

## **CHAPTER TWO**

### **LITERATURE REVIEW**

This chapter will briefly explain the theory used in the research, which approach is used as a guide in conducting this research. In addition, the researcher uses previous research as a research supporting element to compile a well-structured research paper containing new findings. Any previous studies and theories related to the issues raised by the researcher in this research.

#### **2.1 Previous Study**

Previous studies provided examples of how to conduct analysis and how to conduct research to produce good research. There are several previous studies help this research. The first, a research compiled by Ruby in 2006, the author conducting a research with title "Post-Traumatic Stress Disorder As The Results of Physical and Emotional Violence on The Gambir Character in *The Tabu Door*, a completely unique by Sekar Ayu Asmara". The second, Zulfah (2010) with the title "Post-Traumatic Stress Disorders of the Main Character wihtin the Novel Seno Gumira Ajidarma's *The Stringless Violin*". The third is a study by Mentari Andriani in 2013, the author worked on a study entitled "The Explanation of Domestic Violence as Katie's Reflection within the Novel *Safe Heaven* by Nicholas Sparks". For the fourth, particulary analysis from Sulaeman in 2014, the author conducted an analysis of his study entitled "Analysis of Trauma in the Novel Staub *Worry of Death*". The fifth is Yanadi Ayubrata's (2016) study entitled "Revealing Charlie's Post Traumatic Stress Disorder Through His Behavior in Stephen Chbosky's *The Perks of Being a Wallflower*". The last

previous study came from Malida Khuri Inaya in 2016 with the title “The Anxiety of Pauline and Madeline in Nicola Yoon's *Everything, Everything*”.

The first, a research compiled by Ruby in 2006, the author conducting a research with title "Post-Traumatic Stress Disorder As The Results of Physical and Emotional Violence on The Gambir Character in *The Tabu Door*, a completely unique by Sekar Ayu Asmara". The researcher is a student of Sanata Dharma University Yogyakarta. The researcher uses descriptive methods to describe the facts contained in the novel. The researcher analyzes the protagonist who suffers from PTSD. The purpose of this analysis was to explain the psychological condition of the figure with post-traumatic stress disorder (PTSD). The similarity between this research and the researcher's research lies in the theory of the use of PTSD. The difference lies in the research question. The contribution of this previous research to the researcher's research is to help the researcher obtain information about the PTSD theory. Although the researcher continues to seek from several sources regarding the theory used, more or less this previous research helped a lot, one of them made it easier for the researcher to understand well about the theory used. The purpose of this study is to explain the PTSD experienced by Pauline in Nicola Yoon's novel *Everything, Everything*.

The second, Zulfah (2010) with the title "Post-Traumatic Stress Disorders of the Main Character within the Novel Seno Gumira Ajidarma's *The Stringless Violin*". The researcher comes from the University of Muhammadiyah Malang. The researcher used a qualitative description method. The researcher analyzed the characters who experienced traumatic experiences within the novel *The Stringless Violin*. This study has two objectives: the first is similar to the research of

researchers, namely to describe PTSD experienced by the figures in the novel. The distinction between this analysis and also the researcher's research lies within the second point. This study will discuss how to describe the novel's character's efforts to overcome post-traumatic stress disorder. This study helps analyze the main character who has experienced PTSD. This previous research has contributed to broaden and deepen the theory that will be used in research studies that will be carried out by researchers.

The third is a study by Mentari Andriani in 2013, the author worked on a study entitled "The Explanation of Domestic Violence as Katie's Reflection within the Novel *Safe Heaven* by Nicholas Sparks". The researcher analyzes the character who experiences domestic violence. The method used is qualitative. This research aims to describe the character of Katie before divorcing her husband and finding a new character of Katie after divorcing her husband. The results show that from a feminist perspective, Katie's domestic violence incident may be related to one of the Marxist feminist theories, besides this study discusses PTSD. The difference between this study and the researcher's research is significant. This can be seen from the different survey objectives. Researcher will analyze and describe post-traumatic stress disorder experienced by character in *Everything, Everything*. While this previous study had three objectives, namely to find out the symptoms of Katie's PTSD in *Safe Paradise* by Nicholas Sparks, the causes of Katie's PTSD in *Safe Paradise* and the effects of post-traumatic stress. This previous research is needed by researchers to compare and find which areas of research have not been studied by previous researchers.

