

## **CHAPTER II**

### **FRAMEWORK OF THEORIES**

This chapter tells about some explanation of the concepts and theories that have been told in the previous chapter. Based on the previous chapter, I had mentioned the concepts and theories of intrinsic and extrinsic approaches. To understand the meaning and the construction of the novel, I used some theories to analyze it. In order to achieve it, I apply two approaches, which are intrinsic and extrinsic approach. Meanwhile, for the extrinsic approach, I used the Psychological literature approach: Psychological trauma.

#### **1. Intrinsic Approach**

Intrinsic approach is exist in the body of a literary work. Without an intrinsic approach, a literary work will not be well formed. In other words, the intrinsic approach is the basic foundation of literary works. Every literary work, whether it be in the form of prose, poetry, novel or drama has intrinsic approach in it. The word intrinsic means something that is related the essential nature of a thing. Through these approaches, I used the concept of characterization, setting, theme and plot in James H. Pickering and Jeffrey D. Hoepfer's book titled Concise Companion to Literature. I will explain the concepts below:

##### **2.1.1 Characterization**

Character is an important thing in literary work, character is a vital and necessary one, without character there would be not plot and hence, no story. For most readers of fiction, the primary attraction lays in the characters, in the endlessly fascinating collection of men and women whose experiences and adventures in the life form the basis of the plots of the novels and stories in which they appear. The term protagonist and antagonist do not directly show the characterization of each character. It does not mean

protagonist always has good nature and also antagonist always has bad nature. (Pickering and Hoeper,1981:24-25)

Characterization is the art creating a character for a narrative. It includes the process of giving some information about them. It may be happening in their conversation. Characters can be presented by the description in their action, speech, and also their mind. (Pickering and Hoeper,1997:28). There are two basic methods that can be applied, telling and showing methods

In terms of characterization Jones (1968:84) says that characterization is the depicting of clear imagines of person: He continuous saying about characterization as follows:

“There are two methods of characterization: The Dramatic and the Analytic, in the dramatic we form our opinion of the characters from what they do and say, from their environment and from what other characters think of them. In the analytic method the author comments upon the characters explaining their motives, their appearances and their thoughts.”

In other word the writer can say that the characterization is showing a clear imagination of person or something that has a relationship between literary works. In this case a novel and nature of characters. Really, it does not matter who or what the characters are, so long as we can identify ourselves with them. Such as how they live where they live, how their relationship with another character and so on.

#### **2.1.1.1 Telling Method**

Telling method is a method that includes characterization through use of character names, characterization through the appearance of characters in a novel. Telling method usually used for researching the novel, and I will use telling method for analyze the character in the novel My Dark Vanessa. Telling method relies on exposition and direct commentary by the author. Telling method include characterization through the use of names, characterization through appearance, and characterization by the author. To analysis the character I will use characterization by the author and

characterization through appearance. (Pickering and Hoepfer,1981:24-25)  
Usually this method was used by ancient fiction writers instead of modern fiction. Through this method, the author's participation or involvement in presenting character representations is felt, so that readers understand and appreciate the characterizations based on the author's exposure.

### **1. Characterization through appearance**

Characterization through appearance is the process through which an author reveals a character's personality. It's a gentle unfolding of a woman confidence or man's brilliant mind. In the literature work, the appearance factor of character takes an important role which related with the analysis of character. The appearance such as what a character wears how he looks or his expression. (Pickering and Hoepfer,1997:29)

### **2. Characterization by the Author**

Characterization by the author is a method that gives the author or narrator a free space to determine the story they want to create. The author comments on the character's personality so that it penetrates into the thoughts, feelings and inner turmoil of the characters, and the author tries to shape the reader's perception of the character's they make in the novel.

This method gives the large place and free to the narrator determine the story. The narrator comments about the characterization and personality of the character until pass the inside of thoughts, feelings and inner the character. (Pickering and Hoepfer,1997:30).

