

CHAPTER IV

CONCLUSION

Post-traumatic stress disorder may be experienced by people where they are going through traumatic experiences, or they have experienced some negative accidents that still linger till now. This case reflected in *The Silent Patient* novel where it depicts Theo Faber's as one of the main characters, struggling with his post-traumatic stress disorder experience that affects his romantic relationship.

The novel entitled *The Silent Patient* by Alex Michaelides illustrates the cause of Theo's post-traumatic stress disorder that are coming from his father's abuse and the absence of the role of his parents, especially his mother that cannot protect him from his father's abuse, it leads the physical abuse into psychological abuse. Other than that, the affair from his wife, Kathy also adding the trauma into Theo and it get worsen.

There are four major symptoms of PTSD that Theo faces, namely intrusive, avoidance, negative alterations in cognition and mood, and arousal symptoms. Intrusive symptoms begin when he is re-experiencing the voice of his father inside his head even though he is away from his father. He also keeps getting flashback during his college year where he tries to do suicide. Avoidance symptoms begin when he tries to go away from a place that makes him remember the trauma, which is his house in Surrey. He decides to move at eighteen to go to college and avoid the cause of his trauma as far away as he can.

Meanwhile, negative alterations in cognition and mood happen when he finds out about Kathy's affair. He is constantly blame himself and feel useless about that matter. On the other hand, arousal symptoms happen when he acts recklessly by consuming a lot of paracetamols to make him overdose and wish for death instead. He also consumed marijuana and do drug abuse to avoid his trauma.

The effect of Theo's post-traumatic stress disorder draws romantic relationship between him, and his wife, Kathy, become unhealthy. It worsen their relationship because Theo cannot regulate his emotion. This effect also caused him to have anxiety, trust issues, and become possessive towards his wife. Instead of confronting and solving the problem about Kathy's affair, he chooses to be silent and bury the problem away behind her. In the end, Theo does not recover and is still carrying trauma into his adult life. He tries to heal, but deep inside, he still carries away his father's shadow and tries to live with it.

The post-traumatic stress disorder suffered by Theo Faber can inspire the readers to increase awareness of the trauma that may be buried deep inside their mind to heal it and not ignore it. By consulting it to the psychotherapist and seeking help can assist a lot of people out there to live in a healthy way and avoids negative impact for themselves and people around them.