

## CHAPTER II

### FRAMEWORK OF THEORIES

This chapter tells about further explanation of the concepts and theories that have been told in previous chapter. In chapter one, I have mentioned the concepts and theories of intrinsic and extrinsic approaches. In this chapter I will explain those concepts and theories.

#### 2.1 Intrinsic Approach

To analyze this novel, I use some concepts through intrinsic approach; they are characterization telling and showing methods, setting, and plot. Those concepts will be explained as follows:

##### 2.1.1. Characterization

Characterization is the act of creating and describing characters in literature. Characterization includes both descriptions of character's physical attributes as well as the character's personality. The way that characters act, think, and speak also adds to their characterization ("Literary devices", 2017: 1). There are two methods of characterization: direct (telling) and indirect (showing). I will explore these methods in more depth below.

##### 2.1.1.1. Telling Method (Direct)

Direct characterization, also known as explicit characterization, consists of the author *telling* the reader what a character is like. Telling method include as follows:

##### A. Characterization through the use of names

The name of the character in a literary work is often used to give ideas or to clarify and sharpen the character figures. The characters are given names that describe the characteristic qualities that differentiate them from other characters. (Minderop, 2013: 8)

##### B. Characterization by the author

This method gives a broad and free place to the author or narrators in determining the story. The author comments

on the character and personality of the character until it permeate the thoughts, feelings, and inner turmoil, so that the author always monitors the character's characterization. The author not only merely led the reader's attention to their comments but also tries to shape reader's perception of the characters he/she tells. (Minderop, 2013: 15)

#### 2.1.1.2. Showing Method (Indirect)

Indirect characterization, on the other hand, consists of the author *showing* the audience what kind of person a character is through the character's thoughts, words, and deeds. This requires the audience to make inferences about why a character would say or do those things ("Literary devices", 2017: 1). Showing method include as follows:

##### A. Characterization through dialogue

Characterization through dialogue is divided into:

##### a. What is being said

In accordance with Pickering and Hoepfer (in Minderop, 2013: 23), the reader must pay attention to the substance of the dialogue itself. Whether the dialogue is something important that it can develop events in a plot or vice versa. When the speaker is always talking about himself there will be the impression that he is self-centered and rather boring. If the speaker is always talking about other characters, he seems to be someone who likes to gossip and likes to meddle in other people's affairs.

##### b. Mental qualities of the characters

In accordance with Minderop (2013: 33), the mental qualities of the characters can be recognized through the strains and flow of words when the characters talk.

##### c. Tone of voice, pressure, dialect, and vocabulary

In accordance with Minderop (2013: 34), these methods can help and clarify the characterizations of the

character if the reader is able to observe and analyze it seriously.

#### B. Characterization through action

Characterization through action is as important as characterization through dialogue. In accordance with Pickering and Hoepfer (in Minderop, 2013: 37), to establish character on the basis of action, it is necessary to observe in detail the several events of plot for what they seem to reveal about the character, about their unconscious emotional and psychological states as well as about their conscious attitudes and values.

#### 2.1.2. Setting

Setting is the time and place (when and where) of the story. It is a literary element of literature used in novels, short stories, films, etc., and usually introduced during the beginning of the story, along with the characters. The setting may also include the environment of the story, which can be made up of the physical location, climate, weather, or social and culture surroundings (“Literary terms”, n.d.).

According to Burhan Nurgiantoro (2019: 314) setting can be divided into three main elements, namely place, time, and atmosphere. It will be explained more detail in the below.

##### 2.1.2.1. Setting of Place

Setting of place refers to the location of the events recounted in a work of fiction. The use of place settings with certain names must be relevant and not contradicting with the nature and geographical conditions of the place that concerned. The environment includes geographical location such as beach or mountains, the climate and weather, and social or cultural aspects. Place also covers a lot of areas, such as a certain building, room in a building, country, city, in a mode of transport such as a car, bus, boat, etc.

### 2.1.2.2. Setting of Time

Time can cover many areas, such as the character's time of life, the time of day, time of year, and time period. The reader's knowledge and perception of time are used to enter the atmosphere of the story. The reader tries to understand and enjoy the story based on time reference that she/he knows from outside the story and also to impress the reader as if the story actually exists in real life.