#### **2.1.1.2 Showing Method**

Showing method is a method when author invite's the reader to see and live up the character's through their dialogue and actions in the novel. Most modern writers use the showing method more often, because the authors find the showing method more attractive to readers but many also writers choose to use two methods in their story or novel that is telling

method and showing method. The other method is the indirect, the dramatic method of showing, which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through and their actions. With showing, much of the burden of character analysis is shifted to the reader, who is required to infer character on the basis of the evidence provided in the narrative. (Pickering and Hoepfer,1981:27-28).

## **1. Characterization through dialogue**

Dialogue is not a simple one. Some characters are careful and guarded in what they say: they speak only by indirection, and we must infer from their words what they actually mean. Others are open and candid; they tell us, or appear to tell us exactly what is on their minds. Some characters are given to chronic exaggeration and overstatement; others to understatement and subtlety. It is a rare work of fiction, whose author does not employ dialogue in some way to reveal, establish, and reinforce character. (Pickering and Hoepfer,1981:32) For this reason, the reader must be prepared to analyze dialogue in a number of different ways:

### **1.1 What Is Being Said**

The reader must pay close attention to the substance of the dialog itself. It is a small talk, or is the subject an important one in the developing action of the plot. (Pickering and Hoper,1981:32).

### **1.2 The Identify of the Speaker**

The dialogue that developing by a main character, which more important than a mirror character. The information of a minor character, sometimes could be very important and related to other characters. (Pickering and Hoepfer,1981:32).

### **1.3 The Occasion**

The reader could be possible know what happened on the story based on the location and situation that the author made. But the reader must pay attention to the reason why the author chose the dialog of the characters on that location and situation which very important to the story itself. (Pickering and Hoepfer,1981:33)

#### **1.4 The Identify of the Characters**

The dialogue performed by a certain character to the other character to describe a main character clearly. (Pickering and Hoepfer,1981:33)

#### **1.5 The Quality of the Character's Mental**

The mental quality could be known through the dialog of the characters. The characters could be open-minded or close-minded. It depends on how the characters shown by the author. (Pickering and Hoepfer,1981:33)

#### **1.6 Tone**

Although could be express by explicit and implicit way, tone give the description to the reader about the characterization and manners of the characters. (Pickering and Hoepfer,1981:33)

#### **1.7 Stress, Accent and Vocabulary**

The description of stress itself shown the real characterization or reflect the education, occupation, and status of the characters. (Pickering and Hoepfer,1981:34)

### **2. Characterization through action**

To establish character on the basis of action, it is necessary to scrutinize the several events of the plot for what they seem to reveal about the characters, about their unconscious emotional and psychological states as well as about their conscious attitudes and values. Some actions, of course are inherently more meaningful in this respect than others. A gesture or facial

expression usually carries with it less significance than some larger and overt act. But this is not always the case. Very often it is the small and involuntary action by very virtue of its spontaneous and unconscious quality that tells us more about a character's inner life than a larger, premeditated act reflecting decision and choice. In either case, whether the action is large or small, conscious or unconscious, it is necessary to identify the common pattern of conduct and behavior of which each separate action is a part. (Pickering and Hoepfer,1981:34-35).

### **2.1.2 Plot**

Plot is also narrative of events, to emphasis falling on causality. When we refer to the plot of a work of fiction, then, we are referring to the deliberately arranged sequence of interrelated events that constitute the basic narrative structure of a novel or a short story. Event of any kind, of course, inevitably involve people and for this reason it is virtually impossible to discuss plot in isolation from character. Character and plot are in fact intimately and reciprocally related, especially in modern fiction. The plot is a series of events structure in a story arranged as a sequence of sections in the overall fiction. The plot is what governs how actions must relate to each other, how an event is related to other events, and how the characters are portrayed and play a role in the event. When we refer to the plot of a work of fiction, we are referring to the deliberately arranged sequence of interrelated events that constitute the basic narrative structure of a novel or movie or short story. (Pickering and Hoepfer,1981:14). A plot usually flows in five certain stages or section as follows:

#### **2.1.2.1 Exposition**

The exposition is the beginning section in which the author provides the necessary background information, sets the scene, establishes the situation, and dates the action. It may also introduce the characters and the conflict, or the potential for conflict. The exposition may be accomplished in

a single sentence or paragraph, or, in the case of some novels, occupy an entire chapter or more. (Pickering and Hoepfer,1981:16)

#### **2.1.2.2 Complication**

Complication refers to as the rising action, breaks the existing equilibrium and introduces the characters and the underlying or inciting conflict. The conflict is then developed gradually and intensified. (Pickering and Hoepfer,1981:16)

#### **2.1.2.3 Crisis**

The crisis also refers to as the climax, is the moment at which the plot reaches its point of greatest emotional intensity; it is turning point of the plot, directly precipitating its resolution. (Pickering and Hoepfer,1981:17)

#### **2.1.2.4 Falling Action**

The crisis or turning point has been reached, the tension subsides and the plot moves towards its appointed conclusion. (Pickering and Hoepfer,1981:17)

#### **2.1.2.5 Resolution**

The final section of the plot is its resolution; it records the outcome of the conflict and establishes some new equilibrium or stability. The resolution also refers to as the conclusion. (Pickering and Hoepfer,1981:17)

Based on opinion from Pickering and Hoepfer, can be concluded that plot is a series events in a story arranged as a sequence of parts in fiction as a whole plot also governs how actions should relate to one another. Then if we refer to the plot of a work of fiction, that is a sequence of interrelated events that is deliberately arranged is the basic narrative structure of a novel, movie and short story.

### **2.1.3 Setting**

Setting is the time and place (or when and where) of the story. It's a literary element of literature used in novels, short stories, plays, film, drama etc. Setting usually introduced during the exposition (beginning of the story) 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 cultural surroundings. In works of narrative, the literary element setting includes the historical moment in time and geographic location in which a story takes place, and helps initiate the main backdrop and mood for a story. Setting has been referred to as story world or milieu to include a context beyond the immediate surroundings of the story. Elements of setting may include culture, historical period, geography, and hour. Along with the plot, character, theme, and style, setting is considered one of the fundamental components of fiction.

The term setting in literary work gives broadest sense to the reader. Setting includes place where the action is taken and also time when the action is taken. At its most music, setting helps the reader visualize the action of the work, and thus add credibility and an air of authenticity to the characters. (Pickering and Hoepfer,1981:37). However, in this research, I used functions of setting are only three, which are:

#### **2.1.3.1 Setting as background for action**

When we speak of setting as background, then, we have in mind a kind of setting that exists by and large for its own sake, without any clear relationship to action or character, or at best relationship that is only tangential and slight. To see whether setting acts as an essential element in the fiction, or whether it exists merely as decorative and functionless background, we need ask ourselves this; could the work in question be set in another time and another place without doing it essential damage? If the answer is yes, then setting can be said to exist as decorative background

whose function is largely irrelevant to the purpose of the work as whole. (Pickering and Hoeper,1981:38)

### **2.1.3.2 Setting as Antagonist**

Setting as antagonist make plots and determine events. Setting in the form of nature can be function as a kind of causal agent or antagonist, helping to build conflict and determine the outcome of those events. Setting in the form of nature can function as a kind of causal agent or antagonist, helping to establish plot conflict and determine the outcome of events. (Pickering and Hoeper,1981:39).

### **2.1.3.3 Setting as a means of creating appropriate atmosphere**

Setting that explains the mood or situation in a literary work so as to arouse a state of the reader. Many authors manipulate their settings as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come. (Pickering and Hoeper,1981:40)

Based on opinion from Pickering and Hoeper, can be concluded that setting in literary works to provide the broadest possible understanding for readers, the setting consists of the place where the action is taken and the time for the action to take and setting helps the reader to visualize the action of the work.

