

CHAPTER ONE

INTRODUCTION

1.1 Background of Research

Literary works study human beings and describe their inner world with all its aspects (Emir, 2016: 1). Emir (2016: 1) also stated that a literary work is at the same time a product of a certain psychological condition which means that a literary work supports psychology in terms of depicting human psychological conditions. Based on the explanation, the writer considers that the psychology is related to literary work in recognizing human psychological conditions through the characters in the inner world of a literary work.

Further, Imre in Emir (2016: 2) added that a literary work benefits from psychology in terms of successfully presenting characters, expressing their moods, and bringing the reader into the psychological dimension of human reality. Therefore, psychology and study of literature meet in their focus on phantasies, emotions and human soul. However, in doing the analysis of psychology in literature, the writer needs to apply the study of psychoanalysis. As stated by Cuddon in Aras (2015: 3),

Psychoanalysis is concerned with the quest for and discovery of (and the subsequent analysis of) connections between the artists (creators, artificers) themselves and what they actually create (novels, poems, paintings, sculpture, buildings, music, etc.). As far as literature is concerned it analyses characters 'invented' by authors, the language they use and what is known as 'Freudian imagery.' Thus, in the Freudian method a literary character is treated as if a living human being.

Based on the explanation above, it can be said that psychoanalysis in literature is discussing more about the characters and human being who are created by the

authors in their works (novel, poetry or drama). In that case, the writer considers that the psychological aspect can be related to the literature since it is concerning with human beings, their perception, fears, desires and conflict and inside of literary works will be always characters that represents authors' psychological condition. As stated by Aras (2015) that there is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches. In other word, both literature and psychology are dealing with human beings and their thoughts.

In that case, regarding to the explanation above, the writer finds one of the literary works that deals with psychological issue that is Post-Traumatic Stress Disorder or also known as PTSD. According to Vandebos (2015), PTSD is a disorder that may result when an individual live through or witnesses an event in which he or she believes that there is a threat to life or physical integrity and safety and experiences fear, terror, or helplessness. In other word, PTSD is some kind of disorder that appears because of traumatic experience such as fear and terror that threatening the individual's life.

However, when PTSD is noticed from psychology of literature perspective, it is known as the mental disorder that established when the sufferer cannot overcome the trauma from the past because they experienced continuous threatening and horrifying events in quite long period of time in the past (Karstoft et al, 2015: 12). Hence, the writer believes that trauma that experienced by the sufferer later on will be known as psychological trauma. As it is stated by Mursalina (2015: 3),

psychological trauma is one of the traumas caused by extreme stress and it happens when someone cannot overcome fears and feels so stressed and depressed. As the result, the sufferer of this trauma may end up his or her life because of the depression that he/she bears (Mursalina, 2015: 3). The psychologist also found that PTSD commonly happens to the soldiers after the war since the trauma at the war can be various (seeing suicide attacks, sexual assault, physical assault, killing or injuring someone) (Smith and Segal in Suleman, 2014: 24).

In that case, the writer finds one of the interesting novels with the issue of PTSD entitled *American Sniper: The Autobiography of The Most Lethal Sniper in U.S Military History*. The writer decided to analyze this novel since the story is quite interesting. It tells about a man who does not have life purpose but then he is decided to defend his country, America. However, at the prologue, the storyline is regressive, first it shows the present situation and then it comes back few years before the main character join army (SEAL). The main character, Chris Kyle was raised by his father who taught him about the lesson of life and the important thing of protecting family. On the beginning, both his father and Chris do not have any experience in military, but when Chris cannot find his life purpose, he is decided to join army after he watched the news on television that war in Iraq killed many American soldiers.

Confused with the Forces that he wants to join, Chris then guided with someone who offers him to join SEAL team, a special elite team in military. After few weeks of training, Chris and his group went to Iraq to help other soldiers to kill terrorist in that area and that is how the writer assumed that Chris started to have all of his traumatic experience. When he arrived at home, he feels unsafe because whenever

he heard noisy machine such as lawn mower or electric drill, it makes his consciousness fully aware and cannot let his guard down. He even keeps imagining the hostages and civilians who killed in Iraq in front of his eyes although he successfully come back home safely.

Therefore, from the story, the writer is interested in analyzing this novel because it tells about the PTSD that is shown to the reader as seen from the main character, Chris Kyle. Also, the writer considers that by learning PTSD, the readers are able to know more about PTSD, its symptoms and the causes, especially when the author who suffers PTSD is practically implemented his experience in literary works.

1.2 Research Questions

Based on the background of research, the writer formulates the research questions as follow:

1. What are the causes of Post-Traumatic Stress Disorder (PTSD) of the main character in the *American Sniper* novel?
2. How are the symptoms of Post-Traumatic Stress Disorder (PTSD) as seen from the main character in Chris' novel *American Sniper*?

1.3 Research Objectives

Regarding to the research questions above, the objective of this research is:

1. To find out the causes of PTSD of the main character in the *American Sniper* novel.

2. To describe the symptoms of PTSD as seen from the main character in Chris' novel *American Sniper*.

1.4 Uses of Research

1.4.1 Theoretical Use

Theoretically, this research hopefully can be used as one of the references in analyzing the similar topic that is about Post-Traumatic Stress Disorder (PTSD). Also, since this research reveals some important points on psychosocial studies, thus, the finding generated from this study will give supportive information to other researchers.

1.4.2 Practical Use

Practically, the writer intends to make this analysis will be useful for the readers so they have better understanding in literature especially in the topic of psychology and PTSD. In addition, this research also hopefully can give knowledge about the differences of traumatic experience, post-traumatic stress and PTSD to the readers.

1.5 Scope of Research

In the novel of *American Sniper* by Chris Kyle, there are so many aspects that can be analyzed. However, in this research, the writer only focuses in describing the causes of PTSD as seen through the main character, Chris Kyle and describes the symptoms of PTSD that is experienced by the main character using psychological approach.