### 2.1.2.3. Setting as Atmosphere

Setting can establish the mood or atmosphere of a scene or story, and develop the plot into a more realistic form. The atmosphere in the story is likened to the air the reader breathes when entering the world of fiction. Setting as atmosphere is a description of background conditions that can create a certain atmosphere, for example romantic, sad, angry, and so on. By establishing mood, setting also helps the readers relate themselves to the characters in a story.

### 2.1.3. Plot

Plot is a literary term used to describe the events that make up a story, or the main part of a story. These events relate to each other in a pattern or a sequence. The structure of a novel depends on the organization of events in the plot of the story ("Literary devices", 2017: 1).

Plot is known as the foundation of a novel or story, around which the characters and settings are built. It is meant to organize information and events in a logical manner. In other hands, Freytag (1863: 1) stated that the ideal traditional plot line is divided into five parts. Those are:

#### 2.1.3.1. Exposition

Exposition is a beginning part of a story. An author usually puts some necessary background information, takes sets, and

builds the situation and actions. It may also introduce the characters, and a conflict or a potential conflict.

#### 2.1.3.2. Rising Action

Rising action that occurs when a series of events creates conflict. The main characters are formed as the up-and-down action of a plot occurs, and at the same time, events start to get complicated. It is during this part of the story that excitement, tension, or crisis is encountered.

#### 2.1.3.3. Climax

In the climax, or the main point of the plot, there is a turning point of the story. This is meant to be the moment of highest interest and emotion, leaving the reader wondering what is going to happen next.

#### 2.1.3.4. Falling Action

Falling action or the winding up of the story, occurs when events and complications begin to resolve. The results of the actions of the main characters are put forward.

#### 2.1.3.5. Resolution

Freytag was chiefly focused on tragedy, not comedy, and he saw the ending phase of a story as the resolution, in which the main character is finally undone by her/his own choices, actions, and energy. Resolution or the conclusion is the end of a story, which may occur with either a happy or a tragic ending.

## 2.2 Extrinsic Approach

### 2.2.1. Psychology Approach

Psychological approach is an approach that is opposite with assumption that literary work always concentrates to various behavior. To know more about human behavior is needed a specific study, namely psychology (Sulaeman, 2014: 30). The author will use idea, thought, taste, and creation in his/her work. Likewise, readers, in responding to literary works, cannot be separated from their respective psychologies. In fact, like the reflection of sociology, the psychology

of literature recognizes literature as a psychological reflection. The author will capture the psychic symptoms that exist and then process them into text and equip them with psychology. Literary work that is seen as a psychological phenomenon will show psychological aspects through its characters if the text is in the form of drama or prose (Endraswara, 2011: 96).

Andre Hardjana (in Nasution, 2012: 34) states that psychology of literature is an approach that considers mental aspects of human. Through psychological side, it will arise that literary work aims to reflect human life. Many theorists of psychology give inspiration to solve mystery of human behavior through psychological theories. One of them is post-traumatic stress disorder theory which is developed by Smith and Segal. The theory is about a disorder of human who has traumatic experience.

According to Roekhan (in Endraswara, 2011: 97-98), psychological approach can be connected by three possible approaches; first, intrinsic approach, this study is about psychological aspect of character in literary work; second, pragmatic approach, this is about psychological aspect of reader; third, expressive approach, this study concern to the psychological aspect of author when the author expresses feeling in a work.

In explanation above, it is provided that there are three possible approaches related to psychological approach. But I only took intrinsic in accordance with psychology in literary work.

### **2.2.2. Traumatic Experience**

In accordance with Merriam Webster (in Savitri, 2017: 12), trauma is a very difficult or unpleasant experience that causes someone to have mental or emotion problems usually for a long time. Traumatic experience occurs when people find themselves suddenly in dangers, and sometimes they overcome with feeling of fear, helplessness, or horror. These events are called traumatic experiences. Some common traumatic experiences such as being physically

attacked, being in a serious accident, being in combat, and being sexually assaulted. In this case, I will focus on sexually assaulted that caused the trauma.

