

CHAPTER I

INTRODUCTION

1.1 Background of the Study

Some people probably have certain problems in their life. When they are faced with a problem in their life, they sometimes cannot avoid the problems in their life. One of the problems could be a psychological problem, such as trauma. The emergence of trauma in a person also has an impact on his life. Everyone thinks about how to get out of the trauma they have experienced.

The trauma that someone suffers is also called Post-Traumatic Stress Disorder (PTSD) is referred to a psychiatric condition that can develop in those who have watched or experienced a traumatic event, sequence of events, or scenario (Davis & Hamner, 2024:02). PTSD does not only encourage many studies on how to treat various types of trauma, but also triggers numerous scientific studies on how people respond to extremely distressing events (Parth, et. all, 2014:72). More specifically, about traumatic experiences, PTSD symptoms are rather frequent; nevertheless, for the majority of trauma survivors, the frequency and severity of these symptoms gradually diminish as they heal naturally (Foa, et. all, 2007:15). Furthermore, these phenomena are gleaned from the PTSD involvement, which announces that anxiety disorders are among the most prevalent psychiatric conditions, with 19.3% of Americans reporting having an anxiety disorder within a 12-month period (Vieweg, et all., 2006:383). Another phenomenon occurring formerly, these results are mostly confirmed in a study of WWII veterans who have been diagnosed with PTSD for a longer period of time (Sherin, 2011:267). From this phenomenon, PTSD symptoms manifest when an individual has ongoing stress or encounters reminders of the

scenario, such as the same season in which a traumatic event occurred in the past. Between 44 and 72 percent of veterans experience high levels of stress following their return to civilian life, according to reports (Miao, et.all, 2018:3). Acquired from that research, reenacting the initial psychological process as clearly as possible is necessary and this phenomenon possesses a correlation with the trauma in the practice.

Post-Traumatic Stress Disorder is also reflected in literary works. One of the literary works that reveals PTSD phenomena is a novel entitled Rachel Hawkin's *The Wife Upstairs*. The novel tells Jane, an impecunious woman who meets Eddie Rochester, a widower in Birmingham. Jane struggles to survive due to a deteriorating economy and unexpected events. Eddie's wife, Bea, and friend, Blanche, died in a boat accident. Eddie and Jane start dating, and Jane shares her life situation. Eddie gets engaged, and the police investigate the murder of Blanche and Bea. Jane is blackmailed by her former roommate, John, who knows her past.

The major reasons for this research thesis is to analyze the post-traumatic stress disorder of Jane as the main character in the novel since this character possesses crucial cogency in the sequence of events. More explicitly, this research thesis also conducts an investigation considering the predicament situations by Jane in the novel *The Wife Upstairs*. This rumination is essential in accordance with understanding the tangible trepidation and mental health experienced by Jane in general. To add to the previous reasons, the writer chooses to research this novel, Considering the interpretation of the accomplishment of adversities suffered by Jane in the story. Rachel Hawkins' literary work entitled *The Wife Upstairs* discusses cases of past trauma, experienced by the main female character, Jane. Trauma appears in Jane as the story progresses, several psychological problems appear in Jane's life. In relation to this research

thesis, the writer will conduct research on the causes of PTSD, PTSD symptoms, and the effects of PTSD of the main character in Rachel Hawkin's *The Wife Upstairs*.

1.2 Research Problems

1. What are the symptoms of Jane's Post-traumatic Stress Disorder in Rachel Hawkin's *The Wife Upstairs*?
2. What are the causes of Jane's Post-traumatic Stress Disorder in Rachel Hawkin's *The Wife Upstairs*?
3. What are the effects of Jane's Post-traumatic Stress Disorder in Rachel Hawkin's *The Wife Upstairs*?

