

CHAPTER II

THEORETICAL FRAMEWORK

2.1. Narrative Elements

2.1.1. Character and Characterization

Kennedy & Gioia stated that character is “an imagined person who inhabits a story,” (1995:67) and it can be humans, animals, plants, or objects, a reflection of the creatures of reality themselves. There are two different types of characters: the main character, is a character that has similarities with a round character, where both have quite a lot details and quite rapid development. Usually, the main character has their own motivations to act based on their desires (1995:67). The main character is often regarded as the protagonist. According to Kennedy and Gioia, a protagonist refers to the main character who is the central or primary focus of a story. In contrast, an antagonist is a character who opposes or conflicts with the protagonist (1995:9-10, 1078). Apart from the main character, there is a supporting character who lack the same complexity as the main character and tend to be flat. Supporting character support the presence of the main character himself which will later influence the storyline and even the characteristics of the main character (1995:21, 68).

Along with the existence of character there must be characterization, which is one of the ways used by writers to convey a character’s personality, traits, attitudes, and all about character detail, such as character’s style of speech, education, age, and other details (Kennedy & Gioia, 1995:1716). There are some methods of

characterization, such as: Direct characterization means that the author of the story conveys the character's characteristics directly by describing them through the narrator's narrative or through supporting characters (Johnson & R. Arp, 2016:143). This method is easy for readers to understand because the author will describe its characteristics explicitly. While in indirect characterization, the author does not explain the character's characteristic clearly, because in this method the author shows the character's characteristic through their actions or their words (2016:143). For example, when a character gives help to other people, it means that the character has the characteristic of liking to help others.

2.1.2. Setting

According to Kennedy & Gioia (1995), setting typically relates to the place and time where an event happens, as they state: "By the setting of a story, we mean its time and place." (1995:110). Setting of place refers to the physical location where an event occurs in a story, such as a building, city, street, or natural environment. Meanwhile, the setting of time relates to the time of day when the event takes place, such as day or night, month, or the year. Setting is also connected to social conditions, to reveals the different beliefs or different attitudes. Additionally, setting is also linked to the atmosphere portrayed in a story. The atmosphere created can influence a character's attitude or actions within the story (1995:111). Through a detailed depiction of the setting, the author can make the story feel more lively and engaging, so that the reader feels as if they are taking part in the events that happen.

Besides offering a glimpse into the story's situation, setting also plays a vital role in supporting the plot and character development. Setting is not just a description of the background of the story, but also a crucial element that helps strengthen the overall story—the environment where a character is can influence their thoughts, attitudes, and actions when dealing with various conflicts (1995:110). Without a clear setting, a story feels incomplete and hard for readers to understand. Therefore, authors usually describe the setting in enough detail to help readers easily imagine and experience what the story conveys.

2.1.3. Conflict

According to Kennedy & Gioia, conflict is a “clash of wills, desires, or powers,” that create tension between them that is faced by the characters in the story (1995:9). A conflict does not always refer to something negative and dangerous, but can also refer to something positive. Conflict is essential because it drives the plot and makes the story compelling for the reader. Without conflict, the story tends to feel dull and lacks intrigue. Conflict can stem from different interests, desires, values, or situations faced by the characters.

Conflict can be divided into two types, such as internal conflict and external conflict. Internal conflict refers to the inner conflict that occurs in the character, as they cannot distinguish between what is good and bad about something (Johnson & R. Arp, 2016:99). Internal conflict including doubt, guilt, fear, or a dilemma in making a decision. While external conflict is related to external factors, normally from the

character's environment, which are not directly related to the character, such as, man vs nature, man vs man (Johnson & R. Arp, 2016:98).

Conflict also helps develop character and strengthen the story's theme. Through conflict, readers see how characters face challenges, make choices, and grow as people. The way a character resolves a conflict often reveals the values of the message the author wants to share. Therefore, conflict is not just a problem in the story but also a way to communicate deeper meaning. It helps shape the plot, clarify character traits, and reinforce the author's message through their writing.

