

## **CHAPTER I**

### **INTRODUCTION**

#### **1.1 Background of the Study**

People encounter various occurrences throughout their lives, both happy and sad ones, whether a positive or negative impact. These occurrences may have happened in their lives. Someone who goes through an incident that affect them in emotional, psychological, spiritual or physical harm can be considered to have a trauma. According to the American Psychiatric Association Dictionary of Psychology, trauma is an emotional reaction to a disturbing event that proceeds into helplessness, dissociation, uncertainty, and intense feeling that lasts long enough to negatively impact their attitudes, behavior, and other elements of functioning.

Trauma can lead to long-term impact on people's health care. If symptoms continue and become any worse, it can show that the trauma has grows into a mental health condition called Post Traumatic Stress Disorder (PTSD). Post-Traumatic Stress disorder is a mental disease that can occur in someone where they develop through a traumatic incident, series of events, or set of circumstances. This could be perceived by someone as being emotionally, physically, or even a life-threatening situation. It could have an impact on their mental, physical, social, and/or spiritual health (American Psychiatric Association, 2013: 275).

Post-Traumatic Stress Disorder is also reflected in Alex Michaelides's novel *The Silent Patient*. This novel tells about the mystery of Alicia Berenson refusal to talk towards her husband murder, Gabriel Berenson, that she did six years ago. Theo

Faber, a psychotherapist is drawn by Alicia's case, and he is trying to help her talk again by applying at Grove to solving the mystery behind her silence. The novel does not only talk about unraveling mystery, but also the past trauma that happened to the main characters and why it is affect them in present days.

The writer chooses *The Silent Patient* as a research object because the main character, Theo Faber, showed certain symptoms when confronted with negative sentiments or emotions that trigger his trauma. He does not aware about this situation because he thinks he is already healed. His trauma affects many aspects of his life, especially his romantic relationship with his wife, Kathy, where it leads to unhealthy relationships. Therefore, the writer needs to analyze the cause, symptoms, and effect of post-traumatic stress disorder in his romantic relationship. Hence, the title for this study is "The Effect of Post-Traumatic Stress Disorder on Theo Faber's Romantic Relationship in Alex Michaelides's Novel *The Silent Patient*".

## **1.2 Research Problem**

Based on the topic chosen, the writer is interested in analyzing the problems which are formulated as follows:

1. Why did post-traumatic stress disorder happen to Theo Faber?
2. What are the symptoms of Theo Faber's post-traumatic stress disorder?
3. How does post-traumatic stress disorder affect Theo Faber romantic relationship?

### **1.3 Objectives of the Study**

In this study, the writer has a number of purposes to be achieved as the result of the study. The objectives are as follows:

1. To explain the causes of Theo Faber post-traumatic stress disorder.
2. To describe the symptoms that Theo Faber faced due to his post-traumatic stress disorder.
3. To analyze the effect of post-traumatic stress disorder on Theo Faber's romantic relationship.

### **1.4 Previous Studies**

The writer finds various studies using the novel *The Silent Patient* by Alex Michaelides as the subject of their study. The first one entitles "Obsessive Love Theory Reflected on Theo Faber's Character in Alex Michaelides' Novel *The Silent Patient* " written by H. Devi Olivia, 2020. This study argues on Theo Feber obsessiveness towards his wife. The second study entitles "A Comparative Psychoanalytic Study of T.S Eliot's *The Cocktail Party* and Alex Michalides's *The Silent Patient*" written by Shirline Dias, 2020. This study focuses on comparing two novels using Freud Psychoanalytic theory to seek equilibrium. The third study entitles "A Commentary on *The Silent Patient* by Alex Michaelides" written by Lesly Lothstein, 2020. This study focuses on the function of silence in the psychotherapy of violent patients. The fourth entitles "Exploring the Concept of Containment, Childhood Development and Silence in Alex Michalides's Novel

*The Silent Patient: A Psychoanalytic Critique*" written by Mohammad Afzal  
Hossain,

2021. This study focuses on the concepts of “container- contained” and “holding and holding environment” theorized respectively by Wilfred Bion and Donald Winnicott. The fifth study entitles “A Psychoanalytic Analysis of Theo Faber in Alex Michaelides *The Silent Patient*” written by Sana Azam et.al, 2021. This study analyzes the character of Theo Faber using the theory of personality by Sigmund Freud.

