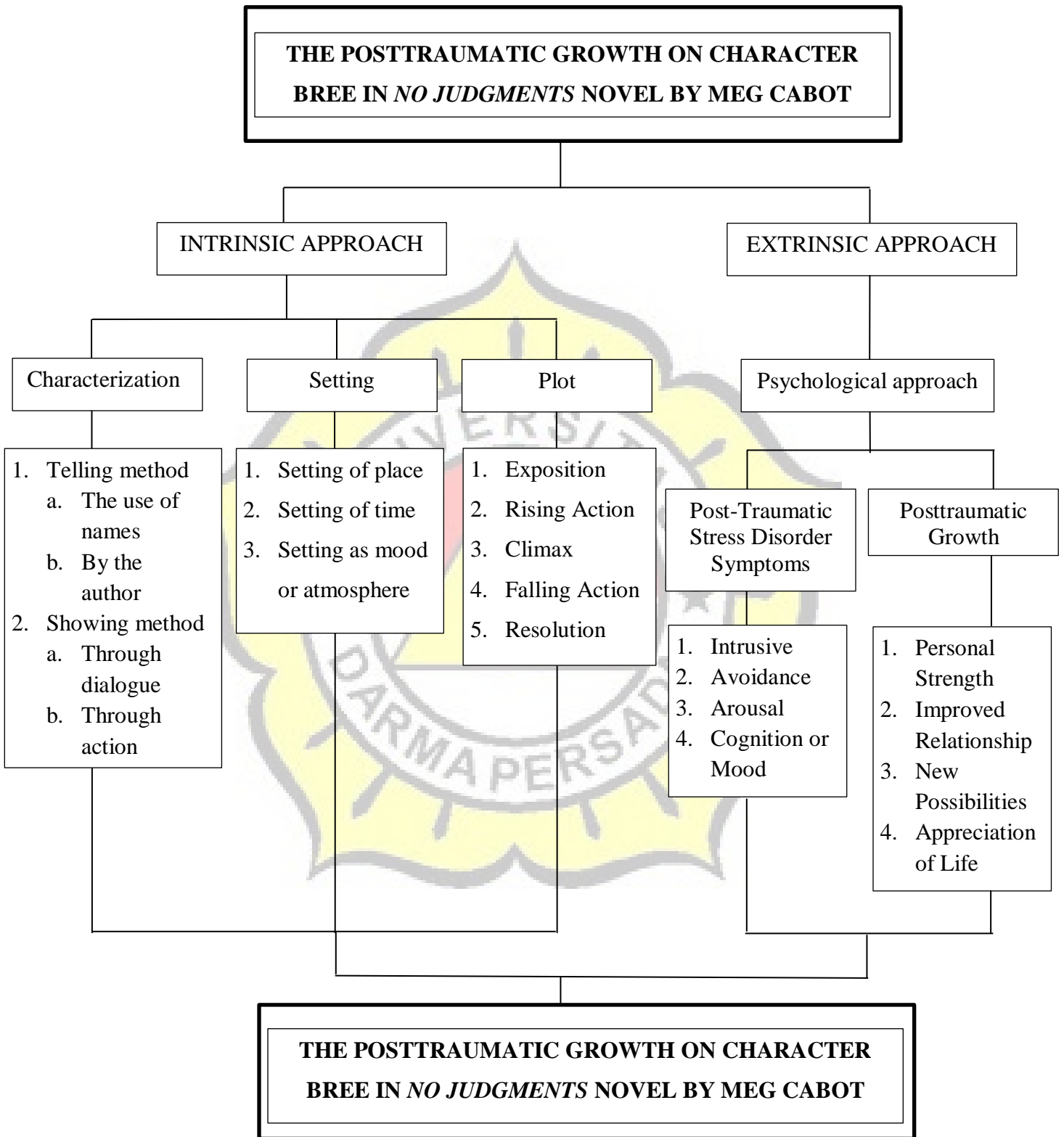


**ATTACHMENT**  
**SCHEME OF THE RESEARCH**





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

**BACKGROUND:** Most people have unforgettable series of events in their lives, like traumatic experiences. Traumatic event sometimes causes negative and positive effects to the sufferer. According to novel *No Judgments*, Bree Beckham needs to start over her life because of her traumatic feeling. She becomes trauma because her ex-boyfriend's friend tried to sexually assault her. That traumatic event gives both negative and positives effects to her.

**Method:** In analyzing this research, I use qualitative approach with the type of descriptive method. My research object is *No Judgments* novel by Meg Cabot. Data collections that I used in this research are quotations. All quotations found in Meg Cabot's novel *No Judgments* include dialogue and narration.

