

CHAPTER II

THEORY AND METHOD

2.1 Theoretical Framework

The theoretical framework provides a basis for analyzing data. This chapter explains the theories used, which are divided into two: intrinsic elements and theory of PTSD.

2.1.1 Intrinsic Elements

Analysis of the intrinsic elements is focused on the character and characterization, settings, and conflict.

2.1.1.1 Character and Characterization

A character is an individual in a literary work who is interpreted by readers as having certain moral, intellectual, and emotional qualities. These characteristics can be seen through the characters' speech, dialogue and actions (Abrams, 1999: 32-33). Meyer (2008: 228-229) distinguishes character into two, namely flat and round character. Flat character is a character that is easy to explain because flat characters usually do not have much character development as the story goes on. On the other hand, round character is a more complex character because this character experiences a lot of development.

Meanwhile characterization according to Arp and Johnson (2016: 142-143) is a difficult thing to analyze because of the very complex and varied human characters. There are two types of characterization, they are direct and indirect.

Direct characterization is the way the author describes the character's characterization directly through the author's description in the story, it can be from the other character's description. Indirect characterization is the way the author describes the character's characterization through the actions or thoughts of the character.

2.1.1.2 Settings

Meyer (2008: 319) said that setting is the place where events occur in the story whose main elements are time, place and social environment. The setting is not only the place where events occur in the story but also influences the behaviour and development of the character for the next story. The analysis of setting will be limited to setting of place. Holman (1978: 419) describes place of setting is the actual place of the story happens.

2.1.1.3 Conflicts

Conflict is a form of opposition that occurs between individuals or groups that are interdependent when they believe that their goals, needs, desires, or ideas are contradictory or cannot be reconciled Conflict can be divided into two types: internal conflict and external conflict (E. J. Van Slyke, 1999: 5). As mentioned by Meyer (2008: 142) internal conflict is a conflict that happens in characters in their minds which are usually called mental conflicts. Meanwhile, external conflict is a conflict of the character with other people that arises due to interactions; this external conflict is not only with other characters but it can be with society, environment or other factors.

2.1.2 Theory of PTSD

This research focuses on Post Traumatic Stress Disorder (PTSD) theory adopted from Schiraldi's theory. Post-Traumatic Stress disorder is a mental illness that affects an individual's daily life who has experienced trauma. Post-Traumatic Stress Disorder (PTSD) is a concept from the American Psychiatric Association in the Diagnostic and Statistical Manual of Mental Disorders-Fifth Edition (DSM-5) under trauma and stressor-related disorders. Post Traumatic Stress Disorder (PTSD) was first discovered in World War veterans, who experienced severe stress disorders that lasted and affected their daily lives so they were diagnosed with PTSD. As this theory developed, not only could veterans could experience PTSD, but Kolk (2014: 13) stated that a person doesn't have to be a combat soldier to experience trauma. Trauma can be experienced by anyone, even ourselves, our friends, our family, and people around us. Trauma not only affects the sufferer but also the people around the sufferer can be affected too. Someone with Post Traumatic Stress Disorder (PTSD) chose to isolate themselves, avoid the trigger, and feel anxiety when trying to remember the traumatic events that happened.

According to the American Psychiatric Association (2013: 271) a person who is involved in or witnesses a traumatic event may develop Post-Traumatic Stress Disorder (PTSD). Traumatic event can be experienced by an individual because it is something that affects their emotional, physical, behavioural, social, spiritual, and well-being. The events that can cause Post Traumatic Stress Disorder (PTSD) are war, terrorism, natural disaster, violence, sexual abuse or rape, accidents, bullying, or being left behind by a loved one. Schiraldi (2009: 3) said

these traumatic events usually happen quickly and overwhelm their capacity for effective response and are viewed as threatening to oneself or another.

2.1.2.1 The Symptoms of Post-Traumatic Stress Disorder (PTSD)

According to Schiraldi (2009: 6) there are six criteria used to diagnose Post-Traumatic Stress Disorder (PTSD) patient, namely exposure to stressor, reexperiencing of event, avoidance, arousal, duration, and life disrupted. In this study, the analysis will be limited to the relevant symptoms, which are re-experiencing of the event, avoidance and arousal.

