

## **CHAPTER ONE**

### **INTRODUCTION**

#### **1.1 Background of the Study**

Literature is a world of imagination created by the author. The imagination created comes from oneself and the environment around the author. Imagination created from oneself is related to the psychological conditions experienced by the author. This is very influential for the story that will be written. The biggest influence of the author's psychological condition is on the character of the story. Most people assume that the main character is the same character as the author, especially if the character has the same gender. Imagination created from the environment around the author can be interpreted that environmental conditions, events, and places are able to give a desire for a writer to immortalize them into writing, namely literary works. Apart from originating from the author's imagination, literary works can also be produced by the author's creative process in describing the ideas that are thought and felt by the author using language as the medium. The ideas that are thought and felt by the author relate to humans and the life that surrounds them. The creative process greatly determines the merits of a literary work which will later be presented to the reader (Minderop, 2013).

As a creative work, a literary work must be able to give birth to a beautiful creation and try to channel the human need for beauty by choosing the right diction, so that the reader is able to interpret what the author wants to convey through the literary work. Literary works written by the author basically show events or events. Events or events contained in literary works are brought to life

by characters who play important roles in the story. It is through this character that an author creates events that describe different human lives because every human being has a different character from other humans (Yunara & Kardiansyah, 2017). The difference is what causes the occurrence of events or events that occur in literary works. The incident or event is related to conflict, whether conflict with other people, conflict with the environment, conflict with oneself, or conflict with God. Literary works produced by writers always feature characters who have character so that literary works also describe the psyche. With this fact, literary works are always involved in all aspects of life and life, including psychological or psychological aspects. This is inseparable from the dualism view which states that humans are basically made up of body and soul (Roekhan, 2011).

Literary works that are considered good by readers are works that are able to draw the reader's attention with stories that are able to hypnotize the reader. Readers like to feel directly every event that is presented in the story. Readers feel immersed and carried away in the story so they are reluctant to stop reading. A good literary work also has benefits for the reader. Not only the entertainment value is highlighted, but it must bring positive benefits to the readers. Literary works are not only entertaining because literature answers the emotional needs of readers through joy, pleasure, sadness and tears but also provides benefits in terms of the values contained in stories about morals, goodness, badness, and religion. Literary works, especially novels, must present stories that contain conflict, whether conflict with other people, conflict with the environment, conflict with oneself, or conflict with God. The existence of conflict makes a novel more lively and exciting (Budianta, 2020).

The novel is one of the literary works that reflects real facts about the psychological disorders experienced by the characters of the story. The unusual psychological symptoms that exist in literary works are the psychological symptoms of imaginary humans, while in psychology, the psychological symptoms of humans in real life (Endraswara, 2011). Both literature and psychology are complementary also interrelated, because one can use them in the process of creating a novel, movie, poet, song, and others. Psychologically speaking, psychology is used to animate the personality the author has created (Ratna, 2007). The author makes the individual as the object because of the variety of individuals in participating and acting. One by one, people reveal their mental health, which cancels out each other's effects. The author uses psychological aspects to create his work, whether or not he realizes it (Nurgiyantoro, 2007).

The study of literature, which is interdisciplinary in nature, has brought together literature with various other branches of science. Literary psychology is used as a literary study to read and interpret literary works, authors of literary works and their readers, using various concepts and theoretical frameworks in psychology (Jarvis, 2006). Not infrequently literary works that raise psychological issues, such as trauma experienced by someone.

Past trauma, pressure from society, work, life and parents distract some people from marriage. Based on a survey in 2016, it was found that 24.9% of women in Indonesia chose not to marry. Some of them have past trauma, some are afraid of high household costs, as well as life changes after marriage (Jarvis, 2016). Look around the environment of researcher, this is not just a number, but it is true. One

of the research friends experienced a similar, past trauma that made her not want to commit to a married or just dating. Coming from a broken home family makes her afraid of being hurt by men.

It all started when the victim was still in elementary school, her parents often quarreled and it was not uncommon for the victim to witness domestic violence committed by the father against her mother until one day the father chose to leave the victim and her mother without providing a living. This made her mother have to work hard to meet their needs and migrate to Malaysia which made the victim hate her parents because she felt abandoned and grew up under the care of her grandmother. Even though her life is currently considered ideal – not destroyed like the stigma that occurs in society regarding children from a broken home, this trauma still dominates as evidenced by her desire not to marry because she is afraid that what happened to her mother will also be experienced by her.

Indeed, not all children from broken homes have trauma to the point of being afraid to get married. Many of them have succeeded in building harmonious families, but it is undeniable that some of them have experienced great trauma and have avoided marriage. Trauma due to events from the past that still lingers to affect the victim's future life is usually called Post-Traumatic Stress Disorder (PTSD).

PTSD (Post-Traumatic Stress Disorder) is a psychological issue that shows up after an individual encounters or witnesses a horrendous occasion. Such conditions will have a mental effect as conduct issues going from unreasonable nervousness, incapable to rest, strain, and different responses. Post-Traumatic

Stress Disorder or PTSD is a mental issue that can happen after an individual encounters a horrendous accident. For example: sexual harassment, war, terrorist attacks or serious accidents such as the death of a loved one (Endiyono & Hidayah, 2019).

