

**STOCKHOLM SYNDROME REFLECTED IN  
EDEET RAVEL'S *HELD* NOVEL  
A PSYCHOLOGICAL STUDY**

(A Thesis)



By

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## DECLARATION OF FREE PLAGIARISM

This is to certify that to the best of my knowledge, the content of this thesis is my own work. This thesis has not been submitted for any degree of other purposes.

I certify that the intellectual content of this thesis is the product of my own work and that all the assistance received in preparing this thesis and sources have been acknowledged.

Bandarlampung, April 12<sup>nd</sup>, 2023

The Writer

A handwritten signature in black ink is written over a rectangular postage stamp. The stamp is pink and white with a yellow border. It features the Garuda Pancasila emblem at the top center. The text on the stamp includes '1000' in large red numbers, 'METERAI TEMPEL' in red, and a serial number '87025A14629396764' at the bottom. The signature is written in a cursive style, starting from the left and ending with a long horizontal stroke that extends to the left.

(Mela Anggraini)

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## *MOTTO*

*"It's better to go through that burden than to live the rest of life with regrets"*

*(Min)*

## *DEDICATION*

*From the deepest bottom of my heart, I dedicate this thesis to my beloved family, especially my father, and mother who always support my journey financially and emotionally. For you, I owe my gratitude forever.*

## **ABSTRACT**

### **Stockholm Syndrome Reflected in Edeet Ravel's "Held" Novel A Psychological Study**

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*This study focuses on the issue of Stockholm syndrome found in the novel Held by Edeet Ravel (2011). The theory used to analyze this novel is the psychology approach. This study aims to analyze the indicators of Stockholm syndrome found in the novel, and how Stockholm syndrome is described in the novel by the cause and symptoms of it.*

*The author uses "Held" novel by Danielle Steel as the data to analyze this research, while the method consists of journals and websites related to this issue. There are 2 results of research on this novel.*

*The first result refers to the cause of Stockholm Syndrome experienced by Chloe. The cause of Stockholm Syndrome represented in the novel demonstrates the factors as to why an individual would experience such a thing, and second, the result of this study also includes the symptoms of Stockholm Syndrome experienced by Chloe the main character. As Chloe gets used to the presence of her captor, she begins to develop a certain bond and attraction for her captor.*

**Keywords:** *Edeet Ravel, Psychology approach, Psychology phenomena, Stockholm syndrome*



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# CHAPTER ONE

## INTRODUCTION

### 1.1 Background of Study

Life of a society and literature reflect upon each other, it can be impacted by the phenomenon around the authors and it may even contain the author's way of life. In other words, authors utilize literary works to express how they feel, see, and deal with societal situations including human activity. It can be stated as the depiction of society, politics, or even psychology that become the issue and the topic in literary work and affect the readers' life by seeing the real life of those certain issues (Fitratullah, 2021). The word 'literature' is derived from the word 'littera' in Latin which means letter. It refers to the written or printed words. However, the term 'literature' is now more narrowly defined and limited to purely imaginative works arising from the creative minds of story writer. According to Mahendra and Amelia (2020) literature is the primary medium for transmitting values, particularly moral values, so a work of literature both captivates and enlightens the reader. Literature can be characterized as 'imaginative' writing in the sense of fiction," writes Eagleton (1983: 1). It suggests that literature is a creative attitude that stems from a person's imagination or real-life occurrences. Literature, on the other hand, has its own character and strength that distinguishes it from other forms of expression. According to, Wellek and Warren (1948: 22) al The term literature seems best if we limit it to the art of literature, that is, to imaginative literature.

There are three types of literary works: prose, poetry, and drama. The author chose prose as the research object in this research journal. Prose can take many different forms one of them is the fiction novel, Novel is defined as a story that has multiple events, a plot with characters, a place, a topic, a point of view, and the character's world view. Meanwhile, according to Taylor (1981, a novel is "often a long and complicated written work that strives to reflect and express something about human equality or value, experience or deeds". The writer deduces from the preceding explanation that the novel is also linked to human experiences or author alignments. The reader is intended to be entertained by the story. Regardless of how essential life events and difficulties are in the story, fictions novel must continue to be a compelling plot, a well- constructed framework, and have an aesthetic purpose. (Wellek & Warren, 1948: 212).

Novels can be divided into numerous types. It can be divided into adventure, detective, social, collective, and politic and psychology. Literature specifically novel and psychology have a close relationship in life. Both are concerned with human behavior, expressions, and thoughts. When it comes to psychology, human are creatures that can't be isolated from psychological conditions since their behavior reflects what is going on in their heads, which is influenced by these conditions. So that according to Amelia (2016), the formation of literary works defines meaning terms, resulting in the creation of Psychoanalytic Literary Theory as a link between literary works and psychology.

Because novel is a reflection of life, psychology has a close relationship with it. Psychology can be utilized to learn more about the novel's message, characters, and other features. Character can be explained using psychology. It elucidates the foundations of Human motivation and behavior (Guerin, 1979:1). The significant of the social phenomenon and globalization in a particular society has inspired some writers or even director to create a new fiction work that has a social element with the aim of capturing certain phenomena and creating a reflection of the community itself in the form of literature that comes from their ideas. Ideas can be described as a content, messages and the purpose that is informed by text, (Afrianto, 2018). One of genre in novel is young adult, Novel of young adult (or “YA”) literature written and marketed primarily for adolescent girls often representing Stockholm syndrome because many young women like to read story that portray controlling or over-protective men as paradigms of romance are, the classic “bad boy” that portrayed forced captivity, stalking, manipulative and aggressive suitors along with other dangerous behavior. Such privileging of masculine power even in contemporary and purportedly progressive narratives often misinterpreted for passionate love by young women, thus Stockholm Syndrome is popular representation in fiction. From the explanation above, the researcher intends to examine a literary work that focuses on the issue of psychology precisely Stockholm syndrome found in the novel Held by Edeet R

avel which was published in USA in 2011. The term “Stockholm syndrome was coined by the criminologist and psychiatrist Nils Bejerot, consultant psychiatrist to the police when it happened. (Nair, p.385).

Stockholm syndrome is linked to kidnapping or hostage taking. Hostage taking is defined as the detention of an individual, against their will and without legal authority, for a specific motive with a threat to kill, injure, or continue to detain such individual in order to compel a third person or governmental organization to take action. The term "hostage taker" appears frequently in Edeet ravel's novel "held," as this is what the main character "Chloe" refers to his kidnapper throughout the novel.

As it explained above Stockholm syndrome is portrayed in many young adult fiction novels, and the writer is interested in analyzing novel Held (2011) by Edeet ravel, Where the major is kidnapped and throughout her ordeal, she experiences the expected emotional rollercoaster of a person in her situation, beginning with panic, progressing to confusion, over- thinking, and eventually (and rather quickly) falling madly in love with her hostage taker. According to Amelia and Dintasi (2017) this kind of attraction is referred to as the capacity to arouse one's sexual urges, and different individuals are drawn to the opposite or same sex. Her internal struggle continued, and despite her continued fear for her safety, she now fantasizes about a life with him. Even after she is freed, she swears to protect her captor at all costs. One of the reason the writer chose his novel is because there is a psychological phenomenon that is Stockholm syndrome, another reason is because this book has

been awarded and nominated in numerous awards, making this novel an interesting research material.