For the fourth, particular analysis from Sulaeman in 2014, the author conducted an analysis of his study entitled "Analysis of Trauma in the Novel Staub *Worry of Death*". The researcher comes from University of Aluddin Makasar. The researcher uses a qualitative method to analyze the cause and effect of the subject using the theory of post-traumatic stress disorder. They have the same topic, namely PTSD, but this research and the researcher's research have different goals. The researcher's research will discuss Pualine's description of PTSD experienced in *Everything, Everything* by Nicola Yoon's, and in this research it will discuss how the two main characters in Staub's novel *Scared to Death* cure PTSD and also determine the effects and causes of people experiencing PTSD. The contribution of this previous research is to assist researcher in determining how the research methodology will be used to obtain data to be processed in research by researcher.

The fifth is a research compiled by Yanadi Ayubrata (2016) entitled "Revealing Charlie's Post Traumatic Stress Disorder Through His Behavior in Stephen Chbosky's *The Pearks of Being a Wallflower*". The researcher comes from Sanata Dharma University Yogyakarta. The researcher uses a qualitative method to determine the PTSD experienced by the character by using psychoanalysis to analyze the subject's behavior. Next, the researchers re-analyzed the effects of the trauma. Researcher needs this previous research because it helps researchers in compiling research well, both in terms of language use and the arrangement of each chapter. The relationship between this research and the research conducted is the existence of a common theory that can be used as a reference for researchers. They have the same topic, namely PTSD, but the objectives of this research and the researcher's research are different.

And the last previous study came from Malida Khuri Inaya, with the title “The Anxiety Of Pauline And Madeline in Nicola Yoon's Everything, Everything”. The author comes from the State Islamic University of Maulana Malik Ubrahim Malang. The author uses qualitative analysis methods. The study objective from this previous study are to find out the causes of anxiety suffered by Pauline and Madeline in Everything, Everything by Nicola Yoon; to find out the forms of anxiety are found in Pauline and Madeline in Everything, Everything by Nicola Yoon; and to find out the defense mechanisms used by Pauline and Madeline to handle anxiety in Everything, Everything by Nicola Yoon. The similarity of this previous study with the author's research lies in the same research object, namely Everything, Everything by Nicola Yoon, and the difference is in the objectives and the theory used. In the previous study, the author uses psychoanalytic theory by Freud and defense mechanism theory. While the contribution of this previous study is to help find the cause of Pauline being so overprotective towards Madeline, besides that because it has the same research object, this previous study can be used to compare and compare and find out which research areas have not been studied by previous researchers.

## **2.2 Psychological Approach**

Psychology is closely related to literature. Psychology can be defined as the research of human behavior. This occurs because mannerism is something obvious that can be immediately attested, and the soul is abstract. By observing a person's behavior, you will conceive their state of mental. There is no denying that, in general, everyone exposes their mental state to behaviors that others can clearly see. In short, we can understand the nature and state one's soul through

one's behavior in daily life (Schiraldi, 2009).

The psychological approach can be related to three possible approaches; the first, the intrinsic approach, this research is about the psychological aspects of characters in literary works; second, the pragmatic approach, concerning the psychological aspects of the reader; third, expressive approach, this research pays attention to the psychological aspects of the researcher when the researcher expresses feelings in a work (Roekhan, 2011). Based on the explanation above, there are three possible approaches related to the psychological approach. However, the researcher only takes the intrinsic that corresponds to psychology in literary works as a contribution from the psychological approach. The researcher uses a psychological approach related to the psychological aspects of the figures in the *Everything, Everything*.

Researcher uses psychological approach to analyze the psychological aspects contained in a literary work. Through understanding the figures, for example, society is experiencing changes, contradictions and other deviations that occur in society. The research was conducted in two methods, namely first, by understanding psychological theories and then analyzing the object. The second, by first identifying a literary work as the object of research, and then identifying the psychological theories deemed relevant to carrying out the analysis, the psychological approach of this research helps analyze the internal conflict of the characters in the novel. The psychological approach is used because the internal conflict within the character is closely related to a character's behavior and psychological life.

### **2.3 Post-Traumatic Stress Disorder**

Post-Traumatic Stress Disorder (PTSD) is a disease that occurs in someone who has faced shock, fear, or dangerous events. PTSD is an anxiety disorder caused by a traumatic event. These events can be in the form of accidents, physical attacks, wars, and natural disasters. People who experience post-traumatic stress will show symptoms such as seeming to have experienced a traumatic event, avoiding things that can remind them of the event and having nightmares. Symptoms can seem among a month of the incident and last for months or perhaps years if left untreated (Davidson, 2006). There is no specific time limit for suffering and a few individuals might not experience post-traumatic symptoms for many years past the event. Also, not everybody who has faced a traumatic event has PTSD. Most people who have faced a traumatic situation feel angry, shocked, afraid, guilty, and anxious. This is a completely normal response to abnormal events and will go away with time. People with post-traumatic stress disorder will have very strong emotions after the incident, preventing them from living a purposeful life. Unfortunately, PTSD symptoms do not go away from time to time, and it can step up till the person is weak and unable to work normally (Jarvis, 2006).

