

## **CHAPTER III**

### **ANALYSIS**

#### **3.1 Intrinsic Analysis**

In this research thesis, the analysis of intrinsic elements consists of character and characterization of Sam, as well as Sam's conflicts, both internal and external conflict.

##### **3.1.1 Sam's Character and Characterization**

In this research thesis, the analysis reveals that Sam's character and characterization include Sam as a dynamic character, Sam is an insecure person, Sam is an art expert who is sensitive to other's emotions, and Sam is a person who hates a bustling environment.

###### **3.1.1.1 Sam is a Dynamic Character**

Samuel Orr, often called Sam, has the same name as his father, but his father is called Orr, while he is called Sam. Sam is the child of Orr and his mistress, Anna, and Sam's parents are never married. In this research thesis, the writer sees Sam as a dynamic character. He shows significant changes due to events in the plot. At the beginning of the story, Sam has a bad relationship with his father. He does not feel comfortable when his father is around him, as seen in: ... "It is a strange thing, this presence of my father." (Harrison, 2017:83) ... Generally, the presence of a father should provide a sense of comfort and security for a child. However, that is not how it worked out for Sam. The quotation provided before demonstrates how the presence of the father around Sam

ironically gives Sam a sense of discomfort. Sam did not grow up alongside his father. It perhaps led Sam to feel a lack of a strong emotional bond with his father. This situation then drives Sam to feel strange around him and find it difficult to truly accept his father as part of his life.

However, long story short, Sam starts to accept the presence of his father. This change shows that Sam is a character who experiences emotional development and changes in the way he thinks and feels. At first, Sam feels his father's presence is strange, but then, there is a development in his character, and he finally starts to pay attention and show affection to his father. It is seen in the way Sam looks after his father when his father has lost sight of his old age as in the dialogue below.

Orr : "Nice view?"  
 Sam : "Yeah"  
 Orr : "Describe it for me."  
 Sam : "Sure..." (Harrison, 2017:107)

Among his father's three children, Sam willingly took the responsibility of caregiving and bringing his father back to life with him. He even willingly described each situation his blind father asked about.

### **3.1.1.2 Sam is an Insecure Person**

Sam called himself a marked person as he has a scar which he got from a traumatic event in the past. The statement: ... "I was a marked child. My face wore a scar." (Harrison, 2017:84) ... shows how Sam personally describes his

physical appearance as a man who bears a physical imperfection due to a scar on his face.

Not only marked himself as an imperfect person, Sam is also a character who has insecurity. This feeling is initiated by the scar on his face, as described in: ... “It was a focal point; even when someone was not looking at it, they were, I knew, forcing themselves to look elsewhere. It was a gravitation, a black hole (my black hole!)” (Harrison, 2017:85) ... Sam’s scar on his face fills him with a deep sense of insecurity. Sam often feels that everyone looking at him only focuses on his scar, even though they try hard to look elsewhere. Due to this situation, Sam begins to lose his self-confidence as the scar is like a black hole that makes Sam feel like the center of unwanted and unavoidable attention. This drags Sam into insecurity. He feels ashamed, as if the scar is sucking away all his self-worth and making him increasingly think that he is not valuable.

### **3.1.1.3 Sam is an Art Expert Who is Sensitive About Other’s Emotion**

Sam is a person who is really into art. He even studied art history and has a good understanding of art, particularly painting. Sam has a skill in art and deeply understands it, especially painting. This can be seen from the statement: ... “I knew every painting intimately, better than any of the other guard.” (Harrison, 2017:80) ... It directly shows that Sam recognizes the existing paintings and understands the details very well. He understands the paintings better than the other guards, which confirms that he has more interest and expertise in the field of art.

Sam's interest in painting has grown since her mother's friend, Curran, who is a painter, introduced him to mixing paint, holding a brush, and applying pressure in painting. In the story, Curran directly describes Sam as a natural in: ... "I loved to hear him describe me as a natural." (Harrison, 2017: 86) ... The word natural shows that Sam's ability in art is inherent and develops effortlessly.

Furthermore, Sam is also sensitive and curious about other people's emotions, especially when others are touched by art. This is proven by: ... "I was always intrigued by those visitors who were prone to be so touched." (Harrison, 2017:81) ... The evidence shows how Sam engages thoughtfully with the emotions of those around him. It also reveals Sam's reflective nature and tendency to observe others feelings.

