

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Literature is a written work that plays a role as a reflection of life (Karnataka, 2019). As the reflection of life, literature provides values that may guide people and raise the awareness among society (Karnataka, 2019). Thus, the conclusion can be drawn that literature is able to portray the real issues that happen among society. Literature has many varieties of definition, however all the definitions actually have the same meaning in general. According to Rexroth, literature can be considered as written work that is having excellence of form or expression and expressing ideas of permanent or universal interest (Rexroth, 2021). To be called as literature, the work should provide both pleasure and knowledge, thus the writings that are primarily informative, such as journal and scholar, cannot be included as literature (Rexroth, 2021).

In this research the writer has chosen one of the forms of literature, which is novel, to be discussed further. Novel is chosen because according to Aliyev, novel has exceeded word count and provides a significant structural-level difference compared to other literature (Aliyev, 2021). There is no limitation of word counts in novel, it can be as long as possible, and it allows novel to provide complexity of the character and the story better (Dharlie & Samanik, 2021). An article by Burgess in 2021 believed that novel is defined as prose narrative length with certain complexity that deals with human experience (Burgess A. , 2021). In

another word, novel can be a realistic portrayal of reality. In addition, novel reflects the picture of real characters, characters that depart from social reality and can convey dialogues and conversation that can stir and move the hearts of the readers (Amelia & Diantika, 2017). Therefore, the writer believes that novel can explore and portray the issue better with its length and complexity. Considering that, novel is chosen as the focus of this research.

In portraying the conflicts or issues, there are some ways that can be used by novel, which are: 1) person vs person; 2) person vs self; 3) person vs fate or god; 4) person vs nature; 5) person vs society; 6) person vs the unknown; 7) person vs technology (Scribendi, 2021). Among several ways, this research focuses on one of the ways which is person vs self. Person vs self refers to the conflict of the characters with themselves (Scribendi, 2021). By person vs self as the type of conflict, the novel focuses on the battling between two competing desires or selves (Scribendi, 2021). Essentially, this type refers to psychological issue that is suffered by the characters. Psychological issue in the character is chosen by the researcher considering the fact that literature, or novel, shares the same values with psychological issue. An article in 2015 believed that both novel and psychology have the same values and ideologies, which are to raise the consciousness and awareness of society about the identity of them as humans (Aras, 2015). Bringing the issue of psychological will embrace society to question their identity, and eventually make them have more awareness towards the psychological issue (Amelia, 2021). Therefore, the writer feels the urge to bring the psychological issue into this current research.

Psychological issue usually refers as the psychologically abnormal behavior (Seefeldt, 2014). Psychological issue usually called as mental disorder or psychological disorder as well. As explained by The American Psychiatric Association's Diagnostic Statistical Manual (DSM-5), some specific abnormal psychiatric conditions refer to mental disorder and/or psychological disorder (Seefeldt, 2014). It is the condition where a person can be characterized by clinically significant disturbances in individual cognition, emotion regulation, or behavior that reflects a dysfunction in that person's psychological (Seefeldt, 2014). Briefly, a person can be diagnosed with certain disorder if she/he has disturbances and fulfill the symptoms of certain disorder.

In several types of mental disorder, the writer focuses on one of the types named rape trauma syndrome. Rape trauma syndrome is a term that is used to refer to the trauma that was caused by the bad experience of being raped or sexually assaulted. Trauma itself is defined as an injury, such as a wound, to living tissue of human that is caused by an extrinsic agent (Gerber, 2019). However, the wound or injury is located in the psychology of human not physical. Even though it happens in the psychological of human, trauma can cause a disordered physic or behavioral state that is resulting from severe mental or emotional stress that are caused by the trauma itself (Gerber, 2019).

Meanwhile, Burgess and Homstrom stated that rape trauma syndrome occurs when the tragedy of rape happened (Burgess & Holmstrom, 1974). Rape trauma syndrome is the extension of trauma, when the trauma happens to a more specific case or tragedy, which is rape. Rape usually can be referred to sexual assault and sexual violence as well, in which the three have the similar meaning or root.

Generally the terms are used to describe any unwanted act, that is related to sex or sexual activity (Krug, 2002). There are circumstances that can be considered assexual violence, which are: 1) rape within marriage or dating relationships; 2) rape by strangers; 3) systematic rape during armed conflict; 4) unwanted sexual advances or sexual harassment; 5) sexual abuse or mentally or physically disabled people; 6) sexual abuse of children; 7) forced marriage or cohabitation; 8) denial of the right to use contraception; 9) forced abortion (Krug, 2002). Simply, any sexual act that is done without concern can be considered as sexual violence. By looking at the fact, the writer of this current research feels the urgency to bring the issue of rape trauma syndrome as the effect of rape, unwanted sex, or sex without consent.

To analyze the existence of rape trauma syndrome in a novel, the researcher has chosen one of the novels to be analyzed. The novel entitled *The Way I Used to Be* by Amber Smith is chosen to be the object of this analysis. *The Way I Used to Be* is a 278 pages novel that was published on March 22, 2016 by Margaret McElderry. *The Way I Used To Be* is a courageous telling of a young girl's struggles to deal with her rape. The synopsis of the novel told about the suffering of the main character, fourteen years old Eden, who changed after her older brother's best friend raped her one night on the Christmas break. At first, she was a nice girl, but the tragedy totally changed her. By looking at the synopsis of the story, the researcher assumed that Eden, the main character, suffered from rape trauma syndrome, which made her change. Thus, the researcher in this current research will reveal the way the novel *The Way I Used to Be* portrayed rape trauma syndrome as seen in the main character, Eden.

1.2 Research Question

Based on stated in the background of the study, the writer sets a research question to be answered by this research.

- How does *The Way I Used to Be* novel represent rape trauma syndrome as seen in the main character?

1.3 Research Objective

Considering the research question above, the writer also sets the research objective as the purpose of this research. The writer formulates the research objective as:

- To describe the way *The Way I Used to Be* novel represents rape trauma syndrome as seen in the main character.

1.4 Use of Study

For the use of the study, the writer divides it into two, as explained below.

1.4.1 Practical Use

This research, practically, can raise public awareness and develop society insight about the psychological problems around them. Moreover, the issue that is discussed in this research is a sensitive issue that often seen as a taboo issue. Thus, through this research, the writer hopes society can have better awareness about the rape trauma syndrome issue and will stop the victim-blaming culture.

1.4.2 Theoretical Use

Theoretically, the theories that are used by the writer in this research can be used as references by other future researches who want to conduct a research under the

same topic or issue. The theories about trauma and rape trauma syndrome can be used as guidance for other future researches.

1.5 Scope of the Study

The writer has set the limit of this study in the scope of the study. It is done to avoid broader discussion. This research only focuses on the representation of rape trauma syndrome as seen in Eden McCrorey, the main character of *The Way I Used to Be* novel by Amber Smith.