#### **2.3.1 Post-Traumatic Stress Disorder Causes Theory by Gerald C. Davison**

According to a large online Indonesian dictionary, a cause is something that causes something to happen. Likewise, PTSD does not just happen, there must be a specific cause. According to the PTSD theory of Gerald C. Davison, PTSD can be caused by genetic causes or environmental causes.

### 1. Genetic Causes

Usually people who have family members such as parents or siblings with similar disorders are susceptible to this disease. Children raised in PTSD families have an increased risk of developing PTSD as do their parents. Usually there is no clear cause for PTSD, but the victim feels like she has experienced the trauma even though she has never experienced it in her life.

### 2. Environmental Causes

In contrast to PTSD which is caused by genetic factors. For PTSD cases caused by environmental factors, of course the victim first experienced bad things in his life which resulted in PTSD appearing in him. Bad events can be sexual harassment, violence, war, natural disasters, traffic accidents, the death of a loved one, and so on.

### **2.3.2 The Symptoms of Post-Traumatic Stress Disorder Theory by Gerald C. Davison**

Symptoms are indications of an unwanted disease or health disorder, in the form of signs or characteristics of the disease and can be felt, such as feeling nauseated or dizzy. However, there are things that are not included in the meaning of this term, such as hallucinations or delusions, because the way these indications occur in the perpetrator is often unconscious, and is not the result of observations made based on medical examinations. In addition to physical illness, a mentally injured person also has its own symptoms (Sheley E. Taylor, 2009). The following are some of the symptoms exhibited by PTSD patients based on the Gerald C. Davison theory :



## 1. Avoidance symptom

Signs and symptoms of PTSD include a generalized decrease in the individual's reactivity and continued avoidance of anything that reminds the patient of the trauma. This can remind visitors that things about the trauma may originate from the visitor, such as thoughts or feelings about the trauma they experienced, or unpleasant memories or feelings caused by external stimuli or the environment. In addition, signs and symptoms of PTSD in this group include decreased emotional capacity, feelings of isolation from others, and lack of dreams or hopes for the future. The signs and symptoms of this group are try to avoid thoughts, feelings or conversations about the traumatic event; try to avoid places or people that remind you of the traumatic event; difficulty remembering important parts of the traumatic event (difficulty remembering important parts of the traumatic event); difficulty acquiring positive feelings, such as happiness or love.

## 2. Hyperarousal Symptoms

Hyperarousal is a symptom of PTSD that makes sufferers alert and alert when thinking about or dealing with trauma. Hyperarousal is a common symptom experienced by people with PTSD. It is characterized by various symptoms caused by the condition of people with PTSD being alert when they remember or think about the trauma they have experienced. The main effect caused by hyperarousal conditions is the body is constantly

experiencing chronic stress conditions. When hyperarousal symptoms strike, there are several conditions that PTSD sufferers may experience. Signs of hyperarousal symptoms are restless, always look alert as if in danger, breathing faster than usual, easily offended and quick to anger, heart beats faster than usual, thinking about the event or situation that triggered the trauma, and easy to feel scared and panicky.

### **2.3.3 The Impact of Post-Traumatic Stress Disorders Theory by Gerald C. Davison**

Post-Traumatic Stress Disorder (PTSD) changes in people's thoughts, feelings, and behavior changes, such as:

#### **1. The Impact of Changes in Mind**

The change in mind impact where patient unable to accept reality, a psychological condition that makes it difficult for a person to accept the harsh reality. The harsh reality can vary, ranging from a breakup, termination of employment, to a family who dies. Besides that usually patient also having nightmares, the most common causes of nightmares are stressful situations and conditions that cause anxiety. Risk factors for the occurrence of nightmares are people who have recently experienced psychological trauma, a history of failure, depression, anxiety, and people who are too tired to work. Having trouble concentrating, stress or anxiety will interfere with concentration and can also cause loss of focus. Patient often being dazed, the inability to think as clearly or as quickly as usual. An absent-minded person may feel disoriented and have difficulty paying attention, remembering, and making decisions.

Some people who are absent-minded may have strange or unusual behavior. It is also possible that people with this condition act more aggressively.

## 2. The Impact of Feeling The Change

Usually patient who experiences this impact has strong fear, the reason why someone feels afraid can be because of a natural form of self-defense. But on the other hand, there is also a sense of horror triggered by traumatic experiences in the past. Not only strong fear, patient also experiences anxiety, anxiety is a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with daily activities. And also patient oftens feeling sad or depressed in response to a state of grief, hopelessness, or disappointment; if it persists, it can indicate depression. Feeling unable to live again, have suicidal ideation.