

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

The theoretical framework is an explanation of the basis theory as a concept used in research (Christensen, 2014:150). In this research thesis, the theoretical framework consists of the intrinsic and extrinsic elements.

2.1.1 Intrinsic Elements

Intrinsic elements are aspects within literary works (Klarer, 2004:14). These elements include plot, point of view, character, characterization, setting, and conflict. In this research thesis, the writer only focuses on three intrinsic elements, which are character, characterization, and conflict.

2.1.1.1 Character

A character is a person who appears in a literary work (Meyer, 2011:993). The definition aligns with Klarer's (2004:17) statement that a character in a literary work serves as an individual representation. The existence of characters within literary works plays a crucial role since they are the ones who drive the plot forward. In literary works, characters enable the reader to describe the plot based on the actions of the characters (Johnson, 2018:142). Based on Meyer's theory, there are several types of characters, including protagonist, antagonist, static, dynamic, flat, and round character. A dynamic character is one of the types of characters. The dynamic character is a character in a literary work who undergoes a transformation due to events in the plot (Meyer, 2011:994).

2.1.1.2 Characterization

The existence of a character cannot be separated from characterization. Characterization is the process that the author of the story uses to make the character look real to the reader (Meyer, 2011:64). Johnson (2018:142) stated that characterization is defined as how the characters are presented within the literary work. While, Brown and Tomlinson (1999:29) state that characterization is the process by which a writer helps readers understand the personality of a character.

2.1.1.3 Conflict

Meyer (2011: 995) defines a conflict as the struggle within the plot between opposing forces. According to Wellek & Warren (1994:122), conflict is dramatic, focusing on the struggle between two forces that imply action or relation. This definition aligns with Johnson's (2014:98) view that conflict is a clash of actions, desires, ideas, or goals in the plot of a story, which may exist between characters and others. There are two classifications of conflict, which are internal and external conflict. Internal conflict is the character's internal struggle, such as a moral or psychological issue. On the other hand, external conflict is the conflict when the character faces external struggles against other people, society, or the environment (Meyer, 2011:51-52).

2.1.2 Extrinsic Elements

Extrinsic elements are aspects that are outside of literary works (Klarer, 2014:150). In this research thesis, the extrinsic element focuses on the theory of PTSD, including its symptoms, causes, and effects. The main theory that is

applied by the writer in this research thesis is the theory by Gerald C. Davidson *et al.* The writer also uses the theory of DSM-V by the American Psychiatric Association to support the main theory.

2.1.2.1 Post-Traumatic Stress Disorder

Post-traumatic stress disorder or PTSD is defined as a psychological disorder that occurs due to a trauma where a person experiences or witnesses an incident involving a deadly threat, serious injury, or sexual violation (Davidson *et al.*, 2012: 216). Trauma is the main trigger for PTSD. This is reinforced by DSM-V, which claims that only a severe trauma can lead someone to experience PTSD, and the trauma must create intense fear or a feeling of helplessness (American Psychiatric Association, 2013:274). In this research thesis, the application of PTSD theory will be examined through three crucial aspects, which are the symptoms, the causes, and the effects of PTSD.

2.1.2.2 The Symptoms of PTSD

Based on the theory of Davidson *et al.*, the symptoms of PTSD are divided into four major categories, which are re-experiencing the traumatic event, avoidance symptoms, mood and cognitive change, and arousal symptoms as below.

1) Re-experiencing Symptoms

A person who has PTSD is marked by re-experiencing the traumatic event as one of the symptoms. The symptoms of re-experiencing are as if it feels to bring a person back to the traumatic event, such as flashbacks or nightmares. The

memories of the traumatic events can come to a person's mind, even though they are not expecting it at the moment of re-experiencing. It makes a person feel haunted by the terrible occurrence that happened. At other times, it can also be triggered by a traumatic reminder, for example, a helicopter sound that reminds a veteran of a battlefield or a rape victim who reminds of the traumatic event when see darkness. The person tends to be intensely upset by or show a marked physiological reaction to a reminder of the event (Davidson *et al.*, 2012: 216).

