their lives, using a definition that takes into account the physical and psychological violence. To study this book, it will also be necessary to define what domestic abuse and gender violence mean. The phrase "domestic violence" refers to "any instance of threatening behavior, assault or abuse... involving people who are or have been intimate partners regardless of gender," as stated by Organization of Chief Police Officers (qt. in Harne & Radford 3). However, despite the fact that domestic violence affects equally men and women, there is a clear pattern.

The violence that occurs in a relationship can take many forms, namely domestic violence, emotional violence, physical violence, and marital tape violence. Domestic violence is defined as abusive behavior involving physical, financial, violent, and sexual assault, as well as psychological intimidation. Domestic violence in marriage is conducted by dividing domestic violence into emotional violence, physical violence, and marital tape violence.

Domestic Violence as a phenomenon of life often becomes the subject of literary works such as novels. Colleen Hoover's *It Ends with Us* is one of the books that discusses domestic abuse. Lily Bloom is a character in the book. Lily is a persona with an independent personality that is driven to succeed despite having psychological trauma. Domestic violence between his parents affected Lily from her early years through her adolescent years. Because of the way her father treated her mother as a result, she grew up to loathe him. *It Ends with Us* is a sentimental and deeply moving book. The main character Lily's struggle to make the most important decision of her life is the subject of the narrative. Lily came from a violent household. She never imagined that one day she would have to make the same choice that her mother must make, namely to leave her violent relationship. She suffers because she is aware of how difficult it is to escape her predicament. In addition, Lily is repeatedly reminded of her parents' predicament during her challenging times, which makes her circumstances more challenging. Against the scenery of domestic violence, the novel masterfully depicts what Lily managed to make life-altering decisions that would not only affect her but also the people around her.

A Domestic violence occurring in the novel can reflect the real-life that is happening nowadays. In this study, the writer is interested in analyzing a novel that focuses on the main character, Lily Bloom, who experiences domestic violence and the

impact it has on her in dealing with feelings of depression due to the violence she has experienced. the impact that Lily got was not only physical and psychological pain she decided to divorce. Regarding this, the writer also talks about the phases that Lily faced during the cycle of violence that followed the occurrence of domestic violence. In several discussions, it will explain how Lily had to get injured on her body which was done by Ryle, where at every moment of the violence Ryle was manipulative or did not confess. Apart from that, Ryle also committed marital and emotional violence. the effects of this incident continuously traumatized Lily and also gave herself up and had to decide on a divorce right after giving birth to their first child. In addition, the popularity of this novel is also a consideration for researchers in analyzing this novel

Cycle Theory of Violence

Violence that takes place as a result of personal relations and the behavior patterns of individuals involved is referred to as the cycle of violence.. Explore the cycle of violence theory and the three-phase diagram, and discover criticism of the theory. The cycle of violence, also dubbed Some textbooks utilize the abuse cycle as a theoretical framework to describe how the perpetrator and the victim behave in relationships that might or might not lead to marriage. Lenore Walker made the initial proposal in 1979, and some sources have since changed their minds. This version came into being at a period when several research were concentrating on criminal victims and the process of victimization. The honeymoon period, the tension-building phase, as well as an acute eruption are the three stages of the violence cycle that is connected to domestic violence. These phases are portrayed as being centered on both people in the relationship denying that there is a problem (Walker, 2009:91).

- 1) **Honeymoon Phase:** The quietest, most 'normal'-seeming period of the relationship is known as the beginning of the violent cycle. At this time, everything is peaceful, and the relationship seems to be going well. The victim may believe the attacker cares about her because of the aggressor's seeming devotion, ardor, and even jealousy. He could also apologize and make a commitment not to behave violently ever again. To regain the victim's respect and love, he could promise other things about his conduct.
- 2) **Tension Building Phase:** between a severe explosion and the honeymoon phases is the building-tension period. The aggressor's actions at this stage include insulting words directed at the victim, excessive criticism and nitpicking, severe moodiness, potential alcohol and/or drug usage, shouting, and the withholding of affection.
- 3) **Acute Explosion:** A violent act committed by the aggressor against by the sufferer in the relationship occurs during the acute explosion phase. It is typical for the attacker to strike or use force against the victim, as well as to have the option of choking, raping, or even locking them up. Sometimes the perpetrator humiliates the victim or uses abusive

language. The damage of property is also a possibility at this stage (Aldana, 2006).