#### **3.1.1.4 Sam Hates Bustling Environment**

Sam is characterized directly as someone who does not like bustling environments. The novel narrates that Sam is a man who works in the Art Museum in New York, and he settles in Bushwick, the northern part of the New York City borough of Brooklyn. He is originally from Belfast, Northern Ireland, but he moved to New York when he was a teenager due to his mom's worries about his frustration with life in Belfast. Even though Sam worked in a museum of art, Sam prefers peace over bustling environments as seen in: ... "I'd no interest in working the new piece—too many people." (Harrison, 2017: 80) ... It explicitly mentions that Sam has no interest in working at a place that consists of many people. As it is known, a museum is a public place where many people

come to visit, but Sam feels uncomfortable in crowded spaces. This suggests that Sam prefers a quieter environment, a more controlled situation where he can focus without distractions.

### **3.1.2 Sam's Conflict**

There are two kinds of conflict that occur to Sam in the story. The first is the internal conflict, and the second is the external conflict. The internal conflict happens between Sam and himself, while the external conflict happens between Sam and the other characters.

#### **3.1.2.1 Internal Conflict**

Sam's internal conflict is caused by himself, who fails to accept the traumatic tragedy of the past. This conflict turns Sam into someone who lives in fear.

##### **3.1.2.1.1 Sam's Internal Conflict with Himself**

Sam's internal conflict is in the form of his acceptance of his past, in which Sam still cannot deal with the tragedy which happened to him when he was a child. This tragedy shaped him into someone whose life is dominated by fear, as stated in the quotation below.

“I started to walk back up the stairs, but quickly felt my throat again, the fear tight again, and stopped where I was. I tried to reply to what just happened—as a child, my first therapist told me to do this with the original incident (incident!) when I had nightmares, a pretty stupid idea I thought — (Harrison, 2017: 82-83)”.

The quotation shows how Sam is imprisoned by his fear. His statement that the fear tight him again and stopped where he was, indirectly states how the fear he

experiences causes him to stop his step. This feeling, that exists within Sam itself, causing him feelings of doubt, anxiety, and helplessness. Sam feels emotional turmoil that traps him in a situation of how emotion often influences his actions.

### **3.1.2.2 External Conflict**

Sam external conflicts are caused by three people in his life. They are Sam's half-brother Philip, his mother Anna, and his father Orr.

#### **3.1.2.2.1 Sam Conflict with His Half-Brother Philip**

Sam's first external conflict is his conflict with his half-brother, Philip. At first, Sam and Philip were very close. Philip was a protective older brother figure to Sam when they were children. However, as time passed, Philip's feelings began to change, and a hidden conflict emerged. In Philip's perception, Sam's presence represents betrayal because Sam is the child of his father's affair. Philip violently acted on Sam to express his anger at the peak of his emotions. Then, it becomes the last action before Philip is gone, as described in: ... "The one thing I knew was that Philip was gone. My face was his last act." (Harrison, 2017:110) ... The quotation serves as evidence that the violent incident involving Philip is the root cause of their conflict.

Although Philip did not kill Sam, Sam still got injured with a scar on his cheek, just as Philip had before. The wounds Sam received in that incident became a symbol of the deep trauma that continued to haunt him with fear, as is seen in: ... "He took a step back from the painting... I saw it, the scar, and felt my throat constrict, my body knowing before the rest of me. Philip." (Harrison, 2017:

82-83) ... Sam accidentally thinks his half-brother, who had been missing for a long time, is in the museum where Sam works. The first thing that catches Sam's attention is the scar, which is the same scar as the one on Sam's cheeks. At that moment, Sam assumes that he is his brother and it makes Sam afraid. From this situation, it can be concluded that there is a conflict between Sam with external factors which arises from the fear of facing Philip again.

