

# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of Study

The rampant of abuse experienced by many people seems to have inspired several writers to put it into the form of literary work, especially novel as a conflict in the story. Through language, people can express their emotions and present their loudest voice (Cenita & Nurmaily, 2020). Phenomena that occur in the real world will also appear in literary works because literature is able to depict the real issues that happen among society (Rizkiana & Fithratullah, 2022). One of these literary works is a novel that tells various issues of human life in relation to the environment and fellow human beings (Ningsih, Hermawan, and Erlina, 2022). Kosasih (2012:60) emphasizes that novel is a literary work that tells the problems of life of a person or several characters imaginatively. In a novel there is no limitation of word counts, it can be as long as possible, and it allows novel to provide complexity of the character and the story better (Dharlie & Samanik, 2021). Other than that, 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 & Dintasi, 2017).

When we hear the word '*abuse*', we usually think about physical abuse or sexual abuse. In fact, abuse is not only physical or sexual, but also emotional. Emotional abuse is also known as verbal, mental, or psychological violence. Emotional abuse

refers to someone's actions that attack the emotions or psyche of others. Emotional abuse is a form of harassment aimed at controlling other people by criticizing, shaming, blaming or manipulating. Gordon and Leach (2010: 24-26) state that emotional abuse is a form of violence in relationships characterized by behavior patterns that hurts the feelings of innocent party. Meanwhile, Iwaniec (2006) argues that the lack of psychological understanding of parents or caregivers for children, and hostile, rejecting, unfriendly, and highly critical behavior of parents are identified as emotional abuse and neglect. Based on these statements, the writer can conclude that emotional abuse is an act that hurts someone's feelings with words or behavior that aims to control other people.

Emotional abuse can occur in marriage, friendship, family, or work relationships and it can be experienced by adults, children, and adolescents. A relationship can be said to be emotionally abusive when intimidation words or behavior can weaken a person's self-esteem and damage their mental health. One form of emotional abuse is manipulation. Manipulation is a way that a person uses to attack or influence the emotions and mentality of other people, so that the perpetrator can control other people and get what he or she wants. In addition, criticizing the victim in unimportant things, threatening, and using sentences that are sarcastic, insulting, belittling, or making jokes that demean the victim that makes the victim feel doubtful about themselves, and feel worthless are also the forms of emotional abuse. It must be acknowledged that emotional abuse is a form of violence that is difficult to identify because of its subtle nature, thus making the victim unconscious that he or she is being emotionally abused. In contrast to

physical abuse that can be seen because it usually leaves bruises or wounds on the body, emotional abuse tends to be invisible and does not leave a mark either. That is why emotional abuse is hard to spot. The thing to know whether you are being emotionally abused or not is the impact of the words of the emotional abuser. Do his or her words, even if subtly, make you feel uncomfortable and question your self-worth or not.

Physical abuse is often taken more seriously than emotional abuse, in fact, that is not true. Emotional abuse has an impact that is just as dangerous as physical abuse. Emotional abuse has a negative impact on a victim's health, both physically and mentally. Engel (2002) mentions that the main effects of emotional abuse on victim are depression, lack of motivation, confusion, difficulty concentrating or creating decisions, low self-esteem, feelings of failure or worthlessness, feelings hopelessness, self-blame, and self-destruction. The physical impact of emotional abuse is the inhibition of physical development, and usually this is more common in children. This statement is reinforced by Wenar (1994) which states that emotional abuse exists- that is, excluding physical abuse and sexual abuse, emotional abuse is harmful to children's psychology and hinders their health development. Someone who is constantly emotionally abused can also experience Post-Traumatic Stress Disorder (PTSD). These impacts can occur because emotional abuse is very damaging to its victim. Emotional abuse can erode the victim's self-confidence, sense of self-worth, trust in his or her perceptions, and self-concept in systematically, similar to brainwashing (Engel, 2002: 12).

Etymologically, psychology consists of two words, namely psyche and logos. Psyche comes from Greek which means soul and the word logos which means science, so it can be interpreted that psychology is the science of the soul. Psychology is a science that has a broad impression because psychology can be connected with other sciences, one of them is the relationship between psychology and literature. Psychology leads to the science that investigates and studies behavior and activities where these behaviors and activities are manifestations of mental life, so that psychology can be associated with literary works (Walgito, 2004). So, the psychology of literature approach is very helpful in terms of studying a literary work. Psychology is needed in literary works to examine the psychological aspects of the characters and all things related to the psychological process presented by an author. It can be concluded that understanding the psychological aspects contained in a literary work is the goal of psychology of literature. Psychology in literary works is emphasized in characterization because it is closely related to psychology and human psychology. Furthermore, studying and explaining the character's behavior with a study of personality psychology (Husna & Kuswoyo, 2022).