Domestic Violence

The phrase "domestic violence" has many other titles, including "husband abuse," "spouse abuse," "marriage conflict," "wife beating," "women abuse," "relationship dysfunction," "intimate disagreement," and "spouse beating," among others (McCue, 2008:2). The majority of legal experts agree on this definition of domestic abuse: "Abuse that is committed against a person by that person's husband, former spouse, spouse, former partner, or by a different parent of a child on an emotional, physical, psychological, and Marital Rape. Threats, hurt, injury, harassment, control, terrorism, or destruction of property or harm to living things are all examples of abuse " (Hubbard in McCue, 2008:2). Additionally, domestic violence is a kind of humiliation in a relationship, according to Hanson (2016). The abuser is the one who desires power over the more intimate relationship.

Physical Violence is an abusing that causes pain to the victim's body. The next type is emotional violence, Emotional abuse involves controlling and manipulating emotionally abusive tactics. They are ridiculed and given sharp comments so that they feel unappreciated.

Marital Rape Violence denotes any unlawful act that is prohibited by national, local, or state law, even if the victim is unable to provide their consent.

Psychological Violence is a in psychological violence the perpetrators want to control psychology, they will do anything to frighten the victim and damage the victim's mental (Walker, 2009: 213).

METHOD

A strategy or concept for the research that is developed by the researcher is called a research design. This study's research design is descriptive qualitative. Research that aims to describe and evaluate actual social interactions, occurrences, and societal attitudes, opinions, and perceptions ideas either individually or in a group is known as qualitative research. Because the goal of this research is to describe and examine the phenomena of life as it is presented in the novel *It Ends with Us*, it is qualitative in nature. This study uses descriptive data interpretation to describe the domestic violence shown in the novel. Consequently, this study is descriptive. In this

study, the writer uses a psychological approach to analyze domestic violence reflected in Hoover's *It Ends with Us*. According to Wellek and Warren (2014: 81), If used strictly, psychology can be described as the study of the soul. Whereas literature is the study of written works of art. There are three different definitions for literary psychology, which is a field of study that analyzes works of literature from a psychological perspective: The psychological assessment of the writer as a kind or as a person, the psychological research of the novel's characters, and the psychological research of readers are the first three topics covered. The author examines the psychological profiles of the novel's characters in this study.

FINDING AND DISCUSSION

The Cycle of Domestic Violence Reflected in Hoover's *It Ends with Us*

Lily is married to Ryle who is an aggressive, jealous, and temperamental character. When Ryle was a child, he accidentally murders his brother named Emerson, while he and his brother were playing with a gun. Since then, Ryle has to undergo therapy. This accident causes him to have problems controlling his emotions.

Due to Ryle's temperamental behavior, when he married Lily, he often conducts violent actions. Ryle always takes violent actions during their fights and never listens to an explanation from Lily's point of view. This hurts Lily so much that she decides to divorce him because Lily thinks that violence has to be stopped. Lily does not want her child to experience the same action as she and Emerson's grandmother. As stated by Newman and Newman (2008:01) domestic violence usually happens in a cycle. The cycle of violence describes the behavior pattern of individuals who commit domestic violence. The cycle of violence can be divided into three stages, namely the tension accumulation stage, the acute strike stage, and the honeymoon stage.

Honeymoon Phase

In the beginning of Lily's married life, Ryle loves Lily. The marriage makes Lily happy and Ryle feels lucky to get a beautiful and hardworking woman like Lily. After getting married, Ryle buys a luxury apartment that has complete cooking equipment because Lily's hobby is cooking. Lily also feels proud to have Ryle because she is very caring and even always invites Lily's mother to have dinner. Lily has a flower shop that is open late, when Allysa does not come to work for deliveries and cannot help Lily, Ryle often accompanies Lily until it is finished.