2.1.2.1.1 Reexperiencing of Event

Traumatic events that are experienced or seen by the sufferer often appear as recurring events, these memories can be in the form of thoughts, images, or perceptions. Nightmares, flashbacks, and hallucinations are examples of reexperiencing trauma. These usually come unexpectedly and make the sufferer become emotional because they cannot stop the memories. This problem causes feelings of fear, anger, sadness and guilt.

2.1.2.1.2 Avoidance

Someone with PTSD usually tries hard to avoid anything that could remind them of their trauma. They often refuse or avoid activities that are related to the memories of their trauma. To avoid things that trigger their trauma, PTSD sufferers usually isolate themselves at home, turn to drugs, or overwork to forget the memories that occurred, or hallucinate that the event never happened. It is probably not surprising that PTSD sufferer usually feels detached or alienated, it is because

they assume that they are now a different person and no one can understand their experience. PTSD sufferer tends not to be able to tell others about how they feel for fear of being judged or abandoned.

2.1.2.1.3 Arousal

The arousal of a PTSD sufferer usually increases after exposure to internal or external triggers. Arousal signs include insomnia, hypervigilance, uncontrollable anger, exaggerated startle response, and difficulty concentrating.

2.1.2.2 The Causes of Post-Traumatic Stress Disorder (PTSD)

Schiraldi (2009: 5) divides the cause of trauma into three categories: intentional human, unintentional human, and acts of nature or natural disasters. Unintentional human causes may include accidents or technological disasters such as fires and explosions, while natural disasters encompass events like hurricanes, tornadoes, and earthquakes. This thesis specifically focuses on intentional human.

2.1.2.3.1 Intentional human

Intentional human refers to deliberate and often harmful actions carried out by individuals or groups. Such causes may manifest in the form of war, physical violence (including beatings, choking, coercion, or threats with weapons), and emotional violence (such as exclusion, abandonment, betrayal, or sexual assault). Other examples include domestic violence, kidnapping, riots, witnessing parents' fearful reactions, substance abuse within the family, suicide or sudden death of a loved one, as well as direct death threats.

2.1.2.3 The Effects of Post-Traumatic Stress Disorder (PTSD)

If Post-Traumatic Stress Disorder (PTSD) is not treated it can have an impact on psychology, self-concept, growth, and capacity for attachment such as in love; bonding; and sexuality of someone with PTSD. In addition, the impact of PTSD at a higher level is depression, anxiety disorders, sexual dysfunction, drug addiction, suicide, guilt, personality disorders, social isolation, difficulty handling stress, re-victimization, eating disorders, low self-esteem, intergenerational secondary wounds, and sexual dissatisfaction. (Schiraldi, 2009: 44).

2.2 Research Methods

The research methods in this study focus on research approach uses a psychological approach, method of data collection from primary and secondary sources, and method of analyzing data using qualitative and contextual methods.

2.2.1 Research Approach

This research used a psychological approach related to the psychological aspect of the main character in the novel. The psychology approach is a method of analysis that focuses on identifying patterns in characters in literary works. This approach utilizes psychological theories as tools for understanding the literary texts (Rohberger and Woods, 1971: 15).

2.2.2 Method of Data Collection

All data collected as primary data in this study from the print novel *We Are Okay* by Nina LaCour published by Penguin Random House LCC in 2017 which consists of 234 pages. All speech that refers to Marin's attitude towards her trauma

is used as primary data. Primary data is data collected for specific problems used for procedures that are suitable for the research problem (Hox & Boeji, 2005: 593-599). In addition, this research uses secondary data as a source of research data. Taylor (2015: 155) describes secondary data sources as a source that researchers use to analyze topics and situations. The secondary data include sources such as books, university policies, research articles, and international literature.

Also in this research, the library research method is used as a method of data collection. George (2008:1) stated that library research is a technique of collecting data by studying and understanding data, which is closely related to issues in books, notes, documents and theories.

2.2.3 Method of Analyzing Data

This research uses qualitative methods to analyze data collected. According to Cresswell (2014: 78) qualitative methods are a way to analyze the importance of people or groups to social issues. Meanwhile, to analyze intrinsic elements theory, this research uses contextual methods. Bread (2001: 6) said that contextual analysis is an analysis of an effect that is not contained in the text. This analysis involves various problems in both situations that affect the writer or reader.