**Benefit:** This study is very useful to understand about the effect of traumatic experience to someone's life. It will help the readers know more about the symptoms of PTSD and also know more about positive changes of traumatic event. Hopefully, it can motivate other researchers to do other study with psychological approach...

**Resulting of the analysis:** Bree Beckham needs to start over her life. After her ex-boyfriend's friend tried to sexually assault her, she becomes trauma about it. So, she decides to leave New York and moves to Little Bridge Island. Before she moves to Little Bridge, she experiences the symptoms of post-traumatic stress disorder, like intrusive, avoidance, arousal, and cognition or mood symptoms. But after she moves to Little Bridge, a lot has changed in Bree's life, including her personality, into the positive changes. This is called posttraumatic growth. The PTG that occur on Bree are personal strength, improved relationship, new possibilities, and appreciation of life.

**Conclusion:** Through this analysis, it can be proved that traumatic events have a huge impact on someone's life and even personality. Traumatic event can bring the negative effects or positive effects or both of them into someone's life and their personality.

Ersa Triokta  
2017130078

Strata One (S1) English Language and  
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## CURRICULUM VITAE

### PERSONAL DATA

Name : Ersa Triokta  
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### EDUCATIONAL BACKGROUND





2005 – 2011 : Sekolah Dasar Negeri Rawaterate 03 Pagi Jakarta Timur  
2011 – 2014 : Sekolah Menengah Pertama Negeri 262 Jakarta Timur  
2014 – 2017 : Sekolah Menengah Atas Negeri 102 Jakarta Timur  
2017 - Present: Strata one degree (S-1) of English Language and Culture  
Department at Darma Persada University, East Jakarta

### ORGANIZATIONAL EXPERIENCES


1. Member of volleyball club (2012 – 2016)
2. Member of HIMASINDA as Communication and Information staff (2018 – 2019)

## LAPORAN KEMAJUAN PENULISAN SKRIPSI

Nama Mahasiswa : Ersa Triokta  
Dosen Pembimbing I : Dra. Karina Adinda, MA  
Dosen Pembimbing II : Alia Afiyati, S.S., M.Pd  
Judul Skripsi : The Posttraumatic Growth on Character  
Bree in *No Judgments* Novel by Meg Cabot  
Mulai Bimbingan : 16 Oktober 2020  
Tahun Akademik : 2020/2021

No.	Hari & Tanggal	Catatan Pembimbing	Paraf
1.	Jumat, 16-10-2020	Bimbingan format bab 1 dengan pembimbing 2	
2.	Rabu, 21-10-2020	Bimbingan pengetikan skripsi dan penggunaan tenses pada bab 1 dengan pembimbing 1	
3.	Senin, 09-11-2020	Bimbingan pengutipan dan pembahasan pada bab 1 dengan pembimbing 2.	
4.	Selasa, 08-12-2020	Bimbingan pengutipan dan pembahasan pada bab 1 dengan pembimbing 2.	

5.	Rabu, 09-12-2020	Bimbingan pengutipan halaman dan update teori pada bab 2 sekaligus bab 3 dengan pembimbing 1.	
6.	Rabu, 09-12-2020	Bimbingan systematic organization of the research pada bab 1 dengan pembimbing 2.	
7.	Rabu, 23-12-2020	Bimbingan pengetikan skripsi dan cantuman sumber/link pada bab 1 dan 2, dan juga pengetikan dialog pada bab 3 dengan pembimbing 2.	
8.	Minggu, 03-01-2021	Bimbingan bab 3 dan 4 dengan pembimbing 1.	
9.	Jumat, 08-01-2021	Bimbingan bab 3 dan 4 dengan pembimbing 2.	
10.	Senin, 11-01-2021	Bimbingan bab 5 dan penggunaan tenses yang harus konsiten dengan pembimbing 1.	
11.	Selasa, 12-01-2021	Penghapusan suggestion pada bab 5 dan lanjut ke tahap full skripsi dengan pembimbing 2.	

12.	Senin, 18-01-2021	Pembenaran penulisan abstrak dan intellectual statement dengan pembimbing 2.	
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Bekasi, 18 Januari 2021

Menyetujui :

**Pembimbing I**

**Pembimbing II**




**(Dra. Karina Adinda, MA)**

**(Alia Afiyati, S.S., M.Pd)**

Mengetahui :

**Pembimbing Akademik**

**Ketua Program Studi**

**Bahasa dan Kebudayaan Inggris**




**(Agustinus Hariyana, SS, M.Si)**

**(Dr. Yoga Pratama M.Pd.)**

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

Advisor:  
Dra. Karina Adinda, MA

Reader:  
Alia Afiyati, S.S., M.Pd

Head of Board Examiner:  
Nurul Fitriani, S.S., M.Hum.



UNIVERSITAS  
DARMA  
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Ersa Triokta  
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Page 1

## Background of the Problems

Most people have unforgettable series of events in their lives, one of its is traumatic experiences.

