

CHAPTER III

RESULT AND DISCUSSION

3.1 Intrinsic Elements

The following paragraphs focus on the intrinsic analysis of Marin Delaney as the main character and Mabel and Gramps as the side character including the character and characterization, settings, and the conflicts of the main character in the *We Are Okay* novel written by Nina LaCour

3.1.1 Character and Characterization

The main character of *We Are Okay* novel is Marin Delaney. Marin is considered a round character because of her complexity throughout the story. Gramps and Mabel is considered as a flat character. The characterization analyzed through direct explanations from other characters and indirectly through character actions, dialogue, and emotional responses.

3.1.1.1 Marin

In the story, the plot follows Marin's life from the end of high school to her first year as a freshman. Marin directly described herself as a white girl "grateful that my blondness" (LaCour, 2017: 203) lived with her grandfather in a house near the beach in San Francisco. Physically, Marin is described as having straight blonde hair, a slant nose, and small freckles on her face. "She looked at my eyes, my ears, the slant of my nose, my cheekbones and my neck and the tiny freckles..." (LaCour, 2017: 58).

Marin known as a smart person with an interest in literature; she likes to read novels. "...whose name was Marin, who lived with her grandfather, who loved reading novels and talking about them." (LaCour, 2017: 231). One of the reasons Mabel wants to be closer friends with Marin is because Marin is known as a smart student. "... and you raised your hand and said something so smart about it that suddenly the poem didn't seem stupid anymore." (LaCour, 2017: 49). Marin is known as an active and smart student in class, which make Mabel interested in befriending her. Mabel's admiration for Marin's thought, especially in the field of literature, is one of the reasons for their closeness.

One of Marin favourite novel is *One Hundred Years of Solitude* by García Márquez. In one story, when Marin and Mabel return from Ben's party, she discusses this novel with a Mexican taxi driver. The driver who knows Marin's favourite novel is surprised not because of the sex but because the novel deals with suffering. "Everything is suffering. What I mean is don't be a person who seeks out grief. There is enough of that in life." (LaCour, 2017: 87).

From Marin's choice of books, Marin explains how loneliness aligns with her life. She grew up without her mother at young age. This reading reflects her inner self; she doesn't seek grief but through the stories of others' loneliness, Marin tries to understand herself. Marin eventually also acknowledged that she was a lonely person "She finally looks at me again. "I was lonely," I say." (LaCour, 2017: 134).

Through her attitude and actions, Marin is portrayed as a warm and caring person towards those around her. Her relationship with Gramps is one clear example of this. Despite the distance between them, Marin continues to show great

affection and respect for her Gramps. She doesn't mind if her Gramps doesn't want to talk about her mother "Gramps never spoke about my mother, but he didn't have to." (LaCour, 2017: 30) because she can learn about her mother from the surfers "All I had to do was stop by the surf shop or show up at the beach..." (LaCour, 2017: 30).

Marin even feels guilty for being an emotional burden to her Gramps because when she asks about her mother, Gramps become often goes to beach, perhaps because memories surface when Marin asks about the past.

"Yeah," I said, and I felt fear rush in, compounding my guilt. Did I dredge up memories he'd worked hard to forget? Did I drive him out here with my request? "I should say something to him about it." She kept watching him. "He already knows." (LaCour, 2017:62).

Besides her relationship with Gramps, Marin's kindness is also seen in her relationship with Mabel. Even though she ignored Mabel's messages for four months "I wish her everything good." (LaCour, 2017:192). Marin is an emotionally responsible person who cares more about others' feelings than her own. Overall, Marin is an empathetic character who avoids hurting others and tries to maintain relationships even in emotionally difficult situations.

3.1.1.2 Mabel

Mabel is Marin's classmate and best friend at the same time who lives nearby. As the story goes on, their relationship changes after they kiss on the beach. It turns romantic, even though the novel doesn't explicitly say if they're officially a couple "LATER THAT DAY, after Gramps had caught us with the whiskey and Mabel

and I had spent the school hours blushing every time we saw each other,” (LaCour, 2017: 121). Physically, Mabel is describes as having dark eyes, pink lips, and long hair “To look into Mabel’s dark eyes, try not to stare at her pink mouth or her long hair, and say that.” (LaCour, 2017: 225). After continuing her art studies in Los Angeles, Mabel is known to have tried to move on from Marin after Marin disappear, she started a relationship with Jacob “I met someone at school. His name is Jacob.” (LaCour, 2017: 50). However, her deep feeling of concern for Marin remains strong. Mabel is portrayed as someone who cares deeply for Marin. She flies from Los Angeles to New York just to pick up Marin and bring her back to San Francisco. This shows her great concern, even though Marin has cut off contact with everyone from her past, including responding to Mabel’s messages or calls. “I shouldn’t have only called and texted. I should have flown to you.” (LaCour, 2017: 186).