### **2.1.4 Theme**

A theme is a subject or topic of discourse or of artistic representation and a specific and distinctive quality, characteristic concern. Theme can also be interpreted as a message from the author to the readers and to tell the readers what the author will tell or write about the novel. And theme of the novel I used a psychological trauma caused by sexual abuse experienced. Theme is one those critical terms that mean very different things to different people. Theme in literature, whether it takes the form of a brief and meaningful insight or comprehensive vision of life, can be said to represent

the vehicle an author uses to establish a relationship with the larger world in which he or she lives and works. It is the author's way of communicating and sharing ideas, perceptions, and exploring with his readers or, as is so often the case, of probing and exploring with them the puzzling questions of human existence, most of which do not yield neat, tidy, universally acceptable answers, and themes in a story give ideas, convey moral messages or lessons that can be extrapolated from literary work (Pickering and Hoepfer, 1981:41).

## **2.2 Extrinsic approaches**

Extrinsic approach is to analyze the relationship between a literary works with evolving circumstances at the time of the work is created as the relationship mentioned above and extrinsic approach is a method of interpretation outside the literature work but somehow it still correlates with the literature itself. To analyze this novel, I use psychological approach. I use the concepts of psychological trauma. I will explain the concepts below:

### **2.2.1 Psychology of Literature**

Psychology is the study of behavior and mental processes. It includes various topics about all aspects of human behavior and mind, such as how the brain works, how our memory is organized and how people interact in groups. Psychological approach in literature cannot be ignored, because the created fictional characters are related to that aspect. Characters in a fiction are not simply functions in text or encoded messages from the author, but they are created by imagining human being whose thoughts, feelings, and actions made sense in motivational terms.

Literature which intertwines within such fields as history, philosophy, sociology, psychology and so on is a discipline wherein language is used as a medium of expression so as to interpret man, existence and culture, personality and individual differences which have always been studied and discussed by writers, philosophers, artist, psychologists and psychiatrists.

There is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perception of the world, miseries, wishes, desires, fears, conflict and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches. An author represents life according to his/her objectives, perceptions, ideologies, and value judgements and opens the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to discover the meaning of life and existence. (GoksenAras,2015, p. 251)

Rene have defined the expression “psychology of literature” as a psychological study of the writer as a type and an individual, the study of the creative process. The study of the types and laws that are present in literary works, and the study of the effects of literature on the readers. Wellek and Austin Warren (1949, p. 95)

Psychology is the term commonly applied to the sciences concerned with human mental life and behavior. Psychology is more than the study of the behavior, it is the study of mental in life, or mentality correlated with the behavior, and psychology studies the mental not only in the behavior but in other experiences and evidences. (Borchardt and Francis, 1984:1-2)

Based on the opinion of the experts above, it can be concluded that the psychology of literature is learning about mental life and our behavior in everyday life will help us to learn. readers arouse their feelings and emotions and help them to find meaning in life and existence. And psychology literature also a study of how we must be creative and how the influence of literature itself on its readers.

### **2.2.2 Personality Psychology**

Personality psychology is a branch of psychology that studies personality and its variation among individuals. It is a scientific study which aims to show how people are individually different due to psychological

forces. Personality refers to the pattern of thoughts, feelings, social adjustment, and behaviors consistently exhibited over time that strongly influences one's expectations, self-perceptions, values, and attitudes. Personality also predicts human reactions to other people, problem and stress.

Retrieved from <https://mypages.unh.edu/jdmayer/what-personality-psychology> Personality psychology is the scientific study of psychological individuality. Personality psychologist aim to understand the individual person as an integrated biological, psychological or cultural organism who, by virtue of human nature shares many features with other persons and yet who is, at the same time, unique. Theory and research in personality psychology focus on individual differences in behavior, thought, feeling and motivation across person. Researchers measure the person's, motivates, goals, values, interests, identities, self-narratives, and other psychological features that tend to differentiate him or her from other persons.