#### **3.1.2.2.2 Sam Conflict with His Mother Anna**

Sam's relationship with his mother, Anna, is also strained. Sam feels uncomfortable and resentful of his mother's decisions, especially regarding her romantic relationships. Sam is disappointed with Anna, who finally marries her friend, Curran. Sam feels uncomfortable and dislikes this marriage because he thinks his mother always has relationships with married men, such as Curran, whose wife has just passed away. This conflict widens the emotional distance between Sam and Anna as seen in: ... "It felt like a betrayal, then, when she told me that she and Curran were now together. I hated her then." (Harrison, 2017: 88) ... The quotation shows how Sam feels his mother betray him due to his mother decision. Sam states that he hates his mother for the decision to live with Curran.

#### **3.1.2.2.3 Sam Conflict with His Father Orr**

Sam's relationship with his father is very complex. Sam is the child of his father's affair, which means that his existence is the result of a betrayal of his father toward his legitimate family. This alienates Sam, even in his relationship with his father. Although his father tries to be present in Sam's life, his father's

affair, which destroyed Philip's family and led to the death of Philip's mother, became a burden that Sam had to carry, even though he was innocent of the incident. This conflict was compounded by Sam's discomfort around his father, as narrated in: ... "I told him, and he looked at me as though he could see. I had to remind myself that he couldn't. It is a strange thing, this presence of my father." (Harrison, 2017: 83) ... The quotation shows that Sam is in a situation where he does not feel well when his father asks him. However, Sam feels that his father's presence is strange to him. It indicates the lack of bonding between Sam and his father. Even though Sam has empathy for his father since his father's worsening health, the lack of closeness between them in the past has filled them with awkwardness. So, his father's presence did not immediately bring warmth for Sam, but instead caused discomfort since Sam feels emotionally distant from his father.

To sum up, Sam's external conflict is influenced by three people. There are Philip, his mother, and his father. Sam's conflict with them greatly contributed to the suffering and emotional difficulties Sam experienced. Therefore, Sam's external and internal conflicts do not stand alone, but are interrelated. Both influence each other, making Sam's life experience full of emotional struggles, which continue to shadow his steps in life.

### **3.2 Extrinsic Analysis**

Extrinsic elements that will be analyzed in this research thesis are related to the theory by Davidson *et al.*, including Sam's symptoms, causes, and effects of PTSD.

### **3.2.1 The Symptoms of PTSD experienced by Sam**

Based on the theory by Davidson *et al.*, there are four categories of PTSD. These categories include re-experiencing, avoidance, mood and cognitive change, and arousal symptoms. The symptoms are represented in Phill Harrison's *The First Day* as Sam showing some behavior that is related to symptoms of PTSD.

#### **3.2.1.1 Re-experiencing Symptoms**

Re-experiencing is a feeling as if it feels to brings a person back to the traumatic event. In Sam's case, the re-experiencing symptoms is in the form of nightmares and flashbacks.

##### **3.2.1.1.1 Sam's Nightmares**

Sam is portrayed as a character suffering from PTSD, with his reexperiencing in the form of nightmares. The re-experiencing symptoms portray Sam's struggle with the emotional and psychological aftermath of the traumatic events he has endured. As it is known, nightmare are common symptoms of PTSD and serve as a direct link to the individual's traumatic experiences. Nightmares are more than just random disturbing dreams since for someone with PTSD, they are often replaying the same painful experiences in their mind.

In Sam's case, nightmares are a haunting reminder of the pain and emotional scars he carries, and it constantly drags him back into the fear as quoted in: ... "I do not often remember my dream. I woke in the early hours with a taste of blood, metallic, in my mouth, and the image, solitary and unattached, of an animal—a wolf perhaps, something fanged—dead at my feet." (Harrison, 2017: 93) ... Regarding the situation, it tells if Sam is unable to remember what happened in his dream. However, Sam wakes up with a tense condition, which he feels a blood sensation in his mouth and an image of a dead animal flying in his mind.

The scene indirectly shows that Sam has already experienced a nightmare in his sleep. Sam's nightmare does not appear in Sam's memory in a logical sequence, but rather in fragments of terrifying sensations. This nightmare pushes him into fear. Sleep, which is supposed to be a time to rest and refresh Sam's thoughts, becomes a battleground for him where he encounters something terrible in his sleep. This nightmare might indicate the re-experiencing of his traumatic event. When he was a child, Sam suffered from violence, which left a scar on his face. Then, in the quotation, Sam mentions the feeling of blood in his mouth, which becomes a symbol of his pain as he has a scar on his cheek. Meanwhile, the image of a dead wild animal can be interpreted as a manifestation of his source of trauma in the past.