Despite always being rejected by Marin when she asked her to come home, Mabel continues to try to persuade Marin to come home. Her efforts are evident in her desire to understand what really happened to Marin before she disappeared.

“Marin,” she says. “Is there something I don’t know about? Some recently discovered family members? Some secret society or cult or something? Because as far as I know, you have no one. And I’m offering you something really huge and really good.” (LaCour, 2017: 92).

After knowing the reasons behind Marin’s decision, Mabel felt unable to leave Marin stay alone in New York “How am I supposed to leave you here?” Mabel asks” (LaCour, 2017: 186). Although Mabel seems disappointed by Marin’s

rejection, she didn't give up. In the end, Mabel decided to tell her parents, Ana and Javier, about Marin's situation. They decided to fly from San Francisco to New York to help persuade Marin. "We thought you'd come home with me. That was our only plan. But when I realized that there was a good chance I wasn't going to convince you, we figured out that we could do this." (LaCour, 2017: 222).

3.1.1.3 Gramps

Gramps is portrayed as a typical grandfather who loves his grandchild. Gramps always takes Marin to school, bakes cake every Wednesday for Marin, and share housework together. At the beginning of the story, Gramps appears as a pleasant person "All of those sweets he made. How he loved when I spoke Spanish, and the songs he sang, and the lectures he gave us." (LaCour, 2017: 144). Physically, Gramps is described as an old man who likes smoking, "The deep lines by his eyes and mouth, in the center of his forehead. His short, coarse eyelashes and ocean-blue eyes. His nicotine-stained teeth and his wide grin. "And how he loved jokes," (LaCour, 2017: 145). Since childhood, Gramps has lived in San Francisco and is known as a skilled surfer. "He was a good surfer," she said. "Better than a lot of us, even though he was older." (LaCour, 2017: 61). However, he stopped surfing again after Marin's mother died in a surfing accident. "None of us had seen him out there since we'd lost her..." (LaCour, 2017: 61). Marin later discovers that her Gramps is a great surfer when Gramps suddenly starts surfing again after Marin and Gramps discuss about her mother. Gramps seems to be letting out his emotions through surfing.

As the story unfolds, it becomes clear that there is a wall between Marin and Gramps. They live respecting each other's privacy, which may seem odd to some people because they are family. "My grandpa lives in the back and I live in the front. I think there are two rooms back there. Maybe three." Courtney's eyes narrowed. "You haven't been in the back of your house?" (LaCour, 2017: 84). As explained in the quotation, Marin never enters Gramps' room, she doesn't even know what rooms are in Gramps' house because the back of the house is Gramps' territory and the front is Marin's and for Marin doesn't think it is a big deal that she doesn't know about the back of her house, she simply accepts it as part of Gramp's rules.

Gramps also never opens up about anything related to Marin's mother, which makes Marin question whether Gramps truly loves her. Gramps' closed-off attitude and hiding of his past indicate unresolved psychological issue. This becomes obvious when Gramps is called to school due to an academic issue, it turns out to be the story Marin wrote for her English assignment about a siren who lost her mother.

"Mr. Delaney," she said. "I am truly sorry for your loss...But my concern here is for Marin, and all I ask is that you share some of your memories with her..." "Sister," Gramps said... "I'm sure that painful thing have happened to you. Even marrying Jesus cant entirely shield you from the realities..." (LaCour, 2017: 32-33).

From the conversation between Gramps and Sister, it was clear that Gramps was very angry when discussing the loss he had. He thought that sister didn't understand the pain he had gone through, and even asked her back sarcastically. From this, it's

clear that Gramps is still stuck in deep grief and hasn't been able to accept the reality that his wife and daughter have passed away.

3.1.2 Settings

The setting in this novel plays an important role as it is connected to the trauma Marin experienced. There are two main settings in the story: San Francisco, where Marin lives and the traumatic events took place, and New York, which serves as Marin's place of escape.

