

CHAPTER I

INTRODUCTION

1.1 Background of the Research

Literature, a body of written works. The name has traditionally been applied to those imaginative works of poetry and prose distinguished by the intentions of their authors and the perceived aesthetic excellence of their execution. Literature may be classified according to a variety of systems, including language, national origin, historical period, genre, and subject matter. Literature is a form of human expression, but not everything expressed in words, even when organized and written down is counted as literature. Those writings that are primarily informative, technical, scholarly, journalistic would be excluded from the rank of literature by most, though not all, critics. Certain forms of writing, however, are universally regarded as belonging to literature as an art. Meanwhile, novel an invented prose narrative of considerable length and a certain complexity that deals imaginatively with human experience, usually through a connected sequence of events involving a group of persons in a specific setting. Within its broad framework, the genre of the novel has encompassed an extensive range of types and styles, picaresque, epistolary, Gothic, romantic, realist, historical to name only some of the more important ones.

Kate Elizabeth Russell was born in 1984, she is an American author. Her debut novel, *My Dark Vanessa*, was published in February 2020 and became a national bestseller. Russell was raised in the town of Clifton, Maine, attending John Bapst Memorial High School in Brewer, Maine, from which she graduated in 2002. She subsequently studied as an undergraduate at the University of Maine at Farmington, earning a B.F.A in creative writing in 2006, and went on to earn an M.F.A. from Indiana University and a Ph.D. in creative writing from the University of Kansas. Russell's first novel offers a fictional account of a traumatic sexual relationship between its protagonist, Vanessa Wye, and Jacob Strane. Wye is 15 years old and a lonely student at boarding school when Strane, her 42-years old

English teacher, begins grooming her for a sexual relationship which will come to cast an appalling shadow over her life. The novel is a first-person narrative, jumping forward and backward in time amongst 2000, 2007, and 2017, with this last year affording Russell the social context of the Me Too movement.

Meanwhile, Russell captures the insidious cunning with which Mr. Strane flatters, grooms, and seduces 15-year-old Vanessa, a lonely sophomore on full scholarship. He tells her she's special and compares her red hair to the fallen maple leaves on campus. Warning her not to tell anyone, the first test of her ability to keep a secret, he gives her his marked up copy of *Lolita*, which she mistakes for a story of forbidden love. Strane is a demonically oily operator who "berates himself to make you feel sorry for him. The helpless Vanessa could only follow what Mr. Strane said. Bright, ambitious, and yearning for adulthood, fifteen-year-old Vanessa Wye becomes entangled in an affair with Jacob Strane, her magnetic and guileful forty-two-year-old English teacher. 2017 Amid the rising wave of allegations against powerful men, a reckoning is coming due. Strane has been accused of sexual abuse by a former student, who reaches out to Vanessa, and now Vanessa suddenly finds herself facing an impossible choice: remain silent, firm in the belief that her teenage self willingly engaged in this relationship, or redefine herself and the events of her past. But how can Vanessa reject her first love, the man who fundamentally transformed her and has been a persistent presence in her life? Is it possible that the man she loved as a teenager and who professed to worship only her may be far different from what she has always believed. Alternating between Vanessa's present and her past, *My Dark Vanessa* juxtaposes memory and trauma with the breathless excitement of a teenage girl discovering the power her own body can wield. Thought-provoking and impossible to put down, this is a masterful portrayal of troubled adolescence and its repercussions that raises vital questions about agency, consent, complicity, and victimhood. Written with the haunting intimacy of *The Girls* and the creeping intensity of *Room*, *My Dark Vanessa* is an era-defining novel that brilliantly captures and reflects the shifting cultural mores transforming our relationships and society itself.

Meanwhile, psychological trauma is a type of damage to the psyche that occurs as a result of a traumatic event. Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away. It can also leave you feeling numb, disconnected, and unable to trust other people. Traumatic experiences often involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and isolated can result in trauma, even if it doesn't involve physical harm. It's not the objective circumstances that determine whether an event is traumatic, but your subjective emotional experience of the event.

According to the American Psychological Association (APA), trauma is “an emotional response to a terrible event like an accident, rape, or natural disaster and trauma may also is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives. Psychologists can help these individuals find constructive ways of managing their emotions. However, a person may experience trauma as a response to any event they find physically or emotionally threatening or harmful.

A Traumatized person can feel a range of emotions both immediately after the event and in the long term. They may feel overwhelmed, helpless, shocked, or have difficulty processing their experiences. Trauma can also cause physical Symptoms. Trauma can have long-term effects on the person's well-being. If symptoms persist and do not decrease in severity, it can indicate that the trauma has developed into a mental health disorder called post-traumatic stress disorder (PTSD). The more frightened and helpless you feel, the more likely you are to be traumatized. Whatever the cause of your trauma, and whether it happened years ago or yesterday, you can make healing changes and move on with your life.

