

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the Problems

Most people have unforgettable series of events in their lives. It can be good as it will always be memorized or it also can be bad as it can be hard to forget until it makes someone trauma about it. Trauma is a state of mind that causes injury. According to Negin Heidarizadeh (2015: 789), “Trauma or traumatize means a traumatic event which involves a single event or experience; it involves the feelings and emotions”. Traumatic event sometimes causes negative and positive effects to the sufferer. The negative one is that every sufferers of trauma goes through emotional process such as denial stage, angry stage, and depression stage, and also feeling of fear, feeling of shame, feeling of dirtiness, and personality changes. But as I have mentioned before that traumatic events sometimes causes positive effects to the sufferer. According to the result of interviews of two psychologists, Richard Tedeschi and Lawrence Calhoun with the trauma sufferers, at the University of North Carolina, Charlotte (in Rendon, 2015) discovered that trauma is changing people in fundamental ways. Some of those changes are negative, but to their surprise, the majority of trauma survivors they interviewed reported that their lives had changed for the better. They have much greater inner strength than they ever thought, that they are closer to friends and family members, that their lives is more meaningful, or that they are reorienting their lives towards more fulfilling goals. Trauma sent them on a path they would never have found before. This called Posttraumatic Growth (PTG). Before someone experiences posttraumatic growth, he/she must experience the symptoms of traumatic feeling; this is called Post Traumatic Stress Disorder (PTSD). Thus, traumatic events affect their psychology. This is the real effect that will be faced by someone who has traumatic experience.

In this term paper, I will analyze the novel by Meg Cabot, entitled *No Judgments*. Meg Cabot was born in Bloomington, Indiana. In addition to her adult contemporary fiction, she is the author of the bestselling young adult fiction series, *The Princess Diaries*. Over 25 million copies of her novels for children and adults have sold worldwide. Meg lives in Key West, Florida, with her husband. Her novels offer entertaining plot with romance and humor that will makes the reader fun to read and not feel bored. Many of her best-selling series are inspired directly from her life. One of it is *No Judgments*. *No Judgments* is inspired by her own experience that she did not evacuate during Hurricane Irma in 2017 and decided to help the animals left behind during the storm. *No Judgments* is a romantic young adult's novels, part of Little Bridge series that stands alone and offers readers to the new romantic series.

I use this novel as the object of the study because I want to discuss about traumatic experience that affects the main character. As it can be known from the novel, Sabrina, a woman who starts her new life on a small island called Little Bridge Island and changes her name to Bree and soon she finds herself in the middle of a hurricane. Bree Beckham needs to start over. After her boyfriend's best friend tried to sexually assault her, and unfortunately no one cares about it and no one supports her—not even her mom and her boyfriend. And after that incident, Sabrina suffered trauma and also hated the people closest to her which are her mom and her boyfriend. No wanting to linger in that bad environment, finally, Sabrina decides to go to Little Bridge Island, leaving her mom, ex-boyfriend, friends, and also her college to create a new life of Bree Beckham in Little Bridge Island. As a healing process of trauma, Bree has to make a decision to leave her life in the city and move to a small island. In there, she did many things that could not be done while living with her mother in the city. Such as playing with pets, working as a waiter, and also painting. Bree also loves meeting new people. It was the simple things that helped Bree to heal her traumatic feeling. From this, a lot has changed in Sabrina's life including her personality into the positive changes.

*No Judgments* captures the characters of Bree who is suffering from her traumatic experience and also finds herself in her new zone, yet holding on tight with a fear of the unknown ahead.

Based on the illustration above, I took the analysis of trauma in Meg Cabot's novel as the title of the term paper. Therefore, this study will present deeper analysis about the positive changes caused by traumatic event on the character Bree in novel *No Judgments*. This research aims to determine the symptoms of PTSD that can bring the posttraumatic growth on the character Bree.

## **1.2 Identification of the Problems**

Based on the background of the problem above, I identify that the problem of this research is about accident that caused trauma to the main character and brings some changes in her life. Post-traumatic is the effect which is arisen to someone's psychology after having traumatic experience. In this novel, Bree becomes traumatic because of her boyfriend's best friend tried to sexually assault her. That accident gives impacts to her life including her relationship, her personality, and also makes her trauma about it. The traumatic effects of that terrible tragedy changed the course of her life significantly. According to PTSD theory, someone who has experienced trauma will definitely develop PTSD symptoms. Someone with PTSD will avoid things related to traumatic events, such as they are trying to avoid unpleasant memories, thoughts, or feeling, and also avoid unpleasant people, place, or conversation that related to traumatic events. From these avoidances, someone with PTSD symptoms will experience psychological development as well as their personality developed. These developments are included in Post-Traumatic Growth (PTG). Therefore, I assume that the title of this research is "The Posttraumatic Growth on Character Bree in *No Judgments* Novel by Meg Cabot."

### 1.3 Limitation of the Problems

Based on the identification of the problems above, the problems of this research are limited to the developments after experienced traumatic event. The theory and concepts that I will apply are through intrinsic and extrinsic approaches. The intrinsic approaches include showing and telling methods of characterization, setting, and plot. The extrinsic approaches include the psychological approach focuses on the theory of Post-Traumatic Stress Disorder (PTSD) and Posttraumatic Growth (PTG).