### **2.2.3 Psychological Trauma**

Psychological trauma is trauma caused by violence or abuse experienced by someone. This incident is also caused by the powerlessness of a person to be able to fight the perpetrator. The victim will lose self-confidence, feel anxious and depression. As experienced by the main character in the novel *My Dark Vanessa*, she feels guilty, anxiety, and always remember about the accident. Psychological trauma, its representation in language, and the role of memory in shaping individual and cultural identities are the central concerns that define the field or trauma studies. The concept of trauma, itself a source of critique, is generally understood as a severely disruptive experience that profoundly impacts the self's emotional organization and perception of the external world. Freud and Breuer emphasize in *Studies in Hysteria* (1895) that the original event continues to inflict harm, the talking cure or abreaction is required to understand the effects of the past and gain freedom from its symptom causing gaps.

According to Freud the self does not remember the actual event but only the “reproductions” of the traumatic experience that arise in dreams. (1920:19) 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; Madman and Ward, 1995; Rosenbloom, Williams and Watkins, 1999).

### **2.2.3.1 Post Traumatic Stress Disorder (PTSD)**

Post-traumatic stress disorder (PTSD) is defined as a condition that can develop after a person is exposed to a traumatic event or a life-threatening situation. The most widely used diagnostic manual is the current 5th edition of the ‘Diagnostic and Statistical Manual of Mental Disorders’ which offers an extensive list of events that can potentially cause PTSD. Among them are major disasters, war, sexual, physical or emotional abuse, witnessing a violent death, a serious accident, traumatic childbirth, and other situations in which a person was very afraid, horrified, helpless, or felt that their life was endangered. In short, potentially traumatic events include any threat, actual or perceived, to the life or physical safety of the individual or those around them. People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people.

People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch. Anxiety disorders that can occur after experiencing or witnessed a traumatic event called PTSD (Posttraumatic Stress Disorder). This child with Post Traumatic Stress Disorder (PTSD) is unique among those disorders the like in childhood and adolescence. Traumatic events include includes physical or sexual harassment or assault, injury, violence on the road, war trauma, severe

burns, and natural disasters. A number of studies have examined the symptoms obvious when children are exposed to major trauma, such as violence in the home or community, exposure to natural disasters, wars, man-made disasters, serious medical illnesses, accidents, and sexual violence even children who witnessed their parents' quarrels or domestic violence. Child those experiencing Post Traumatic Stress Disorder (PTSD) are unique among their peers in childhood and adolescence, the requirements of an Etiopsthogrnic community with persist as in adults it is characterized by a group of symptoms that develop as the result of a traumatic event that was actually implicating or threatening death or injury or threatens the physical integrity of one's self or others. Cause Post-traumatic stress disorder (PTSD), one of which is caused by very young children vulnerable and usually witnesses of violence in the family sphere can experience physical, mental and emotional disorders.

Young adults who've been exposed to violence risk repeating the violence they have experienced or witness. They are also at risk of experiencing trauma that develops into PTSD (Post-traumatic Stress Disorder). On the other hand, resilient individuals are able to maintain their physical and psychological functions and are able to adapt positively after exposure to traumatic events.

PTSD (post-traumatic stress disorder) or post-traumatic stress disorder is a mental disorder that occurs after a person experiences or witnesses an unpleasant event. PTSD is an anxiety disorder that causes sufferers to remember traumatic events. Traumatic events that can trigger PTSD include war, accidents, natural disasters, and sexual abuse. However, not everyone who is reminded of a traumatic event has PTSD. There are specific criteria used determine whether a person has PTSD.

PTSD symptoms appear after a person experiences a traumatic event. The time it appeared could be months or years after the traumatic event. The

severity and duration of symptoms also vary from person to person. Some of the symptoms that indicate someone has PTSD are:

### **1. Memories of traumatic events**

PTSD sufferers often think of traumatic events. In fact, sufferers feel as if they are repeating the incident. Memories of the traumatic event are also often present in nightmares, causing the sufferer to become emotionally distressed.

