CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

Theoretical framework is the basis of understanding that is utilized to analyze the object of research. In the theoretical framework, there are intrinsic elements and extrinsic elements of literary works that are used as the basis of the analysis.

2.1.1 Intrinsic Aspects

Intrinsic elements are the elements that form the literary work itself (Klarer, 1999:14,90). In the intrinsic elements, the writer focuses on character & characterization, setting, and conflict.

2.1.1.1 Character and Characterization

One crucial aspect of a story that the author initially explores is the character; it is the people in the fictional work. More specifically, important characters are essential to the story or the book (Meyer, 1997:3). There are two types of characters, namely the main character and the supporting character. The main character is the character that influences the plot the most or the character that is most influenced by the plot, the main character is a character directly or indirectly involved in the novel. Therefore, the main character always appears and becomes the focus of the novel's story (Abrams, 1981:20). Meanwhile, A supporting character contributes to the narrative of the main character. (Kennedy, 1966:6769)

Characterization is the process by which an author presents a character to the reader in the hopes that the reader will get to know them (Temmerman, 2018:2). There are two characterization methods, those are direct and indirect characterization. Direct characterization and indirect characterization. Direct characterization is when the author reveals the characters'

images by stating them directly using the narrator or the other characters' statements (Charters, 2011:58). Indirect characterization is the qualities and characteristics a character may say or think about her (Kennedy, 1966:67-69).

2.1.1.2 Setting

The setting of a story is defined as the duration and location in which the sequence of events or story occurs; moreover, settings might be either fictional or realistic, historical or modern, spectacular or every day depending on the genre per se (Jeremiah,2000:23). More specifically, the term setting corresponds with the location, time, and occurrence depicted in the novel or the other literary works. There are two categories of settings in literary works encompassing both settings of time and place (Holman, 1936:491). The setting of time completely includes a variety of elements, including the character's life stage, the time of day, the season, and the past, present, or future. In contrast, the term "setting of place" also refers to a variety of locations, including a specific building or room within a building, the countryside, a city, a beach, a vehicle like a car, bus, or boat, and indoors or outdoors.

2.1.1.1.2.1 Setting of Time

Setting of time is useful to show a certain time or period when the story is taken such as day, date, month, and year which will be shown through a scene in the movie. It can be thought of as the background of the story (Holman, 1980:453).

2.1.1.1.2.2 Setting of Place

The most important setting of place of this novel takes place in Thornfield Estates. This location is not just a physical setting, but also a symbol of social status, hypocrisy, and the secrets underlying the lives of its residents.

2.1.1.3 Conflict

Conflict is dramatic even that focuses on the battle between two forces balanced and implies the action and relation (Wellek & Warren, 1994:122). Conflict gives any story the essential tension which needs to move along, uncover a deeper meaning, and show the motivations, ideals, and vulnerabilities of the characters. There are two types of conflicts, namely both internal and external conflicts. In addition, internal conflicts are mental struggles resulting from conflicting goals or decisions that arise within a character (Fiexas,et.all, 2009:141). For this internal conflict, can discuss essential objects, for example the opposite between right or wrong, ambitions, and even emotions depicted by the characters in a novel. As for the external conflict, this conflict is interpreted as the clash between the characters and external factors; furthermore, a narrative or story may address a conflict between men, between men and society, between men and nature, or even within a single man (such as between duty and passion) (William, 1966:19).

2.1.1.1.3.1 Internal Conflict

Internal conflict occurs between the character and their mind. It is inner psychological struggle of acharacter with herself that can affects to mental and emotional state, such as addition, uncertainty, or fear (Meyer, 2010:51).

2.1.1.1.3.2 External Conflict

External conflict arises outside the character's mind. It is struggle problems of the main character against something or someone beyond their control, such as other characters, the nature, or the environment (Meyer, 2010:51).

2.1.2 Extrinsic Aspects

Extrinsic aspects are the narrative components from outside of the literary work that give some effects towards the literary work. The writer focuses on the psychological aspects which holds the discussion of causes, symptoms, and impacts of it.

2.1.2.1 Post-Traumatic Stress Disorder Theory

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that develops when a person has experienced or witnessed a severe traumatic event (Davidson, 2018:177). These incidents typically entail physical safety concerns such as natural disasters, violence, major accidents, or occurrences that instill fear, helplessness, or terror. Individuals suffering from PTSD may encounter a wide range of limits in their everyday lives, including limitations in social interactions, limitations in the workplace, limitations in physical health, limitations in daily activities, and limitations in decision-making.

Davidson (2018:224), proposes that post-traumatic stress disorder is defined by a set of symptoms. However, unlike other definitions of psychological disorders, post-traumatic stress disorder includes a component of the aetiology assumption, namely an event or series of traumatic events directly experienced or witnessed by a person in the form of death or death threats, serious injury, or threats to one's physical integrity or self. The experience must elicit intense terror, horror, or helplessness. A catastrophic occurs is one that occurs outside the scope of human experience. This criterion is fairly narrow because it rules out the diagnosis of post-traumatic stress disorder following an event, such as a car accident or the death of a loved one. The current broader definition is extremely limited since it focuses on the objective features of events rather than their subjective significance.

2.1.2.2 Symptoms Of PTSD

According to Davidson (2018:224), symptoms of posttraumatic stress disorder are grouped into three main categories, Re-experiencing symptoms, Avoidance symptoms, and Hyper-arousal

symptoms. The diagnosis can be made if the symptoms in each category last for more than one month.