1.3 Objectives of the Study

1. To analyse the symptom of Jane's Post-traumatic Stress Disorder in Rachel Hawkin's *The Wife Upstairs*
2. To analyse the causes of Jane's Post-traumatic Stress Disorder in Rachel Hawkin's *The Wife Upstairs*
3. To analyse the effects of Jane's Post-traumatic Stress Disorder in Rachel Hawkin's *The Wife Upstairs*

1.4 Previous Studies

The first previous study is dissertation which is written by Bolster (2015) entitled *The Role of Cognitive Appraisals in the Disruption of Anxiety-buffer Functioning among Trauma Survivors Experiencing Posttraumatic Distress* in his Doctoral Thesis in Doctoral Programme in

Clinical Psychology at University of East Anglia, to date July 29th, 2015. This research is in accordance with focussing on changing negative assessments of a traumatic event, replacing unhealthy coping mechanisms with more healthy ones, and integrating and expanding a traumatic experience into autobiographical memory.

The second previous study is a postgraduate thesis which is composed by Galgano (2006) entitled Post-traumatic Stress Disorder: Healing The Body and Mind in his senior thesis submitted in partial fulfillment of the requirements for graduation in the Honors Program Liberty University, Spring Semester 2006. This thesis aims to describe the psychological and emotional states of traumatised patients and to find out what a nurse may do to assist patients to heal holistically rather than simply their physical injuries. Sexual assault, motor vehicle accidents, and leu acquired PTSD are just three types of trauma that have a profound impact on patients.

The third previous study is disertation which is written by Frans (2003) entitled Posttraumatic Stress Disorder (PTSD) in the General Population in his comprehensive summaries of Uppsala Dissertations from the Faculty of Social Sciences for the degree of Doctor of Philosophy in Clinical Psychology. The aims of this study are to the frequency of PTSD and trauma exposure in the Swedish general population, the influence of traffic accidents on the development of PTSD, the model-fitting approach to the structure of PTSD symptoms, and the neurofunctional correlates of PTSD symptoms.

This research thesis is very different from any other previous research by focusing the research persepective. First, this research thesis will focus only on character Jane as one of the major characters in the novel. Second, the research thesis will use psychological approach as the research approach. Last, this research thesis will focus on the causes, symptoms, and effects

of the character, therefore the, writer will use theory Post Traumatic-Stress Disorder of Gerald C Davidson.

1.5 Scope of the Study

The scope of this research thesis covers intrinsic and extrinsic discussion. The intrinsic discussion covers Character and Characterization, Setting, and Conflict. Meanwhile, the extrinsic discussion covers the Symptoms, Causes, and Impacts of Post-Traumatic Stress Disorder of Jane's in The Wife Upstairs novel by Rachel Hawkins using a psychological approach in the literature.

1.6 Writing Organization

The writer organizes the paper to provide a clear explanation of the research steps and the issues covered in the study. Writing arrangement is divided into four chapters, which will be briefly described as follows:

CHAPTER I : INTRODUCTION

This chapter contains a brief and comprehensive overview of the contents of the study, including Background of the Study, Research Problems, Objectives of the Study, Previous Study, and the Writing Organization.

CHAPTER II : THEORY AND METHOD

Chapter two contains the Theoretical Framework and Research Methods. Theoretical Framework section explains the Intrinsic and Extrinsic elements. Meanwhile, Research Method consists of Data and Data Sources, Methods of Collecting Data, and Methods of Analyzing Data.

CHAPTER III : DATA ANALYSIS/ RESULT AND DISCUSSION

Chapter Three contains the Result of Intrinsic Aspects and Extrinsic Aspects. Intrinsic Aspects section explains the Character and Characterization in Jane, Setting, and Conflict. Meanwhile, Extrinsic Aspects section explains The Symptoms of Jane's Post-Traumatic Disorder, Causes of Jane's Post-Traumatic Stress Disorder, and Effects of Post-Traumatic Stress Disorder for Jane.

CHAPTER IV : CONCLUSION

This chapter contains summary of the main point of the discussion.

REFERENCES