#### **3.2.1.1.2 Sam's Flashbacks**

Sam also suffers from flashbacks. Flashbacks are situations where the individual feels as if they are reliving the traumatic event, although it is not physically occurring in the present. For Sam, flashbacks represent moments when he is completely jumped back to the scenes in the past related to his pain of trauma or the one that gives him trauma as in: ... “My face wore a scar that I could forget for minutes, occasionally hours; but the memory would return, almost like the pain itself.” (Harrison, 2017: 85) ... Sam re-experiences his traumatic event through memory which always returns to his mind. The scar Sam got in the past is the physical mark of his trauma. Perhaps Sam can suppress the memory temporarily, but the memories eventually resurface in the form of intrusive thoughts, which is truly against his will. It provides strong evidence that Sam endures flashbacks as one of the symptoms of his PTSD. The flashback of his traumatic memory then haunts him, leaving him with deep emotional pain as he feels in the past.

Flashbacks also happened to Sam as provided in: ... “The man I had met twice now replaced by the boy who had played with me.” (Harrison, 2017:119) ... Sam experiences a moment of flashback triggered by Philip’s presence in which he catches a glimpse of the shadow of Philip, not as the adult he has met recently, but as the boy from his childhood. The quotation strongly suggests Sam’s flashback to an earlier time in his life. It relieves emotions and images associated with Sam’s youth. It also signifies a psychological regression in Sam’s mind, where memory blurs the line between past and present. This flashback reveals

Sam's unresolved attachment to his past and hints at a deeper psychological struggle.

### **3.2.1.2 Avoidance Symptoms**

A person who has PTSD often shows a tendency to avoid everything that reminds a person of the traumatic event. In this case, Sam also experiences avoidance symptoms, which he prevents from remembering the traumatic event, and he avoids person who makes him trauma.

#### **3.2.1.2.1 Sam Prevents to Remember the Traumatic Event**

Sam experienced physical violence from his half-brother, which left a scar on his cheek. This tragedy traumatized Sam deeply and caused Sam to suffer emotional struggles. However, Sam had difficulty retelling what he felt. He tends to avoid remembering the traumatic events that happened to him in the past. This can be seen from: ... "Anna encouraged me to talk about it, to speak of what I remembered, what I feared, what I hated. Perhaps she saw it growing in me, the event accreting, layer upon layer." (Harrison, 2017:100) ... Sam had not previously spoken openly about his traumatic experience. This situation indirectly depicts the avoidance symptoms of Sam's PTSD. As mentioned in the quotation before, Sam had been choosing to suppress the traumatic memory in the past, as he never spoke about it, even toward his mother. This is also supported by the phrase "event accreting," which indirectly shows how the emotional burden gradually grows inside Sam due to his avoidance of expressing his fear of his trauma until his mother encourages him to talk.

Then, Sam's symptoms of avoidance can also be seen as related to his re-experiencing symptoms before. Sam often intentionally remembers his traumatic event, and he tries to block out the memory as in: ... "The memory would return, almost like the pain itself, and I would retreat back inside, chasing myself inwards, as though trying to bury something in my own body." (Harrison, 2017: 86) ... Sam attempts to pull himself from the traumatic memories that linger and keep tormenting him. He feels trapped in the painful feelings of his memories, and he tries to drive away those feelings entirely. In the part trying to bury something refers to Sam horrible memory, and he is eager to bury all those painful memories deep inside himself. These avoidance symptoms illustrate how Sam has rejected his traumatic memories, even though those memories ultimately do not fully disappear and continue to influence his life, leading him to re-experience symptoms.

#### **3.2.1.2.2 Sam's Avoidance of the Person Who Caused the Trauma**

Besides Sam's tendency not to remember his traumatic experiences, Sam's avoidance symptoms include avoiding interaction with the person who is the source of his trauma. The person is Philip, Sam's half-brother. In the past, after the violence carried out by Philip toward Sam, Philip ran away and disappeared. Then, Sam assumes that Philip is already dead. Unfortunately, thirty-five years after the incident, Philip returns. Philip approaches Sam, which greatly shocks Sam, ultimately leading to Sam's avoidance as quoted in the dialogue below.

