

**POST-TRAUMATIC STRESS DISORDER FOUND IN
NICO WALKER'S "CHERRY": PSYCHOLOGICAL
APPROACH**

THESIS



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UNIVERSITY OF PUTERA BATAM
2022**

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**Submitted in Partial Fulfillment of the Requirements for the Degree of English
Sarjana Sastra**



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2022**

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THESIS

Submitted in Partial Fulfillment of the Requirements for the Degree of Sarjana Sastra (S1)

**By:
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The thesis has been approved to be examined on the date as indicated below

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Drs. Gaguk Rudianto, M.Pd
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ABSTRAK

Psikologi didalam sastra adalah sebuah studi untuk memahami tentang manusia dan proses mental yang tergambar dalam karya sastra. Sastra itu sendiri adalah sebuah istilah merujuk pada karya sastra secara tertulis namun bisa juga secara lisan. Contohnya adalah novel, skrip, drama, cerita pendek, dan puisi. Psikologi yang ingin peneliti gunakan adalah penyakit jiwa atau gangguan stress pasca trauma yang terjadi kepada seseorang yang memiliki pengalaman traumatis didalam novel “Cherry” milik Nico Walker menggunakan teori dari Freud (1921). Peneliti menganalisis penyebab dan gejala dari stress pasca trauma menggunakan teori Davison and Neale (1967). Peneliti ini menggunakan teori observasi non partisipatif dari Sudaryanto, (2015). Tujuan dari penelitian ini untuk memahami bagaimana psikologis dan karya sastra saling berhubungan satu sama lain. Tujuan lainnya juga untuk memperlihatkan kepada pembaca bagaimana pengalaman traumatis terlibat dengan proses mental manusia melalui karya sastra. Hasil dari penelitian ini adalah, peneliti mendapatkan 4 data penyebab lingkungan dari PTSD, 2 data penyebab psikologis dari PTSD, 1 data gejala penghindaran dari PTSD, dan 5 data gejala fisik dari PTSD.

Kata Kunci: *karakter, stress pasca trauma, psikologi*

ABSTRACT

Psychology in literature is a study to understand about human beings and mental processes that portrayed in the literary works. Literature itself is a term refers to literary works but can be spoken works sometimes. It can be novel, script, drama, short story, and poems. Psychology that the researcher wants to use is a mental illness or Post-Traumatic Stress Disorder that happens to someone who has traumatic experience in the novel “Cherry” by Nico Walker using theory by Freud (1921). The researcher analyzed the causes and the symptoms of post-traumatic stress disorder using theory by Davison and Neale (1967). This research will be used non-Participatory observation method by Sudaryanto, (2015). The method of collecting the data, analyzing the data, and presenting the analysis result will be used theory by Creswell, (2013). The purpose of this research is to understand how psychology and literature has related to each other. It also shows the readers how traumatic experience involved to mental process of human through literary works. The result of this research, the researcher found there are 4 data of environmental causes, 2 data of psychology causes, 1 data of avoidance symptoms, and 5 data of avoidance symptoms.

Keywords: character, post-traumatic stress disorder, psychology

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CHAPTER I

INTRODUCTION

1.1 Background of the Research

Literature is known as a term that describes written and also oral literary work, which commonly refers to works such as drama, poetry, fiction, and nonfiction. According to Greil Marcus and Werner Sollor 2009 (in Fruzińska, 2012), literary is a term that define not only what is written, but also what is voiced, invented, expressed, and form. According to Wellek and Warren (1954), literature is an art that is not science-related, as there are several elements of humanity involved in literature, and human aspiration is usually reflected in it.

Literary works that closely related or reflected to real life can be found in drama, novel, film, and poetry. One of common literary works is novel. Novel is a term used to describe fictional and non-fictional literary work (Oxford University Press, 2013). Novel also has various genres. Psychological is one of the novel genres that talks about mental illness that occurred in human life. Mental illness identified as a real disorder of psychological that may happen to anyone regardless of age or gender, and it is hardly to be detected or seen in someone. Psychology is a study that is used in analyzing psychology aspects in literary works (Freud, 1921). Among several psychology problems that existed, the psychology problem of Post-Traumatic Stress Disorder has been found in literary works. As defined by Davison and Neale

(1967), Post-Traumatic Stress Disorder is a mental illness that occurred in someone who has terrible, traumatic, and dangerous events that happened in the past.

Post-Traumatic Stress Disorder may happen to anyone without any exception. One of PTSD phenomenon that happened in real life is the effect after being positive with Covid-19. There is one of the researcher's friends named Ren that was diagnosed positive of Covid-19 alongside his two younger sisters and one younger brother (Corona, 2020). One of his sisters had passed away from the virus as she couldn't recover from it. He then had Post-Traumatic Stress Disorder following by being diagnosed positive and had to lose his little sister. He changed to being an introvert, overthinker, feeling insecure and anxious. He often stressed out and easily got invaded by panic attack as he lost sister. Once he realized that he felt anxious often and overthinking a lot, he visited ICEO hypnotherapy in Batam and realized that he was diagnosed with PTSD. Keyes et al. (2014) stated that the unexpected and sudden death of someone appeared to be one of several factors that caused some of mental disorders, including PTSD, panic disorder, major depressive disorder, and alcohol-used disorders.

Post-Traumatic Stress Disorder happened when someone had traumatic events in the past. It was because traumatic events have the biggest impacts to someone's life and someone's personality. As agreed by Freud (1921) that post-traumatic stress disorder also called as 'shell shock' during World War I and as 'combat fatigue' during World War II. It happened as the traumatic after world war that happened to

the veteran and the people that survived from the world war. In addition, the death of someone was also one of the causes of Post-Traumatic Stress Disorder.