The relationship seems to be peaceful and going well like a happy couple, even Lily and Ryle are a romantic couple who always show their affection to each other until the night when Ryle is at Lily's apartment to take a casserole cake in the oven but Ryle does not use gloves so he makes his hands blister. At the same time, Lily is laughing at the incident. At that time Ryle pushes Lily so that she hurts and bleeds. This incident is repeating many times and Ryle only apologizes but continues to be violent. In this phase, Ryle is the aggressor, appearing to be affectionate, and passionate, but temperamental and jealous. Ryle's passionate behavior is found in many parts, such as in the text above. How Ryle is passionate about pursuing his career as a doctor. He even wants his performance in performing operations

... 'My hips are touched as he grinned and did so. "I am. I just helped out during an 18-hour surgery. My collarbone's heart tattoo is kissed by him as he stoops to kiss it. No surprise he's worn out. How is even that possible? I say. "Eleven eighty?" After giving me a nod, he leads me over to the side of the bed and pulls me in close behind him. We position ourselves so that we are facing each other and holding pillows. "Yes, but it was incredible. Groundbreaking. I'm not complaining because I was able to go and because it will be covered in medical journals. Just extremely exhausted." (Hoover, 2016:91)

Ryle's affection behavior is found in many parts, such as in the dialogue. The next text shows Ryle's compassionate nature. He invites Lily and her mother to have dinner with him in his first meeting.

The dialogue above (Hoover, 2016:96), shows that Ryle's character is compassionate. He invites his sister and sister-in-law to the diner as a celebration of the opening of Lily's flower shop. This shows that Ryle cares about his family and invites them to celebrate the most important thing for Lily. Ryle's temperamental behavior is found in many parts of the novel, such as in the text above. This is the beginning where Ryle shows his temperamental side

Tension Building Phase

Tension Building Phase is the stage where different opinions are mixed with emotional tension begins. In it, there is an argument accompanied by anger and pressing. The communication that occurs is mutually offensive. It is reflected in the novel where at first Ryle is angry because his hands are burned hot and she cursed Lily who urges him on. Ryle said that his hands need treatment and she pushes Lily to bind up the wound. The next section shows how Ryle's accuses. Lily without listening to Lily's explanation. It leads to a big fight. Another argument happens when Ryle finds Lily's items which contain diaries as well as items from Lily's first love, Atlas. At that time Ryle threatens Lily to read the newspaper where Atlas said that he still thinks about his loved one from the past, namely Lily. Lily tries to make an explanation but Ryle does not listen and he hits Lily so that she is injured. In this section, the writer will explain how different opinions happen between Lily and Ryle. This is reflected in the text of this dialog.

The text above shows (Hoover, 2016:184), that different opinions are mixed up with emotional tension between Ryle and Lily begins. The differences of opinions that happen create emotional tension. That leads to argumentation. In the text it is stated that Ryle wants to move from Boston to pursue his carrier at the Mayo Clinic. The best hospital in the world, while Lily

does not want to leave Boston and will not leave her flowers. This makes Ryle angry by breaking a vase. It shows that Ryle is a temperamental person

Acute Explosion Phase

In the acute explosion phase, the perpetrator may use physical, or sexual violence against the victim. The victim may try to defend himself, reason with the perpetrator, fight or run away. The actor experiences a release from tension, and as a result, the behavior becomes a habit. The acute explosive phase involves violence by the aggressor against the victim in the relationship. This section defines how physical, or sexual violence against the victim:

... ‘’. His lips meet my skin, right over the tattoo, and then he sinks his teeth into me so hard, I scream. (Hoover, 2016:197).

The perpetrator physically abused her by biting Lily's tattoo and in this incident, Ryle forced Lily to have sex as an outlet for her anger. This section shows the acute explosion phase that Lily encounters.

This fact is a habit of Ryle's attitude in accepting problems. Ryle would always explode when faced with problems, but the result of this tension hurt Lily as a victim.

Types of Domestic Violence obtained by Lily

The domestic violence experiences by Lily takes many forms *i.e.*, physical violence, psychological violence, and marital rape violence. Lily is a beautiful character and also a hard worker.