Sexual assault has many definitions, some legal and some medical, but the most widely accepted definition is sexual contact or behavior that occurs without explicit consent. This definition includes actual and attempted rape, sexual touching, and force or coercion of person into unwanted sexual acts. Sexual assault can be one-time traumatic event, or it can be a part of continuing abuse stemming from domestic violence or human trafficking situation (Meyer, 2019: 1).

While physical injuries may occur in sexual assault, they are typically minor injuries that heal quickly. Unfortunately, psychological injuries are more common and can have long-term negative impacts on survivors' functioning and quality of life. The sufferers may feel trouble concentrating, eating, and sleeping. According to Nancy Downing, it is normal to have a very strong reaction to a traumatic episode and disruption to your day-to-day activities, especially within the first few days, but you need to give yourself time and permission to let yourself feel that way. She emphasized that if the reaction lasts more than two weeks, sufferers must need help because there is a possibility that the sufferers have PTSD or post-traumatic stress disorder.

### **2.2.3. Post-Traumatic Stress Disorder (PTSD)**

The negative symptoms associated with trauma, such as psychopathological symptoms have been well-documented in the literature. Some disorders are directly linked to trauma such a Post-Traumatic Stress Disorder (PTSD). In accordance with Weiss & Marmar (in Kathleen & Kendall, 2005: 110), post-traumatic stress disorder (PTSD) is a mental health condition that is triggered by a terrifying event – either experiencing it or witnessing it. This disorder comes after traumatic experience that arises inside human being. It is because of happening stressful events, like rape, violence, death of

family, and kidnapping. It can give a big impact both physic and psychology of someone. PTSD is the most common diagnosis for trauma victims and has been widely studied among sexual assaulted. Someone who has post-traumatic stress disorder will get some disorder like feeling numb, not being able to fall asleep or stay asleep, not being able to stop thinking about the traumatic event, and trying to avoid reminders of traumatic event. It can seem like you will never get over what happened or feel normal again. Those who had suffering from PTSD can have trouble functioning in their jobs or personal relationship.

Like I have mentioned before that PTSD can occur after type of physically or psychologically stressful event. Situations that may bring about PTSD include:

- Transportation accidents
- Military combat
- Domestic violence
- Sexual abuse or assault
- Death of family

During a shocking or scary event, it is natural to experience a “fight or flight” response. Increased adrenaline and stress can be necessary for survival in emergencies. Strong emotions like anger and fear are also common. Yet some people will continue responding to trauma long after the danger has passed. Their mind’s immediate reaction to the emergency becomes a default pattern. Mental health professionals look for behaviors that have a lasting and detrimental impact. When someone’s response to trauma interferes with their daily life, a diagnosis of PTSD may be appropriate. (“Goodtherapy”, 2019: 1)

According to Mayo Clinic (2019: 1) post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social work situations



and in relationship. They can also interfere with your ability to go about your normal daily tasks. Someone with PTSD will experience typical symptoms associated with traumatic events. According to Mayo Clinic (2019: 1), post-traumatic stress disorder (PTSD) is characterized by four cluster of symptoms and signs. The clusters are:

1) Intrusive Symptoms:

- a. Recurrent, unwanted distressing memories of the traumatic event
- b. Reliving the traumatic event as if it were happening again (flashbacks)
- c. Upsetting dreams or nightmares about traumatic event
- d. Severe emotional distress or physical reactions to something that reminds the traumatic event

2) Avoidance

- a. Trying to avoid thinking or talking about traumatic event
- b. Avoiding places, activities, or people that remind to the traumatic event

3) Negative changes in thinking and mood

- a. Negative thought about themselves, other people, or the world
- b. Feeling emotionally numb

4) Changes in physical and emotional reactions (also called arousal symptoms)

- a. Being easily startled or frightened
- b. Always being on guard for danger
- c. Trouble sleeping

According to Flannery (1999: 78), everyone experiences PTSD differently. There are three main types of symptoms:

1) Intrusive Symptoms

- a. Persistent re-experiencing of the event in images, thoughts, recollections, daydreams, and nightmares
- b. Acting and feeling as if re-living the event
- c. Distress in the presence of symbolic reminders

- 2) Avoidance Symptoms
  - a. Avoiding places and thoughts symbolic of the trauma
  - b. Problems in recalling the event
  - c. Restricted emotions
- 3) Arousal Symptoms
  - a. Hypervigilance
  - b. Sleep difficulties
  - c. Exaggerated startle response
  - d. Difficulty concentrating

#### **2.2.4. Posttraumatic Growth (PTG)**

In contrast, posttraumatic growth (PTG) refers to reports of positive changes that occur as a result of individual's cognitions and ability to cope with traumatic life events. Thus, individuals who are resilient have adjusted successfully to adversity, while individuals who experience PTG have been transformed by their struggles (Wiley, 2013: 34). Posttraumatic growth is a theory that explains this kind of transformation following trauma. It was developed by psychologists Richard Tedeschi and Lawrence Calhoun in 2004, and hold that people who endure psychological struggle following adversity can often see positive growth afterward (Collier, 2016).

A recent study (Tedeschi, Shakespeare-Finch, Taku, Calhoun, 2018: 5-10) concluded that PTG research is found in a variety of psychology sub-disciplines and is rooted in a variety of theoretical perspectives in psychology, including cognitive, developmental, existential, health, humanistic, narrative/constructivist, personality, trauma studies, social, and clinical psychology. They said that Post-trauma is usually an extended time period, from days to years, where people develop new ways of thinking, feeling, and behaving, because the events they have experienced do not permit a return to baseline functioning. Personal development, change, increasing maturity, and growth are normative and occur throughout various developmental periods. This type of change is not PTG. The changes characteristic of

PTG may be similar to those seen in normative development, or may occur in the context of normative development as well as trauma. How the changes occur defines the difference. PTG occurs as a result of a struggle with the aftermath of a major life crisis. The struggle that leads to PTG is not usually at first a struggle to grow or change, but rather to survive or cope.

In accordance with Wortman (in Rahmah, 2015: 13), Tedeschi and Calhoun emphasized that stressful experience can bring someone to the posttraumatic growth event in life, in other words it is called positive psychological change experienced as a result of the struggle in challenging circumstance. This theory focuses on positive changes after having stressful, traumatic, and loss experienced.

However, Tedeschi and Calhoun emphasized that this theory does not describe that traumatic experience is a condition that can change easily, yet it describes that the growth has some process. PTG (Posttraumatic Growth) explains another phenomenon of traumatic events in life. Every person ever has those experiences in his or her life, yet not every of them realize that the result of their struggle to survive in the condition can bring them to the positive events. Then, PTG describes the development of individuals' psych after having traumatic experience, and how their effort to survive to the better life.

In accordance with Tedeschi and Calhoun, 2004 (in Rahmah, 2015: 15), post-traumatic growth is more about the resistance of individuals against their stress. They admit not to be damaged because of their stress. Then, they change their action or adapt themselves into the condition in order to find the way being "the new person" or transforming into the better person. In other words, post-traumatic growth is the process of individuals finding their new way of their lives after having traumatic experienced, and trauma is the crucial topic in post-traumatic growth.

In addition, posttraumatic growth is inapplicable to young children because it is a process of change which needs more awareness and

takes a long time for transforming to be “the new person” after having traumatic experience. Therefore, this concept is more applicable to the adolescent or young adults than to young children (Tedeschi and Calhoun in Rahmah: 2015: 15). Also, the younger people will experience more changes or growth in their life than the older people do. Tedeschi and Calhoun explained it occurs because the younger people are more open minded to the new events in life or more flexible to transforming to other character in their life for making their life better.

Tedeschi and Calhoun (in Ramos and Leal, 2013: 43-54) concluded that there is several domains aspect of posttraumatic growth that occurred as a result of the traumatic event, those are:

1) Personal Strength

The perception of greater individual strength is related with the recognition of more capabilities to deal with future challenges and adversities, and even to change situations that need to be changed. The subject clearly distinguishes that after the event he/she is a person with more skills and strengths, compared to the self before the trauma occurred. However, this greater sense of personal strength is accompanied by the perception of individual vulnerability, and by a clear understanding of the negative impact of traumatic events in one’s life.

