

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Frameworks

Theoretical frameworks are empirical and quasi-empirical theories that relate to social and/or psychological processes at various levels and are used to help understand a phenomenon (Anfara & Mertz, 2015: 23-24). In the theoretical framework, this study will discuss intrinsic elements and post-traumatic stress disorder.

2.1.1 Intrinsic Elements

Intrinsic elements are literary components that form the world within the work itself and can be analyzed without reference to things outside the literary work itself (Abrams & Harpham, 2013: 73). The intrinsic elements of this study utilize the theory from Abrams and Harpham, as well as Holman. It focuses on the characters, characterization, settings, and conflicts.

2.1.1.1 Characters

Characters are individuals portrayed in a narrative work. As explained by Abrams and Harpham, “characters are the persons represented in a dramatic or narrative work, who are interpreted by the reader as possessing particular moral, intellectual, and emotional qualities by inferences from what the persons say and their distinctive ways of saying it—the dialogue—and from what they do—the action.” (2013: 48). There are two types of characters, namely flat and round. Flat characters are individuals built on one trait or quality only, without much individual detail. They are simple and easily described with a single phrase or sentence. On

the other hand, round characters are complex individuals with diverse motivations and traits. These characters are portrayed in depth and realistically, making them difficult to describe briefly because they resemble real people. According to Holman, characters in stories can be static or dynamic. Static characters do not change significantly throughout the story. Meanwhile, dynamic characters change due to the events or actions they experience, and stories often aim to show how those experiences affect them (1972: 92). This theory emphasizes that characters in a narrative work can be flat, round, static, or dynamic. It depends on the complexity and the alteration of the characters' traits.

2.1.1.2 Characterization

Characterization is the process of defining the unique traits of the characters in a story. As stated by Abrams and Harpham, "characterizing (that is, establishing the distinctive characters of) the persons in a narrative" (2013: 48-49). There are two methods of characterization. The first method of characterization is direct characterization, a method that allows the author to directly tell the reader about the character's traits or motivations. The second method of characterization is indirect characterization, a technique in which the author presents characters through their actions, dialogue, feelings, and thoughts. The reader must interpret the character's nature or motivations for themselves based on the way they speak, act, or react to situations. Meanwhile, Holman (1972: 91) emphasizes that there are three main methods of fictional characterization: (1) direct portrayal of characters by the author through explicit description; (2) portrayal of characters through action, with little or no direct description by the author; and (3) portrayal of characters' inner selves

without authorial comment. This theory highlights that characterization can be done by the author's explicit or implicit explanation of the characters' traits or motivations in the story.

2.1.1.3 Settings

Settings are the general location, historical period, and social conditions where the events or actions in a narrative or dramatic work take place. As defined by Abrams and Harpham, "The overall "setting" of a narrative or dramatic work is the general locale, historical time, and social circumstances in which its action occurs; the setting of a single episode or scene within the work is the particular physical location in which it takes place." (2013: 362). Furthermore, Holman (1972: 491) states that settings can be divided into settings of place, culture, time, and environment. However, this study only focuses on the place, time, and environmental settings. Place settings are the geographical locations where the events in a story take place, including the physical conditions, the beauty or appearance, and the details of the layout of the space. Meanwhile, time settings are the period or time when the events in a story occur, such as the season, the year, and the specific era or historical period. Moreover, environmental settings are the general environment in which the characters exist, including social, religious, moral, mental, and emotional conditions that influence their lives in the story. In conclusion, this study focuses on the place, time, and social environmental settings that influence the development of Maggie's PTSD.

2.1.1.4 Conflicts

Conflicts are the struggles that arise from the interaction between two conflicting forces. As described by Holman, “Conflict: The struggle which grows out of the interplay of the two opposing forces in a plot.” (1972: 118). There are two types of conflicts, namely internal conflicts and external conflicts. Internal conflicts refer to a character’s inner struggle between two sides of oneself. In contrast, external conflicts refer to conflicts between a character and other individuals, nature, or society. In addition, Abrams and Harpham (2013: 294) state that a character may have an internal conflict, a conflict between desires or values within the character. A character also may have an external conflict, a conflict against another character, fate, or circumstances that challenge his/her path to achieving a personal objective. This theory shows that a character in a narrative may have struggles with oneself or external forces.

