

CHAPTER TWO

LITERARY REVIEW

2.1. Previous Study

In this chapter, the writer provides an explanation of the hypotheses or discoveries based on the findings of many past studies that are necessary and relevant in order to support the facts. Previous research that is relevant to the issues being explored in this study is one of the supporting data sources that, according to the researcher, should be separated into its own section. Previous studies are intended to provide insight and information to researcher who are involved in this study. So as a guide for the writer, various studies with the same topic, item, and issue were picked as examples from the study. The writer chose five past studies to include in this research, which are mentioned below:

The first previous study is a thesis entitled *Geraldine's Post-Traumatic Stress Disorder in Just Another Kid Novel by Torey Hayden* written by Prajnaputri (2016). This thesis focuses on Torey Hayden's autobiographical novel *Just Another Kid*. Due to the fact that Geraldine was subjected to a horrific incident, the primary focus of this study was on defining diagnostic criteria for Post-Traumatic Stress Disorder (PTSD). Three conclusions were drawn from this study. To begin, Geraldine is described utilizing a variety of storytelling approaches. Contrasts disclose characters, shows, and narrative ways in particular. Conflict reveals character; exposition and description reveal character; and exposition and description reveal character for the second time, It was determined that Geraldine meets five of the diagnostic requirements for post-traumatic stress

disorder (PTSD). They include persistent avoidance, negative change, considerable change, persistent discomfort, and disturbance that is not linked to the physiological action of the medication. Thirdly, Geraldine's trauma was precipitated by a devastating event. She takes a psychological method because the research is primarily concerned with Geraldine's psychological state. She identified PTSD using the theory proposed by APA (2013). She discovered five PTSD diagnostic criteria that the main character qualified. There are eight PTSD diagnostic criteria in total. As a result, the writer needs this previous study because it provides insight regarding the PTSD symptoms.

The second previous is a thesis written by Aziz (2019) entitled *The Portrayal of Dawson Scott's Post-Traumatic Stress Disorder in Deadlin by Sandra Brown*. The author of this thesis conducted an analysis of the novel *Deadline* by Sandra Brown. The author discusses post-traumatic stress disorder (PTSD), a condition that affects not only the personality of the novel's protagonist but also the personalities of other characters. This analysis includes a discussion of the etiology of Post-Traumatic Stress Disorder as well as its symptoms, effects, and potential treatments. In order to evaluate the novel, she uses a contextual method that is founded on the idea of post-traumatic stress disorder developed by the American Psychiatric Association. According to her, a specific traumatic experience that has an impact on the sufferer's social life is what causes post-traumatic stress disorder. She discovered that a person's personality and social network are crucial to the recovery from Post-Traumatic Stress Disorder. Therefore, this previous study is necessary for the writer since it helps the writer to get insight into identify some of the conflicts that exist between the character

and himself on his own PTSD as well as its symptoms, effects, and potential treatments.

The third previous study is a thesis authored by Yasin (2016) entitled *Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' Safe Heaven*. This study focused on the symptoms, causes, and effects of post-traumatic stress disorder (PTSD) that are depicted in the novel and have an impact on the personality and life of the main character. PTSD is mentioned several times throughout the novel. The method of analysis utilized by the writer was a psychological critique design. This includes literary analysis, as well as the description, analysis, and interpretation of works of literature. The writer takes a psychological approach, with a special emphasis on PTSD (including its symptoms, causes, and other aspects). The researcher utilized Gerald C. Davison's theory (2006). In addition, the influence that post-traumatic stress disorder has on the life of the character is determined by changes in the character's complexity, such as emotions and attitude. Therefore, the writer is able to obtain references regarding the causes related to post-traumatic stress disorder and its effects.

The next following previous study is a thesis written by Ayubrata (2016) entitled *Revealing Charlie's Post Traumatic Stress Disorder Through His Behavior in Stephen Chbosky's The Perks of Being a Wallflower*. Stephen Chbosky's semi-autobiographical novel, *The Perks of Being a Wallflower*, is set in Wallflower, New York, a town that holds the same name. This book is the expression of a male protagonist who is fifteen years old and who goes through a painful experience that was brought on by his aunt. This book focuses on how

Charlie, the main character, adjusts to his teenage life as well as the traumatic experiences he has gone through. Following the completion of this study, the traits of the major character and his destructive behavior, which resulted in the main character being subjected to post-traumatic stress disorder, were determined. The character and characteristic theory and the post-traumatic stress disorder theory are the two distinct theoretical frameworks that have been utilized in this research. The researcher reevaluated the trauma's impact. This previous study is important for the writer because it allows the writer to collect research more effectively, both in terms of characteristics and behavior revealing PTSD or signs of PTSD through their behavior.

