

## **CHAPTER IV**

### **CONCLUSION**

In Kristen Roupenian's "Look at Your Game, Girl", Jessica experiences clear signs of Post-Traumatic Stress Disorder (PTSD) following a disturbing and predatory encounter with an older man, Charlie. This traumatic event shatters her sense of safety, leaving her with lasting psychological effects that persist into adulthood. Jessica's trauma is rooted in an incident of sexual violence, in which Charlie physically and emotionally manipulates her, creating a profound sense of fear, confusion, and helplessness.

Jessica's PTSD is shown through intrusion symptoms, avoidance symptoms, negative alterations in cognition and mood, and alterations in arousal and reactivity. She experiences recurrent, involuntary, and intrusive distressing memories of the trauma, repeatedly checks her body for possible harm, and imagines Charlie's continued presence. Her avoidance symptoms appear when she refuses to attend a sleepover out of fear of being outside at night where Charlie might find her. Negative alterations in cognition and mood, including guilt, self-blame, and sadness, reduce her ability to feel positive emotions or connect with others. Alterations in arousal and reactivity, such as hypervigilance and sleep disturbance, show how the trauma continues to affect her daily life.

The impacts of Jessica's PTSD include persistent anxiety, disrupted sleep patterns, and lack of closure regarding the incident. Even as an adult, she remains psychologically tied to the moment of trauma, showing that the emotional wound was never fully addressed or resolved. This study shows that "Look at Your Game, Girl" offers a realistic portrayal of the lasting effects of childhood trauma, emphasizing the importance of awareness, empathy, and support for survivors of sexual violence. Through Jessica's character, the story illustrates how PTSD can shape thoughts, emotions, and behavior long after the original event.