CHAPTER TWO

LITERATURE REVIEW

Literature review from the previous study is essential because by doing a review, we can get a many references that can be used to conduct a research. Reviewing the literature work can also prevent plagiarism in a research study. This research is about "Trauma aspect and psychological issue" in *Get out Movie* in 2017, and here's the review of 5 Studies from Journals and articles talking about "Trauma and Psychological issue" and related with this research. Psychology is one of the Interesting Topics in Get out Movie because in the main character, the psychology effect is very interesting to discuss. The title for This Research is *"Trauma on the main character in Get out Movie by Jordan Peele: Psychology of literature study."*

2.1 Literature Review from the Previous Study

1. The first literature review with the title *"Psychological analysis of the main character's personality in Go Ask Alice"*. This research written by Nailul Fauziah from Universitas Islam Negeri Maulana Malik Ibrahim Malang. This research was published in 2008. Based on the explanation from the Research, the research question of this study is there are two things that will be discussed and explored in this research. These things are how is the personality of the main character in this novel described? And then how is the personality of the main character based on Abraham Maslow's theory which discusses the theory of motivation?

Based on the research questions above, this study aims to present a description of several things, namely to find out how the main character's personality is described in this novel and the next goal is to find out how the main character's personality is seen from Abraham Maslow's motivation theory. This research also founds that there are three main characters of Ask Go Alice Novel, namely pessimistic, sensitive, and also unrealistic. There is a need for the personality of the main character in ask go alice which was then seen by Abraham Maslow through motivation theory and there are several hierarchies of needs such as self-esteem needs, psychological needs, security needs, love needs, and also needs regarding self-actualization.

2. The second literature review with the title *"The Potentials of Psychological Approaches to Literature"*. This research written by Peter Benyei from University of Debrecen, Hungaria. This research was published in January 2016. Based on the explanation from the Research, the research question of this research is How is the relationship between psychological approaches in a literary work? Based on the research questions above, the objective and the aims from this research to find out the interaction between psychology and literature, especially the interaction between psychological approaches commonly used in researching a literary work. Literature and psychology are two sciences that are currently interrelated, because currently there are a lot of literary

works that use aspects of a psychological approach to make a literary work more interesting.

The theory used from this research is Psychological Theory, and also this research finds that there are many factors that make psychology and literature have strong interactions and relationships, as well as aspects of psychological approaches which are also the basis between interactions and correlations between literature and psychology. The interaction and also the relationship between literature and psychology, shows that these two disciplines have the possibility to studied literature and psychology, but at the same time it can also create a dilemma. The link between literature and psychology arises from psychology which is inherent in the dimension of literature and from the use of psychology in its use to interpret texts in a literary work.

The research above will be related to the analysis that will be made by the researcher in this study, because this research will also look at the psychological aspects of literary works, namely get out movie which will make research on the trauma experienced by the main character and will be analyzed using the approach and psychological perspective.

3. The third literature review with the title *"The analysis of trauma in Staub's Novel "Scared to Death"*. This research written by Sulaeman from English And Literature Department adab and humanity Faculty state

Islamic University of Alauddin Makassar. This research was published in 2014. Based on the explanation from the Research, the research question of this research is, how is the description of post-traumatic stress disorder experienced by the two main characters in Staub's novel “Scared to Death”? and How the two main characters in the staub novel "Scared to Death" healed post-traumatic stress disorder"? Based on the research questions above, the objective and the aims from this research is to explain how the description of post-traumatic stress disorder experienced by the two main characters in Staub's novel "Fear of death" and also this study aims to find out how the two main characters healed the post-traumatic stress disorder they experienced in the characters in Staub's novel. This study uses post-traumatic stress disorder theory and also uses qualitative descriptive methods and also takes a psychological approach and sees a psychological perspective to analyze post-traumatic stress disorder experienced by both characters and also see how they heal their post-traumatic stress disorder.

This research finds several explanations for post-traumatic stress disorder in the novel “Scared to Death” by Wendy Course Staub which showed that the post-traumatic stress disorder experienced by the two main characters had differences, such as symptom arousal, avoidance and intrusiveness. In the novel "Scared to death", Elsa's character is dominant in the symptoms of intrusion rather than avoidance and arousal symptoms, while Maris's character is more dominant in other symptoms of arousal. In addition, this

research also finds several ways of healing post-traumatic stress disorder described in this novel such as natural mastery, attachment to care for others and also meaningful goals in life because they have succeeded in becoming perfect mothers. Of the two main characters who experience post-traumatic stress disorder, Elsa's character uses all of her healing methods, but Marin's character only uses two methods, namely attachment to caring for others and meaningful goals in life. But everyone must have a different way to do healing in curing post-traumatic stress disorder.