The last previous study is a thesis written by Maulana (2021) entitled *An Analysis of Hannah Baker's Post Traumatic Stress Disorder (PTSD) in Jay Asher's Novel Thirteen Reasons Why*. In the novel *Thirteen Reasons Why*, Hannah Baker is said to have symptoms of post-traumatic stress disorder. The point of this study is to figure out how Hannah's illness affected her life and how it was affected by these conditions. Specifically, the focus of this study is on the ways in which Hannah Baker was affected by these issues. In order to accomplish this goal of the research study, the researcher will be doing the analysis of literary criticism from a psychological perspective. It places a strong emphasis on literary analysis, which includes the description, analysis, and interpretation of works of literature. Researcher used a psychological approach, focusing specifically on post-traumatic stress disorder (PTSD) and its symptoms and contributing causes. This previous study is necessary in order to help the writer in determining the effect of the character's condition on her life and how PTSD affects her condition.

2.2. Psychological Approach

Psychology is a completely objective experimental part of the natural sciences. Psychology of literature can be content of research that considers the significance and having the part of psychological studies (Afif & Amelia, 2021). Theoretical aims include behavior prediction and control. Psychology is involved with the study of psychological occurrences in humans, including their symptoms and even their potential causes (Ahmadi, 2009). Psychological theories explain human ideas, feelings, and behavior. Psychology has created several hypotheses to explain and predict human behavior. According to Guerin, Labor, Morgan, Reesman and Willingham (2011), psychological approach can give insight on a work of literature's subject and symbolic mysteries while also complementing other reading. In this technique, symbols are interpreted and literature is analyzed by making reference to various psychological theories. Psychological approach in literary research is essential because it can lead to the discovery of more interesting aspects of a literary work and to a better understanding of those aspects (Setiawan & Puspita, 2022). For instance, the writer may choose to take a psychological method in order to determine the factors that contributed to the development of a character's new personality. At this point, the actions, lines of dialogue, or even facial expressions displayed by the character in the narrative can be perceived as signals, signs, or hints regarding an individual's identity.

The researchers are required to make reference to one of the methodologies that is the most directly associated with the study. There are three different approaches of analysis that can be taken while doing psychological criticism. To begin, a researcher has the option of doing an analysis of the author's mental

condition when he or she is creating literary works. In the second step of the research process, the researcher may investigate the psychological state of the characters in the literary work. The final aspect of the reader's mental state that the researcher can investigate when the reader is engaged in the act of reading literary work (Endraswara, 2011). The writer utilizes a psychological approach since the emphases of this study are both connected to Roya's mental state as it is presented in the work of literature.

Roya in this novel is experiencing psychological trauma. Trauma is an event that is considered self-threatening, life-threatening, and has long-lasting effects on life. In order to conduct a character analysis of Roya, who has post-traumatic stress disorder (PTSD), a psychological approach is used. Understanding Roya's psychological condition can help in the process of analyzing literary works, especially to find out the symptoms, causes, and effects of PTSD.

2.3. Post-Traumatic Stress Disorder (PTSD)

The previous theory assisted the writer in identifying Roya's depiction in *The Stationery Shop*. Then, Post-traumatic Stress Disorder (PTSD) was diagnosed based on Roya's shown symptoms, causes, and effects. To make the analysis credible, the writer provides the PTSD theory in this part.

2.3.1. Definition of Post-Traumatic Stress Disorder

The Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM-5; American Psychiatric Association [APA], 2013) defines post-traumatic stress disorder as exposure to traumatic or stressful events is clearly indicated as a diagnostic criterion. Post-traumatic stress disorder is a group of anxiety symptoms

that occur after a person experiences a traumatic event that results in feelings of horror, helplessness, and fear. Post-traumatic stress disorder is not just a person unable to move on from a traumatic event, but much more than that. Some people have a higher risk than others of developing a condition known as post-traumatic stress disorder (PTSD) after being exposed to traumatic events that was surprising, upsetting, or frightening (Davison, 2006). This condition can be described as an anxiety disorder. This condition is included in the field of abnormal psychology. In the aftermath of horrific events that a person has been through, it is not uncommon for them to develop anxiety disorders such as PTSD (Pervanidou & Chrousos, 2007).