Since Literature, particularly novels, has a connection to human life and a reflection of real world, Stockholm syndrome as a popular theme in novel also happened in real life, (Federal Bureau of Investigation famous case) first case is the case of 19-year-old Patty Hearst, is likely the most well- known and infamous example of Stockholm syndrome. Where armed men broke into Hearst's apartment on February 4, 1974, and kidnapped Hearst. They later identified themselves as members of the Symbionese Liberation Army (SLA), and they allegedly kidnapped Hearst for political and financial gain. Hearst was held captive for over a year, and despite being raped, tortured, and isolated, she eventually announced her intention to join her kidnappers and become a revolutionary. She participated in bank robberies, traveled across the country with her captors, promoted their propaganda, and did other things. The FBI finally apprehended Hearst on September 18, 1975. She was charged alongside her kidnappers and sentenced to 35 years in prison for her crimes.

McElroy's Kidnapping is another well-known real-life example of Stockholm syndrome. Where On May 27, 1933, Mary McElroy, 25, was kidnapped by brothers George and Walter McGee, Clarence Click, and Clarence Stevens. For the next twenty-nine hours for ransom. On March 30, 1935, one of the kidnappers was sentenced to death by hanging on May 10, 1935. April of 1935 judge of the trial receives an unbelievable letter from Mary herself pleading that the kidnappers do not get a harsh sentence and about how wonderful they are. Throughout their

incarceration, she maintained good relations with the McGee brothers, paying them visits and bringing them gifts. The big question everyone has is what made Mary feel sorry for these kidnappers. Mary even defended her kidnapper until she died, as she wrote. "My four kidnappers are probably the four people on Earth who don't consider me an utter fool, You now have the death penalty, so please give them a chance."

The urgency of this research is to learn more about this issue in literary work and to raise awareness and understanding about Stockholm syndrome that happens more common than people think since Stockholm syndrome itself is still infrequently studied in literary works therefore the researcher will do more research about Stockholm syndrome from the point of view of the researcher. Aswell to know how to treat and heal from Stockholm syndrome, the analysis of characters in this novel also can be used to know and understand the cause of human Psychology problems that causes around us in today's society.

## **1.2 Research Questions**

Based on the research background, The following are the study's research question:

1. How is the character in Edeet ravel's held novel based on psychological study specifically Stockholm syndrome?
2. what could be the cause of Stockholm syndrome that portrayed in the main character "Chloe" in Edeet Ravel'sheld?



### **1.3 Research Objective**

According to Saleh and Amelia (2021), they stated that the focus of this investigation concentrates on the deep analysis of the novel's character which in this case, is focused on the exhibition of Stockholm Syndrome's cause and symptoms. Thus, based on the problem that has been created and the nature of this analysis, the author proposed the study's objective.

### **1.4 Uses of the Study**

1. This research has the potential to make a significant contribution to the advancement of literary studies.
2. This study assists the researcher in gaining additional knowledge or information, particularly based on psychological study in accordance with the Stockholm syndrome in the novel held by Edeet ravel.

### **1.5 Theoretical Use**

The Theoretical uses of this study can be found in its explanation of character psychology in literary works, as well as the knowledge it provides for future research in the topic. It uses Psychology study specifically Stockholm syndrome in analyzing literary works.

### **1.6 Practical Use**

The practical use of this study is to educate reader about how Stockholm syndrome is used to analyze literary works and to provide insight into fictional characters in

literary works who are related to actual people. As a result, it provides a deeper understanding of people's Psychology in real life.

### **1.7 Scope of the Study**

In collecting the data for this study, the writer would limit this study only focused on Stockholm syndrome as the subject of the research , furthermore this study attempts to discuss Chloe as the major character of the novel as an object of the study, Chloe as the major character suffers from a psychological condition called Stockholm syndrome, and the writer will analyze why Chloe develop Stockholm syndrome and the cause of Chloe's Stockholm syndrome in order to understanding the Psychological problem which is often adopted as the motif of literary work.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.1 Previous Studies**

The researchers found several existing studies related to this issue. The first previous study is "Applying the Stockholm Syndrome Phenomenon in Osofisan's *Morountodun to Leadership in Africa*" presented by Jeremiah, and S Methuselah, PhD from Department of English and Drama Kaduna State University Kadun, it was published in 2014, The objective of this paper is to identify the phenomenon known as Stockholm syndrome. This was demonstrated by the story of Titubi, the heroine of the play, who, after being captured by members of the Farmers Movement, settled among them but eventually converted to their cause as she faced the reality of their situation. Because this paper examined using the same theory, the researcher used it as one of the previous studies.

Second, a study by Emmanuel Adeniyi entitled "The portraiture of Stockholm syndrome: cultural dislocation in Phillis Wheatley's poetry collection and selected African American texts" published in 30 June 2018 from Federal University Oye-Ekiti, Ekiti State, Nigeria. The study aimed to examined the evils of transatlantic slavery in the United States of America. 10 The study used qualitative study. The findings of the study show that slavery diminishes human worth and subjected people to unimaginable hardship. It believes that Stockholm Syndrome is a defense strategy

used by enslaved people and their descendants to avoid the pains of slavery and post-slavery racial tensions in America. This paper is related to the researcher's current study, which employs the same theory in the part of discussion "Stockholm Syndrome as a Correlate of Ego- Defence Mechanism"

Third, "Stockholm syndrome reflected on Danielle steel undercover novel (2015): a sociological study" a thesis by Ibna Awaliya Bahari Published in 2019 by department of English education school of teacher training education universitas Muhammadiyah Surakarta. The purpose of this study is to examine the indicators of Stockholm syndrome found in the novel, how Stockholm syndrome is described in the novel, and why the author mentions this issue in the novel. The sociology study was used to analyze this study. There are three results of research on this novel.

First, there are five indicators related to the issue of Stockholm syndrome, which are the emergence of positive feelings for kidnapers, brainwashing, romantic relationships, the emergence of negative feelings towards saviors, and emotional ties. This could contribute to the research as it can help the writer of this study to know what indicators are related to Stockholm 11 syndrome. The result of this study also beneficial for the research as it explains the character broadly as the writer explores the issue of Stockholm syndrome through the lens of a character, a setting, an event, and a style. Second, the author claims that the Stockholm syndrome issue in this novel is based on a social phenomenon that occurred in the United States, specifically the kidnapping of Patty Hearst in California in 1974, which this event is a well-

known case of Stockholm syndrome, and is beneficial to expand the understanding of this issue.

Fourth study is a study by Julich & Oak that Published in 2016, "Does on the treatment process and the condition of Stockholm syndrome as well as a question, "Is caring for the Stockholm syndrome a facilitator?" The researcher attempting to find an answer by investigating the precursors and psychological responses that are treatments and the Stockholm grooming facilitate the development of Stockholm syndrome? The social work practice implications" this study found by researchers based on the social reality of the Stockholm syndrome. It's examined the research by investigation that focuses syndrome.

