

**POST TRAUMATIC STRESS DISORDER AND COMPLEX POST
TRAUMATIC STRESS DISORDER REFLECTED IN *ALWAYS
WATCHING* BY CHEVY STEVENS**

A THESIS

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



By

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2023**

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ACKNOWLEDGEMENT

First of all, the writer would like to express praise and gratitude to the almighty God, Allah S.W.T, because with His grace, the writer was able to complete the thesis entitled POST TRAUMATIC STRESS DISORDER AND COMPLEX POST TRAUMATIC STRESS DISORDER REFLECTED IN *ALWAYS WATCHING* BY CHEVY STEVENS. This thesis is presented as partial fulfilment of the requirements to complete undergraduate education in the Department of English Literature. The writer expresses his deepest gratitude to the lecturers in English Literature, Faculty of Cultural Sciences, Universitas 17 Agustus 1945 Surabaya. The writer would also like to express his deepest gratitude to Ms. Linusia Marsih, S.S., M.Pd. as the thesis advisor who has guided and assisted the writer from beginning to end.

I would like to thank profusely to my parents, sister and friends, for their prayers and support both morally so that I can finish this thesis well. My special thanks also go to Setyo Bagus Utomo, Ezra Natanael Supusepa, Ahmad Reza, and Fuzia Al Azhari who have supported me to complete my thesis. I also convey another thank to my friends of Sobat Sambat. Thank you to Zidan and other friends who have helped finish my thesis and to my classmates who I cannot mention one by one.

Surabaya, 4 July 2023

Yudha Hari Pamungka

ABSTRACT

This study discusses Post Traumatic Stress Disorder and Complex Post Traumatic Stress Disorder experienced by the two main characters, Nadine and Heather, in *Always Watching* by Chevy Stevens. The discussion focuses on the PTSD suffered by Nadine, CPTSD suffered by Heather, the effect of Nadine's PTSD to ward her life, and the effect of Heather's CPTSD to ward her life. This research applies descriptive qualitative method due to that fact the data is descriptive and the data analysis is presented descriptively. In addition, psychological approach is applied in this study because the study deals with the psychological aspects of the characters in the novel. The analysis shows that Nadine suffers from PTSD due to the traumatic event in her childhood. Nadine's PTSD is indicated by several symptoms i.e. avoidance of stimuli associated with the traumatic experience and anger, flashback to the traumatic event, blaming and feeling guilty, excessive alertness and overreaction to anything. Further, Heather suffers from CPTSD. There are several symptoms to indicate that Heather suffers from CPTSD i.e. always being nervous, crying, being easily angry, having disturbed images of thoughts, decreasing desire to act and communicate with the surrounding environment, feeling of isolation from others, blaming and guilty, hypervigilance, fear, anger or hopelessness, and suicidal thoughts, plans or attempts. The PTSD suffered by Nadine makes her experience trust issue and anxiety. Moreover, the CPTSD suffered by Heather makes her to get difficulty socializing with others, easily angry, and nervous.

Keywords: *post-traumatic stress disorder, trauma, child abuse*



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