Philip : "We should have a coffee. A coffee, Sam.  
Jesus.

Thirty-five years. Thirty-five, Sam.”  
 Sam : “I have to go. I have to go.”  
 Philip : “Of course, of course. It’s great to see you.”  
 (Harrison, 2017: 110)

Sam refuses Philip’s request to have coffee together. It demonstrates how Sam is experiencing avoidance symptoms of PTSD through his attitude of being reluctant to interact with Philip. Sam’s response by shaking his head and saying that he must leave is a conscious effort to escape from Philip. Sam’s act of avoidance stems from the pain of his trauma. He believes the return of Philip is driven by an intention as in: ... “The only time I saw him again. I believe he came to do me violence.” (Harrison, 2017:109) ... Related to the quotation, Sam’s avoidance of Philip is a reflexive response stimulated by his belief that Philip will hurt him again. Despite the traumatic event occurring thirty-five years ago, Sam remains unable to process it fully, and this belief continues to influence his behavior, causing him to distance himself from Philip.

### **3.2.1.3 Mood and Cognitive Change Symptoms**

A person with PTSD is marked with symptoms of mood and cognitive changes. The mood and cognitive changes experienced by Sam in *The First Day* manifest in the form of negative thoughts and emotions, as well as the feeling of being self-enclosed.

#### **3.2.1.3.1 Sam’s Negative Thoughts and Emotions**

Sam’s PTSD is depicted in his failure to have positive thoughts and emotions. In the story, it is narrated that Sam’s half-brother, Philip, has returned in Sam’s life after he disappeared for many years. The return of Philip leads Sam

to get stuck in negative thoughts and emotions. Sam feels anxious, and he is unable to control himself. He seems to feel like he will confront a threat, which makes him constantly stay alert. Sam's negative thoughts and emotions are filled by Philip's presence, as if his half-brother will hurt him again at any moment as describe in: ... "I could not shake Philip as I walked the streets, every alleyway hiding him, every corner an opening. It did not matter that he did not appear, he was inside me" (Harrison, 2017:127) ... Regarding the quotation, Sam is walking along the streets. However, Sam shows his failure to have positive thoughts since he feels as if he is surrounded by Philip when he walks along the street. Ironically, Sam is alone, and Philip's presence is not around him. Sam is stimulated by negative thoughts, which he feels a sense of hypervigilance, assuming Philip might lurk in every alleyway and waiting for the moment to intercept Sam. This situation can be inferred as Sam's negative thoughts and emotion through his failure to feel secure and peaceful.

#### **3.2.1.3.2 Sam's Feeling of Self-Enclosed**

Another symptom of Sam's PTSD is the feeling of self-enclosed. Sam's traumatic event in the past has created a barrier between Sam and the world around him. It is reflected in: ... "I am trapped; unable to move in any direction, self-enclosed" (Harrison, 2017:117) ... Self-enclosed demonstrates a tendency to withdraw from others. So, regarding the quotation, suggest that Sam isolates himself from the other, which eventually leads him to a state of entrapment. The quotation captures how Sam's trauma might lead him to feel as if he is locked within his mind, unable to reach out to others or allow others to reach him. It also

highlights how Sam has built walls around himself, separating him from genuine human connection.

### **3.2.1.4 Arousal Symptoms**

PTSD is also characterized by arousal symptoms, such as insomnia, irritability, a failure to concentrate, or hyper-consciousness. In Sam's case, the arousal symptom manifests in the Sam's failure to concentrate.

#### **3.2.1.4.1 Sam's Failure to Concentrate**

One of the PTSD symptoms experienced by Sam is the arousal symptom. In Sam's case, the arousal symptoms manifest in his difficulty concentrating. This symptom is clearly illustrated by the way his thoughts are persistently disrupted by the part of his traumatic memories from the past, particularly the existence of Philip as illustrated in the quotation below.