Fifth, a thesis by Akhsan "Sindrom Stockholm Tokoh Cerita Dalam Roman Anak Perawan Di Sarang Penyamun: Analisis Psikologi Sastra" published in 2015 published in 2015 which raised the issue of Stockholm syndrome based on novel entitled "Anak Perawan di Sarang Penyamun by Sutan Takdir Ali Syahbana" this research used two theories, which is structural theory and psychology literature theory. The result of this research concluded that Sayu's behavior shows the individual and situational characteristics of Stockholm syndrome, this study is found to have some connections to this study, particularly with "held" by Edeet ravel, Stockholm syndrome and psychology theory.

In conclusion, these five previous studies are part of writer's consideration to help the writer to conduct this research. The first previous study is helpful in giving basic

understanding and identifying the phenomenon known as Stockholm syndrome. The second previous study is helpful in giving the whole concept of Stockholm syndrome as the main theory used. The third, fourth and fifth previous studies are helpful to support the writer's analysis in this research. Therefore, these previous studies have contribution to this research since those give insight to the writer related to the object of analysis and related theory used in this research.

### **2.1.1 Psychological Study**

The term "psychology" literally means "soul science." (Psyche—soul; logos—science.) Earlier psychologists believed that the purpose of psychology was to investigate the nature, origin, and destiny of the human soul. However, according to Pancha, modern psychology is empirical, and it does not deal with issues concerning the soul, and it questions the existence of the soul because there is no empirical evidence for its existence.

Pancha defines psychology as "the study of mental processes other than the soul or mental substance.

“It is the science of experience and behavior that explains how the mind functions and behaves. It can predict an individual's behavior and, to some extent, control it by placing him in proper conditions. Its goal is to discover the laws of the mind.”

In addition, according to Mcleod "A study is a perspective (i.e., view) that involves certain assumptions (i.e., beliefs) about human behavior." As a result, the author concludes psychological study is a theory/perspective about human mind and behavior. Wellek and Austin Warren (1949, p. 95) have defined the phrase “literary

psychology” as (a) the study of the psychology of writers as types and individuals, (b) the study of the creative process, (c) the study of types and laws present in literary works, and (d) the study of the effects of literature on readers. In this study, the researcher use psychological literature, precisely a novel.

Psychology has always been linked to human life. People are unable to separate their psychology from their daily lives. " Motivation is the essential thing that moves a person's next life, and psychology explains and characterizes it. (Guerin, 1979:12). Our daily lives are complex, whether we recognize it or not, but they are explainable. This complexity, in the end, can be seen in and influenced by physical or mental characteristics of people (Kardiansyah. 2016). Using psychological theory, man can comprehend and solve the problem he is confronted with. The intricacy of problems can be simplified by employing psychological theory.

Psychology can train people's minds to see a problem as a challenge rather than a fate. Everything about the human face isn't as complicated as people think. People can solve any problem if they approach it in a positive light. In this scenario, psychology plays a vital part in fostering a positive mindset. Psychology approach can assist analyzing the aspect of psychology issues in literary work.(Rizkiana & Fitratullah, 2022). The author concludes psychological study is the theory/perspective about human mind/behavior. Human mind/behavior appears from the unconsciousness of the human mind, that form id, ego, superego to control their mind and action (Arnetta and Amelia, 2022)

Psychological disorder can be seen through literary works. Literary work could be part of psychology since it reflects human activity and its psyche. Further, literary work could see psychological phenomenon through the representation of psychological aspects in characters (Afif & Amelia, 2021).

Literary works such as short story, poem, drama and novel can represent these 14 psychological phenomena. These social phenomena include psychological events such as Stockholm syndrome, a mental disorder. Therefore, psychological study is a suitable study to analyze a novel by understanding development of fictional characters, respectively, through the conflicts and problems they face in life or in the plot, in order to understand the main character's mind and behavior. Moreover, the researcher applied psychological study to analyze the character regarding the psychological condition in the novel which is Stockholm syndrome.

### **2.1.2 Understanding Stockholm Syndrome**

Two bank robbers identified as Jan-erik Olson and Clark Olofsson kidnapped four of the bank employees during a failed bank robbery. He held them at gunpoint for six days in the bank vault, threatening their lives and generally being violent. When the hostage situation ended and the criminal was brought to justice, all four victims wanted to defend their captor and even raised funds to pay for his attorney. This occurrence occurred in Stockholm in 1973, and it was so unusual (especially to psychologists) that the term "Stockholm syndrome was coined by the criminologist



and psychiatrist Nils Bejerot, consultant psychiatrist to the police when it happened. (Nair, p.385).

One of the abducted women even broke off her engagement to her former 15 lover and "remained bonded to her former captor while he served time in prison" According to the story "when the victims were released, their reaction shocked the world: they hugged and kissed their captors, declaring their loyalty even as the kidnappers were carted off to jail and the hostages resisted rescue, refused to testify against the robbers and even raised money for their legal defense." (Fitzpatrick par 2). Even they went above and beyond by attempting to "thwart rescue attempts." after the kidnappers were apprehended and sentenced to prison, their captors attempted to save them. They attempted to raise funds for the court proceedings in order to keep their kidnappers from receiving harsh sentences." (prime health channel par3). During this standoff, the hostages became emotionally attached to their captors, they grew very close with their captors, they were sexually intimate with their captors and were friends with them. Rejected assistance from government officials at one point and even defended their captors after they were freed from their six-day ordeal by represented them both during and after their trial. On the same grounds, famous criminologist and psychiatrist Nils Bejerot validated Stockholm Syndrome and called it a type of Reaction Formation, which is a defense mechanism used to superficially adopt negative circumstances by developing ideas that are opposed to the real one, i.e., the person thinks what is opposed to his own. Some

experts (De Fabrique, Van Hasselt, et al., 2007; Obeid & Hallit, 2018) have agreed on three characteristics that victims of hostage situations must exhibit:

1. Hostages have positive feelings toward their captors,
2. Hostages have negative feelings toward authorities, such as fear, distrust, or anger, and
3. Captors show positive feelings toward hostages.

According to Nair (2015), Stockholm syndrome is “a psychological phenomenon in which hostages’ express empathy, sympathy and positive feelings towards their captors sometimes to the point of defending and identifying with their captors. These feelings are generally considered in light of the danger or risk endured by the victims who essentially mistake a lack of abuse from their captors for an act of kindness” (p.385). This bond usually forms by the language connection between them which Unggul and Gulö (2017) stated that language is the powerful tool to convince others with their mind’s abstraction. This psychological bond forms over the course of days, weeks, months, years of the captivity or abuse.

A psychological concept known as cognitive dissonance may explain why people develop sympathy for their captors: When people recognize inconsistencies in their own thinking, they tend to change their ways of thinking in order to resolve the conflict. A simple example is people's proclivity to place a higher value on a product after purchasing it. It's difficult for people to consider a product worthless while also considering themselves to be smart consumers, so they frequently come to consider

their purchases to be worth more than they would have if they hadn't purchased the item" (Moskowitz par 8). Moskowitz also stated in paragraph 17 that "Bonding with a kidnapper is not just a mental coping skill, but a physical survival strategy".