Post-traumatic stress disorder is defined by symptoms that last for a significantly longer period of time and has the potential to seriously affect an individual's life in a variety of ways. The majority of people only know about traumatic experiences in the context of an anxiety condition that can develop as a result of traumatic events, horrific experiences, or other dreadful, difficult, and unpleasant situations in which there is physical or psychological persecution (American psychological association, 2004). The DSM-5 contains a category for post-traumatic stress disorder (PTSD), which describes an excessive response to a significant stressor. Symptoms of PTSD include an increase in anxiety, the avoidance of stimuli that are connected with the traumatic event, and a decrease in emotional responses. After experiencing a terrible experience, a person who suffers from post-traumatic stress disorder will acquire feelings that are exceptionally intense, to the point where they impede them from leading a

meaningful life. When it manifests in people, PTSD possesses both a cause and a symptom (Jeffrey, Spencer, and Beverly. 2009: 174).

2.3.2. Symptoms of Post-Traumatic Stress Disorder

According to Gerald C. Davison (2006), the symptoms of Post-Traumatic Stress Disorder can be grouped into three primary categories, and a person must exhibit one type of symptoms in order to be diagnosed with the condition:

1. Re-experiencing Symptom

Symptoms that include revisiting the traumatic experience are referred to as re-experiencing symptoms. Reliving a traumatic experience can happen to people in a variety of different ways. They may have memories of the traumatic occurrence that are upsetting to them. These memories can surface at times when the person is least expecting them to do so. Memories may be triggered by a distressing reminder, such as when a combat veteran hears the backfire of a car, when a victim of a motor vehicle accident drives past the accident scene, or when a victim of rape reads a news about a recent sexual assault. These recollections are capable of producing reactions on the level of the body as well as on the level of the emotions. There are times when these feelings may feel so genuine that it is almost as if the occurrence is happening all over again. A "flashback" is the name given to this type of occurrence in the narrative.

2. Avoidance Symptom

It's possible for someone to try to steer clear of situations that bring up recollections of the terrible experience. A person's attempt to steer clear of the painful experience is one example of an avoidance symptom. A person who is

having symptoms of post-traumatic stress disorder will typically avoid being near the location of the terrible event. A person who has had a traumatic event may try to avoid anything that brings up memories of the event, including sights, sounds, scents, and even other people. Some individuals believe that the best method to prevent themselves from dwelling on the painful experience is to keep themselves preoccupied with anything else. People who suffer from posttraumatic stress disorder may have trouble connecting with their feelings or expressing their sentiments to others. For instance, when confronted with a distressing event, they may experience a "numbing" of their emotions, possibly to the point where they try to cut themselves off from other people. Even in the most severe circumstances, there are patients who make the decision not to pursue their own ambitions, such as having a family or a profession. This is because they have the sense that they will not be able to live a respectable life in the future, like healthy people in society.

3. Arousal Symptom

Symptoms of arousal, often known simply as symptoms of change in physical and emotional reactions, are another one of the symptoms that can be associated with post-traumatic stress disorder (PTSD). After experiencing anything traumatic, people who have these symptoms report feeling on edge all the time. This phenomenon is referred to as heightened emotional arousal. They have the impression that they are always "on guard" and on the lookout for indicators that they perceive to be harmful to themselves or a threat to their safety. These symptoms include a wide variety of things, such as the sufferer becoming easily startled or afraid, always being alert to the dangers of engaging in self-destructive

behavior, having difficulty sleeping and difficulty concentrating, irritability, outbursts of anger, aggressive behavior, or extreme guilt or shame.

Post-Traumatic Stress Disorder is characterized by a variety of symptoms, the most prevalent of which are reoccurring nightmares and distressing flashbacks connected to a terrible experience post-traumatic stress disorder. A person who is struggling with post-traumatic stress disorder will make every effort to steer clear of situations that serve as a constant reminder of the trauma that they have been through. A person who is struggling with post-traumatic stress disorder could display a number of symptoms. Some people may present with the standard symptoms but yet have a strong desire to seek medical attention. Aspects of their presentation that might be dramatic include alcohol consumption, uncharacteristic rage, hostility or violence as well as self-harm or other forms of harming oneself. Discipline problems or unexpected resignations are common causes of this in military contexts, for example, Some of the symptoms that can manifest themselves include diminished performance, personality changes, social isolation, and symptoms associated with non-specific somatic complaints, particularly sleeplessness.

