CHAPTER II

THEORY AND METHOD

2.1   Theoretical Framework

2.1.1   Intrinsic Elements

2.1.1.1 Character and Characterization

The concept of character in literary works plays a crucial role in shaping the reader's understanding and emotional engagement with the story. Abrams defined a character as an individual depicted in a literary work, involving moral, psychological, and emotional aspects in the story that are usually expressed through words, dialogue, or action (1957:42-44). From this definition, it becomes easier to explain the character more effectively, as it influences the reader's interpretation. In addition, character development allows readers to connect more deeply with the story, thereby increasing the emotional impact of the story.

Abrams divided characters into two categories: protagonists and antagonists. Protagonists and antagonists have different characteristics. Protagonists, known as the hero or heroine, become the main character and play a significant role in telling the story of life's challenges. Meanwhile, antagonists refer to characters who oppose or act as a heavy barrier to the protagonist (1957:265). The distinction between protagonists and antagonists is essential in driving the narrative forward and highlighting the central conflicts within a story.

Furthermore, Abrams defined characterization as the process by which the authors describe the personality of their fictional characters. There are two types of characterizations, namely telling and showing. The method of telling

characterization involves directly conveying a character's traits to the reader, explicitly stating their personalities. Meanwhile, the showing method involves revealing a character's traits indirectly through their actions, dialogue, thoughts, and interactions with others (1957:42–44). By developing protagonists, antagonists, and using different characterization methods, stories can feature complex characters that enhance the plot and deepen the reader's emotional connection.

2.1.1.2 Conflict

Understanding the nature of conflict in novels is essential for analyzing how characters navigate their challenges and drive the plot forward. Kenney argued that conflict is a problem that must be faced by the characters in novels (1966:19). There are two kinds of conflicts, internal and external conflicts. Internal conflict is a problem that occurs between a character and himself/herself, his/her mind, and his/her life that causes emotions. While external conflicts are conflicts that occur between a character with other behaviors, either with other people, society, or culture. By distinguishing between internal and external conflicts, readers gain insight into the different ways characters confront their struggles and how these conflicts influence their development and interactions within the story.

2.1.1.3 Setting

The setting is not only the background that supports the storyline, but also has a huge influence on the behavior and development of the characters, as well as determining the next direction. According to Holman, the setting is the

background in which the story takes place, both material and spiritual (1978:491). There are three categorizations of the setting, such as place, time, and environment. Setting of place refers to the actual place where the story takes place, and can often tell a lot about a place. Setting of time shows when the story happens. Setting of environment refers to the social environment that surrounds the characters in the story. The author of the novel carefully selects the background of the story and connects it with the theme, so that the reader can be immersed in his thoughts in the story.

2.1.2   Extrinsic Elements

2.1.2.1 The Theory of Post-Traumatic Stress Disorder

Post-traumatic stress disorder is a mental illness that affects individuals who have experienced trauma. According to the American Psychological Association, post-traumatic stress disorder is a psychological condition that occurs when an individual experiences an event that is considered difficult and dangerous to health, physical integrity, and safety (2017:8–9). This condition is related to the psychological response to events that exert extreme pressure on an individual. Post-traumatic stress disorder can affect an individual for varying lengths of time, depending on the intensity of the experience and the individual's ability to manage its impact. Therefore, the treatment and recovery approaches for post-traumatic stress disorder must be individualized and consider the distinct circumstances experienced by each individual.

Furthermore, the National Center for PTSD described post-traumatic stress disorder as a psychological condition that arises when an individual experiences a

threatening event (2019:3). Events such as war, natural disaster, psychical abuse, or accident can have a profound impact on an individual's mental health. When individuals face such extreme situations, they may experience significant changes in the way they process and respond to their life experiences. As a result, individuals afflicted with post-traumatic stress disorder will experience difficulty in carrying out their daily activities.

2.1.2.2 Symptoms of Post-Traumatic Stress Disorder

Identifying the symptoms of post-traumatic stress disorder is crucial for understanding how traumatic experiences affect individuals and disrupt their daily lives. According to the American Psychological Association (2017:8), there are four main symptoms of post-traumatic stress disorder. First, repetitive, random, and difficult memories often disrupt an individual's daily life. These refer to memories that appear repeatedly without a clear pattern or specific context, which can cause anxiety or discomfort. Such memories may seem random, but they often have a profound emotional impact due to the difficulty in controlling or avoiding them.