In essence, the syndrome emphasizes hostage-taking situations in which hostages develop irrational love, emotions, and positive feelings toward their hostage-takers as a token of gratitude for the measure of kindness shown to them while the abduction is ongoing. Stockholm syndrome is portrayed in many young adult fiction novels, and the novel *Held* (2011) by Edeet Ravel. According to the story "when the victims were released, their reaction shocked the world: they hugged and kissed their captors, declaring their loyalty even as the kidnappers were carted off to jail and the hostages resisted rescue, refused to testify against the robbers and even raised money for their legal defense." (Fitzpatrick par 2). According to Graham the phenomenon of Stockholm syndrome is not limited to humans, and that "even infant of birds, dogs, and monkeys were found to bond to their abusers."(31).

There hasn't been much research about Stockholm syndrome however despite the fact that Stockholm syndrome is known as capture-bonding, which occurs when a hostage develops a strong attachment to his captor/intimidator, and that Stockholm syndrome associate with kidnap victims, as Carver said there is another interpretation of this phenomenon, which appears that it affects more than just hostages. It can occur in a variety of situations: a. Abused Children b. Battered Wives/abused women c. Prisoners of War d. Cult Members e. Incest Victims f. Criminal Hostage Situations

G. Concentration Camp Prisoners H. Controlling/Intimidating Relationships. (Carver par: 5).

## **2.2 The symptoms of Stockholm syndrome**

Every syndrome has symptoms and Stockholm syndrome is no exception, Carver said some of the symptoms are including,

- a. The hostage exhibits sympathetic and positive attitude toward abusers or captors.
- b. Failure to cooperate with police and other government authorities in holding abuse or kidnapping perpetrators accountable.
- c. Making little or no effort to escape.
- d. Belief in the perpetrators or kidnapper's goodness.
- e. Feelings of pity for the abusers, as if they are victims themselves. As a result, victims may embark on a crusade or mission to "save" their abuser.
- f. Unwillingness to heal and detach from their perpetrators. In essence, 19 victims may be less loyal to themselves than they are to their abuser.
- g. Negative feeling towards family, friends or authorities trying to rescue them.
- h. Negative feelings toward family, friends, or authorities who are attempting to save them.
- i. inability to engage in behavior that could aid in their release.

Other than that, according to Nair people suffering from Stockholm syndrome experience the same symptoms as those suffering from Post-Traumatic Stress Disorder (PTSD). The signs and symptoms are:

a. Insomnia

According to sleep expert Rachel Salas, M.D., insomnia is defined as difficulty falling asleep, staying asleep, or returning to sleep at night, resulting in a lack of sleep that causes distress, unrefreshing or nonrestorative sleep, or difficulty with daily activities. If it occurs at least three nights per week and lasts at least a month.

b. Nightmares

According to the American Society of Sleep Medicine, up to 85% of adults have occasional nightmares, which are defined by the American Psychiatric Association as "powerful, unpleasant dreams that elicit feelings of threat, anxiety, fear, or other negative emotions."

c. General irritability

Involves feelings of rage or frustration that frequently arise over trivial 20 matters

d. Difficulty concentrating

e. Being easily startled.

Dr. Kirtly Parker Jones claims that more and more women are suffering from PTSD, or Post Traumatic Stress Disorder. They witnessed horrific events, were traumatized, and their brain is now constantly on high alert. They are triggered by minor events. That is a defining feature of PTSD.

f. Feelings of unreality (Depersonalization-derealization disorder)

According to Mayo Clinic Depersonalization-derealization disorder occurs when someone has the persistent or repeated sensation that they are observing themselves

from outside of their body, or that the things around them aren't real, or both. Depersonalization and derealization can be very disturbing and make someone feel as if they are living in a dream.

g. Inability to enjoy previously pleasurable experiences

h. Distrust

i. Flashbacks

Flashbacks occur when vivid memories of a traumatic experience intrude into the present, according to Raypol (2021). They can make you feel disconnected from your current surroundings. Even if it happened a long time ago, you may feel as if you're back in the traumatic moment, going through it all over again.

The abuser's psychological impact on the victim known as Stockholm syndrome, has several common characteristics. This impact could be cognitive, emotional and social. These characteristics of Stockholm syndrome serve as a thematic filter in my analyses and interpretations of the novel "held" in the chapters that follow. The uses of this theory are to investigate "Chloe" the character of the novel. Chloe's narrative is thoroughly investigated in order to determine whether she suffers from Stockholm syndrome, and if so, to extent in order to prove this thesis's statement, this chapter addresses features and analyze how Stockholm syndrome's causes, characteristics and psychological effect upon Chloe are evident.

### **2.3 The cause of Stockholm Syndrome**

The exact cause of Stockholm syndrome is unknown and the formation of this response don't fully comprehend by the experts, even though it is unclear why some people develop this syndrome, Stockholm syndrome is thought to be a survival or coping mechanism. many theories have been proposed to explain the factors that contribute to this psychological phenomenon. According to a study of over 1200 hostage-taking incidents conducted by the Federal Bureau of Investigation (FBI), 92 percent of the hostages did not develop Stockholm syndrome. FBI investigators then interviewed flight attendants who had been kidnapped during hijackings and came to the conclusion that the syndrome can develop with the presence of certain 22 factors.

- a. A person can develop Stockholm syndrome when they experience significant threats to their physical or psychological well-being
- b. The hostage takers maintain contact with the hostages, and the hostages are not separated in a separate room. They may form positive relationships with their captors when they have face-to-face interaction, which allows them to bond with one another.
- c. If the person has suffered physical abuse at the hands of their captor, they may be grateful if the abuser treats them humanely or does not physically hurt them. In order to ensure their safety, a person may also attempt to appease an abuser.
- d. This strategy can positively reinforce the idea that working with an abuser or captor is preferable. This could be another reason for the development of Stockholm syndrome.

- e. Believing that law enforcement personnel are not doing their jobs adequately.
- f. Being in an emotionally charged situation for an extended period of time, lasts for several days or longer
- g. When hostages rely on a hostage-taker for basic needs.
- h. When threats to life are not carried out (for example, mock executions)
- i. When hostages are not dehumanized. Captors must be appeased.
- j. This is a deceptive strategy for ensuring one's safety. Victims' appeasing behaviors are reinforced as they are rewarded—perhaps with less abuse or even with life itself
- k. Isolation inflicted upon the hostage by the captors.
- l. Hostage takers treat the hostages with kindness or refrain from harming them. Normally, kidnappers are expected to treat their victims harshly, resulting in hatred, whereas kinder treatment has the opposite effect.



## **CHAPTER THREE**

### **RESEARCH METHOD**

This chapter provides an explanation of the methodology that was applied in carrying out the research study. The writer provides several steps in the research process to find out the answers to the research questions. It involves the research designs, data and data resources, data collection techniques and data analyzing techniques. According to Jansen and Warren (2020) research methodology simply refers to the practical “how” of any given piece of research. Suprayogi and Pranoto (2020) explain further that the importance of research method is in its essentiality because it provides different points of view in research. More specifically, it’s about how a researcher systematically designs a study to ensure valid and reliable results that address the research aims and objectives.

#### **3.1 Research Design**

A research design is the procedures for collecting, analyzing, interpreting and reporting data in research studies (Creswell & Plano Clark 2007, p.58). It is the overall plan for connecting the conceptual research problems with the pertinent (and achievable) empirical research. In other words, the research designs set the procedure on the required data, the methods to be applied to collect and analyze this data, and how all of this is going to answer the 25 research questions (Grey, 2014). Orodho

2(2003) defines research designs as the scheme, outline or plan that is used to generate answers to research problems.