“Every couple of minutes I walked to the window of the office and watched people mill placidly on the steps below. Two or three times I spotted him, and then realized it wasn't him, and I returned to my desk, dragging, like a dead deer over a hill” (Harrison, 2017:117)

Based on the quotation, Sam seems unable to focus on his activities in the office. He keeps walking towards the window just to observe the people passing by outside. This is not because he is bored, but because his mind is filled with excessive vigilance. He is worried that Philip is among the crowd. Several times, he thinks he has seen Philip, but it turns out to be just another person. After that, Sam returns to his desk with his mind still unsettled, as indirectly depicted in the metaphor, “dragging, like a dead deer over a hill”. The metaphor portrays how

Sam is wrapped by the burden of his trauma in the past, where he feels his thoughts constantly forcing him to drag exhausting mental pressure. He perceives feeling as if he carries something heavy that blocks his way. What Sam feels through this situation becomes one of his PTSD symptoms as he experiences emotional exhaustion. He lost his focus and is unable to fully return to his work since his mind is always attracted to the possibility of threats coming from Philip, who is someone who has traumatized him.

### **3.2.2 The Causes of PTSD Experienced by Sam**

According to the theory by Davidson *et al.*, PTSD only happens when someone already witnessed a traumatic event. There are also risks of PTSD, such as genetic factors and environmental factors. In *The First Day*, the main cause of Sam's PTSD is the traumatic event in his childhood, and then it is worsened by the lack of support from his surroundings.

#### **3.2.2.1 Witnessing a Traumatic Event**

Sam experiences a traumatic event from his past when he was a child. This traumatic event is physical violence by his half-brother, Philip. Philip is the eldest child of Sam's father from his legitimate family, while Sam is merely the child of an affair, and Sam's mother was never married to Sam's father. Initially, Sam's relationship with Philip was not too close because Philip harbored resentment towards Sam's mother and their father, as the affair caused Philip's mother to pass away. However, Philip then approached Sam and his mother, and their relationship grew closer. Unfortunately, this brings disaster for Sam because his

half-brother, Philip, eventually hurts him physically as described in the tragedy below.

Philip : “Close your eyes, Philip said. Whatever happens, you keep your eyes closed, right? That’s the game.”

Sam : “Okay”

“For a moment, nothing happens. Outside, the distant drone of a lawnmower. The room itself is silent. Suddenly, the sharpest pain across his cheek. The door slams. He opens his eyes and tries to look down at where his cheek is but can see nothing, he can only feel, a stinging, hot. Pain spreads across his face. Philip has gone.”

“I raise my hand to my cheek and take it away. There is blood all over it. This is my first memory.” (Harrison, 2017:79)

The quotation above shows Sam’s horrible experience when he was still a child. At first, Philip, his half-brother, invites Sam to play by asking him to close his eyes and not open his eyes no matter what happens. Sam complied, thinking it was just a normal game. However, the situation changed drastically when Philip suddenly hurt Sam’s cheek. This event reveals the violence, in which Philip takes advantage of his position as the older half-brother to manipulate and hurt Sam. The injury Sam suffers is not only physical, as shown by the pain and blood on his cheek, but also leaves a significant psychological impact. This is proven by the last sentence of the quotation that indicates that the event was so impactful that it became the first memory Sam holds.

When someone experiences trauma during childhood, especially from the family, that memory can continue to haunt them and shape their mindset and emotional responses in adulthood. Then, this incident of violent conduct by Philip toward Sam becomes the main trigger for PTSD that Sam experiences. The

betrayal and pain Sam endures at such a young age create deep psychological wounds for Sam.

### **3.2.2.2 The Lack of Support in the Family Environment**

Sam's PTSD was deeply affected by the complexities of his family environment, beginning with his existence as the child of an affair between his father, Orr, and his mother, Anna. Sam was raised primarily by his mother, and then grew up without the presence of a father figure. This absence created a weak emotional foundation, leaving Sam feeling vulnerable.

When Sam had a horrible trauma in the past, Sam's father, Orr, responded to the tragedy only with silence and avoidance, offering no emotional support or engagement. Sam describes his father's reticence, recalling: ... "Not so Orr, after the event, I remember only reticence." (Harrison, 2017:100) ... This emotional detachment left Sam feeling isolated in his suffering, as he cannot turn to his father for comfort or understanding.