3.1.2.1 San Francisco

San Francisco is where Marin and her Gramps live, specifically near the beach. They lived for a long time since Marin was born, and it was on the beach near her home that Marin experienced two great losses in her life, her mother and her Gramps. "I walked along Ocean Beach for a long time, until I reached the rocks below the Cliff House...I still wasn't ready to go home, so I sat on a dune..." (LaCour, 2017: 60-61).

San Francisco holds strong emotional significance for Marin because the city also contributed to her PTSD symptoms. Her decision to leave San Francisco reflects a form of avoidance, an effort to distance herself from places that remind her of her trauma. Although Marin deeply misses San Francisco emotionally, every time she thinks of San Francisco, traumatic memories resurface in her mind, making her unwilling to return because it means she should face her trauma. "I can't fathom boarding a plane to San Francisco. It would be flying into ruins." (LaCour, 2017: 93-94).

3.1.2.2 New York

New York is where Marin continues her education and serves as an escape from San Francisco. At first, Marin stays at a motel because the dorm is not open yet “I arrived in New York...I didn’t know which direction I was going in... until I saw a motel sign lighting up the dark.” (LaCour, 2017: 181). It is at the motel that Marin experiences a difficult and emotionally charged period due to her fear of her Gramps’ ghost, which continues to haunt her psychologically. After the dorm opens, Marin moves in, and there she meets Hannah, her roommate. The dorm becomes the only place Marin considers home. During winter break, Marin chooses to stay in the dorm. “*What about friends you can stay with? This is where I live now, I told them. Where I will live until I graduate.*” (LaCour, 2017: 2). Therefore, during winter break when the entire dorm is empty, Marin is the only one left because the dorm is indeed her home now.

3.1.3 Conflicts

Marin faces two types of conflicts: internal conflicts with herself and external conflicts involving her relationship with Mabel and Gramps.

3.1.3.1 Internal Conflict between Marin and Herself

The internal conflict Marin experiences after her Gramps’ death is a deep sense of loneliness. “I was afraid of my loneliness...How I wanted him back...I was afraid of the lies I’d told myself. The lies he’d told me...” (LaCour, 2017: 210-211). She has repeatedly expressed her fear of the reality that she is now truly alone. Marin is also in a phase of denial regarding her Gramps’ death; she is not ready to accept the loss. She is afraid to face the empty room filled only by herself. After

learning Gramps' secret, she begins to question whether the love he has given her all this time is real or just another form of the loneliness Gramps experienced. "I am afraid he never loved me." (LaCour, 2017: 212).

In addition to feelings of loneliness, the trauma Marin experienced also caused her to lose her identity. She no longer remembers who she used to be. "But that's what you like. All the interpretation." Is that true? I cant remember. I shrug." (LaCour, 2017: 18-19). Marin who was once known as a bookworm and lover of literature is now disconnected from her former self. This identity crises reflects Marin's feelings of alienation, even from herself.

3.1.3.2 External Conflict

In the novel *We Are Okay* by Nina LaCour, Marin faces a major external conflict with two people closest to her, Mabel and Gramps.

3.1.3.2.1 Marin and Mabel

The external conflict appears in the early story, starting with Mabel's arrival. Mabel's presence causes external conflict for Marin because her arrival means Marin has to deal with her past trauma. Marin not only has to face the social environment she left behind, but also has to deal with questions and memories she's been avoiding. "Marin, Mabel says. "I came all the way here so that when I talked, you'd forced to talk back." (LaCour, 2017: 45).

In addition, Mabel's presence stirs up unfinished feelings, including a sense of loss and regret over their strained relationship. Marin realizes that she is too late to fix her relationship with Mabel, the more she realizes this, the stronger her feelings

of guilt become. “I love her, but there is no going back. No bonfires on the beach. No mouths pressed together. No hungry fumbings. No fingers through her hair.” (LaCour, 2017: 162).

3.1.3.3 Marin and Gramps

Besides that, external conflict also arises in Marin’s relationship with her Gramps, particularly regarding the secret that Gramps has been hiding all this time. The revelation on this secret further deepens the external conflict Marin is experiencing. After learning that her Gramps had been hiding important information about her mother, Marin feels betrayed. Even though Gramps is no longer alive, feelings of anger and disappointment still linger within Marin. “My body was heavy with longing, my heart for the first time full of hate.” (LaCour, 2017: 171). These emotions indicate that the absence of Gramps doesn’t automatically erase the unresolved conflicts, and instead it complicates the grieving process and the psychological condition Marin is experiencing due to the trauma.