Observing the data to understand the phenomenon of what is experienced by the subjects of the research such as behavior, perception, motivation, action, etc. (Moleong 2007:6). The writer used a qualitative descriptive method. Qualitative itself defines as the assessment that is based largely on a constructivist viewpoint and involves personally constructed historical or social experiences (Aryangga, and Nurmaily. 2017). This research method aims to identify and analyze the research question of the paper. According to Farras and Nurmaily (2020) descriptive research examines a situation or event without attempting to discover or define interrelations, test hypotheses, or predict outcomes. The nature of this method is that descriptive research gathers data in the form of specific text and phrases rather than numbers (Cenita and Nurmaily. 2020). Therefore, the design of this study was used to make research easy in providing valid and reliable results by collecting and analyzing data in the form of words, phrase and sentence, dialogues which are to analyze Stockholm syndrome from the main character, and the cause and impact of Stockholm syndrome behavior from the main character.

### **3.2 Data and Data Source**

The descriptive qualitative method is used as the research method in this study. According to Creswell (2014) The qualitative method entails describing the entire set of data in pre-existing hypotheses, which are then tested against the literature.

Further, Kuswoyo, and Audina (2020) explain that qualitative research is a process that does not rely on numbers or statistical data. This research type compiles the findings of interviews, document analysis, discussions, and observations. Its purpose is to analyze the novel based on the structural elements of the novel and to analyze the novel from a psychological perspective. Stockholm syndrome is the primary issues addressed in this study.

Afrianto (2018) stated that in qualitative research method, the text is the data. Therefore, the data type for this study are words, sentences, and dialogues from Edeet Ravel's novel *Held* which depicts Stockholm syndrome. The study's primary data source is 248 pages long Edeet Ravel's novel *Held* a young adult fiction novel that was first published in 2011, by Annick Press Publishers in Canada.

### **3.3 Data Collecting Technique**

The writer's method of data collection includes both documentation (collecting primary and secondary sources) and library research (summarizing, paraphrasing, and wording). As a data collection technique, the researcher employs documentation. The author takes the following steps:

- a. Reading the novel repeatedly for criticism material.
- b. Reading related books to learn and understanding the theory and information from websites or journals.
- c. Making a note of the key points from both primary and secondary data.
- d. Sorting the data into categories.

- e. Choosing them by rejecting irrelevant information, which does not support the study's topic.

### **3.4 Data Analyzing Technique**

According to Setri, and Setiawan (2020) the data is obtained from either the narrative's words, sentences, dialogues, and assertions that are relevant to the study's objectives. After data collection, the following step is to analyze and interpret all of the selected data in depth in order to prove what are written in the objective of this research and finally, the writer can be able to convey the conclusion for this research. The qualitative descriptive method this applied in analyzing the data. The main data from the novel is described using descriptive study. To demonstrate the analysis, the main data are presented in the form of quotation to prove the analysis. The analysis will be supported by quotations from the book of "held" by Edeet ravel as well as any other information and material from internet related to the study. To analyze that, according to Samanik, Lianasari (2016) during the research phase, a content evaluation of the data is used to answer or explain the research question. And finally, the analysis will lead to a conclusion.

## CHAPTER FOUR

### ANALYSIS

The representation of Stockholm syndrome includes the description of how the captive starts to adopt certain feelings toward the kidnapper. This phenomenon is viewed through a psychology approach through the literary analysis in the following sections. The characteristics of Stockholm syndrome in the main character are divided into two main aspects which are the cause and symptoms

#### 4.1 The cause of Stockholm syndrome

##### 4.1.1 The hostage is deprived for human interaction

The syndrome can develop with the presence of certain factor, including the deprivation for human interaction by the hostage. This particular condition shows how the hostage can develop interaction with her hostage taker, and which further leads to the Stockholm syndrome, the evidence is in the following quotation:

**the real shock was what a relief it was for me to see another human being. I'd been deprived of company for only a short time, but I was already hungry for it. Hungry to know I wasn't alone in the world—even if the person I was seeing was not only a stranger but was the one responsible for how alone I was. I was shocked by my own desperation, by the intensity of my need. It seemed like a great bonus, that I was allowed to see my captor, and I resented my gratitude. (Ravel, 2011, p. 41).**

The quotation shows the captor come to meet Chloe for the first time after being taken to a place in middle of nowhere, the Isolation inflicted upon the hostage by the

captors. in this chapter the hostage taker attempt to initiate conversation with Chloe, despite her fear and worry, she remember that she supposed to pretend to be cooperative and try to talk to him, while hiding the fork under the blanket in order to defend herself, however things don't go the way she planned, being isolate in a room by herself for days makes her deprived for a company even for only a short time, this is human's strategy to survive, human beings are a social species, driven by a desire for community and belonging. Thus, Social interactions feed that need. Humans, because of necessity, evolved into social beings. Dependence on and cooperate with each other enhanced the ability to survive under harsh environmental circumstance, and this what Chloe feel at those certain times.

***“Or you might be lying to me, so I won't panic. You might shoot me and film it on video, like they do in Iraq.” “I'm not going to shoot you. And we are not in Iraq.” “Well, that's one country down, a hundred and ninety to go. Though I guess I can rule out Iceland too.” I realized I was chatting with him as if we were in geography class and he wouldn't give me the answer to question B” (Ravel, 2011, p. 45).***

The loneliness that Chloe felt makes her don't realize she has been having conversation with her captor back and forth, communicating to someone who he was probably a terrorist and that might kill her at any time. the quotation describes Choe is trying to find out what's her captor intention and plan of kidnapping her, and soon she learn she is being held as ransom for a prisoner exchange, She was in such disbelief that her captor try to convince her that he will let her go whether the attempts work or not, despite, she's still being able to keeping her sense of humor, and with his composed voice made him seem less threatening to her, from this deprivation of human interaction, significant face-to-face interaction is appeared,

which provides opportunities for Chloe and her hostage captor to bond with one another.

#### **4.1.2 Isolation from the outside world**

The second aspect that caused the development of Stockholm syndrome is the captive experience isolation, the captive is otherwise isolated with no interaction with anybody but their captor, and taken in an isolated area, the isolation lasts for a relatively long period of time. the evidence is in the following:

**“I was in what appeared to be a large, empty warehouse, about the size of a tennis court, with a cement floor, cement walls, and a very high ceiling. Small glass panes ran along the top of one of the walls” (Ravel, 2011, p. 33).**

The quotation above shows how Chloe is taken in a large empty warehouse where she get isolated without anyone can communicate with her except her captor, and without source of information about the outside world, this is the techniques of brainwashing, and one of it usually involves isolation. This systemic brainwashing strategy used for example by cult leaders, prisoners of war and in this novel, is hostage and captor situation, the abuser employs brainwashing tactic to their victim in order to maintain power and control, thus, the captor has full power over the victim’s freedom and life in the duration of isolation.

**“Waking up in the warehouse, imprisoned and alone, I felt more miserable than afraid. Maybe I was still too bleary to be afraid.” (Ravel, 2011, p. 40).**

The quotation above indicates how bad chloe feels during the isolation, the victim of Stockholm syndrome needs nourishment and protection, and because chloe is

separated from others, therefore, she must seek nourishment and protection from the captive or hostage taker. As a result, a victim of Stockholm syndrome must be deprived of every system of support beyond his or her abuser.