The traumatic experiences of many people occur not only in real life, but also in psychological problems that are often raised in literary works, including novels. The novel is an imaginative work that contains the author's imagination. However, many of these fantasies are inspired by everyday reality so that they do not conflict with reality. It is not uncommon for the author's imagination to be inspired by real events that the author experiences, feels and lives. The novel has a plot that does not contradict reality. The setting of the story, which includes the location, time, and atmosphere of the story, are things that can be traced in real life. The same goes for the characters and characters in the story (Schiraldi, 2009).

This study investigates Pauline's post-traumatic stress disorder in Nicola Yoon's *Everything, Everything*. This study looks at the topic about trauma supported the speculation of G. C. Davison. PTSD could be a disorder that develops in many folks that have fully fledged shocking, frightening, or dangerous events, as well as psychological disorders (Davison, 2006).

Nicola Yoon is an American writer born in Jamaica. Thanks to her first work entitled *Everything, Everything* which was released in 2015 and was a huge success, Nicola started her writing career by regularly writing full time. Her first work, *Everything, Everything*, immediately received rave reviews from readers

and won an award for the Goodreads Choice Award for Best Debut by Goodreads Research. Not only that, *Everything, Everything* was also adapted into a film released in 2017.

*Everything, Everything* by Nicola Yoon became the object of this research because of the success of this book which was well received by readers on its debut, in addition to the unique story idea that attracted the attention of researchers. Researchers can see love, fear, trauma, sadness, and family problems in this novel. Another uniqueness of this novel is that this novel has a fairly heavy problem, but the researcher can present it lightly so that the reader is not too dizzy in analyzing and can still enjoy the plot of this novel.

*Everything, Everything* tells the story of Madeline's family situation that was formed from trauma and sadness. Her father was the love of Mother's life, but Madeline's father and brother tragically died in a car accident when Madeline was only a few months old. Around the same time they died, her mother, Pauline, allegedly received Madeline's diagnosis with SCID (Severe Combined Immunodeficiency), a disease that leaves the artificial immune system paralyzed and susceptible to disease, and with money to compensate for the accident and hire Carla to help care for Madeline's baby. Despite the ethical questions that arise, the novel finally reveals that the mother faked Madeline's diagnosis which means Madeline never had SCID.

The researcher then decided to choose *Everything, Everything* to be analyzed in this study, because the researcher assessed how Nicola Yoon showed how trauma affects a person, who is not only traumatized by the impact, but also for the people around her. PTSD is one amongst the mental diseases that's triggered by a

perturbing external event. Post-traumatic stress disorder are going to be used as a psychological approach during this study.

This study was conducted in order to be an alternative to enrich the knowledge of readers or other researchers about the meaning, causes and effects of post-traumatic stress disorder and also to add insight that literary works are a depiction of reality that really exists and occurs in society. In addition, this research is to increase public awareness of the trauma experienced by a person so that people no longer ignore or underestimate the trauma experienced by someone.

## **1.2 Research Question**

From the background having already expalined, the problem could be derived :

How is the portrayal of post-traumatic stress disorder experienced by Pauline on Nicola Yoon's *Everything, Everything*?

## **1.3 Research Objectives**

Accordance with the research question, the objectives that researcher wants to achieve is as follows : The purpose of this study is to describe the depiction of post-traumatic stress disorder experienced by Pauline on Nicola Yoon's novel *Everything, Everything*.

## **1.4 Significance of the study**

During this case, this research can facilitate readers to grasp a lot of concerning post-traumaticstress disorder practiced by characters within the novel, both those who experience PTSD directly and those who do not experience PTSD. The uniqueness of this research compared to previous research is that there is no research that uses the novel as the object of this research, namely *Everything,*

*Everything* by Nicola Yoon. In addition, almost the previous research that the researcher met discussed the description and impact of PTSD for the victim, but in this research, the researcher will mention a little about how PTSD also impacts the people around the victim.

Inspired by this research, it is hoped that it can motivate other researchers to conduct other research with psychology in literature. Furthermore, as far as the situation allows, this research will encourage readers to support all people who have post-traumatic disorders to heal.

Inspired by this analysis, it's hoped that it will encourage different researchers to conduct other research with psychology in literature. Moreover, this research can encourage readers to support all those that have post-traumatic disorders to heal.

## **1.5 Use of Research**

This research will be necessary for society and future researchers. Therefore, as outlined below, the research uses of this research are divided into two types :

### **1.5.1 Practical Use**

For literary studies, this research can be an opportunity to provide knowledge that literary works are a depiction of realities that actually exist and occur in society. For psychology studies, this research can increase public awareness of trauma that a person has experienced. This research can provide insight and deeper knowledge to the public about the definition, causes and effects of post-traumatic stress disorder. Researcher also hopes that this research will make people no longer ignore or underestimate the trauma experienced by someone. To further study who will analyze the novel, the same theme or problem can also use the information that has been prepared in this research.



### **1.5.2 Theoretical Use**

Other researchers in the future can use the theory used in this research to conduct research of post-traumatic stress disorder.

### **1.6 Scope of the Research**

In analysis Nicola Yoon's *Everything, Everything*, researcher will use the PTSD theory by Gerald C. Davidson. The researcher focuses on PTSD experienced by one amongst the figures on *Everything, Everything* novel caused by an accident she experienced. This analysis concentrates on three parts, the first is the symptoms of Pauline's PTSD namely symptoms of hyperarousal and avoidance, the causes of Pauline's PTSD originating from external or environmental factors, also the impact of Pauline' PTSD which is a change in the mind.