2.2. Post-Traumatic Stress Disorder Theory

PTSD or Post-Traumatic Stress Disorder can be defined as a mental disorder that appears after someone experiences a traumatic experience in their life, as Herman said, "traumatic events are extraordinary, not because they occur rarely, but because they overwhelm the ordinary human adaptation to life." and it can be combat, assaults, terrorism, and natural disaster (Herman, 1992:15). Post-Traumatic Stress Disorder was first introduced in 1980 by the American Psychological Association (APA) in its diagnostic manual, which described it as a traumatic event that is beyond the range of ordinary human experience (1992:15). There are three main symptoms, causes, and effects of post-traumatic stress disorder, such as:

2.2.1. Symptoms of Post-Traumatic Stress Disorder

1. Intrusion symptoms

According to Herman, intrusion symptoms is happen when “the traumatic moment becomes encoded in an abnormal form of memory, which breaks spontaneously into consciousness, both as flashbacks during waking states and as traumatic nightmares during sleep.” So, it can be understood as signs directly related to anything that disturbs the mind: flashbacks, nightmares, and any memories of previous traumatic events which occur repeatedly (1992:17). No sufferer can control these symptoms because they appear spontaneously. Due to the traumatic events that haunt them constantly the sufferer sometimes has difficulty controlling their emotion. Furthermore, flashbacks and memories of the traumatic event can also be triggered by external stimuli, such as related topics of conversation or places connected to the traumatic event. Additionally, Peraica stated that a flashback can be created from illusions or hallucinations that the sufferer has (2009:116). However, hallucinations can also occur due to the influence of drugs. Therefore, DSM-V differentiates the criteria for hallucinations in PTSD sufferers from hallucinations in sufferers of other mental disorders or hallucinations that arise due to drugs (2022:309).

2. Hyperarousal symptoms

Hyperarousal symptoms can be seen from the way a person reacts and also changes their level of alertness to things, such as touch or sound, as Herman said, “the human system of self-preservation seems to go onto permanent alert.” (1992:16).

Under normal circumstances, the body only heightens alertness when there is danger. However, in people with PTSD, the body continues to feel threatened even when the situation is actually safe. This happens as a natural response from someone who is still haunted by the traumatic event. The traumatic experience causes the sufferer to remain in a constant state of alertness, irritability, and sometimes aggressive behavior. The body may also show physical reactions such as a pounding heart, muscle tension, or a constant feeling of restlessness. This action happens when a person's sense of concern for themselves and others diminishes. It can be dangerous to oneself and others, potentially leading to serious injury or even death.

Hyperarousal also relates to how the nervous system works, which controls the “fight or flight” response. After trauma, the brain becomes more sensitive to stimuli similar to the traumatic event. As a result, even minor things like loud noises, crowds, or specific situations can set off a strong stress response, even if they are not truly dangerous.

3. Numbing symptoms

Herman explained that numbing symptoms refers to “when a person is completely powerless, and any form of resistance is futile, she may go into a state of surrender.” The sufferers are no longer able to feel positive emotions, and they always have a bad view, both of themselves, and of the world, and of the future. People experiencing these symptoms often lose interest in activities they previously enjoyed, feel distant from family or friends, and struggle to experience positive emotions like

happiness, affection, or joy. They may also feel empty, uninspired, or as if life lacks purpose (1992:19-21). As a result, the sufferer no longer aspires to pursue anything in the future. The symptoms typically serve as a psychological defense, where the mind shields itself from intense emotional pain. It is caused by the narrowing of the mind due to traumatic memories, which also leads to sufferers no longer thinking about the future.

The narrowing of the mind in sufferers happens when they try to separate traumatic memories from ordinary consciousness, to create a sense of safety within themselves. It is also frequently linked to avoiding things that remind one of the trauma. A person might steer clear of certain places, conversations, or activities that could trigger traumatic events.

2.2.2. Causes of Post-Traumatic Stress Disorder

1. Direct traumatic events

Direct traumatic events refer to traumatic experiences that individuals go through firsthand, such as during war, violence, natural disasters, or man-made catastrophe, as Herman said, “risk of a post-traumatic disorder, is highest of all when the survivor has been not merely a passive witness but also an active participant in violent death or atrocity.” (1992:25). These are called direct events because a person perceives or encounters the threat physically or emotionally, without any middleman or perception. The individual must also have tangible sensory experience of the trauma, which triggers a fight, flight, or freeze response. Often, people who face direct exposure

to trauma also sustain physical injuries that leave scars, serving as reminders of the event. Through these directly experienced traumatic events, sufferers frequently encounter nightmares or develop hypervigilance.