Traumatic event sometimes causes negative and positive effects to the sufferer.

Novel *No Judgments*, Bree Beckham needs to start over her life because of her traumatic feeling.

The negative effect is known as Post-Traumatic Stress Disorder (PTSD).

The positive effect is known as Posttraumatic Growth (PTG).

Page 2



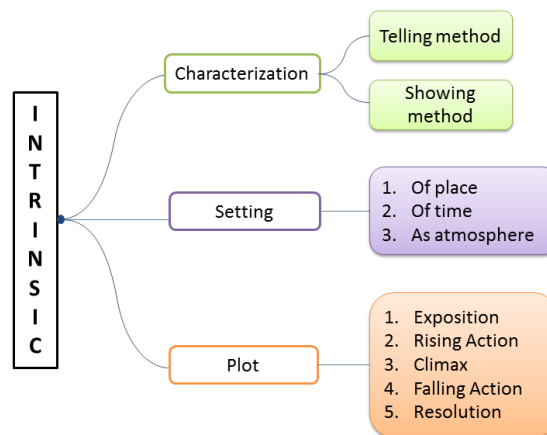
Universitas  
Darma  
Persada

## Formulation of the Problems

- 1 What are the characterization, plot, and setting in the novel?
- 2 What are the symptoms of Post-Traumatic Stress Disorder experienced by the main character?
- 3 What are the Posttraumatic Growth that occur on the main character after experienced trauma?

Page 3

## Framework of Theories



Page 4



# Framework of Theories

## EXTRINSIC Psychology Approach

- Post-Traumatic Stress Disorder (PTSD)

Posttraumatic Growth (PTG) +

PTSD is a mental health condition that is triggered by a terrifying event. Someone with PTSD will experience typical symptoms associated with traumatic events.

### The Symptoms:

- Intrusive
- Avoidance
- Arousal
- Cognition or mood

### Domains aspect:

- Personal Strength
- New Possibilities
- Improved Relationship
- Appreciation of Life

PTG refers to reports of positive changes as a result of individual's cognitions and ability to cope with traumatic events. There is several domains aspect of PTG.

# CONCLUSION



Through this analysis it can be concluded that traumatic events have a huge impact to the main character's life and even personality.

The symptoms of PTSD that I found on the main character are:

- Flashback, psychical and emotional reaction
- Avoidance
- Trouble with sleeping
- Trust issues

Posttraumatic Growth that occur on the main character are:

- Brave
- Works as a waitress and change hair colors
- Rebuild a new love relationship and better relationship with her mother
- Caring for a cat, love painting and sold them

**LEMBAR REVISI UJIAN SIDANG SKRIPSI  
PROGRAM STUDI BAHASA DAN KEBUDAYAAN  
INGGRIS**

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

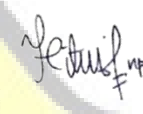
**Nama : Ersa Triokta**


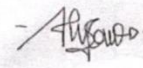
**NIM : 2017130078**

**Pembimbing I : Dra. Karina Adinda, MA**

**Pembimbing II : Alia Afiyati, S.S., M.Pd**

**Tanggal Ujian : Kamis, 18 Februari 2021**

No	KETUA SIDANG/PEMBIMBING I/PEMBIMBING II	SARAN	HALAMAN	BUKTI REVISI	TANDA TANGAN	Tanggal
1.	Ketua sidang (Nurul Fitriani, S.S., M.Hum)	Perubahan judul, mengubah ulang method of the research, memperbaiki numbering pada bab 2-4, perubahan judul bab 3 dan 4, perbaikan penulisan isi penjelasan analysis of characterization pada bab 3, menambahkan elaborasi antara intrinsic dengan extrinsic approach pada bab 4, dan juga tambahan untuk conclusion pada bab 5.	5, 8-51, 24&37, 24, 37-52, 53	Telah direvisi sesuai dengan saran		Kamis, 25 Februari 2021

No	KETUA SIDANG/PEMBIMBING I/PEMBIMBING II	SARAN	HALAMAN	BUKTI REVISI	TANDA TANGAN	Tanggal
2	Pembimbing I (Dra. Karina Adinda, MA)	Menyelesaikan revisian skripsi sesegera mungkin.	-	Telah direvisi sesuai dengan saran		Senin, 22 Februari 2021
3	Pembimbing II (Alia Afiyati, S.S., M.Pd)	Penambahan untuk method of research dan benefit of research pada bab 1, penambahan halaman dalam pengutipan pada bab 2, perbaikan penulisan di framework of theories, yaitu dibagian teori PTSD pada bab 2.	5-6, 8-21, 16	Telah direvisi sesuai dengan saran		Kamis, 25 Februari 2021