2) New Possibilities

During the process of struggling with adversity, the survivor discovers new options for his life, in several domains. The creation of a new life path is related with a perception of a new philosophy of life that changes the past assumptions and core beliefs leading to new possibilities and opportunities that did not exist before the trauma. This phenomenon is called as being “a new person” with “new possibilities” for other’s life.

### 3) Improved Relationship

The change or personality in this domain is about caring of others. It occurs along with the loss or disappearance of relationship with someone then makes individuals consider the importance of relationship with others. Subsequently, survivor begins to better accept the help given by others and make better use of already existing social networks or invest in new ones. In fact, it may occur a reflexive thinking about relationships, thus, some relations may become more meaningful while others may be weakened or even end.

### 4) Greater Appreciation of Life

The appreciation of life influences the change of sense priorities of the individuals who struggle with their difficulties in life. It might occur even to those who have struggled. Because they will consider what they did was good for others. It will make them change their priorities to increase what they do to get more appreciation and start to recognize that what they do formerly is granted.

To be sure, most people who experience posttraumatic growth would certainly prefer to have not had the trauma, and very few of these domains show more growth after trauma compared to encountering positive life experiences. Nevertheless, most people who experience posttraumatic growth are often surprised by the growth that does occur, which often comes unexpectedly, as the result of an attempt at making sense of an unfathomable event.

## 2.3 Literature Review

I am dealing with the symptoms of post-traumatic stress disorder and post-traumatic growth in this term paper. There are several researches who have conducted research about this approach, as follows:

The first research is conducted by Abdul Mufied, entitled *Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Spark' Safe*

*Heaven* which is written in 2016. The aim for this study is to describe the symptoms, causes, and impacts of PTSD on the main character's personality and life. The writer uses psychological approach especially post-traumatic stress disorder. Working through the analysis, the result of the analysis finds that there are two symptoms of PTSD suffered by Katie. The other result is PTSD makes her feel anxiety, sadness, and the impact is she becomes someone who isolates herself from society.

Enita Rahmah (2015: 11) in her thesis, "*Posttraumatic Growth Experienced by The Main Character in Stephen Chbosky's The Perks of Being a Wallflower*", the aim of this study is describing the influence(s) of traumatic experiences and the influence(s) of relationship with others after having traumatic experiences. The writer uses psychological approach and uses one of concepts in positive psychology, i.e. posttraumatic growth by Richard G. Tedeschi and Laurence G. Calhoun. The result of the analysis is shows that the environment is the main point to support someone (in this case is Charlie) develop his personality after experiencing a trauma. Charlie realizes that he has to do something right in his life rather than blaming himself for his aunt and friend's accident. He moves forward to make his life better by doing something based on what he likes or his skill.

Sulaeman (2014: 11) in his thesis, "*The Analysis of Trauma in Staub's Novel Scared to Death*", the aim of this study are to describe the portrayal of post-traumatic stress disorder experienced by two main characters in the novel "Scared to Death" and the way of two main characters healing it in the novel. The research approach of this literature used psychological approach and focused on post-traumatic disorder based on theory of Flannery. Working through the analysis, the result of the analysis shows that the two main characters face different PTSD symptoms and the way of healing it also different. It changes their personality and triggered a destructive behavior.

Based on previous study above, I conclude that each of them used the same approach but different concept. Abdul focuses on the symptoms, causes, and impacts of PTSD in the novel *Safe Heaven*. The other side, Enita focuses on posttraumatic growth that experienced by the main character on *Stephen Chbosky's* novel. Sulaeman focuses on PTSD symptoms on the two main characters in the novel. These studies use theory of post-traumatic stress disorder and posttraumatic growth. Meanwhile, this research will use both of those theories because this study focuses on the positive changes caused by traumatic experience on Bree's life in *No Judgments* novel. I use psychology approach especially the symptoms of post-traumatic stress and posttraumatic growth to analyze this novel.