This research on trauma in the novel "scared to death" will later become a reference material for conducting research "analysis of trauma in get out movie based on the approach and also a psychological perspective", because these two studies both discuss the analysis of trauma in a literary work, namely novels and movies as well as these two studies will discuss trauma analysis based on psychological study.

4. The fourth literature review with the title *"Petter's Childhood Trauma in Jostein Gaarder's The Ringmaster's Daughter"*. This research written by Dayanara Estu Hapsari S.P from English Letters and Language Department Faculty of Humanities UIN Sunan Maulana Malik Ibrahim, Malang. This research was published in 2016. Based on the explanation from the Research, the research question of this research is what are the symptoms of trauma experienced by the main character Petter in his childhood which is depicted in the novel Princess of the Ring Leader? And

also what are the effects of the trauma experienced by the main character Petter in the novel The Ringmaster's Daughter in his adult work?

Based on the research questions above, the objective and the aims from this research is to find out what symptoms and effects appear in the novel through the main character. Then the purpose of this study is to identify the symptoms of childhood trauma that later became a psychological disease and turn the trauma into Post Traumatic Stress Disorder and also another goal is what is experienced by the main character and also to find out the effects of childhood trauma experienced by Petter as the main character in the novel.

This study found that trauma experienced in childhood or childhood has multiple effects, namely the ability to experience it again in the future, avoidance from social environments, and decreased arousal. Then it can also be re-experienced in the future, namely by remembering the traumatic event and remembering it again, avoiding social environments that can remind him of things that can cause him to come back with trauma. The effects that are told in this novel are committing crimes, not being confident, giving up easily, not being able to control themselves, being irresponsible, preferring to regret, and being an inappropriate person.

This study will be used as a reference material for conducting research on the trauma experienced by the main character from Get Out movie which

will be analyzed based on a psychological perspective. Because this study discusses the childhood trauma experienced by the main character named petter and also the get out movie has the main character, namely Chris Washington who also has a traumatic experience in his childhood when he lost his mother because his mother passed away.

5. The fifth Literature Review with the title *"Revealing Charlie's Post Traumatic Stress Disorder through his behaviors in Stephen chbosky's the perks of being a wallflower".* This research written by Yanady Ayubrata from English Letters Study Program Department of English Letters Faculty of Letters Universitas Sanata Dharma, Yogyakarta. This research was published in 2016. Based on the explanation from the Research, the research question of this research is, how is Charlie's character described in Stephen Chbosky's novel The Perks of Being Wallflower? How does Charlie express his Post Traumatic Stress Disorder in Stephen Chbosky's novel The Perks of Being a Wallflower?

   Based on the research question above, this research also has objective and aims, the objective and the aims from this research is to understand the characteristics of a teenage boy named Charlie who is about to enter high school. Describing the characteristics of the main character that is Charlie can help writers and readers to know more about Charlie's character in more detail. Not only to find out more about Charlie's character, the objective is also to know more about Charlie's characteristics, which can

also be used to determine the symptoms from post-traumatic stress disorder he is experiencing. And the next objective is to understand Charlie's behavior through the various letters he wrote. By knowing about Charlie's behavior towards himself and his surroundings, as well as how Charlie describes his situation in a letter, readers and researchers can more easily gain an understanding of Charlie's behavior that matches the symptoms of post-traumatic stress disorder.

This study also found several characteristics of the Main Character, namely Charlie who has an important role in providing a more detailed understanding of him. The experience of trauma experienced by the main character also has an important role, namely trauma, pain, loss, and also the emotions of the main character have been restrained. The restraints that followed are remembered in the subconscious of the main character because the main character wants to forget everything that traumatized him.

The restraint that occurs in the main character does not relieve pain, emotions, and other feeling in fact the restraint makes the main character have a psychological disorder through Charlie's destructive behavior in what he does. This behavior brings the main character to post-traumatic stress disorder. This study will be used as a reference for conducting research on trauma analysis of the main character get out movie based on a psychological perspective, because this study discusses the experience of

trauma which is then stored under the subconscious and then causes other psychological effects which then affect the behavior of the main character, this is also seen in the main character in the get out movie, the main character is traumatized when his mother passed away since he was little, then when he is an adult he remembers the incident again and makes him feel sick and carried into the subconscious, so that then there is a change in behavior what happened to the main character from the get out movie.

2.2 Trauma theory in literature

Trauma is one of the exciting discussions to be studied further. Currently, trauma is found in the world of health and in various literary works. Literature and trauma may seem loosely correlated, but Cathy Caruth considers literature and trauma closely related. Cathy Caruth (2013) “Literature is often closely related to trauma in ways we don't yet understand. Traumatic memories are never fully known but insist on being told. Literature tells us a lot about what we don't know about what we do and can therefore communicate what resists ordinary memory or understanding. Literary language has always been distinguished by its ability to convey what cannot be communicated in a more straightforward manner.”

