

**THE POSTTRAUMATIC GROWTH ON CHARACTER BREE  
IN *NO JUDGMENTS* NOVEL BY MEG CABOT**

**TERM PAPER**



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FACULTY OF LANGUAGE AND CULTURE  
DARMA PERSADA UNIVERSITY**

**2021**

**THE POSTTRAUMATIC GROWTH ON CHARACTER BREE  
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Submitted in Part Fulfilling for Obtaining

Strata One (S-1) Degree



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**2021**

## INTELLECTUAL PROPERTY STATEMENT PAGE

I hereby declare that the term-paper is the result of my own work and not plagiarism of another work, the contents has become my responsibility. All the sources of my research and quoted or referenced have been stated correctly.

Bekasi, 19 January 2021



## TEST FEASIBILITY APPROVAL PAGE

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The title of the term paper: **The Posttraumatic Growth on Character Bree in  
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has been approved by Advisor, Reader, and Head of Board Examiner to be examined in front of the Board of Examiner on February 18<sup>th</sup>, 2021 at the English Language and Culture Department, Faculty of Language and Culture, Darma Persada University.

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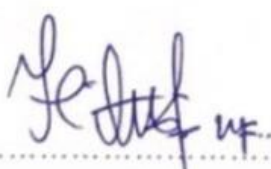
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The term paper, on February 18<sup>th</sup> 2021, has been fully tested and defended in front of

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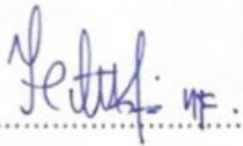
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Bekasi, 12 January, 2021

Writer,

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## ABSTRACT

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Title : The Posttraumatic Growth on Character Bree in *No Judgments*  
Novel by Meg Cabot

This term paper discusses about the analysis of trauma in the novel *No Judgments* by Meg Cabot. The aim of this study is to describe the posttraumatic growth experienced by character Bree. Posttraumatic Growth is the psychological growth after experiencing the trauma. The traumatic event brings the positive change on the character Bree. I use the theory of the symptoms of Post-Traumatic Stress Disorder (PTSD) and also I use the theory of Posttraumatic Growth (PTG). I use qualitative method and psychological approach in analyzing the symptoms of post-traumatic stress disorder and posttraumatic growth that occur on the main character. I became the primary instrument of this study, while secondary instrument was data sheet. The data analysis of this study is based on Bree's life experience, which focusing on the traumatic experiences. In this term paper, I found that the novel *No Judgments* by Meg Cabot shows the symptoms of post-traumatic stress disorder and posttraumatic growth. The symptoms of PTSD experiences by the main character are; intrusive, avoidance, arousal, and cognition or mood symptoms. On the other hand, posttraumatic growths that occur on the main character are; personal strength, improved relationship, new possibilities, and appreciation of life. However, traumatic events can bring someone to negative effects or positive effects or both of them into someone's life.

**Keywords:** *Traumatic experience, Psychological growth, Post-traumatic stress disorder, Posttraumatic Growth, No Judgments by Meg Cabot.*



## ABSTRAK

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Judul : The Posttraumatic Growth on Character Bree in *No Judgments*  
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*Skripsi ini membahas tentang analisis trauma dalam novel No Judgments karya Meg Cabot. Penelitian ini bertujuan untuk mendeskripsikan posttraumatic growth yang dialami oleh karakter Bree. Posttraumatic Growth adalah pertumbuhan psikologis setelah mengalami trauma. Peristiwa traumatis membawa perubahan positif pada karakter Bree. Saya menggunakan teori gejala Post Traumatic Stress Disorder (PTSD) dan juga teori Posttraumatic Growth (PTG). Saya menggunakan metode kualitatif dan pendekatan psikologis dalam menganalisis gejala Post-Traumatic Stress Disorder yang terjadi pada tokoh utama. Saya menjadi instrumen utama dalam penelitian ini, sedangkan instrumen sekunder adalah lembar data. Analisis data penelitian ini didasarkan pada pengalaman hidup Bree yang berfokus pada pengalaman traumatis. Dalam makalah ini, saya menemukan bahwa novel No Judgments karya Meg Cabot menunjukkan gejala Post-Traumatic Stress Disorder dan Posttraumatic Growth. Gejala pengalaman PTSD oleh tokoh utama adalah; mengganggu, menghindar, gairah, dan kognisi atau gejala suasana hati. Di sisi lain, Posttraumatic Growth yang terjadi pada tokoh utama adalah; kekuatan pribadi, hubungan yang lebih baik, kemungkinan baru, dan penghargaan terhadap kehidupan. Bagaimanapun juga, peristiwa traumatis dapat membawa seseorang pada efek negatif atau efek positif atau keduanya ke dalam kehidupan seseorang.*

**Kata kunci:** *Pengalaman traumatis, Pertumbuhan psikologis, Gejala Post Traumatic Stress Disorder, Posttraumatic Growth, No Judgments karya Meg Cabot.*

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