3.2 Theory of PTSD

This part consists of an analysis of the main character dealing with the symptoms of the trauma, causes of the trauma, and effects of the trauma.

3.2.1 Marin’s Post Traumatic Stress Disorder (PTSD) Symptoms

Marin experiences symptoms of PTSD that show up in several ways. She has reexperiencing in the form of flashbacks and hallucinations about her past, as well as avoidance by distancing herself for four months and cutting off contact with her

past. Additionally, arousal symptoms are seen in insomnia, hypervigilance, excessive anger and fear, and difficulty concentrating.

3.2.1.1 Reexperiencing of Event

Those who suffer from PTSD are inevitably haunted by memories of the accident. In this novel, the memories that trigger Marin's trauma are those related to Gramps. Marin shows symptoms of reexperiencing, marked by flashbacks to her past experiences. These flashbacks come in the form of intrusive thought that disturb her "I close my eyes...Slowly it comes: Sand. Beach grass and beach glass...I open my eyes. It's too much." (LaCour, 2017: 5).

Marin spends her winter break alone in her dorm, waiting for Mabel to visit. She is very nervous to think about meeting with Mabel, her best friend that she didn't talk for 4 months. Marin reading an essay about meditation recommended by Hannah, her roommate. Mr. Berry was the author of the essay. Mr. Berry described the beauty of nature in his opening essay and it makes Marin relax for the first time after a long time. Mr. Berry then suggested to think about nature, however Marin closed her eyes and imagined nature, what came to mind were memories of the beach, which was where her Gramps and Mother had lost their lives.

Another flashback is when there was a power outage in the dorm, Marin and Mabel went to stay at the groundskeeper's house. It was the first time Marin had been back in a house after living in a motel for a month and in a dorm for three months. "In the stillness of this unfamiliar living room, another memory surfaces."

(Lacour, 2017: 127). It was at Tommy's house that Marin's old memories of her Gramps were triggered "I imagine him alive..." (LaCour, 2017: 114).

In addition to flashback to the memories of her Gramps, Marin also experiences hallucinations. The hallucinations that Marin experience is that her Gramps become Ghost. These hallucinations make Marin feels that she is being haunted by Ghost of her Gramps. After leaving San Fransico and moving to New York, Marin stayed at a motel for a month. There she is, when she feels that she was haunted by the thought of her Gramps' ghost was exist. "And I was afraid of his ghost." (LaCour, 2017: 45).

When she was staying at the motel right after her Gramps died. Besides feeling haunted by her Gramps' ghost, she also hallucinated hearing his voice. "I thought I heard Gramps singing, but when I turned the faucet off there was nothing." (LaCour, 2017: 183).

Back to school days, Marin wrote an essay about ghosts and analyzed the novels *The Turn of The Screw*, *Jane Eyre* and *One Hundred Years of Solitude*. Marin argued that ghosts are not the hallucinations of the characters and also not real things. However, the ghosts referred to in the stories are events that haunt the characters. "It wasn't the ghosts. It was the hauntings that mattered." (LaCour, 2017: 53). Marin then realized that it was her own playing tricks on her. She wasn't afraid of her Gramps' ghost, but she was afraid of the fact that she was alone and afraid of that loneliness. "I was afraid of my loneliness. And how I'd been tricked." (Lacour, 2017: 210).

Even though Marin realized that her Gramps' ghost didn't exist, she was still haunted by a feeling of guilty that bothered her. The ghost seemed to whisper to Marin about the mistakes she had made "...I may have imagined it-but I can feel it now, the way I hurt her...but I can feel the ghost of me creeping back. *Remember me?* she's asking." (LaCour, 2017: 119). Mari felt regret for having ignored all of Mabel's messages for four months. Another appearance of the ghost is when Marin felt guilty because Mabel had come all the way from Los Angeles to New York just to bring Marin back to San Francisco, but instead of accepting the offer, Marin rejected it outright "...The ghost of me saying, *Three thousand miles. That's how much she cares.*" (LaCour, 2017: 134). The ghost that appeared in Marin's mind is a representation of her regret over what she had done before, when she became avoidant, when she abandoned everything that related to San Francisco. These thoughts surfaced during the moments when she and Mabel talked about the past. Every time she felt guilty about her past actions, the thought of the ghost appeared.