In this research will use Freudian theory. Freudian theory consists of the Id, Ego, and Super-Ego or so-called psychoanalysis. Sigmund Freud introduced psychoanalysis in the early 20th century to help heal his patients who have mental illness. However, at this time, Freudian theory has also become one of

the techniques that researchers in researching a literary work have used. (Amelia, D & Daud,J. 2020). Freudian theory explaining that traumatic experiences are compulsively repeated, divide the psyche, affect memory differently from other experiences, and cannot be experienced initially but only in the narrative reproduction of the past were the key ideas that informed the first developments in this research trauma scholarship discusses trauma theory and the way trauma affects memory and identity (Amelia, D. 2021).

Literary actors who use trauma and psychology issues in their literary works attract literary connoisseurs and sometimes provide another side of social life through trauma and psychology themes, which are used as the main themes or characterizations of literary works. Trauma is also used as a theory used in researching a literary work. Researchers have the motivation to examine the trauma and psychology side of a literary work because it has an interesting side to be discussed and researched.

One of the exciting discussions between psychology and trauma is psychological trauma. Psychological trauma is a condition that occurs as a result of a bad event that befell a person. This unpleasant event makes people who experience it feel insecure and helpless in the face of a world full of dangers. When experiencing trauma, a person may also be tormented by emotions, memories, and anxiety that are reminiscent of the event, to the extent that it interferes with daily life. In fact, one may also become unable to trust others anymore. Sadiya Abubakar Isa (2017) Psychological trauma is the

result of a traumatic experience that occurs to a person, which actually determines an event as a subjective traumatic experience.

Mambrol (2018) Psychological trauma, its representation in language, and the role of memory in shaping individual and cultural identity are the main concerns that define the field of trauma studies. The concept of trauma itself is a source of criticism, generally understood as a disturbing experience that profoundly affects the dynamic organization of the self and the perception of the external world. Trauma theory explores the impact of trauma in literature and society by analyzing its psychological, rhetorical, and cultural significance. Based on the description above, literature, psychology, and trauma have become a unit often associated in a literary work and research because literature, psychology, and trauma are interesting if used as a new literary project.

2.3 Trauma Effect

Trauma, an experience that can be experienced once, or several times, or an event that is repeated and lasts a long time, will undoubtedly affect each person's personality who shares it differently. Trauma has an effect as well as an impact on the person who experiences it. There are several effects and impacts that trauma sufferers can feel. The effects of trauma can be normal, harmful, or can be very damaging.

Normal effects in trauma sufferers can include fatigue, confusion about what happened, deep sadness, feelings of anxiety, dissociation, decreased physical arousal, etc. Most of these normal responses occur because they affect most survivors and are socially acceptable, psychologically compelling, and sometimes self-limiting. Then the harmful effects of a more severe response include persistent distress without periods of relative calm or rest, severe dissociative symptoms, and intense intrusive memories that persist despite returning to a safe place, or remembering a traumatic event, persistent fatigue, sleep disturbances, nightmares, feelings of fear, anxiety focused on flashbacks of traumatic experiences, depression, and emotional avoidance. Lastly, the damaging effects of trauma, trauma suffers can hurt themselves and attempt suicide, which could occur due to psychological pressure from the effects of trauma.

2.4 Psychology in Literature

Psychology is a discipline that studies more deeply about the mind, mentality and human behavior. There is a strong relationship between literature and psychology because both are closely related to humans and their various reactions, ranging from the perception of the world, the difficulties experienced in the midst of life, a strong sense of desire, the fears faced, problems and conflicts that become reconciliation among the individual, society and environment through various concepts, methods, and approaches. (Asia, J., & Samanik, S. 2018).

This science will examine the flow of human thought. In addition, this science also examines the reasons behind human actions and behavior. Therefore, psychology is often used to find solutions or solve the right problem, especially in a number of complex human activities. Psychology can not only be applied in the world of health, but along with the times, psychology is also incorporated into various literary works, such as songs, books, novels, movies, arts and others. Psychology is a science that not only studies the nature of the soul, but also studies about experiences that are felt and that arise. Well, maybe you also feel the same way.

Psychology is usually also used as one of the issues that increases the attractiveness of a literary work, whether it is the attraction to add to the storyline, the attraction to add to the climax in a literary work, or the attraction used as an expression of expression through literary works. Currently, there are many literary works that use psychological issues to further add to the attractiveness of the literary work itself, one of the literary works that uses movie psychology issues.

