

**LAURA'S POST - TRAUMATIC STRESS DISORDER
IN RUTH WARES' *THE WOMAN IN CABIN 10***

A THESIS

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



By:

ANGELINA MERICI MBAM BUT

NBI : 1611900025

**FAKULTAS ILMU BUDAYA
UNIVERSITAS 17 AGUSTUS 1945 SURABAYA**

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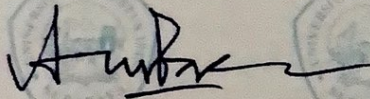
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Advisor,



Ambar Andayani, S.S., M.Pd.

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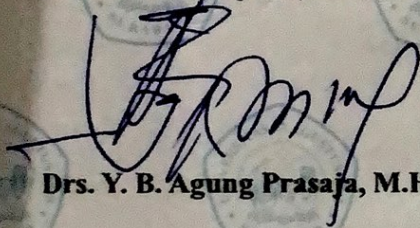
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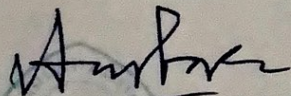
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ACKNOWLEDGEMENT

First of all, I would like to thank Jesus Christ, who has given me the health and strength to never give up in completing this thesis, entitled "LAURA'S POST-TRAUMATIC STRESS DISORDER IN RUTH WARES' *THE WOMAN IN CABIN 10*". This thesis was submitted to complete my undergraduate studies at the Department of English and Literature, Faculty of Cultural Sciences, University of 17 Agustus 1945 Surabaya.

Second, I would like to thank my dearest advisor, Ambar Andayani, S.S., M.Pd, for her valuable time, patience, guidance, advice, and support for me. With her, this thesis was finished. And also, I would like to thank all the lecturers who have provided me with helpful knowledge.

Third, I would like to thank my best supporters, my parents, Kornelis Mbambut and Erni Indur, who raised me with great affection and gave me a lot of moral and material encouragement which meant a lot. My sisters, Maria Febriyanti and Karla Marsella, and my only younger brother, Christian Rafaello, who always listened to my stories while I was working on my thesis and provided full support.

Last but not least, I would like to express my deepest gratitude to my dear friends. Kresenstia Heldiana Seda, Cindy Maimuna Hajir, and Gresyane Johana Marantika. You all have been my best friends from the beginning until now and have motivated me to work on my thesis to achieve my goals.

This thesis still needs improvement, both in writing and content. Therefore, I am open to suggestions and positive criticism that may be useful for this thesis. Thank You.

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ABSTRACT

This study will examine Laura's Post-Traumatic Stress Disorder (PTSD) in Ruth Wares' *The Woman in Cabin 10*. This study will examine four issues: Laura's PTSD symptoms, PTSD causes, PTSD effects, and the defense mechanisms Laura employs to manage her PTSD. This study uses a literary psychology approach with PTSD concept theory by Rogers & Liness of the National Institute of Mental Health and defense mechanism theory which will focus on how Laura defends herself in dealing with PTSD. This study uses a qualitative research method. The source of the data is Ruth Wares' *The Woman in Cabin 10*. The writer uses data collection techniques by reading the whole novel, identifying, collecting, classifying and analyzing data. Based on the analysis, Laura experiences four symptoms: re-experiencing, avoidance, arousal and reactivity, and cognition and mood. Laura has PTSD due to a break-in at her flat that left serious scars on her face after a burglar tried to lock her in a room and she spent two hours trying to escape and call for help. These events affect aggression, panic attacks, insomnia, claustrophobia, hallucinations, illusions, and horrific imaginations. Laura uses Defense Mechanism as a self-esteem boost to protect herself from disturbing feelings and thoughts that she cannot handle. From the data, Laura uses several defense mechanisms such as repression, denial, rationalization, sublimation, projection, reaction formation, and displacement. Repression and rationalization are the defense mechanisms that Laura uses the most. Laura uses repression to put her anxiety due to PTSD into her subconscious and forget about it so that it does not interfere with her daily life. Laura uses rationalizations to justify her feelings and actions to attain comfort and ego satisfaction.

Keywords: *PTSD, symptoms, defense mechanism*