

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1 Previous Studies**

The writer believes that previous studies can be the guidance for the writer in conducting the research. It can be the supportive data that give additional insight and knowledge for the writer. Thus, in this research, the writer used three previous studies under the same topic or issue, and additional two related to the same novel. The previous studies of this research are written below.

##### **2.1.1 Psychological Impacts toward Rape Victims in “Till It Happens to You” Music Video by Lady Gaga by Wijayanti & Laksono (2016)**

As the first previous study, the writer used a research by Wijayanti and Laksono that was conducted in 2016 entitled Psychological Impacts toward Rape Victims in “Till It Happens to You” Music Video by Lady Gaga. In that research, the researchers used a song and music video by Lady Gaga, in which the lyrics and music video told about the story of women who have been raped. It seen in the lyrics “Till your world burns and crashes” that contains symbolism and euphemism. The “world” symbolizes a life. The word “Till your world burns and crashes” refers to the feeling of being raped. Then, the meaning of the lyrics is the life of someone who completely fails because of the rape. The scenes of the music video also show the expression and the behavior of the girl after she was raped. By using that as the object of analysis, the research aims to analyze the elements of the poetry in the lyrics. It is done to reveal the psychological contents that show

the psychological effects of rape to its victim. To analyze the contextual aspects of the psychological issues, the researchers used the theory of psychoanalysis. Descriptive qualitative method and library research method are used to present the data in the form of words, sentences, and phrases. By using those theory and methods, the finding of the research found that there are psychological impacts toward the rape victims. The research found out that the victim suffered from rape trauma syndrome or rape trauma syndrome because of the rape tragedy. That research is significant for this current research because it gives insight on how to analyze the context of rape trauma syndrome. The information related to rape trauma syndrome that is stated in that research is also beneficial for this current research. As that research found that the victim suffered from rape trauma syndrome due to the rape incident, the writer of this current research used that research as it gave information and insight of how to reveal and find the existence of rape trauma syndrome in a work. Additionally, that research also used psychological theory to find the impact of rape to the victim. It is because psychological theory is believed relate to human's mind process that can influence the thought, emotion, and behavior. Hence, the writer believed that it beneficial as it gave insight on how to use the approach of psychological in revealing the psychological issue.

### **2.1.2 The Psychological Impacts of Sexual Harassment in Laurie Anderson's *Speak* by Mohamed (2019)**

The writer also used a research that was conducted in 2019 by Mohamed entitled The Psychological Impacts of Sexual Harassment in Laurie Anderson's *Speak*. In that research, the researcher used a fiction work by Laurie Halse Anderson

entitled *Speak* as the object of analysis. By using that, the researcher in that research aims to reveal the depiction of psychological impact of sexual harassment on girls as seen in *Speak* (1999). By using descriptive qualitative method and library research method, Mohamed tried to investigate the effect of sexual assault on the victim. The findings of the research found that the victim of sexual assault, or rape, in the novel *Speak* suffer from trauma. The trauma was caused by the sexual harassment and the various manifestations. In the novel, the rape trauma syndrome is classified into three stages, which are disconnection, surrender, and constriction. The research by Mohamed is beneficial for this current research because it provides deep and complete explanation related to rape trauma syndrome that is suffered by the victim. Moreover, the writer of this current research also gets additional insight of how to reveal the existence of rape trauma syndrome in literary work, especially in the aftermath of the incident which invokes the feeling of silence, disconnection from the world, and losing trust, all of which experienced by the victim. The second previous study provides the effect of rape trauma in a form of Post-Traumatic Stress Disorder suffered by characters within the novel, which is closely related to the writer's own research.

### **2.1.3 The Impacts of Sexual Assault on Women by Boyd (2011)**

The third previous study of this research is by Boyd in 2011 entitled *The Impacts of Sexual Assault on Women*. The article by Boyd examined the impacts that may happen on women who underwent post-sexual assault phase. Boyd, in that article, agreed that rape is not only physical violence, but it is also mental violence (Boyd, 2011). Starting from that statement, Boyd collected and gathered the information about the mental and/or psychological impacts that may happen to the victim of

sexual assault or rape. By using library research method, Boyd was able to provide deep information related to rape's impact. The findings of the research revealed that rape may give psychological and emotional impacts to the victim. The impacts are also included trauma and sexual trauma or usually known as rape trauma syndrome. The writer believed that the research by Boyd is significant and important for this current research, because it provides deeper understanding and knowledge about the impacts of rape to the victim, which is in line with the topic that is discussed in this research.