1) Re-experiencing symptoms

Re-experiencing symptoms, such as recalling a terrible experience. A person suffering from post-traumatic stress disorder feels haunted by memories of the horrific incident that occured. The memory of the horrific experience is as vivid as if it occurred again. This is known as a flashback. The sensations associated with the incident induce severe emotional distress. Lightning, for example, brings back memories of the battlefield for veterans (Davison, et.all, 2018:225).

2) Avoidance symptoms

Avoidance symptoms are an individual's attempts to avoid a traumatic occurrence. Someone suffering from post-traumatic stress disorder attempts to prevent something in common from provoking them to remember the horrible event they have endured. A person will strive to avoid thoughts, feelings, or talks about the trauma to avoid activities, places, or people that bring up memories of it (Davidson, et.all, 2018:225).

3) Hyper-arousal symptoms

People with post-traumatic stress disorder experience increased alertness following a distressing event. This is known as enhanced emotional arousal. According to Davidson (2018:225), post-traumatic stress disorder patients will experience difficulties sleeping, irritability, bouts of wrath, deep melancholy, worry, and problems focusing.

2.1.2.3 Causes of PTSD

Davidson (2018:227-228), argues, that four factors cause posttraumatic stress disorder, namely:

1) Genetic factor

Anxiety disorders in families are more likely to develop post-traumatic stress disorder. However, according to Davison, genetic factors are not the primary cause of post-traumatic stress disorder (Davison, et.all, 2018:228).

2) Brain structure

Certain parts of the brain govern emotions and fear differently than those who do not suffer from post-traumatic stress disorder following a traumatic event. The amygdala is the fear region of the brain. Understandably, people with PTSD have an overactive amygdala. The amygdala is a region in the temporal lobe that stores and processes emotional information governs human behavior when dealing with emotional situations and receives visual and aural cues as potential generators of emotion (Ramachandran, 2002:17). The amygdala assists the brain in making connections between situations that may have caused fear in the past and current states that are biasedly neutral. Then, in improper conditions, a person remains in a constant state of alert because the brain informs the individual that the security situation is under attack (Davidson, et.all, 2018:228).

3) Environmental factor

People's personalities are heavily influenced by their surroundings. People with a history of trauma and stress are more prone to acquire post-traumatic stress disorder than those who have not experienced trauma and stress. Children born into violent households may also be at risk for developing post-traumatic stress disorder. Another example is that those who live in

combat or war zones are more likely to develop posttraumatic stress disorder (Davison, et.all, 2018:228).

4) Psychological factors

People who suffer from specific mental diseases, including depression and anxiety, are more likely to acquire posttraumatic stress disorder. For example, consider the death of a loved one. This can lead to the development of post-traumatic stress disorder (Davison, et.all, 2018:228).

2.1.2.4 Impact of PTSD

There are several effects experienced by people who suffer from post-traumatic stress disorder. According to Davidson (2018:229-230), Posttraumatic stress disorder causes changes in a person, both changes in feelings, changes in thought patterns, and changes in behavior. The explanation is as follows:

1) Change of feeling

Feelings change of a person experiencing post-traumatic stress disorder such as having feelings of anxiety, great fear, sad, erratic mood swings, irritability or feelings of frustration due to small things, having a feeling that the life of people with post-traumatic stress disorder is in vain, and feeling alert of a person experiencing post-traumatic stress disorder such as having feelings of anxiety, having considerable fear, feeling sad, unstable mood swings, anger or emotions of annoyance due to minor things, having the impression that persons with posttraumatic stress disorder's lives are meaningless, and feeling alert (Davison, et.all, 2018:229).

2) Change of mind

Someone suffering from post-traumatic stress disorder can influence a person's decision-making, such as constantly believing that the horrific event occurres and is recalled, experiencing nightmares while sleeping, being unable to accept reality, and having difficulties concentrating to the point of being unable to think coherently. (Davison, et.all, 2018: 229).

3) Changes of behavior

A person with post-traumatic stress disorder experiences behavioral alterations. The examples include erratic heartbeat, loss of appetite, difficulty breathing, being unresponsive when asked to communicate, difficulty sleeping, shaking when recalling traumatic events, avoiding social relationships and limiting oneself, being easily startled, feeling dizzy, and losing consciousness (Davison, et.all,2018:230).

2.2 Research Method

The research method is an important step in determining the direction and clarity of the analysis of the object under study. In this section, the writer will describe the research method, and method of collecting data are below.

2.2.1 Research Approach

Based on the background of the research that reveals Post-Traumatic Stress Disorder as psychological phenomenon, the writer uses a psychological approach in literature. The psychological approach to literary criticism uses psychological concepts to analyze literary works and concentrates on the psychological aspects present in a work of literature. (Rohrberger, 1971:15). The writer will utilize the Post-Traumatic Stress Disorder theory, from Gerald C Davidson's theory, to analyze the causes, symptoms, and effects of PTSD.

2.2.2 Method of Data Collection

This research thesis uses library research. Library research is an investigation of some objects that would be controlled from start to finish (George, 2008:1). Related to library research, there are primary and secondary data. Primary data is data that has involved the collection of original data specific to a particular research project (Gratton&Jones, 2010:8). The primary data of this research thesis is a novel entitled *The Wife Upstairs* written by Rachel Hawkins (2021). Meanwhile, secondary data is data that has been collected from previous research (Gratton&Jones, 2010:8). The secondary data of this research thesis are journals, book text, and references from previous studies.