Also, when Sam grows up, Sam is still unable to feel comfortable when his father is around him, as seen in: ... "I had to remind myself that he couldn't. It is a strange thing, this presence of my father." (Harrison, 2017:83) ... Sam is directly narrated that he feels the presence of his father, such as strange things. This happens because Sam has not had a bond with his father since he was a child. So, when he says that he is not feeling well and his father sees him, deep inside of Sam's mind says that his father cannot see what he feels. Their relationship is complex, as though there is no warmth between them.

The lack of support from Sam's family environment was further deepened by his disappointment in his mother, Anna, who once again has relationships with married men, as proven in: ... "She had had a couple of relationships as I grew up. Anna had found in Curran (another married man, Mr Freud?). It felt like a betrayal, then, when she told me that she and Curran were now together." (Harrison, 2017: 87) ... There is sarcasm from Sam toward his mother in the quotation. Anna, Sam's mother often has a relationship pattern with a married man. As it is known, Sam was born from infidelity between his parents, which later became the reason for Philip's violence toward Sam. Sam, who was supposed to get support from his mother, instead grew up with more pressure from his mother's behavior, which frequently switched partners. His mother's decision to have a relationship with Curran makes Sam feel betrayed.

Not only that, but Sam also experiences emotional burden since many people do not know that Sam is Anna's child, as seen in: ... "Many of them had not seen me before, some hadn't even known Anna had a child. I hated myself for it. It drew me back into myself, into my hurt—disfiguration." (Harrison, 2017:93) ... Sam feels that he does not get full recognition in his mother's life. Sam experiences emotional pain because many people do not know if Sam is his mother's child. This condition might worsen Sam's psychological state as though his existence is a disgrace. Sam hates the fact and he feels hurt. It reflects how Sam once again is consumed by sorrow during his unhealed trauma. The word disfiguration from the quotation confirms that Sam feels the destruction of his identity and self-esteem so he sees himself as psychologically damaged. He does

not get the validation or emotional support he deserves from his mother figure. This condition then contributed to the worsening of Sam's psychological condition, who had not yet recovered from his childhood trauma.

The lack of emotional support from both parents left Sam to grapple with his trauma alone. It has significantly worsened Sam's PTSD. The absence of a stable, nurturing family environment hindered Sam's ability to process his emotions healthily. Instead of fostering resilience and healing, his family dynamics trapped him in a cycle of pain, compounding the psychological wounds he carried.

### **3.2.3 The Effect of PTSD experienced by Sam**

PTSD can lead to several effects on the sufferer. In Sam's case of PTSD, the impact of his PTSD is in the form of excessive fear and helplessness, and he detaches himself from others.

#### **3.2.3.1 Sam's Feeling of Fear**

Sam is haunted by the fear of encountering Philip. This fear takes over Sam's life, making him hyper-aware of his surroundings and constantly feeling as if danger is imminent. One day, Sam is at his workplace in the museum of art. He is looking at paintings. However, Sam's attention is distracted by someone standing nearby his position. Sam feels he seeing the same scar on the someone's face next him as Philip, his half-brother has. Sam immediately concludes that someone standing nearby him is Philip and he feels so scared as quoted in: ...  
"My hand instinctively went to my own face. I shook my head. It wasn't really

Philip. I put a hand to my chest and felt my heart through my shirt, still beating, mocking me. ” (Harrison, 2017:82).

The situation above becomes one of the effects of Sam’s post-traumatic stress disorder, which causes him to feel excessive fear, especially when he faces things related to his traumatic experiences. It shows the excessive fear experienced by Sam triggers a physical response that is difficult to control. This proves that the fear has been internalized Sam both mentally and physically. Sam’s body reacts instinctively, even before his mind fully processes the presence of danger. This demonstrates how PTSD has led Sam deeply into excessive fear which is difficult for him to manage. Sam runs away and tries hard to get away from Philip because of his fear of Philip even though in the end he realizes that the figure is not Philip. Sam then laughs at himself due to his excessive fear that has consumed him.

Moreover, long story short, Sam is forced to confront the reality that Philip has truly returned, and he intends to meet Sam. In response, Sam consistently refuses to interact with Philip. It happens due to Sam’s fear of Philip, which leads Sam to avoid Philip, as quoted in the dialogue below.

Sam : “I can’t”

Philip : “I thought we’d made a plan. Tomorrow, then.”