2.1.2 Post-Traumatic Stress Disorder

There are several definitions of post-traumatic stress disorder with various explanations by the following experts. According to Schiraldi, “PTSD is a normal response to an abnormal event because the condition is completely understandable and predictable.” (2009: 3). Meanwhile, Kring et al. (2010: 126) defines PTSD as “an extreme response to a severe stressor, including increased anxiety, avoidance of stimuli associated with the trauma, and a general numbing of emotional responses.” In *Posttraumatic and acute stress disorders*, Friedman explains that “PTSD is a disorder in which a person experiences trauma-related symptoms or impairments in everyday functioning that last for at least a month and sometimes

for life.” (2015: 2). Furthermore, the American Psychiatric Association emphasizes that “posttraumatic stress disorder (PTSD) is the development of characteristic symptoms following exposure to one or more traumatic events.” (2022: 305). In addition to the definition of PTSD, this study also focuses on the symptoms, the causes, and the effects of PTSD, which will be discussed in the next part.

2.1.2.1 The Symptoms of PTSD

PTSD symptoms are a normal human response to danger that is disrupted or does not recover normally after experiencing a traumatic event, involving physical and mental reactions (Herman, 2015: 34). In *Trauma and Recovery*, Judith Herman (2015: 35) breaks down the symptoms of PTSD into three categories, namely Hyperarousal, Intrusion, and Constriction.

2.1.2.1.1 Hyperarousal

Hyperarousal refers to a symptom of PTSD that relates to the body's constant state of heightened alertness after a traumatic event. In this hyperarousal condition, traumatized people tend to be constantly alert to threats, easily startled, react strongly to things that remind them of the traumatic event, and experience sleep disturbance. Sleep disturbance entails a condition that causes individuals to require a longer time to fall asleep, be more sensitive to sounds, and tend to wake up more frequently at night compared to ordinary people (Herman, 2015: 35-36). Headaches, abdominal pain, pelvic pain, and back pain are also common hyperarousal symptoms (2015: 86). The American Psychiatric Association (2022: 302) further emphasizes that traumatized people in this symptom have anger and

irritable behaviors toward individuals or things, careless or harmful actions, hypervigilance, overly startle reactions, concentration issues, and sleep problems.

2.1.2.1.2 Intrusion

Intrusion refers to a symptom of PTSD that continually relives the memory of the traumatic event as though the event is happening again. In this symptom, the traumatic event is encoded in an abnormal memory that unexpectedly resurfaces in consciousness as flashbacks and traumatic nightmares. Flashbacks are a form of traumatic memory that appears suddenly in waking states. In contrast, traumatic nightmares are a form of traumatic memory that appears during sleep (Herman, 2015: 37). Additionally, American Psychiatric Association (2022: 301-302) mentions that the intrusion symptoms of PTSD involve persistent and bothersome memories of the traumatic incidents, recurrent nightmares associated to the traumatic incident, flashbacks, prolonged or severe mental distress brought on by exposure to internal and external signals that resemble the traumatic incidents, and noticeable physiological responses to these signals.

2.1.2.1.3 Constriction

Constriction refers to a psychological reaction when a person experiencing an extremely traumatic situation cannot fight or flee, and hides themselves by numbing their feelings and detaching from reality. In this symptom, traumatized people may feel as if the event is not happening to them, as if they are watching from outside their body, or as if everything is just a nightmare that will end soon. To dull the pain, they may use alcohol or narcotics. Traumatized people also tend to avoid situations that are reminiscent of the traumatic event, as well as avoid

taking steps that involve future planning or risk (Herman, 2015: 42-47). Moreover, the American Psychiatric Association (2022: 302) affirms that traumatized people with this symptom attempt to move away from upsetting memories, ideas, or emotions regarding the traumatic events and outside reminders like people, circumstances, places, items, events, and conversations related to the traumatic events.

2.1.2.2 The Causes of PTSD

According to the American Psychiatric Association (2022: 305), post-traumatic stress disorder can be triggered by traumatic or stressful events that entail actual or threatened death, serious injury, or sexual violence. These events can be experienced in four ways: (1) directly experiencing traumatic events, (2) witnessing traumatic events, (3) learning about traumatic events, and (4) indirect exposure to traumatic events. However, this study only focuses on the first three events because the last situation is not relevant to this study.

2.1.2.2.1 Directly Experiencing Traumatic Events

PTSD may be triggered when an individual directly experiences traumatic situations. The traumatic situations may involve exposure to war, physical attack, terrorist attack, kidnapping, hostage-taking, torture, detention as a prisoner of war, human-made or natural disasters, severe car crashes, or sexual assault (American Psychiatric Association, 2022: 305). In addition, Herman (2015: 33-34) declares that PTSD is related to traumatic events in which an individual has directly experienced threats against their life or bodily integrity, or a close-range experience

with violence and death. War, disaster, rape, physical abuse, and other types of domestic and sexual assault are examples of traumatic events.