The sixth study entitles “The Impact of Traumatic Childhood Experiences Toward Inner Conflicts In The Novel *The Silent Patient* by Alex Michaelides” written by Arvira Pramesty Cahyani, 2021. This study analyzes the impact of traumatic childhood experiences toward inner conflict in the novel. The seventh study entitles “Literature as a Pedagogical Tool in Medical Education: *The Silent Patient*” written by Suhad Daher-Nashif, 2021. This study examines the professional issues in the novel. The eighth study entitles “The Portrayal of The Inner Self in Alex Michaelides’s *The Silent Patient*, AJ Finn’s *The Woman in The Window*, and Paula Hawkins’s *The Girl on The Train* ” written by Walaa Mohammed Saed Al-Nuiamat, 2021. This study compares the three inner self and interior moral and ethical dilemmas faced by the character in the novel *The Silent Patient*, *The Woman in The Window*, and *The Girl on The Train*. The ninth study entitles “Stress in Alex Michaelides’s Novel *The Silent Patient*” written by Mai Sarah Asnani, 2021. This study explains the types of stress and impacts to the main character in the novel. The tenth study entitles “The Analysis of Prolonged Personality Disorder That Lead To Crime in Alex Michaelides *The Silent Patient* Novel” written by Fitri

Sabrina Alwiyah, 2021. This study describes that Theo and Alicia suffer from antisocial and paranoid personalities.

In addition, the writer also finds other studies entitles “Traumatic Childhood and Adult Personality in Michaelides’s *The Silent Patient*” written by Ghania Khan et.al, 2022. This study focuses on the impact of childhood abuse on young adults in general and the main character. The next study entitles “Parental Influence in *Sharp Objects* and *The Silent Patient*” written by Saradha Rajkumar and Amuthavalli S, 2022. This study explains the importance of parents-child relationship in a child's development. The writer also finds a study entitles “Alicia Berenson’s Complex Post Traumatic Stress Disorder in Alex Michaelides *The Silent Patient*” written by Amelia Pratiwi, 2023. This study examines the symptoms and the causes of PTSD in Alicia Berenson. The other studies entitles “The Analysis of Theo’s Post Traumatic Stress Disorder As Seen in Alex Michaelides’s Novel *The Silent Patient*” written by Pepen Penih, 2020. This study examines the symptoms of PTSD in Theo Faber.

The previous studies above have different main focuses, and the writer finds that the topic proposed by the writer has not been written. Therefore, to differ from the other studies, the writer uses the psychological approach mainly the post-traumatic stress disorder theory adapted from American Psychiatric Association to analyze the effect of post-traumatic stress disorder on Theo Feber’s romantic relationship in the novel *The Silent Patient*.

### **1.5 Scope of the Study**

To avoid non-relevant issues, the research is restricted to the novel "*The Silent Patient*." In the work, the writer analyzes intrinsic and extrinsic aspects of the novel. Intrinsic aspects concentrate on Theo Faber's character and conflict. While the extrinsic aspect uses Post-Traumatic Stress Disorder theory adapted by American Psychiatric Association (DSM-5) to analyze Theo Faber cause, symptoms and effect in his romantic relationship with his wife, Kathy, that leads into unhealthy relationship.

### **1.6 Writing Organization**

The writing consists of five chapters, as follows:

#### **CHAPTER 1 : INTRODUCTION**

This chapter consists of six sub-chapters. Those sub-chapters are background of the study, research problem, objectives of the study, previous studies, scope of the study, and writing organization.

#### **CHAPTER 2 : THEORY AND METHODS**

This chapter consists of theories and methods used to analyze the novel. The writer uses intrinsic and extrinsic elements theory. The intrinsic elements are focusing on character and conflict, while the extrinsic elements are focusing on the concept of post-traumatic stress disorder.

#### **CHAPTER 3 : DISCUSSION**

This chapter consists of the writer's analysis of the novel based on the topic and the research problems of the study, which mainly focuses on Theo Faber's post-traumatic stress disorder symptoms, causes, and effects. The analysis will use the theories in chapter 2.

#### CHAPTER 4 : CONCLUSION

This chapter consists of the conclusion of the writer's analysis.