Basically, psychology and literature have something in common, namely they both discuss about living things, especially humans. In addition, both of them also take advantage of the same foundation, namely making human experience as a material for study (Minderop, 2013: 2). Thus, psychology and literature have a functional relationship, that is, they both function as a means to study the mental state of others. The difference is, the symptoms of human psychology that are

displayed through the characters in literary work are imaginary. Whereas in psychology, the psychological symptoms studied are real.

Emotional abuse is a form of violence that can affect the psychological state of a person who experiences it. Unconsciously, emotional abuse can also occur in a literary work, such as the emotional abuse committed and experienced by the characters in *After We Collided* novel. *After We Collided* is a young-adult romance novel written by Anna Todd published in 2014 by Gallery Books. *After We Collided* novel tells about the relationship between Tessa and Hardin after they broke up.

After knowing Hardin's secret, Tessa cannot forgive him and chooses to start her new life without Hardin. Tessa keeps herself busy with an internship at Vance Publisher. Tessa and Hardin's relationship started again when Tessa went to Seattle to attend an office event. At the after party, Tessa gets drunk and calls Hardin to come look for her. Hardin who is trying to get Tessa back to him comes to Seattle and finds her. However, the next morning Tessa regretted it and told Hardin to leave. One day, Tessa decided to go to the apartment she shares with Hardin to pick up her things. But unexpectedly, Hardin's mother came from London to celebrate Christmas with Hardin. Hardin pleads with Tessa not to tell his mother that they broke up. Tessa finally agrees, so they pretend to be together while Hardin's mother is still there. Eventually, Tessa tries to forgive Hardin. They try to be better and understand each other in order for their relationship to be successful. Unfortunately, it is not as easy as they thought. Their relationship is

much more complicated than before. Zed, Hardin's friend who openly likes Tessa, enters into their relationship. This triggers a fight between Tessa and Hardin which makes both of them hurt each other's feelings. Hardin with his grumpy nature always does sloppy things that make Tessa feel that Hardin has not changed. Hardin who is terrified of losing Tessa again, tries to control Tessa to keep them together. However, Tessa, getting fed up with Hardin, starts attacking Hardin with her words and behaviors. Without them realizing it, they become victims and perpetrators of emotional abuse. Tessa and Hardin also get emotional abuse from the people around them, such as Tessa's mother who talks about Hardin's mistakes and bad habits to him to make Hardin feel guilty and inappropriate so he stays away from her daughter. The core conflict of the *After We Collided* novel is the love-triangle among Hardin, Zed, and Tessa which is getting heated which makes their relationship bad.

This study focuses on analyzing emotional abuse of the characters in the novel *After We Collided* written by Anna Todd. It is important to discuss the issue of emotional abuse that is committed and experienced by the characters in the novel *After We Collided* because this novel is one of the best-selling novels and has many readers. Emotional abuse portrayed by the characters in *After We Collided* novel can help the readers to realize and understand about emotional abuse. This study uses a psychological approach and Beverly Engel's theory which discusses about emotional abuse because this study focuses on emotional abuse portrayed by the characters in *After We Collided* novel.

## **1.2 Research Question**

Based on the background that has been written, this study formulates the research question into:

How is emotional abuse portrayed by the characters of *After We Collided* novel?

## **1.3 Research Objective**

Based on the research question, the writer proposes the research objective, as follows:

To find out emotional abuse by knowing the patterns of emotional abuse portrayed by the characters in the novel *After We Collided*.

## **1.4 Use of Study**

This study is useful for how to represent emotional abuse in the novel *After We Collided* for further research and people who want to discuss it. The use of this study is divided into two, namely theoretical and practical use.

### **1.4.1 Theoretical Use**

Theoretically, this study contributes to literary studies in enriching the field on the issue of emotional abuse through the characters in the novel *After We Collided* written by Anna Todd.

### **1.4.2 Practical Use**

Practically, this study gives awareness about emotional abuse. It also provides an overview for the writer who wants to discuss the same topic issue. Through this study, the readers gain a better knowledge and understanding about emotional abuse.

### **1.5 Scope of Study**

This study focuses on the emotional abuse portrayed by the characters in the novel *After We Collided*. There are 13 patterns of emotional abuse based on Beverly Engel's theory, namely domination, verbal assaults, constant criticism or continual blaming, abusive expectations, emotional blackmail, unpredictable responses, constant chaos or creating crisis, character assassination, gaslighting, sexual harassment, clear and consistent patterns, overt and covert abuse, intentional and unintentional abuse.

The writer will analyze emotional abuse on characters in the novel *After We Collided* by understanding the 13 patterns of emotional abuse based on Engel's theory.