The reason Marin doesn't want to return to San Francisco is because she can't stop thinking about her Gramps and accepting the fact that he had been lying about her mother, the fact that Bridie, the woman who was her Gramps' pen pal was her deceased mother, the fact that her Gramps drowned and his body was never found. That's also why she always imagined a proper goodbye with her Gramps. "If it weren't for the lies he told me...if I could stop dreaming up a deathbed scene where his hospital blankets crisp over his stomach...Where he says something like, *see you on the other side, Sailor....*" (LaCour, 2017: 185-186).

The flashbacks and hallucinations experienced by Marin caused her to become irritable, fearful, and guilty about past events. This condition affected Marin's daily life. This is an early indicator that could develop into Post Traumatic Stress Disorder (PTSD).

3.2.1.2 Avoidance

Avoidance is one of the most dominant symptoms of PTSD in the story, because after her Gramps died, Marin went to New York and cut off contact with everyone in San Francisco for four months. A person can be said to have PTSD if they experience the symptoms for more than three months.

“Mabel's parent offered to help me plan a service, but I didn't call them back. Sister Josephine called too, but I ignored her. Jones left me voice mails that I never picked up. Because instead of grieving like a normal person, I ran away to New York...” (LaCour, 2017: 44-45).

When her Gramps went missing, Marin called everyone she knew and the police came to her house to help her. However, the police ended up taking her to the police station because at that time, Marin had discovered the secret her Gramps had been hiding. After reporting about her Gramps, Marin suddenly left the police station after the police received the news that there was an old man matching the description Marin had given on the beach. Everyone who knew Marin had contacted her, and Mabel's parents were waiting outside the police station. But, Marin still

denied knowing that her Gramps was gone and decided to go straight to New York even though her dorm wasn't open yet.

After Mabel arrived at the dorm, she called her parents to let them know that she had arrived safely, Marin avoided Mabel who was on the phone with her parents, because she was afraid of having to talk to Ana and Javier, people from her hometown.

“Yes,” she says, “the plane was fine. . . . I don't know, it was pretty big. . . . No, they didn't serve food.”
 She looks at me.
 “Yes,” she says. “Marin's right here.”
 Will they ask to talk to me?
 “I have to go check on something,” I tell her. “Say hi for me.” (LaCour, 2017: 20).

Mabel came to see Marin with the intention of inviting her to return to San Francisco for the winter and celebrate Christmas with her family. Marin refused to go back. Although she actually wanted to accept the invitation, she still couldn't go back because it would remind her of her Gramps. “...Fly back with me...I shake my head. “I'm sorry.”... it would be impossible for me to go back.” (LaCour, 2017: 40).

Besides cutting off communication, Marin also avoided topics about her past and what happened that day. When Mabel visited her and she was asking what actually happen to Marin, Marin initially refused to discuss the topic because it triggered memories of the day her Gramps died. “*Marin*, she says. “Is there something I don't know about? Some discovered family members?... “I know. I'm sorry” (LaCour, 2017: 92). It shows that every time Mabel try to bring up the topic

about Gramps, Marin always avoided it and in the end she didn't answer Mabel's question. Even when Marin started to discuss about her Gramps, she quickly stopped the conversation because the event that caused her trauma came up. "No," I say. "It's enough." I stop my mind for taking me back to the last night my discoveries." (LaCour, 2017: 145).

Aside from avoiding topics related to the past, it is seen that Marin has become a person who isolates herself from the outside world. During in the bus when Marin and Mabel decide to go out for walk, Marin sat by the window, looking out at the view while thinking about wanting to be part of the outside world. "I want to be part of the world outside." (LaCour, 2017: 65). This indicate that Marin also isolated herself from the outside world because she believed she was not part of the world outside.

3.2.1.3 Arousal

The first arousal symptom that appears in Marin is hypervigilance. Hypervigilance is a condition in which an individual has an excessive level or heightened awareness of potential threats in their surrounding environment. In Marin's case, this symptom is reflected in her fear of elevators. "I was afraid of the elevator...I was afraid that I'd get stuck and no one would know" (LaCour, 2017: 42). Marin is alone in the dorm, she expresses excessive vigilance and anxiety that the elevator she is using will get stuck. This anxiety is accompanied by the fear that if it does happen, no one will help her because she is alone. This reaction is a form of trauma response triggered by her fear of experiencing a similar fate to her Gramps, who died without anyone helping him.