2. Indirect traumatic events

Indirect events include “when the survivor has been a witness to the suffering or death of other people.” but does not leave a direct physical impact on the sufferer. For example, the sufferer saw his parents shot dead during the war (1992:25). Other indirect traumatic events happen in the professional context. Post-traumatic stress occurs when the sufferer is in direct contact with their work, not through mass media (2022:306). This happens because the sufferer seems to force themselves to suppress their fear in order to complete their work (Horwitz, 2018:57).

2.2.3. Effects of Post-Traumatic Stress Disorder

1. Sleep Disturbances

Sleep disorders develop because trauma interferes with the body’s ability to regulate stress and feel safe, making it hard for individuals to reach the relaxation needed for stable sleep, as Herman stated “people with post-traumatic stress disorder take longer to fall asleep.” (1992:17). Additionally, thoughts about the trauma that resurface at night can also make it difficult for someone to calm down and fall asleep. In people with PTSD, the body’s danger response system often remains active even when there is no real threat. As a result, the body and mind find it hard to relax,

disrupting sleep. Consequently, the body stays in a state of stress, with a faster heart rate, muscle tension, and heightened alertness, making restful sleep difficult.

2. Increasing Mental Disorder

When a sufferer undergoes severe trauma that causes prolonged emotional distress, feelings of guilt, and even deep despair, it can lead to the development of other mental disorders. According to Herman, other mental disorders that may occur in sufferers include dissociative identity disorder, depersonalization-derealization disorder, and dissociative amnesia (1992:20). Dissociative amnesia in post-traumatic stress disorder happens due to a narrowing of the mind and consciousness. This narrowing is known to separate the traumatic event from normal consciousness, with the aim of creating a sense of safety. DSM-V states that one effect of prolonged trauma is the emergence of additional mental disorders, such as hallucinations (2022:309). Sufferers can see images they generate in their own minds and even hear voices caused by these hallucinations.

3. Avoidance

People with post-traumatic stress disorder definitely experience a wide range of symptoms, from mild to severe and some of these symptoms are quite disturbing and have changed their lives. The avoidance happens when a person tries to avoid things that remind them of traumatic events (1992:19-22). It can be either conscious or unconscious, serving as a way to protect themselves from the fear, anxiety, or stress that comes up when memories of the trauma appear.

Avoidance can involve steering clear of certain places, people, conversations, activities, or situations linked to the traumatic experience. For example, someone who has been in a car accident might avoid driving or even refuse to be in vehicle. Additionally, sufferers might avoid talking about or thinking about the traumatic event because it can trigger feelings of sadness, fear, or depression.

2.3. Research Method

2.3.1. Research Approach

Based on the background of the research that reveals Post-Traumatic Stress Disorder phenomena, the writer uses a psychological approach in literature. Psychological approach in literature is a method of analysis and interpretation of texts that focuses on the psychological conditions and behavior of characters, writers and reader (Taylor et al., 2016:9). The theory used in this research proposal is Post-Traumatic Stress Disorder theory by Judith L. Herman (1992).

2.3.2 Data

The study divides it into two types of data, namely primary data and secondary data. The primary data is an object that is used as analysis material (Taylor et al., 2016:155) and the writer uses the novel *As Long as the Lemon Trees Grow* by Zoulfa Katouh as the material. While secondary data is a collection of data that has been created and published by someone else, which will later be used as material to answer the original research questions (Taylor et al., 2016:155). The secondary data will be taken from books, articles, journals, and thesis.

2.3.3. Method of Data Collection

This study will use library research, where this research is conducted by collecting previously existing data, both books and journals (Taylor et al., 2016:168). The data collection method begins with determining the topic or problem to be discussed, followed by searching for and gathering secondary data from clear and relevant sources. The data is then read to identify the available information. After obtaining the findings, the data is organized and grouped, followed by writing an analysis to generate new findings (Taylor et al., 2016:195).