#### **2.1.4 The Portrayal of Main Character's Persistent Depression as Pictured in *The Way I Used to Be* by Amber Smith by Hesty Ambar Ningrum (2019)**

The fourth previous study relates to the novel that is being analyzed. In her study entitled *The Portrayal of Main Character's Persistent Depression as pictured in The Way I Used to Be* by Amber Smith, the researcher focuses on the two main points, namely the factors and symptoms of persistent depression suffered by the main character in the novel. Ningrum elaborates four symptoms shown by Eden McCrorey, the protagonist, which are the feeling of sadness or hopelessness, a decrease of interest in doing daily activities, low self-esteem and a negative behavior. In her study, Ningrum employs the theory of psychology and literature by Wellek and Warren (1984), supported by additional theory which discusses human's depression proposed by Legg (2018). Results of the study shows that Eden McCrorey exhibits the four symptoms of persistent depression, which ultimately leads to her various negative attitudes. For instance, changes in the protagonist's behavior, emotional instability, and losing control of her own purpose in life. This research helps the writer in acquiring different perspective in

analyzing behavioral changes experienced by the main character. By identifying through different theory, the writer can gain more comprehensive insights related to the problem. Furthermore, according to the theory of Rape Trauma Syndrome (RTS), depression in some cases is in line with depression, as the victim of RTS has possibility to suffer depression as well.

### **2.1.5 Athlete as Agitator, Assaulter, and Armor: Sports, Identity, and Sexual Assault in Young Adult Literature by Shelby Boehm (2020)**

The last previous study written by Shelby Boehm entitled *Athlete as Agitator, Assaulter, and Armor: Sports, Identity, and Sexual Assault in Young Adult Literature* offers a different perspective in analyzing Smith's work. In this research, the author examines several different young adult literatures with similar issue, one of them being *The Way I Used to Be*. In the study, Boehm explains about the similarity that occurs in some of the young adult novel, which involves sexual assault, that is performed by athletes. Boehm argues that athletes, to some extent, are capable of doing sexual harassment due to their well-respected figure and receives protection (armor) for the same reason. This "position" therefore puts them in a comfortable situation, while the blame, feelings of shame, and social discrimination often falls to the victim. Eventually, the one who suffers more from the depression, guilt, and low self-esteem is the victim of sexual assault themselves. While the perpetrators are protected because of their position and achievements. This study helps the writer in understanding more about the background of the issue itself, such as to understand another reason that elevates Eden McCroreys' trauma.

Through those previous studies that has been mention, the writer would like to adopt the theory about the victim suffered from rape trauma syndrome or rape trauma syndrome because of the rape tragedy.

## **2.2 Psychological Approach**

This research focuses on revealing the psychological problem, which is rape trauma syndrome, in the main character. Therefore, psychological approach is used as the fundamental theory of this research, because rape trauma syndrome is considered as a part of psychology field. The approach of psychology is seen as the most suitable approach for this research as it allows the researcher to see the problem in literary work by using psychological lens. It is in line with the purpose of psychological approach that is to analyze the psychological aspects in a literary work (Semi, 2013). Psychological approach allows the writer to see the psychological aspects or issues in a character in a work (Tambunsaribu, 2018). Considering that, the researcher used the psychological approach. Here, the researcher used humanistic perspective as the psychological approach of this research. Humanistic psychology refers to the psychological perspective that emphasizes the study of the whole person (McLeod, 2013). The theory of humanistic psychology believed that what happen to an individual is connected to his/her inner feelings and self-image. Therefore, the researcher decided to use this aspect as the fundamental approach.