#### **4.1.3 The captor maintains contact with the hostage.**

The third aspect of the development of Stockholm syndrome is the captor maintains to communicate with the hostages, the interaction can be formed during the whole kidnapping situation, communication between the captor and the captive is crucial in the development of Stockholm syndrome, the captor and the hostage usually have meaningful interaction which provides opportunities to bond with one another. It shows in the quotation below:

**“I could tell my hostage-taker was enjoying the story as well. It was pleasant listening to him; he had a nice reading voice. I realized that I’d stopped noticing his foreign accent. I interrupted him to ask, “Do you know the story?” “I never read it until now.” I felt a sudden rush of affection for him. “You’re cute,” I said. I wasn’t usually spontaneous like that, just blurting out a passing thought without considering whether I really meant it or how it might sound”. (Ravel, 2011, p. 79).**

As seen from the narration above, the captor find a way to give reassurance that chloe’s far from danger situation by communicate with her, in this narration is the captor reading her a story and chloe’s feelings about it is described,

**I woke up an hour later. My hostage-taker was still asleep, but he’d turned over on his side, and his arm was draped around my waist. His body felt warm and lovely against my back.**

Beside maintain communication, the hostages are not separated in a separate room with her captor as seen from the narration above, chloe form positive relationships



with her captors when they have face-to-face interaction, which allows them to bond with one another.

#### **4.1.4 When hostages rely on a hostage-taker for basic needs.**

This aspect can play a role in the development of Stockholm syndrome, individuals involved in a captive situation typically needs to rely on the captor for basic needs, like food, water, and shelter. In this situation, the captor is the person control necessities for survival, therefore, hostage situation is not only emotionally but also physically charged situation, the evidence of this aspect is in the following quotation:

**I watched him put away the items he'd brought: more plates, a bottle of wine, two wine glasses, dishwashing detergent, instant coffee, tea bags in a jar, mint leaves in a jar, sugar, more cutlery, and more food. He had also brought a hot plate, a small pot, a few more books, two more empty notebooks, and another ballpoint pen. (Ravel, 2011, p. 41).**

This passage shows how Chloe has to rely on her captor to survive, he gave Chloe all the basic needs and reassure her that she will not lack of anything, Chloe is certainly impressed and getting close to her captor, and thinking she's being taken care of, giving hostage basic needs after ongoing cycles of abuse create powerful emotional bonds, just like being shown on the passage the captives is being kind and even giving Chloe wine, as a result she might cling to this as a coping mechanism for survival, that leads her having sympathy toward him for this kindness. This is one of a way that the abuser usually does. He may have a variety of motivations which can include devaluation, personal gain, personal gratification, psychological projection, or simply the enjoyment of exercising power and control. In this case, the captives used it to gain

and maintain power and control over Chloe in order to gain her trust that she will be safe, Therefore she has rely on him to survive and being cooperative to her captor.

#### **4.1.5 Appearance**

The researcher found appearance to be one of important point in the development of Stockholm syndrome, as in the case of Normalmstorg robbery whose events resulted in the creation of the phrase “Stockholm syndrome”, Clark Oderth Olofsson, notorious criminal who held 4 hostages during the bank robbery, as in fact immensely charismatic and good looking to the point where his victims would get attached to him. It is no different with how Chloe see her hostage taker, as describes in this quotation:

***“I guess I have to believe you. I guess I want to believe you. You don’t look like the type to shoot an innocent person, but looks can be deceiving” (Ravel, 2011, p. 45).***

The quotation shows that the thing Chloe notice in him is his looks, he looks attractive in Chloe’s eyes, that resulting her in a denial situation, Individuals with appealing looks are believed to have positive personality traits by people who sees them and she wanted to believe every word that come out of his attractive kidnapper’s mouth as she’s trying to rationalize her thought, as describes in this quotation:

**What most stood out for me, though, was how ordinary he looked. He could have been someone you passed on the street or sat next to on the bus. He didn’t look mad or cruel. In fact, I had to admit that he was good-looking. It confused and upset me, to register that he was attractive. Not that I wanted him to be scarily hideous, but finding him attractive seemed crazy and somehow wrong. I tried not to relate to his good looks. It seemed to me dangerous to even notice**

**that he was attractive; I didn't want anything like that to cloud my vision or affect my judgment. (Ravel, 2011, p. 41).**

in that passage above Chloe try to convince herself the appearance of his captor affect her judgement and attitude toward him, but it's clearly working the opposite for her, without her realization , the appearance of her captor that makes her feel less threatened, psychologically speaking, As human beings, we tend to make decision and judgements both minor and major based on very limited information which is appearance, because it takes a lot more work to think the fact than it does to think the thoughts that are suggested by appearance, to judge and think of someone according to the terms of looks is easy, thinking the facts regardless of appearance is difficult and demands more energy than any other task a person must undertake.

#### **4.1.6 Perceived threat and abuse then perceived kindness**

This aspect playing important role in the development feelings towards kidnappers is the threat and abuse that perceived by the captive. Some good treatment makes the victim feel safe so he can trust the kidnapper. In this novel a positive feeling arising in Chloe towards the captor, it began when the captor treated her well after being treated harshly by her captor's subordinate. the evidence is in the following quotation below:

**I was sure I was going to die. I wanted to talk, to answer the man's hollow shouts and accusations, to explain things to him, but I couldn't even breathe. It was as if ten different types of pain had invaded me. The worst was a blackout pain at the back of my eyes. I couldn't help e the dirty water, which tasted of some horrible cleanser, and I thought, If I don't die of drowning I'll die of poisoning. (Ravel, 2011, p. 61).**

The quotation describes how Chloe perceived abusive treatment by her captor's subordinate, he brings her to her knees. Dunk her head in a pail of water until she is convinced, she's drowning. Let up for air and repeat as often as desired, until sadistic urges subside, then leave her lying on the floor.

But then she perceived kindness from her captor taker after the abuse, the evidence is in the quotation below:

**I was wrapped in the army blanket and my feet were raised on a pillow. He wet a towel and wiped my face he placed his hand on my forehead, as if checking for fever, and he must have sensed how consoling it was for me because he left his hand there longer than he needed. . (Ravel, 2011, p. 61).**

seeing her captor take care of her and being upset of her condition makes her feel good to have that reassurance. Chloe come to the realization that her captor is kind and has come to perceive her captor as a lifesaver, as giving her life back to her. Thus, she feels worried of losing him, and the thought of that, makes her has an irrational sense of being abandoned, and unprotected. this is a manipulative strategy for maintaining the connection, as victims get rewarded, perhaps with less abuse or reward, their appeasing behaviors are reinforced.