Another symptom Marin experiences is difficulty sleeping or insomnia when triggered by something that reminds her of past trauma. In this case, Mabel's appearance triggers Marin's memories and disrupts her sleep. To cope, Marin tries meditation as a coping strategy, following by Hannah's advice, her roommate. "Later, I try to sleep, but the thoughts keep coming." (LaCour, 2017: 6).

Excessive anger is another symptom that Marin experiences. This is shown when Mabel talks about positive things regarding Gramps "God, he was cute." "Cute? No..." "And I'm telling you that it isn't right." (LaCour, 2017: 44). Marin spontaneously responds with anger because she feels that the description is not the actual truth. After learning about her Gramps' hidden secret, Marin holds a grudge against Gramps. Therefore, when Mabel talks about her Gramps, Marin immediately becomes angry and disagrees with what Mabel says, which is a form of her repressed anger.

The fourth arousal symptom Marin experienced was excessive fear. As previously explained, Marin hallucinated the appearance of her Gramps' ghost, even though she was aware that ghost was just a trick of her mind, she still showed a fearful response to it. "And I was afraid of his ghost." (LaCour, 2017: 45). This condition occurs because the fear Marin feels is too strong, while her logical thinking is weakened. This is how the brain functions when experiencing trauma. Marin is aware that the ghost doesn't exist, but her body and mind react as if she is in danger. She overcomes this fear by sleeping with her body fully covered. This action can be seen as an unconscious way of seeking safety by hiding.

The last arousal symptom Marin shows is a loss of concentration. This is seen when Mabel and Marin were talking about the past, and Marin suddenly became silent and seemed lost in thought because she suddenly thought about the past and didn't realize it. 'MARIN,' she says. "Please talk to me." I guess I've gone silent. I didn't even realize it." (LaCour, 2017: 162).

3.2.2 The Causes of Marin's Post Traumatic Stress Disorder (PTSD)

The cause of Marin's PTSD comes from the sudden death of her Gramps and combined with the prolonged emotional pain of growing up without knowing her mother's story. Since her mother died when she was very young, and Gramps consistently avoided talking about her, Marin carries unresolved grief that later develops into trauma.

3.2.2.1 Intentional Human Cause by Sudden Death

The main cause of Marin's PTSD were the sudden death of her Gramps and the shocking truth that her Gramps had been hiding. Based on the story, it is not specified how her Gramps died, but considering her Gramps' behaviour before his death, it can be assumed that he committed suicide.

During the summer break, about a month before her Gramps' death, Marin who usually had dinner with her Gramps, no longer had time for that because she always staying out and rarely at home so her Gramps would leave some food for dinner on the table. However, as time went on, her Gramps stopped preparing for dinner. Marin was also worried about her Gramps if he had eaten or not. Besides that, Marin found bloodstains on her Gramps's handkerchief while doing the laundry.

“I’d be home for dinner, as though Gramps and I were practicing for our near futures without each other...Slowly, the dinners tapered off altogether...I feared he wasn’t eating...I went to basement to do laundry and found one of his socks was stuffed with bloody handkerchiefs.” (LaCour, 2017: 150).

Additionally, Marin’s Gramps had prepared everything Marin needed for college in New York, even he makes her a new ATM card. “In front of me were documents from my soon-to-be-college...“And this,” he said “is the information for your new bank account...After you’re gone, no more four-dollars coffee...” (LaCour, 2017: 152).

Marin who also felt something off about her Gramps’s behaviour refused to accept it. “I don’t need all this.” “You do,” he said. Then he paused and cleared his throat. “You will.” “But all I care about is having you.” (LaCour, 2017: 152). Hearing her answer, Gramps simply replied “You’ve always been a smart girl.” (Lacour, 2017: 153). In the following days, her Gramps became even more peculiar, he always locking himself in his room. “Gramps?” “Not a good time.” (LaCour, 2017: 161). When Marin tried to talk to him, he flatly refused.

And the shocking truth is her Gramps had been hiding was that Bridie, the woman who was her Gramps’ pen pal was Marin’s mother, her Gramps’ daughter. Her Gramps had been writing letters to himself, pretending he was communicating with his daughter. Furthermore, in her Gramps’ room there was a room filled with items related to her mother, despite her Gramps saying he hadn’t kept anything about her mother.