## **2.3 Rape Trauma Syndrome**

The theory of Rape Trauma Syndrome is used to fulfill the research objective of this research. Since, this research focuses on the rape trauma syndrome issue, thus it is important to use rape trauma syndrome theory. Rape Trauma Syndrome

(RTS) presents as a form of post-traumatic stress disorder (PTSD). Specifically, it occurs after the victim experienced sexual assault, and ultimately develops PTSD. In general, RTS widely correlated with rape, but different examples of sexual harassment may also resulted in RTS, such as attempted rape, inappropriate sexual advances, and intimidation. RTS is commonly considered as more of an emotional and psychological disruption rather than a physical. Furthermore, the victim's traumatic condition is viewed as a syndrome because there are standard and consistent behaviors, thoughts, and feelings that continually experienced by the victims of sexual assault, specifically victims of rape. According to Rape, Abuse and Incest National Network, victims of sexual assault may experience one, some, or all of RTS symptoms, and they may experience them for months or years after the rape or assault. The term Rape Trauma Syndrome was first used by a psychiatric nurse named Burgess and a sociologist named Holmstrom. It was introduced as a response for the rape survivors in 1974 (Burgess & Holmstrom, 1974).

Clegg, C., McCoy, K., & Fremouw, W. (2009) describes three major phases of Rape Trauma Syndrome in which the victims of rape endure after the sexual assault. By using the RTS theory arranged by Clegg, C., McCoy, K., & Fremouw, W., the writer founded her research on analyzing Eden McCrorey's RTS by finding the evidence of phases and symptoms exhibited by the protagonist. The phases of Rape Trauma Syndrome is described as follows:

### **2.3.1 Acute Phase**

In this phase, the victim of rape often experiences significant psychological symptoms. This phase happens as soon after the sexual assault and commonly

persists to linger in the victims mind for several days to few months. It is believed that in the acute phase, the victim will experience significant psychological and physiological symptoms that can manifest the fear, anxiety, rapid breathing, or others (Clegg, McCoy, & Fremouw, 2009). In this specific stage, victims of sexual assault may differs in reactions but generally follows a similar patterns, which are:

- Expressed: This is when the survivor is openly emotional. He or she may appear extreme anger or hysterical, he or she may show radicalism in a form of hysterical crying or anxiety attacks.

- Controlled: This is when the survivor appears to be without a sign of noticeable emotion and acts as if "nothing happened" and "everything is fine." However, the truth about emotional condition that lies deep within his or her mind is unknown. This appearance of calm may be deceptive towards other people eyes.

- Shocked Disbelief: This is when the survivor reacts with a strong sense of disorientation. He or she may experience a disruption in concentrating, thus heavily affects their decision-making, or unable to manage simple, daily tasks. The victims may also experience difficulty in recalling the assault.

### **2.3.2 The Outward Adjustment Phase**

During this stage the individual of rape victims continues to be involved to what appears to be his or her "normal" life. It is believed that the victim in this phase can begin to resume the usual activities with no assistance, and seems like in a period of normal adjustment in the months after rape (Clegg, McCoy, & Fremouw, 2009). However, the traumatic experience has left a considerable



amount of turmoil that is kept inside. There are many signs or behaviors that appear during this phase including: continuing anxiety, severe mood swings, sense of helplessness, persistent fear or phobia, rage, difficulty sleeping (nightmares, insomnia), eating difficulties (nausea, vomiting, compulsive eating), denial, withdrawal from friends, family, activities, hyper vigilance, reluctance to leave house and/or go places that remind the individual of the assault, sexual problems, difficulty concentrating, and flashbacks. In the outward adjustment phase, the sufferer tried to adjust and normalize the life, even though the sufferer still has a phase of a breakdown. As an example, the sufferer in this phase may emerge the difficulty of concentrating, even though they had tried to live their life normally.

### **2.3.3 The Resolution Phase**

During this last stage, the syndrome is characterized by the victim's approach towards the assault, in which he or she is no longer focusing on the traumatic event. The victim can charge with the task of making sense of the rape as well as regaining a sense of control over their lives (Clegg, McCoy, & Fremouw, 2009). While he or she may continually remember, and never completely overlook the assault; the suffering and harmful effects will decrease over time. Generally, the victims will begin to accept the rape as part of their life and choose to move on. The third and final stage of RTS is when the victim has come to terms with the fact that the sexual assault occurred and does their best to move on from it. They may never forgive their assailant or feel entirely comfortable sexually again, but they make a concerted effort to move forward with their life regardless. However, this stage of RTS is considered as a life-time phase, and some people even have the possibility to return into one of the two previous stages. The example of the

resolution phase is the sufferer emerges the positive thinking and tries to accept what had happened.