Physical Violence

Physical violence involves the body and physical strength: corporal punishment can lead to pain and even death, as well as feelings of trauma and humiliation. Physical abuse occurs when someone invades the physical space of another person without their consent, whether by hitting, pulling or pushing, or restraining another person, causing physical violence (Walby, S. & Allen, J. 2004). Lily as the main character experiences a form of physical violence, which is part of the category of domestic violence. Lily and Ryle are hanging out in the apartment enjoying vintage wine. At the same time, Lily remembers that she is baking the casserole and then Ryle is in a hurry to get it and forgets not to use the oven mitts. Lily reflexively laughs at Ryle's carelessness but Ryle hit Lily so that she bounces and makes Lily's temples hurt by hitting the cupboard:

‘’ He moves to the faucet, pushing his hand under the cold water while cursing, and slams the oven shut. The wine and the absurdity of the last few seconds make it difficult for me to control my laughs. I chuckle out loud as I stare at the floor and the mess we will soon have to clean up. I continue to giggle as I stoop to inspect Ryle's hand. I just hope he didn't damage it too much. Immediately, I stop laughing. My hand is resting against the outside

corner of my eye while I lay on the ground. Ryle's arm suddenly appeared out of nowhere and crashed into me, sending me flying backward. (Hoover, 2016:137).

In the dialogue, it is explained that Ryle snaps and reflexively pushes Lily by saying that this is something that is not funny to laugh at, but at the same time, Lily is injured and even bleeds.

Ryle apologizes for her behavior by reasoning that because he is a doctor and has to face surgery in the next day. His hands are everything. In this part, after Ryle does physical violence, he kisses Lily and continues to say sorry. He also apologizes and just says it is an accident. It makes Lily wonder if Ryle is the same as her father. But Lily tries to deny her condition, “*He’s not liked, my father. He can’t be. He’s nothing like that uncaring bastard.*” (Hoover, 2016:139). Lily tries to get rid of the thought that Ryle is an abusive husband. Ryle is not the same as his abusive father.

The form of domestic violence experiences by Lily is in the form of physical attacks. This is triggered by a conflict between Ryle and Lily. The impact of the incident is that Lily gets a wound on her body. In addition, Lily experiences emotional disturbances remembering flashbacks to the figure of her father who acted abusively toward her mother. This confirms that women often become victims of violence.

Marital Rape Violence

Marital Rape is an act of harassment or rape committed in the household or husband and wife status. It is considered rape because of an act of coercion carried out by one party without the consent of each.

In this part of the text, Lily sees Ryle opening "Lilly's things", which contain things before Lily moved to Boston. Many of Lily's things are from her first love, Atlas. This makes Ryle feels jealous and he punches Lily's forehead and which bleed

“ I can feel his breath against my ear as he mutters something inaudible. My heart is racing, my whole body is still shaking, my tears are still somehow falling and I’m gasping for air. His words are crashing against my ear, but the pain is throbbing in my head too hard for me to decipher his words. I try to open my eyes, but it stings. I can feel something trickling into my right eye and I instantly know it’s blood. My blood. His words begin to come into focus.

“Sorry, I’m sorry, I’m sorry, I’m . . .” His hand is still pressing mine into the mattress and he’s still on top of me. He’s no longer trying to force himself on me. “Lily, I love you, I’m so sorry.” His words are full of panic. He’s kissing me, his lips gentle against my cheek and mouth. He knows what he’s done. He’s Ryle again, and he knows what he’s just done to me. To us. To our future. I utilize his panic to my advantage. I shake my head and whisper, “It’s okay, Ryle. It’s okay. You were angry, it’s okay.” His lips meet mine in a frenzy and the taste of scotch makes me want to puke now. He’s still whispering apologies when the room begins to fade out again. ••• My eyes are closed. We’re still on the bed, but he’s no longer fully on top of me. He’s on his side, his arm wrapped tightly over my waist.

His head is pressed against my chest. I remain stiff as I assess everything around me. He isn't moving, but I can feel his breaths, heavy with sleep. I don't know if he passed out or if he fell asleep. The last thing I can remember is his mouth on mine, the taste of my tears. I lie still for several more minutes. The pain in my head begins to worsen with every minute of consciousness. I close my eyes and try to think.' (Hoover, 2016:199).