“Daddy, it said. The mountains look beautiful today. When are you going to visit me? just for a while? Marin has school and her own friends. You can leave

her for a couple weeks...Addressed to Claire Delaney, Colorado, no stamp, never sent. I pulled out the paper. You know I cant do that. Not yet. But soon. Soon.” (LaCour, 2017: 169).

From the last letter that Marin found, there is a very ambiguous message, where Bridie wants to meet her father and asks to leave Marin for a few days. The sentences in the letter can be interpreted as a subtle hint, as if Bridie who already dead is indirectly inviting him to follow her. This ambiguity increases Marin’s shock after her Gramps’ disappearance.

3.2.2.2 Intentional Human Cause by Emotional Violence

Marin lost her mother at a young age, a traumatic event that Gramps never openly discussed. Gramps never gives any explanation about Marin’s mother identity or death. Through her Gramps’ closed attitude towards Marin’s mother past, Marin experienced emotional violence in the form of neglect. This is shown through her Gramps’ attitude of ignoring Marin’s emotional needs, not giving her the attention and support she needed, and refusing to fulfil her emotional needs. This lack of information likely causes Marin to experience Prolonged Grief Disorder, which is prolonged sadness that remains unresolved due to her unresolved grief over her mother’s death. This is clearly indicated in her English assignment, a story about a siren who lost her mother and another siren who comforted her by making up a false story about her mother. This story reflects Marin’s emotional state, still longing for an explanation and clarity about her mother’s death. Her efforts to heal her grief are seen in her habit of sitting by the beach watching surfers, hoping that one of them might provide a glimpse or tell her what her mother was

like. “Gramps never spoke about my mother, but he didn’t have to. All I had to do was stop by the surf shop or show up at the beach...” (LaCour, 2017: 30).

Marin’s behaviour indicates her efforts to seek meaning, recognition, or information that could help piece together that missing parts of her identity. In this context, the sea and the surfers symbolize her connection to the past that has been served, as well as her hope to rediscover her mother through others’ stories. Marin’s unresolved grief reflects significant psychological vulnerability, which may also increase the risk of developing Post Traumatic Stress Disorder (PTSD).

3.2.3 The Effects of Marin’s Post Traumatic Stress Disorder (PTSD)

Marin’s PTSD leads to several effects, including panic attacks, social isolation, and deep guilt both for ignoring her past and for feeling responsible for her Gramps’s death. It also manifests in disordered eating, specifically avoidant/restrictive food intake disorder.

3.2.3.1 Panic Attacks

Panic attacks are an effect of the PTSD experienced by Marin, which often appears in the story. According to the DSM-V, panic attacks is defined as the appearance of sudden waves of fear or anxiety accompanied by 13 physical and cognitive symptoms such as sweating, shaking, chest pain, and others.

“I can’t even think about my old house or Ocean Beach without panic thrumming...”

“You’re shaking,” she says...

“Can you tell me something?”

“Sure.” (LaCour, 2017: 163).

“I want to tell her, but I can’t do it yet. The words are stuck.”

“Tell me something,” I say.

“What?”
“Anything.” (LaCour, 2017: 163).

In the two quotations above, Marin and Mabel are talking about Marin’s past, and the conversation triggers Marin’s traumatic memories, her body suddenly begins to shaking and having a panic attack. In that situation, Marin asks Mabel to “tell me something” as an attempt to calm herself and distract her mind from the trigger. This panic attack is classified as an expected panic attack because it occurs due to a trigger and in this case the trigger is the conversation about Marin’s past which is her trauma. Other evidence of Marin experiencing a panic attack, “Every time I think about him, a black pit blooms in my stomach and breathing becomes a struggle.” (LaCour, 2017: 44) and “My body tenses. I wonder if she can see it.” (LaCour, 2017: 71). Both quotations also occurred because the discussed a topic that triggered Marin’s trauma.

This condition obviously has a negative effect on Marin’s daily life, as it is known that the incident didn’t only occur when directly discussing the past. Marin had already experienced this even before meeting Mabel. In the quotation “ But when it’s too late at night and the pool is closed and I can’t stop my thoughts, it’s Hannah who can steady me.” (LaCour, 2017: 17) it is shown that thoughts about her past often surface beforehand. These panic attacks disrupt Marin’s daily life because when they occur, she must seek out a safe space or someone who can help her process her emotions. If no one assists her, Marin risks experiencing emotional dysfunction which would further disrupt her life.