### **2. Tendency to be evasive**

PTSD sufferers are reluctant to think about or talk about traumatic events. This is demonstrated by avoiding the place, activity and person associated with the traumatic event.

### **3. Negative thoughts and feelings**

PTSD sufferers tend to blame themselves or others. In addition, sufferers also lose interest in activities they used to enjoy and feel hopeless. Sufferers are also more solitary and find it difficult to build relationships with other people.

### **4. Changes in behavior and emotions**

People with PTSD often get scared or angry easily even though they are not triggered by memories of the traumatic event. This change in behavior also often endangers him or others. PTSD disorders experienced individual will also have an impact on social life. this can be seen as follows:

**1.1** PTSD has symptoms that make cause disturbances, generally the guan is a panic attack, the behavior avoidance, depression, feeling, excluded and myself, felt disbelief and betrayed, irritable, experienced distraction which means action in daily life.

- 1.2** Panic attack especially in children or adult who had a traumatic experience, can have panic attacks when faced on something that reminds them on their trauma. Panic attacks covering strong feelings of fear or the discomfort that accompanies the symptom physical and psychological. Physical symptom includes, palpitations, sweating, trembling, shortness of breath, chest pain, stomach ache, feeling cold, and numb.
- 1.3** Avoidance behavior. One of the symptom of PTSD is avoiding things can alert the sufferer to the traumatic event. Sometimes sufferers relate all the events in her life every day with trauma, though living conditions now far from traumatic conditions that have been experienced. This often gets worse so that sufferers become afraid to leave the house and must be accompanied by someone else if it had to go outside.
- 1.4** Depression, many people become depressed after traumatic experience and become disinterested with the things their likes before the trauma event. Sufferers develop feelings that are not right, feeling guilty, blame yourself and feel that the events she experienced were her fault, in spite of all that not true.
- 1.5** Feel yourself is excluded. Sufferers PTSD requires support from social environment but they are often feel alone and separated. Such feelings, generally sufferers have difficulty relating to people others and get help. Sufferers find it hard to believe that other people can understand what she feels.
- 1.6** Feeling of anger and irritability. Angry and irritable is a common reaction among trauma sufferer. Anger is a reaction that are reasonable and justified. However, that anger excessive can affect healing and inhibiting processes sufferers to interact with other people.

### **2.3 Literature Review**

This study focuses on the Psychology Literature about Psychological trauma found in “My Dark Vanessa” novel by Kate Elizabeth Russell. There are other related studies which also focus on Psychology literature.

The first similar research is found in a paper titled “PTSD (Posttraumatic Stress Disorder) by Renada and Chandradewi Kusristanti in the Journal Psychogenesis, (2018:2). This research is focused on the PTSD (Posttraumatic Stress Disorder) to find and explains that young adults who’ve been exposed to violence risk repeating the violence they have experienced or witness. They are also risk of experiencing trauma that develops into PTSD (Posttraumatic Stress Disorder).

The second similar research titled “Traumatic events” by Herman and Harvey (1997). This research is focused on to “Traumatic events”. And to find and explain about traumatic events are extraordinary events, not because something that rarely happens, however related to the victims who must make unusual adaptations to her life.

The third similar research titled “Violent” by De Zulueta, (2007). Other effects of the violent events that occurred is trauma experienced by an individual. This research tell’s about the violence. what this research has in common and the research that I do is both discuss the violence experienced by someone without being able to fight and trauma. Meanwhile The difference is De Zulueta conducts research on everyone who experiences trauma or violence regardless of age and not specifically, Meanwhile, what distinguishes what I have researched is that I am more specific, because this is the trauma experienced by an underage woman while still in school. and I also discuss the symptoms caused by the trauma itself, namely PTSD.