Second, ignoring trauma-related problems can worsen an individual's psychological condition. When an individual chooses to ignore or deny the impact of trauma, they may struggle to manage emotions or situations related to the traumatic experience. They may avoid anything related to the trauma, such as people, places, or incidents. This can lead to unresolved tension and the potential for more serious mental health issues if not addressed properly.

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Third, the intensity of mood swings can significantly affect an individual's quality of life. Deep changes in mood, ranging from feelings of euphoria to profound depression, often disrupt daily functioning and interpersonal relationships. This instability can be caused by various factors, including mood disorder or responses to stress, which require specific attention and effective management.

Last, arousal, reaction, and response to perceived threats often change over time, particularly after experiencing stress or trauma. Individuals may exhibit heightened alertness or stronger responses to situations perceived as dangerous, even if the threat is not real. These changes can include increased anxiety or even decreased sensitivity to danger, which can affect how they interact with their surroundings and adapt to various situations. Therefore, recognizing these symptoms of post-traumatic stress disorder shows how complex the disorder is and highlights the need for thorough treatment to manage its various effects on mental health and daily life.

2.1.2.3 Causes of Post-Traumatic Stress Disorder

Trauma, which can lead to post-traumatic stress disorder, often arises from negative experiences endured by an individual. According to the American Psychological Association, various situations can cause trauma, including military warfare, terrorism, motor vehicle accidents, natural or human-caused disasters, the sudden or violent death of loved ones, and interpersonal violence (2017:6). These experiences have a profound impact that can disrupt an individual's mental health

and result in post-traumatic stress disorder, where the person may experience symptoms such as extreme anxiety, flashbacks, and difficulty sleeping.

On the other hand, the National Center for PTSD stated all negative experiences can cause traumas. Examples of these situations include fighting in the military or other conflicts, being beaten or tortured, receiving word that a loved one has died or been injured due to violence or accidents, family or childhood illnesses, major accidents (e.g. car accidents), natural disasters (e.g. fires, hurricanes, or storms), and terrorism (2019:4). These examples show how many different situations can cause post-traumatic stress disorder, highlighting the need for awareness and personalized treatment.

2.1.2.4 Effects of Post-Traumatic Stress Disorder

Post-traumatic stress disorder can significantly impact those who experience it. The American Psychological Association (2017:9) describes its effects, which can encompass a range of serious issues including suicide, relational pressure, disagreement, and social disruption. First, suicide risk is a serious issue that can be caused by various factors, including severe depression, feelings of hopelessness, and prolonged psychological stress. Individuals at risk of suicide often feel alienated and see no way out of their suffering, which can lead them to plan or even attempt to end their lives.

Second, relational pressure refers to the stress or strain that individuals experience due to their relationships with others. This can manifest in various forms, such as expectations from family, friends, or colleagues that might create a

sense of obligation or demand. This pressure can affect an individual's mental well-being and overall satisfaction in relationships.

Third, disagreement occurs when individuals hold differing opinions or beliefs on a particular issue, which can lead to conflict or contention. This difference in viewpoints can be beneficial, fostering meaningful discussions and solutions, or it can be harmful, leading to extended conflicts and damaged relationships. Handling disagreements requires finding a balance between being assertive and showing respect, with the goal of reaching solutions that consider and address the concerns of everyone involved.

Last, social disruption often leads to a breakdown in established routines, relationships, causing significant challenges for individuals and societies. The consequences of such disruptions may include increased social tensions, loss of trust in others, and shifts in behavior. Addressing social disruption requires coordinated efforts to restore stability, support affected individuals, and adapt to the new realities.

In addition, the National Center for PTSD described four possible consequences of post-traumatic stress. First, individuals may experience persistent negative events characterized by flashbacks, nightmares, and hallucinations. Second, they may avoid or be anxious not to think about the event. Third, they may have negative thoughts and feelings, including chronic depression, fatigue, loss of interest, self-confidence, shame and guilt, and difficulty expressing feelings. Last, they are prone to problems, which are manifested by anxiety, mood swings, and bad habits such as smoking, drug abuse, aggressive driving, and

others (2019:5-6). These post-traumatic stress disorder consequences show how deeply trauma affects mental health and behavior, highlighting the need for effective support and treatment.