### 1.4 Formulation of the Problems

Based on the explanation of the limitation above, I identify that there are several problems caused by traumatic experience in the novel *No Judgments*. To answer this question, I identify the following problems:

1. What are the characters and characterizations as well as the plot and setting in *No Judgments* novel?
2. What are the symptoms of Post-Traumatic Stress Disorder (PTSD) experienced by Bree?
3. What are the Posttraumatic Growth (PTG) that occur on the main character after experienced trauma in *No Judgments* novel?

### 1.5 Objective of the Research

Based on the formulation of the problem above, the purpose of this research is to answer the following problems in the traumatic experience analysis on the main character in *No Judgments* novel. To achieve these goals, I did several research stages as follows:

1. To explore the characterizations, plot, and setting in this novel.
2. To describe the symptoms of Post-Traumatic Stress Disorder (PTSD) on the character Bree in *No Judgments* novel.
3. To explain the Posttraumatic Growth on the main character are revealed in *No Judgments* novel.

## 1.6 Method of the Research

Based on the framework of the theories above, I use qualitative research approach. Qualitative research is the process of collecting, analyzing, and interpreting non-numerical data like text, video, or audio recording to understand the concepts, opinions, or experiences (McLeod, 2019: 1). It can be used to gather in-depth insight into a problem or generate new ideas for research. I use descriptive method in this research. Descriptive method is defined as a research method that describes the characteristics of the population or phenomenon studied. This methodology focuses more on the “what” of the research object than the “why” of the research object (“QuestionPro”, n.d.). My research object in this term paper is *No Judgments* novel by Meg Cabot. This novel has 358 pages and published by HarperCollins Publisher in 2019. The data I am going to use are quotations. All quotations found in Meg Cabot’s novel *No Judgments* include dialogues and narrations.

Because this study based on qualitative method which means data collection, so the first step I took in this analysis was to read the whole novel of *No Judgments* and try to found out the problems that occur in this novel. And then I am collecting raw data from theories and match it with the issues in the novel. The theories that I use in this analysis are theory of Post-Traumatic Stress Disorder (PTSD); this theory is used to analyze the symptoms of PTSD experienced by the main character which is Bree Beckham. And then I use the theory of Posttraumatic Growth (PTG) to analyze the positive changes that occur on Bree Beckham after experienced trauma. The next step is I selected the data which show the representation the symptoms of PTSD and the PTG one as reflected on Bree Beckham. And then I separate the data which the data that shows the symptoms of PTSD and the PTG itself. After that, I describe the symptoms of PTSD and PTG through the quotations include dialogues and narrations from the novel that experienced by Bree Beckham. Through this, the formulation of the problems that have been made can be answered.

## **1.7 Benefit of the Research**

The result of this research is expected to be useful and helpful information for the readers about the story in Meg Cabot's novel *No Judgments*. Then this study will also help the readers know more about psychological approach; in this case about traumatic experience. From this study, it will help the readers know more about the symptoms of PTSD which is experienced by the main characters in this novel. And also, this study will help the readers know more about the positive changes of traumatic event which means posttraumatic growth. This study is expected to be useful for the next study because it is done through a new perspective by applying two theories of trauma that include in the field of psychology literature. This shows something new about traumatic event can brings someone to the positive change. This study is expected to encourage and help those who have experienced trauma to not giving up and care for those who have traumatic feeling. Being inspired by this research, hopefully, it can motivate other researchers especially for English Language and Culture students in Darma Persada University to do other study with psychological approach in literary work, in this case about traumatic experience.

## **1.8 Systematic Organization of the Research**

In accordance with the title of the research above, the order of the presentation is written as follows:

### **CHAPTER I: INTRODUCTION**

It consists of the background of the problems, identification of the problems, the limitation of the problems, the formulation of the problems, the objectives of the research, the methods of the research, and the systematic organization of the research.

### **CHAPTER II: FRAMEWORK OF THEORIES**

It consists of intrinsic and extrinsic approaches. Intrinsic approach includes characterization – showing and telling methods, setting, and plot. The applied extrinsic approach

is psychological approach which includes Post-Traumatic Stress Disorder (PTSD) and Post-Traumatic Growth (PTG).

**CHAPTER III: THE POSTTRAUMATIC GROWTH ON CHARACTER BREE IN MEG CABOT'S NOVEL *NO JUDGMENTS* THROUGH INTRINSIC APPROACH.**

It consists of characterization of the characters, plot, and settings analysis of the novel. The concepts above must appear in the number of sub-chapters.

**CHAPTER IV: THE POSTTRAUMATIC GROWTH ON CHARACTER BREE IN MEG CABOT'S NOVEL *NO JUDGMENTS* THROUGH EXTRINSIC.**

It consists of brief explanations of the contents in analyze the posttraumatic growth on the character Bree, and the relation of PTSD and PTG itself with others characters, setting and plot. The concepts above must appear in the number of sub-chapters.

**CHAPTER V: CONCLUSION**

It consists of an evaluation from the previous chapters and the implication of the evaluated result.