The writer conducts this research because the event experienced by the main character in the novel “My Dark Vanessa” were also experienced by many underage girls. Psychological trauma is the result of extraordinarily stressful events that shatter

your sense of security, making you feel helpless in a dangerous world. Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away. It can also leave you feeling numb, disconnected, and unable to trust other people. "Trauma is defined as any event that involves the individual being exposed to an incident where injury or death was a possibility and where feelings of terror and hopelessness were evoked" (Alien, 1995; Maxman & Ward, 1995; Rosenbloom, Williams, & Watkins, 1999).

1.2 Identification of the Problem

Based on the background of the problem above, I identify the problems: Vanessa's character who feels traumatic because of her sexual abuse experienced. Strane's character who doesn't feel guilty for what he did to Vanessa. The assumption of this novel is Psychological Trauma Caused by Sexual Abuse Experienced by Vanessa's the Main Character that can be investigated through psychology literature.

1.3 Limitation of the Problem

Based on the identification of the problems above, I limit the problem to psychological trauma caused by sexual abuse experienced by Vanessa's the main character. Theories and concept used are through intrinsic approach, method point of view, characterization, theme, and plot. Through extrinsic approach the writer used psychology literature by using psychological literature concept of psychological trauma caused by sexual abuse experienced.

1.4 Formulation of the Problem

Based on the limitation of the problem, the problem in this novel can be formulated to prove "Psychological Trauma Caused by Sexual Abuse Experienced by Vanessa's the Main Character in the Novel My Dark Vanessa by Kate Elizabeth

Russell” which become the assumption of this research, therefore the problem in this research are formulated as follow:

1. What is the form of psychological trauma of the main character in the novel “My Dark Vanessa”?
2. What is the main character’s general response to the trauma experienced in the novel “My Dark Vanessa”?
3. What is the moral message can we take from the novel “My Dark Vanessa”?

1.5 Objective of the Research

The objectives of this research is to show that the theme of the novel is Psychological Trauma Caused by Sexual Abuse Experienced by Vanessa’s the Main Character in the Novel My Dark Vanessa by Kate Elizabeth Russell. In order to achieve this aim, I make several steps as follow:

1. To analyze the form of psychological trauma of the main character in the novel “My Dark Vanessa”
2. To analyze general response to the trauma experienced of the main character in the novel “My Dark Vanessa”
3. To analyze the moral message can we take from the novel “My Dark Vanessa”

1.6 Method of the Research

Based on the benefit of the research above, method of the research used in this paper is qualitative approach through descriptive writing. Qualitative method is research procedure which produce descriptive data through written words or somebody’s utterance and observable behavior which leads on individual background. The primary source and supported by some literature that is connected with suitable definition or theory as the secondary source.

According to Cresswell (1994) “A qualitative study is defined as an inquiry process of understanding a social human problem, based on building a complex. Holistic picture, formed with words, reporting detailed views of informants, and conducted in a natural setting”.

In this research I want to use collected data as the technique, several things to do are read the novel, observe, and understand, “My Dark Vanessa” novel’s. The primary source is the novel “My Dark Vanessa”, another supporting data are books and articles from internet about literary research and psychological trauma theory, second the writer analysis the data that have been collected in accordance with the formulation of the problem.

1.7 Benefit of the Research

Based on the method of the research above, I expect to be helpful for those who have interest to deepen their knowledge about related topic. This research is also helpful for those who have interest in literary analysis using concepts above. This research is useful because it is written through different perspective using qualitative approach. It is expected that the result of this research will be open for further research.

1.8 Systematic Organization of the Research

In according to 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 problem, the formulation of the problem, the objectives of the research, methods of the research, benefit of the research, and systematic organization of the research.

CHAPTER II : FRAME WORK OF THE THEORIES

It consists of Intrinsic Theoretical and Extrinsic Theoretical review through psychological approaches.

CHAPTER III : ANALYSIS OF KATE ELIZABETH RUSSELL'S NOVEL MY DARK VANESSA THROUGH INTRINSIC APPROACH

It consists of analyzing intrinsic approaches and extrinsic approaches. intrinsic elements such as characterization, and characters through showing and telling methods, setting and plot of the novel. Meanwhile analyzing extrinsic approaches by psychological concept of psychological trauma.

CHAPTER IV : A PSYCHOLOGICAL TRAUMA CAUSED SEXUAL ABUSE OF VANESSA'S EXPERIENCED AS THE MAIN CHARACTER IN KATE ELIZABETH RUSSELL'S NOVEL "MY DARK VANESSA" THROUGH EXTRINSIC APPROACHES.

It consists of: a brief explanation of this chapter's content, analysis of the novel which reflects psychological trauma (PTSD) and sexual abused experienced by the main character that related with other characters, also setting and plot. The concepts above must appear in the number of sub-chapters.

CHAPTER V : CONCLUSION

It consists an conclusion from the previous chapters and prove the theme of. This analysis is "Psychological Trauma Caused by Sexual Abuse Experienced the Main Character's Vanessa in the novel "My Dark Vanessa by Kate Elizabeth Russell.