2.1.2.2.2 Witnessing Traumatic Events

Witnessing traumatic situations as they happened to others may trigger PTSD. It includes witnessing someone else physically or sexually abused, threatened or severely injured, or unnaturally die as a result of a violent attack, war, domestic assault, disaster, or accident (American Psychiatric Association, 2022: 305). According to Herman (2015: 54), PTSD may develop when people witness others' deaths or suffering. Witnessing the death of a comrade-in-arms during combat puts soldiers at high risk of developing post-traumatic stress disorder. The same is true in natural disasters, where witnessing the death of a family member is one of the most traumatic experiences that can cause deep and lasting psychological impacts on survivors.

2.1.2.2.3 Learning about Traumatic Events

The American Psychiatric Association (2022: 305) explains that when a person learning that a family member or close friend has gone through a traumatic event, it may trigger PTSD. If the event involves the actual death or threatened death of family members or close friends, the event must have been caused by violence or an accident, such as murder, physical or sexual assault, warfare, terrorist attacks, suicide, severe accidents, or severe injuries.

2.1.2.3 The Effects of PTSD

Herman (2015) claims that there are several effects of PTSD. Those effects include: (1) suicide attempts, (2) disruption in trust, (3) feelings of shame, doubt,

and guilt, (4) self-blame, and (5) dissociative amnesia. However, this study only focuses on disruption in trust and feelings of guilt, because the rest of the PTSD effects are irrelevant to this study.

2.1.2.3.1 Disruption in Trust

Traumatic events challenge the basic trust of survivors regarding their positive view of themselves, the security of the world, and the meaningful design of how everything was created. Therefore, people who have experienced trauma come to distrust God, other people, and even themselves (Herman, 2015: 51). Furthermore, the American Psychiatric Association (2022: 307) mentions that individuals who experience PTSD often express that the traumatic event they experienced has completely and permanently changed the way they view life and the world. These changes are usually seen in the form of persistent and overstated negative assumptions and expectations about important things in life, which can include views of themselves, others, their surroundings, and their future.

2.1.2.3.2 Feelings of Guilt

Traumatized people may feel guilty after the traumatic events, especially when they witnessed others' deaths or suffering. Survivors of disasters and wars are often haunted by the guilt of not being able to save others or fulfill their last wishes. They assume that they could have done better than to confront the fact that they were completely powerless (Herman, 2015: 54). According to the American Psychiatric Association (2022: 307), individuals who experience PTSD may have persistent negative mood swings, which appear or become worse after experiencing

the traumatic event. The negative mood includes feelings of fear, depression, horror, anger, guilt, or shame.

2.2 Research Methods

Research methods are how researchers collect, analyze, and interpret the data needed to support their studies (Creswell, 2009: 15). This part consists of Data and Data Sources, Methods of Collecting Data, and Methods of Analysing Data.

2.2.1 Data and Data Sources

Klarer (1999: 4) claims that data sources are divided into primary sources and secondary sources. Primary sources are the artistic objects of examination in literary studies, such as drama, poetry, and fiction. Meanwhile, secondary sources are the academic analysis of artistic objects in critical work, such as essays, articles, notes, and book reviews. This study uses a novel entitled *Nine Lives* by Danielle Steel as the primary source. Meanwhile, the secondary sources of this study come from e-books, book reviews, and expert theories related to post-traumatic stress disorder and literary elements.

2.2.2 Methods of Collecting Data

This study uses library research to collect data for analysing the object. George (2008: 1) defines library research as an organized examination using particular instruments, guidelines, and methods. It involves the process of combining their thoughts or ideas with other sources, as well as the process of finding and using these sources to support or develop their ideas. This study uses *Nine Lives* by Danielle Steel as the object with the theory of post-traumatic stress disorder and literary elements as the external sources.

2.2.3 Methods of Analysing Data

This study uses a psychological approach and qualitative research as the methods to analyse the data. Psychological criticism is an approach that views literature as an expression of the author's state of mind and personality structure (Abrams & Harpham, 2013: 319). This approach allows the author to explore the post-traumatic stress disorder portrayed in *Nine Lives* by Danielle Steel. Merriam and Tisdell (2016: 6) define qualitative research as a method of analysing data that involves an effort to understand how individuals interpret their life experiences, how they see and shape the reality around them, and what the significance of these experiences is for them.