In the text above, it is explained that the moment they fight, Ryle kisses, hugs, and holds Lily's waist by committing acts of violence. Every moment after they fight, Ryle does violent acts to Lily. Lily has been the victim of rape as a form of domestic violence. As previously said, rape in marriage is one of the forms of violence committed against women. Rape happens when someone is coerced into receiving sexual services against their will. These violent deeds had the effect of seriously upsetting Lily's emotions. As her mother is ready to be violated by Lily's father, she thinks back to her earlier life. Lily cries in excruciating dread. Additionally, there are two instances of the phrase "I love you," which represents the mastery of love.

Psychological Violence

Psychological abuse or in order to manipulate, hurt, weaken, or horrify an individual mentally and emotionally, or to distort, confuse, or influence that person's thoughts and actions in their daily lives, shifting one's sense of self and actually hurting their wellbeing, violence involves the routine and intentional use of a variety of phrases and non-physical actions. Lily also experiences psychological violence.

Psychological violence occurs usually through the everyday experiences one lives with, and the tactics the perpetrator uses to threaten and control. As in the dialogue text in this novel, how domestic violence occurs in the non-physical is experienced by Lily which is carried out by Ryle during their initial meeting on the rooftop.

The psychological violence can be seen in the incident when Lily's naked photo is used as a display in Ryle's Apartment. This non-physical violence attacks Lily psychologically. It is found in the following dialogue ...*"The man has a picture of me hanging in the apartment. He bought me flowers. He's giving me attitude because I brought a date to his sister's party. He's acting like there's something between us, and we've never even kissed* (Hoover, 2016:67)."

When Lily meets Ryle for the first time, Ryle adores Lily's beauty and after having much chatting Ryle directly asks Lily to have sex, but Lily refuses. Ryle then asks Lily to sleep in a chair and undresses her. Then Ryle takes her picture for private storage. However, instead of keeping the picture, Ryle displays Lily's photo so that other people can see it. When Lily finds this out she feels ashamed. This is a category of psychological violence that includes non-verbal but attacks the victim's psyche.

CONCLUSION

Based on the results of the analysis, the current researchers conclude that the main female character in the novel *It Ends with Us* by Colleen Hoover is proven to experience various forms of domestic violence. This domestic violence happens with several phases that appeared in Lily and Ryle's relationship. The first phase in the cycle is the Honeymoon phase. This phase reflects how the domestic situation between Ryle and Lily starts happily but then Ryle begins to show his abusive behaviors. The second phase in the cycle is the Tension building phase. This phase is indicated through fights and the emergence of pressure that occurs when Ryle finds Lily's past items. The last phase in the cycle is an acute explosion. This phase is identified through physical sexual violence in the novel, the acute explosion phase is reflected in the even when Ryle bits Lily's tattoo and forces Lily to have sex without Lily's consent when they are fighting.

The types of domestic violence experienced by Lily involves physical, psychological and marital rape violence. The first violence is physical violence. This violence take the forms physical attack. The physical violence happens to Lily repeatedly whenever Ryle and Lily fight, Ryle always hurts Lily physically that often results in physical injury. The second violence is marital rape violence. This violence is reflected in the event when Ryle's finds out Lily's Diary of Atlas. Triggered by jealousy, Ryle starts do attack Lily's body and then forces Lily to have sex with him. The last type of domestic violence experienced by Lily is psychological violence. This violence takes the form of humiliation. This non-physical violence is seen when Lily learns that the photo of her naked body is displayed as a wall hanging in Ryle's apartment without her permission. This suggests that Lily is made a sexual object by Ryle. The impact of these acts of violence does not affect her physical condition but has quite an effect on Lily's psychological condition.

From the analysis of domestic violence portrayed in Hoover's *It Ends with Us*, the writer learns that domestic violence that causes physical or psychological harm cannot be tolerated. When experiencing domestic violence in relationship, you should decide to escape your partner. The study of Domestic Violence in this novel reflects that becoming a strong woman after experiencing being a victim of violence and managing to become an independent woman who can control her own life is better than defending marriage and becoming the victim of domestic violence.

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