Psychological issues have been widely applied in a movie. This is done to attract the interest of the audience who will feel touched when watching a movie that contains psychological issues. The number of movies that contain psychological elements attracts researchers to make a study based on psychological issues in a literary work, especially movie. According to *Endaswara (2011: 96)* Literary psychology is a literary study that views work

as a psychological activity. The author will use creativity and taste in the literary works created. Literary works that are seen as psychological phenomena will display psychological aspects through characters if the text contained in literary works is in the form of drama or prose.

Literary psychology is a literary study that focuses on the psychological activities of both characters in a literary work, authors who create literary works, and even readers as connoisseurs of literary works. "Literary psychology is a branch of science that studies a psychological event experienced by the main character in a literary work, when responding to other self and also the surrounding, so that symptoms that arise such as personality and psychological symptoms are expressed by researchers through the behavior displayed by a character in a literary work (Yunara & Kardiansyah, M. Y. 2017).

Psychology and literature are 2 sciences that have fundamental differences, namely usually psychology is a real science, and literature is a fictional science, but over time, psychology and literature can become a unity of knowledge that has been studied by many people. A lot of literary works currently contain elements of psychology, and vice versa, psychology also sometimes uses literature as one of its references. Currently psychology and literature have almost become a unity of knowledge that is closely and interconnected, many experts have expressed their opinions about the meaning of literary psychology. According to Endaswara (2011: 96), literary

psychology is a literary study that views work as a psychological activity. The author will use creativity, taste, and work in his work. Literary works which are seen as psychological phenomena will display psychological aspects through characters if by chance the text is in the form of drama or prose.

According to Roekhan (in Endaswara, 2011:97-98) literary psychology will be supported by three approaches at once. Firstly, the textual approach, which examines the psychological aspects of characters in literary works. Second, the receptive-pragmatic approach, which examines the psychological aspects of readers as connoisseurs of literary works that are formed from the influence of the works they read, as well as the reception process of readers in enjoying literary works. Third, the expressive approach, which examines the psychological aspects of the writer when carrying out the creative process projected through his work, both the author as a person and as a representative of the community. And according to Semi, (2010) the psychological approach is an approach that starts from the assumption that literary works always discuss events in human life. To see and know humans more deeply and further requires psychology.

With many experts expressing opinions about literary psychology, this shows that literary psychology has a broad scope to be later developed into a new branch of science in the world of literature and makes literary psychology 2 sciences that become 1 and are interrelated with each other.

2.5 Psychological Approach

Psychological study cannot be separated from psychological approach used when conducting research on psychological aspects in a literary work. Psychological approach is a perspective that leads to human behavior and how it functions, what aspects are worth studying and also what research methods are suitable for conducting this research. To see and know humans more deeply and further requires psychology. There are five main perspectives in the psychological approach, namely psychodynamic, biological, cognitive, behavioral, and humanistic aspects. The psychological approach is a literary research approach that focuses on the psychological aspects of a literary work (Atar Semi, 2013:45).

The study of psychological approaches is divided into three main objectives, namely the first aims to know and understand behavior by defining several factors that combine the development and expression of behavior. Second, psychologists try to develop more accurate behavior prediction procedures. And third, which aims to develop several techniques that enable behavioral control by "shaping" or the direction of psychological development through the manipulation of these basic factors for the growth and expression of behavior.

The psychological approach usually leads to a substantial strengthening of the meaning of a literary work. When discuss about psychology and its place in a literary work, especially studying the imagination of the author. Because all

literary works are based on some kind of experience, and because all writers are human, they naturally fall into a wide spectrum of emotional problems caused by experience. Not all psychological pathways in literary analysis are undertaken to arrive at an understanding of literary works to some extent one must be willing to use psychology to discuss probability.

Psychological approach is widely used to research a literary work with the theme of psychological study, especially trauma. Researchers use a psychological perspective to approach trauma theory used in a study. A psychological approach in a literary work is needed to find out how the main character who is the object of research can find out what trauma or psychological effects are experienced by the main character so that the object of research, namely the main character, feels very traumatized and sad for what happened.

This study will also discuss the Psychological Approach in the psychological study to find out the psychological problems experienced by the main character in this movie. As it is known that the main character in Get Out movie experienced a very deep trauma and also a very deep feeling of sadness when remembering his bad experience was that he was still a child because he lost his mother in an accident and is the main character in this movie. The main character feels very sad because he can't save his mother from an accident, even though he already feels that something wrong with his mother.

Because the trauma he experienced as a child then had an impact on the psychology of the main character in movie Get Out movie, then due to deep trauma, the feelings and emotions of the main character in this movie became unstable. Therefore, a psychological approach is needed to examine deeper psychological issues, especially the trauma experienced by the main character in this literary work in the form of a movie by Jordan Peele.