3.2.3.2 Social Isolation

Social isolation is a condition where individuals experience a lack of interaction and connectedness with other around them. Before experiencing the traumatic event, Marin was a person who easily made friends and was active in socializing with her surrounding, but after the traumatic event in addition she showed avoidance behaviour towards things related to her trauma, Marin also pulled away herself from the social environment. She became a person who isolated herself and limited interaction from the surrounding environment.

The only individual who has a close relationship with Marin is Hannah, her roommate “She shaved me with seats next to her in the dining hall,” (LaCour, 2017: 205). It is Hannah who always helps Marin cope with social situations. Hannah also often invites Marin to join her friends so that Marin is not alone. This can be seen when they invite Marin to go out together and how nervous she is “It was my first time out with Hannah and her friends. I kept telling myself to act normal” (LaCour, 2017: 67) and even eat together “Hannah or her friends suggest going out to eat” (LaCour, 2017: 65). This indicates that Marin is experiencing social isolation. The fact that Marin refers to Hannah’s friends as “her friends” also shows that she is not that close to Hannah’s friends because she doesn’t mention their names. In one quotation, when Marin goes out with Hannah’s friends and tells herself to act normal, “I kept telling myself to act normal,” this shows that Marin is not used to socializing and is worried that her action will be seen as odd by those around her. She is afraid that if she does something, they might look at her strangely.

3.2.3.3 Guilt

Guilt is a feeling of regret caused by someone's action that have harmed or hurt others, either directly or indirectly. In Marin's case, feeling of guilt arose after meeting Mabel. She realized that she had been ignoring Marin's messages all the time, and now she was also refusing Mabel's invitation to return to San Francisco with her. "I didn't answer her texts. I didn't return her calls or even listen to her voice mails. She came all the way to New York to invite me home with her, and I can't even tell her yes. A waste, a waste" (LaCour, 2017: 91). After realizing this, she also began to feel guilty for ignoring everyone from her hometown who had tried to reach out to Marin when the news of her Gramps' death spread. "Why won't I fly home to them and apologize for my disappearing" (LaCour, 2017: 104). This sense of guilt can cause Marin to become a self-isolating individual and make it increasingly difficult for her to build social relationship, as she is haunted by the guilt that she has disappointed those around her. Additionally, Marin also thinks that the efforts Mabel has made for her are a waste, and she feels unworthy of the sacrifices Mabel has made for her, even though Marin has ignored hell all this time.

Marin also feels guilty toward her Gramps. Near the end of the story, it is revealed that during summer before her Gramps' death, Marin never returned home for dinner. As a result, Gramps stopped preparing dinner and began to isolate himself. Marin feels that her attitude made her Gramps feel lonely, and she regrets not spending time with him during his last moments. "There's one where I fail him. Where I stop coming home so he stops making dinner, and I'm not around to see how much he needs me..." (LaCour, 2017: 208-209). This sense of guilt intensifies

the emotional burden she is experiencing and deepens the traumatic wounds she carries.

3.2.3.4 Avoidant/Restrictive Food Intake Disorder

The last effect that can be seen is Avoidant/Restrictive Food Intake Disorder (ARFID), a type of eating disorder where the individual reduces their food intake or avoids certain type of food. In Marin's case, it is seen that she is now someone who avoids dining out not because she is picky but because she fears receiving poor quality food. This can be classified as a symptom of ARFID. "I stay away from diners now...I'm not picky...I'm just afraid that one day something's going to catch me by surprise. Stale coffee. Squares of American cheese. Hard tomatoes..." (LaCour, 2017: 65).

Other symptoms that can be seen in here is Marin lose her appetite "I can't eat without tasting anything. I eat even though I don't know if I'm hungry." (LaCour, 2017: 106). It has been mentioned several times that she has no appetite or hunger "But I'm not hungry." (LaCour, 2017: 105). Additionally, it is shown that she has eaten ramen for dinner on multiple occasions, "What have you been doing for dinner?" she asks. I gesture toward the desk, where an electric kettle rests next to packages of Top Ramen." (LaCour, 2017: 49) which could lead to nutritional deficiencies. All the signs that have been mention is a proof that Marin is experiencing ARFID.