The evidence is in the following quotation:

**I had an irrational sense of being abandoned and, trying to draw him back in, I continued desperately, "That's what happens when you become a criminal." I began to shiver with cold. I sat up and draped the army blanket over my shoulders. "You end up hanging out with people like that. What if he kills you? And then I won't have you to protect me. (Ravel, 2011, p. 78).**

and so, her Stockholm syndrome causes her to believe she cares about her hostage taker who held her captive, this happens as Chloe as the hostage emerges from shock

and begins to comprehend the truth of the situation, when frozen fright develops. Hostages are affectively paralyzed in frozen fright allowing them to concentrate entirely on survival while their cognitive and motor functions are focused on the terrorist. In this state, the hostage acts cooperatively and warmly with the captor. If the hostages are not rescued, they will become overwhelmed and acquire severe psychological infantilism, in which they respond to their captors with appeasement, surrender, ingratiation, cooperation, and empathy. As long as the hostages are alive, they will begin to believe that the captor is returning their life to them. “frozen fright” and “psychological infantilism” are two extreme reactions that have been described in the passage. the former reaction is marked by regressed behavior such as clinging and excessive dependency on the captor.

## **4.2 The Symptoms of Stockholm syndrome**

### **4.2.1 Adopting the Same Opinion, Perception, and Ideologies as The Captor**

This aspect includes how the captive shows one of the characteristics where they start to share the same opinion and perception as the captor. This particular condition shows how the captive is in the beginning to change their opinion toward the captor by sympathizing to the captor’s reasoning behind the whole kidnapping situation which further leads to the Stockholm syndrome. The evidence on the character’s tendency to adopt similar perception and ideologies as the captor is in the following,

***“Are you terrorists?” I asked recklessly.  
“No. Not terrorists and not any other euphemisms that are used.”  
Euphemisms ... he was smart. That was a good thing—you could  
reason with a smart person, you could make them see things from  
different angles (Ravel, 2011, p. 43).***

The dialogues between Chloe and the captor above includes Chloe’s reaction towards the captor’s answer to her question. It is described that Chloe has positive judgement towards the captor’s seemingly intelligence. Chloe’s positive approach towards the captor’s smart answer further leads her into thinking that she can adopt similar perception into not labelling her captor as ‘terrorist’ which interrupted with the reality as she is indeed captured by a terrorist. According to Nair (2015) the positive perception toward the captor and adopting the similar opinion with the captor is the beginning of survival mechanism by the captive in order to protect themselves from the extreme stress and fear. Relating to Chloe’s initial response that change from fear into a more positive feeling, it represents how her self-defense survival mechanism works. By viewing and relating to the captor in a more positive light, Chloe manages to reduce the stress and fear she feels under the kidnapping.

#### **4.2.2 Pitying the Captor**

The second symptoms of Stockholm syndrome are the captive pitying the captor. Pitying the captor includes certain behavior where the captive tends to protect their captor. This surely contrast with the condition where the captive prone to feel scared and anxious toward the threat in the form of the captors yet in Stockholm syndrome, the captive turns to grow pity for their captor and even go to the extent of protecting the captor. This is seen from how Chloe goes from being scared by the captor into

growing a sense of protection when the captor is the one who actually caused the harm in the first place. The evidence is in the following:

***“do you think I want you to spend the rest of your days in San Quentin or maybe even be executed? How can you think I’m that kind of person? You’ve done time already, for no crime at all. Why would I want you to suffer again?” (Ravel, 2011, p. 174)***

***“I told you I don’t want you to get caught,” I said. “I don’t want you to be killed, obviously, or even to go to jail” (Ravel, 2011, p. 122)***

The utterances above are taken from the novel where Chloe deliver her feelings of not wanting her captor to be jailed when he is supposed to for kidnapping her in the first place. This particular behavior is categorized as one of the characteristics of Stockholm syndrome. As seen from Chloe’s utterances, she does not want her captive to be taken into jail and accept the responsibility for kidnapping. Chloe even wants to protect her hostage taker, proven by this quotation:

***“When you release me, I’m going to say that you gave me a choice of staying or leaving right on the first day. And that I stayed here of my own free will.” (Ravel,2011, p.130)***

From this utterance alone, it is known that Chloe already develops some kind of bond for her to be protective for the captor. It relates to the situation of an individual with Stockholm syndrome where the victim develops empathy and sympathy for the captor. Nair (2015) explained that Stockholm syndrome influence the psychological condition of the victim where they develop positive feelings and empathy with their captor in order to maintain the act of kindness from their captor to them. This means that when the victim protects their captor, they are considered to be experiencing Stockholm syndrome as they continue to perceive their captor in positive light for

them to keep receiving kindness instead of abuse from the captor. This is demonstrated by Chloe who persists in protecting her captor to not be jailed for what the captor did to her.

#### **4.2.3 No effort to escape**

This particular behavior is categorized as one of the symptoms of Stockholm syndrome where the captive shows signs of loyalty to the captor regardless of the danger in which the captive has been placed by choose not to leave him. The evidence is in the following quotation:

**"To my enormous relief, I heard laughter, the door slammed shut, and a few seconds later the truck continued on its way. Thank you, God, I whispered in the dark." (Ravel,2011,p.130)**

Chloe was taken to another place by hiding in an antique chest for 2 hours, inside of a truck, Suddenly the truck come to a stop before they reach destination, chloe heard traffic and the back of the truck creaked open and there was a gruff voice speaking in foreign language following by her hostage taker's answer, again Chloe had the chance to escape, however, instead of attempting to escape she was panic, froze and prayed to not be caught.

**"For no reason, I began to cry. It was just relief, I think. Relief that the move was over, relief that we hadn't been caught." (Ravel,2011, p.138)**

The quotation shows that Chloe has a sense of relief when she passed the risk situation that might get her hostage taker caught, this indicates she has Stockholm syndrome, she may not escape when given the chance, and she try to prevent her



captors from facing consequences for their actions. Other evidence is shown on this quotation:

**“thought at first that I was imagining things. But then the sounds grew louder: laughter, talking, whispering. Though I didn’t know what language was being spoken, I was sure the excited, high-pitched voices came from kids—mostly boys, as far as I could tell, about ten or eleven years old. I was relieved that they were only kids, but I still had to be careful not to let them know I was there. I read quietly on my bed, enjoying the chatter and laughter, until til all at once the sounds stopped. They’d gone.” (Ravel,2011, p.122)**

Chloe didn't call for help to people outside of the warehouse She had the chance to be free but she didn't take it. Instead, she told her captor that she’s successfully managed to avoid getting caught by the kids outside of the warehouse in order to get sympathy from her captor.

***“Yes, some kids. At least, they sounded like kids. Don’t worry, I was careful. Lucky the music wasn’t on.” (Ravel, 2011,p.122)***

#### **4.2.4 Feeling Bond with The Captor**

The next symptoms of Stockholm syndrome is the captive starting to feel bond with their captor. This bond keeps developing and deepening as time spent between the captive and the captor. It means that the captive builds certain bond with the captor in order to secure their place and to continue their survival strategy under the captivity. This particular phenomenon is demonstrated through Chloe’s behavior and perception shown in the novel where Chloe is attached to the captor and even claimed the feelings as love. The evidence is in the following,

**I know I have to get rid of what I’ve written. I have to soak these sheets of paper in water until they’re in shreds. But it’s hard.**

**Everything is in these pages—my love for my hostage-taker, his love for me. I know our love will bring us together again. Love is the strongest thing there is (Ravel, 2011, p. 190).**

From the narration above, Chloe's feeling is described. On the first line, Chloe initiated to destroy her writings that includes the evidence of what happened during her captive yet she hesitates as the writing also consists of her love for the captor. This certain behavior refers to the development of bond for the captor that is experience with individuals with Stockholm syndrome. According to Nair (2015) the effect of Stockholm syndrome includes the emotional attachment grown between the captive toward their captors. This explained what Chloe is experiencing when the captive is risked in getting blown, she reacted based on the bond that is created with the captor. Chloe's bond with the captor refers the characteristics of Stockholm syndrome where the victim after a while started to feel a bond and emotionally attached which further influence them into denying the things that can put the hallucination into an end.

