

## **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 kidnappers, 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 other 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 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 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 what 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