2.1.2.5 Treatments of Post-Traumatic Stress Disorder

Individuals suffering from post-traumatic stress disorder need help and support to reduce the impact of the disease. The main goal of post-traumatic stress disorder treatment is to reduce the distressing symptoms associated with it and ultimately improve the quality of life of the person affected by it. Not only relieves symptoms, but the treatment of post-traumatic stress disorder also aims to help them recover and get back on track in their lives. The nature and intensity of treatment given will vary greatly, depending on the severity of the disorder in each case.

According to the American Psychological Association (2017:40-41), there are four effective ways to treat post-traumatic stress disorder. First, Cognitive Behavioral Therapy (CBT) is a treatment that focuses on changing negative mindsets and behaviors that negatively impact an individual's emotions and daily life. This therapy is based on the concept that thoughts, emotions, and behaviors influence each other. The goal is to recognize and change negative mindsets and behaviors and develop more adaptive coping strategies. This therapy is used for a range of conditions, including depression, anxiety, eating disorders, and post-traumatic stress disorder.

Second, Cognitive Processing Therapy (CPT) is a special form of CBT used to treat post-traumatic stress disorder. This treatment focuses on how an

individual processes and responds to the trauma they experience. The goal is to help individuals process trauma by changing unhelpful mindsets and beliefs related to the trauma. This therapy involves creating trauma narratives, discussing trauma, and using cognitive restructuring techniques to identify and change trauma-related maladaptive thinking. This therapy is mainly used for individuals with post-trsumatic stress disorder, especially those who have experienced severe trauma such as sexual violence, physical violence, or war experiences.

Third, Cognitive Therapy (CT) is a treatment that focuses on distorted and unrealistic changes in thinking that cause emotional and behavioral disorders. The goal is to reduce emotional symptoms by identifying and changing negative automatic thoughts. This therapy uses cognitive restructuring techniques to identify, challenge, and replace negative thoughts with more realistic and adaptive thoughts. This therapy is used for a variety of mental illnesses, including depression, anxiety, and eating disorders.

Fourth, Prolonged Exposure (PE) is a treatment that focuses on gradually handling memories of traumatic situations or anxiety triggers with the goal of reducing emotional responses to trauma. The goal is to reduce excessive fear of trauma through gradual and controlled exposure to trauma and reduce symptoms of post-traumatic stress disorder and anxiety. This therapy involves in-vivo exposure (exposing oneself to real, frightening situations) and imaginative exposure (remembering the trauma in detail and imagining it). This therapy is mainly used for post-traumatic stress disorder and other anxiety disorders. Effective post-traumatic stress disorder treatment is crucial for easing symptoms

and helping individuals regain control over their lives, with different approaches depending on each case.

2.2   Research Method

2.2.1   Research Approach

Based on the background of the study, the approach that is suitable for use in this research thesis is the psychological approach. According to Abrams, psychological literature is a description of the author's personality or expression of the author's thought which is shown indirectly in a narrative (1957:289). This research thesis uses theory from the American Psychological Association to analyze post-traumatic stress disorder in Jennifer Niven's novel *All the Bright Places.* This approach allows for a deeper exploration of the emotions depicted in the novel, resulting in a better understanding of post-traumatic stress disorder sufferers in the novel.

2.2.2   Method of Data Collection

In this research thesis, the library research method is used as a data collection method to support the analytical data in the novel. According to George, the library research method is a method of collecting information by searching and reading sources through various media such as the internet or books (2008:6). This approach allows access to a variety of scholarly sources, including academic articles, books, and online articles, to gather relevant information and support post-traumatic stress disorder assessments within Jennifer Niven's novel *All the Bright Places.*

In addition, this research thesis uses primary and secondary data as a source of research data. According to Taylor, primary data are documents created during the research process such as reports, letters, messages, newspapers, and others (2015:155). In this research thesis, the novel *All the Bright Places* by Jennifer Niven was used as the main research to provide accurate information about the picture of post-traumatic stress disorder. By analyzing the content of the novel, opportunities are found to explain post-traumatic stress disorder and its effects on the characters in the story.

Meanwhile, Taylor describes secondary sources as sources written when researchers try to analyze topics and situations (2015:155). In this research thesis, secondary research sources include sources such as books, university policies, research articles, and international literature. This resource is a great addition to Jennifer Niven's novel *All the Bright Places* on assessing and understanding post-traumatic stress disorder. It provides additional information and ideas that facilitate a critical evaluation of the cognitive processes presented in the text.