2) Avoidance Symptoms

The person who has PTSD may attempt to prevent remembering a traumatic occurrence. They tend to avoid everything reminding them of the traumatic event, such as the place, sound, smell, or even people and surroundings. They try to stop thinking about the traumatic event. This symptom is perhaps contradictory to re-experiencing symptoms. However, sometimes, even though a person tries to prevent remembering, it often fails, and re-experiencing still happens (Davidson *et al.*, 2012: 217).

3) Mood and Cognitive Change

Mood and cognitive change are symptoms that involve negative thoughts, a lack of motivation, feeling detached from others or a feeling of alienation, inability to gain positive emotions, and less engagement in activities (Davidson *et al.*, 2012: 217).

4) Arousal Symptoms

The person living with PTSD can undergo increased arousal symptoms such as insomnia, irritability, failure to concentrate, hyper-consciousness, and an exaggerated startle response (Davidson *et al.*, 2012: 217).

2.1.2.3 The Causes of PTSD

According to Davidson *et al.*, PTSD is only caused when a person has experienced or witnessed a traumatic event. The person should have undergone an event entailing exposure to actual or threatened death, serious injury, or sexual violence (2012: 216). Additionally, based on the DSM-V, other causes of PTSD can happen to children when they are witnessing domestic violence or being physically abused (American Psychiatric Association, 2013:276). Someone with a history of childhood trauma, those with other anxiousness or depressive disorders, and high levels of neuroticism are more likely to suffer from PTSD.

On the other hand, Davidson *et al.* (2004: 165-167) also stated the risk factors of PTSD. There are two factors, genetic and environmental.

1) Genetic Factor

A person with a family history of mental disorders, such as anxiety and depression, is at a higher risk of developing PTSD. This suggests that families with a history of anxiety may have a broader biological vulnerability to PTSD.

2) Environmental Factor

A lack of support from one's surroundings can make an individual more susceptible to stress, thereby increasing the likelihood of developing PTSD after

experiencing trauma. A social environment that fosters shame, guilt, stigma, or self-hatred further elevates the risk. Support from family, friends, and the community plays a crucial role in preventing PTSD.

2.1.2.4 The Effect of PTSD

PTSD might have some effects on the sufferer. Based on the theory of Abnormal Psychology by Davidson *et al.* (2012:217), someone who goes through PTSD may experience effects such as effect on feelings, behaviors, and thoughts. Effect on feeling is the effect of PTSD when a person often has feelings of extreme fear and helplessness and also experiences anxiety, depression, anger, or guilt. The effect on behaviors is the effect of PTSD, which might lead a person to detach their self and their emotion from others. Effect on thought is another effect of PTSD in the form of the tendency to have suicidal thoughts.

2.2 Method of Research

Method of research is the way to conduct research (Newby, 2014:20). In this research thesis, the method of research includes research approach and method of collecting data.

2.2.1 Research Approach

George (2008: 31) states that the approach is related to the research topic and the method used to address it. The research approach is closely related to the selection of topics that are not only interesting to researchers, but also remain within the scope of the research being conducted (George, 2008: 42). Based on the background of the study that explores psychological phenomena in Phil

Harrison's *The First Day*, the research approach that the writer conducts on this research thesis is the psychological approach. Furthermore, the psychological approach in literature focuses on identifying the character of the story using psychological theory. The writer adopts the psychological theory of PTSD by Davidson *et al.* in *Abnormal Psychology*. Also, the writer uses DSM-V by American Psychiatric Association as the additional theory.

2.2.2 Method of Collecting Data

The writer uses the library research as method of collecting data in this research thesis. Library research is a method of gathering data through studying and comprehending information from textbooks, journals, articles, virtual resources, and documents (George, 2008:6). The data source is divided into two categories which are primary sources and secondary sources. The primary source is actual primary sources that are the first evidence for source or something that the researcher studying (George, 2008: 41). Meanwhile, secondary source are other written sources such as journals, books, articles, internet references, etc. (Dawson, 2009: 46). Based on this study, the primary source is the novel entitled *The First Day*, written by Phil Harrison. On the other hand, the secondary source in this study are others written to support this study.