The bond between Chloe and his captor can also be seen from her fondness toward the captor's presence. This is seen in the following evidence.

**But the real shock was what a relief it was for me to see another human being. I'd been deprived of company for only a short time, but I was already hungry for it. Hungry to know I wasn't alone in the world—even if the person I was seeing was not only a stranger but was the one responsible for how alone I was. I was shocked by my own desperation, by the intensity of my need. It seemed like a great bonus, that I was allowed to see my captor, and I resented my gratitude. (Ravel, 2011, p. 41).**

From the narration above, it is obvious that Chloe feels the sense of relief for having her captor accompanying her even though she knows that the captor is the one who causes the whole situation in the first place. The shift of Chloe's perception into a more positive light for the captor is categorized as a characteristic of Stockholm syndrome as the beginning of building a bond with the captor. This particular behavior is considered as psychological reaction as Chloe has been enduring the desperation of being alone, thus, the captor's presence at least gives her the relief of being with another human being despite him being the captor. Nair (2015) explained that the bond that is created by the captive with the captor is a part of adaptive traits in human beings during the survival strategy. Therefore, Chloe's positive feelings and appreciation for the captor's presence near her is known as adaptive traits which put her into the unconscious survival strategy. Chloe's and the captor's bond are also seen from the way Chloe develop a sense of fondness for the captor's physical appearance,

**I was also right about his black or nearly black hair, but it was on the short side, and he was clean-shaven. He was slender rather than stocky and burly, and his long hands made me think of Angie's poster of Venus and Mars (Ravel, 2011, p. 41).**

The narration above consists of Chloe's description of the captor's physique. The way she compares his look by noting that her captor is slender rather than burly and similar to Venus and Mars, the fondness is laced from the description. The particular behavior in noticing the things she can be fond of from the captor demonstrated the experience of Stockholm syndrome where individuals unconsciously try to perceive the captor in less scary way. This further leads to attraction and even growing

fondness for the captor. Nair (2015) explained that the bond that is developed from positive reinforcement or thinking leads to higher chance of survival but it also leads to a non-cooperativeness during rescue later. It means that when the captive feels an exaggerated bond with the captor, they are also prone in making the rescue not successful for themselves.

#### **4.2.5 Believing in The Captor's Kindness**

The last characteristics of Stockholm syndrome is believing in the captor's kindness and sincerity. As Stockholm syndrome is categorized as the psychological reaction of the captive in their survival mode, this particular aspect where they started believing in the captor's kindness makes them feel more relaxed being under the stressful kidnapping environment. This appears in how the captive shows appreciation and even admiration for the kindness that the captor direct toward the captive despite the manipulative motive it might carry. The representation of this character is seen in the following,

**When he'd finished eating, he washed his dishes in the bathroom sink and carried them back to the table. He said, "*I brought you a hot plate in case you want tea. It needs to be unplugged when you're not using it*" "*Thank you,*" I said without thinking and immediately felt stupid. Why was I thanking my jailer? (Ravel, 2011, p. 48)**

The dialogues and narration above shows how Chloe is showing trust towards the captor's kindness. This particular perception and behavior is categorized as one of the symptoms of Stockholm syndrome where the captive believes in the captor's kindness as if they did not harm them for kidnapping them. The way Chloe realized that she should not be thanking the kidnapper yet she did anyway, demonstrated the

Stockholm syndrome experience where the victim reacted based on their survival strategy where they are unconsciously trying to put themselves in less fearful position by viewing the captor in positive light.

**“Will you read to me?” I whispered. I didn’t know if he could hear me; I could barely hear myself.  
“If you like.”  
“Why are you kind to me?”  
“The goal is for my friend to be released, not to make you suffer.”  
“What if they make one of those police drawings of you?”  
“No one will suspect me.”  
“Such a nice smell coming from outside. Can I step out, just for a few minutes?”  
“When you’re better,” he said.  
“Really?” “Yes.”**

The dialog above shows Chloe’s appreciation and belief toward little thing that her captor did. According to Nair (2015) explained that by believing in the captor’s kindness or viewing them in positive light, they are ensuring their safety and survival strategy under the domination of the captor. However, this particular syndrome often leads to the incorporation of the victim during the solving process of the case. This tendency is developed through the mentioned aspect as well as from the captive’s false trust toward the captor’s kindness.

## **CHAPTER FIVE**

### **CONCLUSION**

This chapter includes the conclusions related to the analysis and result of the study and the suggestions for further researches. After analyzing the novel entitled "*Held*" by Edeet Ravel (2011) there are several conclusions regarding the portrayal of Stockholm Syndrome represented by the main character named Chloe who ends up growing fond feelings for her captor while she is being kidnapped. The psychological approach and the perception of Stockholm Syndrome are used in guiding the analysis. The first result refers to the cause of Stockholm Syndrome experienced by Chloe. The cause of Stockholm Syndrome represented in the novel demonstrates the factors as to why an individual would experience such thing. Chloe's Stockholm Syndrome is described to be caused by the deprivation for human interaction, isolation from the outside world, the contact between the captor and the hostage, the dependency of the hostage for the captor, appearance, and being perceived of threat, abuse, and kindness. The mentioned factors are present in the case of Chloe who is eventually growing attraction and bond with her captor as she is left by nothing more than her captor's help to survive.

Moreover, the result of this study also includes the symptoms of Stockholm Syndrome experienced by Chloe as the main character. As Chloe gets used to the presence of her captor, she begins to develop certain bond and attraction for the

captor as a response of coping mechanism. The symptoms of Stockholm Syndrome shown by Chloe are adapting the same opinion, perception, and ideologies as the captor, pitying the captor, showing no effort to escape, feeling bond with the captor, and believing the captor's kindness. These symptoms of Stockholm Syndrome surely affect the evacuation of Chloe as the victim of kidnapping as she would go to the extent of defending the perpetrator. This certain condition is caused by Stockholm Syndrome she developed during the captive. The analysis includes the process on how Chloe's perception is being interrupted with her false expectation towards the captor and even imagining a life with him when in reality, Chloe is being kept away from her own life.

This study focuses on analyzing the representation of Stockholm Syndrome as psychological phenomenon portrayed by the character in novel. The use of psychological approach and the perception of Stockholm Syndrome are used in order to provide coherent analysis and discussion regarding how literary work represent the particular issue. Future researcher is encouraged to explore the issue of Stockholm Syndrome and its representation in literary work using broader approach and discussion such as analyzing the attachment style of the victim or the victim's struggle to overcome the Stockholm Syndrome itself. The use of different focuses and approaches to this field is hoped to provide a more broadened and deepened analysis that will be useful for other researches in the similar field especially in literary criticism and its relation to human psychological phenomenon.

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