2.3.3. Causes of Post-Traumatic Stress Disorder

The development of post-traumatic stress disorder (PTSD) following exposure to a traumatic event is not caused by a single factor but rather by a combination of a number of risk factors and tendencies that work together to give rise to the condition. According to the theory of Gerald C. Davison, there are four different factors that could have a role in the development of post-traumatic stress

disorder. He identified the following as the fundamental factors contributing to the issue:

1. Genetic Cause

Natural and maintenance variables in human development and disease have been the subject of much dispute among scientists. It is already common knowledge that a person's genetics can play a significant part in the evolution of anxiety. In addition, scientists have identified a gene located on chromosome 9 that is associated with anxiety. However, our interactions with the world around us, such as our upbringing in a family and particular experiences, also play a significant role. People who have first-degree relatives who suffer from anxiety disorders and who also treat anxiety themselves have an increased likelihood of having anxiety disorders themselves. It is believed by scientists that if other members of your family also have an anxiety problem, then your chances of developing one yourself are higher. According to Elena Touroni, a psychologist and co-CEO at My Online Therapy, the family is responsible for both the genes and the environment that a person is exposed to. It might be genetics, it could be having family members that are anxious role models, or it could be a combination of the two. It's possible, for instance, that parents who fear going out in public will unwittingly transmit this behavior in their kids. It is possible that being exposed to a traumatic event may not directly cause post-traumatic stress disorder (PTSD), but it does increase the probability that an individual would acquire illness as a result of the experience.

2. Brain structure Cause

The human brain is made up of several different sections, each of which performs a specific function. Some regions of the brain are thought to be responsible for regulating emotions, including fears. One of these is the amygdala, which is located in the brain and is responsible for processing the feelings and memories associated with being frightened. An overactive fear response or a sort of excessive awareness that causes the brain to interpret many events, including routine ones, as dangerous. This leads to a loss of control over one's physical responses, such as extreme anxiety or panic. On the other hand, this might turn out differently for those who suffer from post-traumatic stress disorder (PTSD) after going through a terrible experience, in comparison to people who don't have the disease.

3. Environmental Cause

People who have had a history of traumatic experiences and high levels of stress are more likely to develop Post-Traumatic Stress Disorder (PTSD) than those who have not had a background equivalent to their own in the past. In addition, children who are brought up in homes where substance abuse is common are at an increased risk of developing post-traumatic stress disorder (PTSD) as adults. This risk is compounded when the kid is exposed to multiple toxic substances during childhood.

4. Psychological Cause

Post-Traumatic Stress Disorder (PTSD) can develop to additional issues in the form of serious mental disorders if the traumatic event that caused it is not

properly handled. People who suffer from specific types of mental illness, most notably anxiety and depression, have a higher chance of developing post-traumatic stress disorder. Persistent sleep disruptions and low self-esteem are two other indicators that may be brought on by this condition. In the end, this can cause a variety of symptoms that are associated with psychosis as well as other psychiatric diseases.

2.3.4. Effects of Post-Traumatic Stress Disorder

According to Gerald C. Davison, people who suffer from post-traumatic stress disorder (PTSD) have changes in their mental state, changes in their emotional state, and changes in their behaviors, such as:

1. Mind change, there are four impacts:
 - a) Cannot comprehend the reality
 - b) Remembering the incident
 - c) Experiencing nightmares
 - d) Having difficulty concentrating; and
 - e) Being absent-minded
2. Feel change, has four impacts:
 - a) Anxiety feeling
 - b) Sadness
 - c) Depression feeling
 - d) Have an extreme sense of scared
3. Behavior change, also has seven impacts:
 - a) Have a trouble in breathing
 - b) Having trouble in sleep
 - c) Heart throbbled

- d) lose appetite
- e) Isolate his or herself from society
- f) easy to get shock, and
- g) dizzy and fainted

Sad and happy, joy and sorrow are part of normal human emotions occur. However, if emotional conditions interfere with daily activities, someone may experience depression to post-traumatic stress disorder (PTSD). To find out whether a person actually has post-traumatic stress disorder or not, the writer find supporting statements presented by the American Psychological Association (APA) in their publication titled Diagnostic and Statistical Manual of Mental Illnes; DSM-5. The effects of post-traumatic stress disorder and which symptoms show up most often can change over time. Also, the length of time it takes to get better varies. Half of adults get better within 3 months, but some people have symptoms for more than a year and sometimes for more than 50 years.

Reminders of the original trauma, ongoing stresses in life, or recently experienced traumatic events can cause symptoms to come back or get worse. For older people, post-traumatic stress disorder effects can get worse when their health gets worse, their brain function gets worse, and they spend less time with other people. If the effect of post-traumatic stress disorder does not occur for more than 1 month, the patient may experience other stress disorders, as an example; Acute Stress Disorder. Acute Stress Disorder usually last for a month or less. If symptoms persist for more than one month, the affected individual is considered to have post-traumatic stress disorder (APA, 2013).