Sam : “Tomorrow I’m off”

Philip : “Perfect”

Sam : “No”

He stared at me. I felt it again, and tried to refuse it.  
Fear. Jesus (Harrison, 2017:113)

The conversation illustrates Sam's fear as one of the effects of PTSD he experiences. The fear generates an emotional response that prevents Sam from facing Philip directly. It also serves as Sam's attempt to protect himself from the fear of Philip, leading Sam to do whatever he can to avoid Philip.

PTSD traps Sam in a state of endless fear, as quoted in: ... "The monologue ratcheted up: What am I going to do, walk the streets in endless fear, hesitating on every corner? Who can live like that?" (Harrison, 2017:116) ... This quotation implicitly illustrates how Sam is caught in excessive fear as a result of his traumatic experience. The fear Sam feels is not momentary but a continual presence that affects his life. It causes him to hesitate and remain in fear at all times. This endless fear, accompanied by relentless uncertainty, causes Sam to experience intense psychological pressure. It also leads Sam to question how he can continue living under such conditions.

### **3.2.3.1 Sam's Feeling of Helplessness**

Another effect of PTSD experienced by Sam is a feeling of helplessness due to the physical scar he has. The scar symbolizes Sam's post-traumatic stress disorder, which he constantly feels the burden of it as in: ... "My face wore a scar that I could forget for minutes, occasionally hours; but the memory would return, almost like the pain itself." (Harrison, 2017:84) ... Sam's physical scar is not only a reminder of the traumatic event he experienced, but also a source of deep shame and helplessness. Every time Sam sees or remembers the scar, he relives the pain and fear he once experienced.

Furthermore, the scar makes Sam feel different and attracts unwanted attention from others. All the time, Sam tries his best to remove the scar caused by violence carried out by his half-brother as describe in: ... “Doctors did what they could, and with skin grafts and time the scar had faded. Still, it was impossible not to notice, and I had never in all the years since it happened met a single person whose eyes did not move there, find it immediately.” (Harrison, 2017: 85) ... However, Sam’s scar cannot completely disappear. Everyone will always notice Sam’s scars, and they cannot take away their attention from Sam’s scars. It indirectly makes Sam feel helplessness. He feels an emotional burden due to the scar he has, which makes him feel vulnerable in front of others.

Sam also experiences helplessness through illusion. One day, Sam is standing in front of the mirror and looking at himself. However, suddenly Sam felt that the scar on his face was moving and getting bigger. It indicates Sam’s helplessness in distinguishing between reality and illusion. Sam sees his wound expanding as if it will fill his entire face. This situation is described in the quotation below.

“I stare in the mirror and start to feel that my scar is moving, growing rather, expanding. I literally lift my hand to my face to stop it, and then stop myself. But still it grows. It does not actually change—I’m not seeing things, my face is as it always has been—but the sensation is pure, intimate, and a kind of liquid pain.” (Harrison, 2017 :140)

The situation explicitly reveals how Sam’s subconscious was not okay. Sam even hurriedly touches his face, trying to stop the wound from spreading as he thought. In fact, Sam’s wound remains where it is and does not move or expand. It reflects

the helplessness as the effect of Sam's PTSD, where despite Sam's efforts to resist, the trauma persists and traps him within an illusion.

### **3.2.3.2 Sam's Tendency to Distance Himself from Others**

Sam finds difficulty in building connections with others. He deliberately distances himself as in: ... "I did not often have to deal with people, and had whole afternoons to lose myself in, the rhythms of my body a new abandonment." (Harrison, 2017:85) ... Regarding to the quotation, Sam shows how he withdraws from others by the tendency not to deal with other people. Sam chooses to avoid social interaction, and perhaps he is more comfortable when not interacting with others. This situation may happen due to Sam's PTSD. The trauma Sam endures leads Sam to isolate himself, not out of choice, but as a result of his damaged psychological state. PTSD already disrupts Sam's ability to engage with the world around him and leaves him trapped in emotional numbness. He loses himself in solitude as a form of escape, since he might think that closeness to others can be something painful. This can happen as Sam interacts with people, and the people only focus on his scar, making Sam feel hurt and triggering him to remember the memories of his traumatic experiences.