The researcher had discovered a Post-Traumatic Stress Disorder phenomenon in a novel with the title “Cherry”, which was written by Nico Walker. “Cherry” that was published in the year of 2018 was a novel that describes a man with the name Cherry who had Post-Traumatic Stress Disorder after he came out from military, as he had experienced many traumatic experiences when he was in there. He had medicine dependence and fell in love with a woman named Emily, who also was in medicine dependence. As they did not have much money to pay for the medicine, they eventually became robbers, and also had a problem with drugs mafia. The researcher then was interested to analyze the causes of Post-Traumatic Stress Disorder which happened to Cherry, the main character in the novel. The novel “Cherry” is used to be the data source by the researcher in this research is because it showed the main character who had Post-Traumatic Stress Disorder that caused him to become a robbery and trapped in the troubles he caused.

“This is a story of a man who becomes **addicted** to heroin. The great things of heroin is that you can kill yourself really slow, but you felt really so great when you are doing it.” (Walker, 2018, p. 21)

From the quotation above, it is described that Cherry had an addiction on heroin. He was addicted to heroin after he finished the military. The heroin made him feel calmed and comforted because of his PTSD. Post-Traumatic Stress Disorder has causes and symptoms, same with other mental illnesses. The development of Post-

Traumatic Stress disorder is followed by traumatic and horrible events that happened in the past. According to Davison, there are four kinds of causes of Post-Traumatic Stress Disorder which are genetic cause, brain structure cause, environmental cause, and psychological cause. And there are three symptoms of Post-Traumatic Stress Disorder which are avoidance symptom, arousal symptom, and re-experiencing symptom.

The researcher found some previous researches that had been analyzed about the causes and the symptoms of psychological problems or mental illness. First, there is a journal by Fathi & Ahmadi (2020) found out the main character's psychological conflicts in the novel entitled "The Kite Runner" by Khaled Hussaini. The researcher used psychoanalysis theories by Freud (1921) and Maslow (1987) to analyze the psychological problems. The data were taken from the narrations and dialogues in the novel. The results of the research are the causes and the motives of psychological problems from the main character.

The second previous research was a journal that had been analyzed about the symptoms of psychological problems, a journal by Tiansyah et al. (2021), the researcher found the cause and the symptoms of psychological problems from main character named Eleanor Oliphant. The data source was from novel "Eleanor Oliphant is Completely Fine." The researcher used psychoanalysis theory by Freud (1921) to analyze the psychological problems of the main character. The result of the research found that Eleanor terrible past life affected Eleanor personality and life.

As shown above, both researches can be concluded to be using psychological or psychoanalysis approach to analyze the main character's psychological problems, as well as the approach that is used in present research. The difference located in the choice of data source, as the researcher used the novel of "Cherry" by Nico Walker. The research is about the analysis of PTSD's causes and the symptoms using the theory by Davison and Neale (1967). In analyzing the causes and the symptoms of mental illness in the literary works, the researcher does not analyze characters nor the story based on the real person or story, but the researcher will analyze about the causes and the symptoms of the mental illness that happen to the character represent the psychological experience of human beings in real life.

1.2 Identification of the Problem

1. The existence of Post-Traumatic Stress Disorder in real life.
2. Traumatic event resulted to Post-Traumatic Stress Disorder.
3. Post-Traumatic Stress Disorder reflected in the novel "Cherry" by Nico Walker.
4. Causes of Post-Traumatic Stress Disorder that happened to the main character in Nico Walker's "Cherry" novel.
5. Symptoms of Post-Traumatic Stress Disorder that happened to the main character in Nico Walker's "Cherry" novel.

1.3 Limitation of the Problem

1. The causes of Post-Traumatic Stress Disorder that happened to the main character in Nico Walker's "Cherry" novel.

2. The symptoms of Post-Traumatic Stress Disorder that happened to the main character in Nico Walker's "Cherry" novel.

1.4 Formulation of the Problem

1. What are the reasons of Post-Traumatic Stress Disorder that occurs to the main character in Nico Walker's "Cherry"?
2. What are the symptoms of Post-Traumatic Stress Disorder that occurs in Nico Walker's "Cherry"?

1.5 Objectives of the Research

1. To describe reasons of Post-Traumatic Stress Disorder that occurs to the main character in Nico Walker's "Cherry".
2. To describe the symptoms of Post-Traumatic Stress Disorder that occurs in Nico Walker's "Cherry".

1.6 Significance of the Research

1. Theoretical Significance

This researcher has some purpose. First, this research is made to give information for the readers about the reasons of Post-Traumatic Stress Disorder on the fiction and non-fiction. Second, this research is made to give information for the readers about the symptoms of Post-Traumatic Stress Disorder. And the last, hopefully, this research increases writer and readers' experience to understand about Post-Traumatic Stress Disorder.

2. Practical Significance

As practically, this research can be useful for some reasons for the readers. This research may increase reader knowledge about the causes and the symptoms of Post-Traumatic Stress Disorder. This research also increases reader knowledge in Post-Traumatic Stress Disorder. In other ways, this research also gives the way to reduce PTSD due to traumatic events for the readers. This research also can help the reader to recognize their PTSD.

1.7 Definition of the Key Terms

1. **Literature:** a term not only define as what is written but what is voiced, what is expressed, what is invented, in whatever form (Greil Marcus and Werner Sollor, 2009 as cited in Fruzińska (2012)).
2. **Psychological:** a study used to analyze the psychology in literary works (Freud, 1921).
3. **Post-traumatic stress disorder:** a mental illness for someone that have experienced with traumatic event in the past (Freud, 1923).
4. **Novel:** is a term used to describe fictional and non-fictional work (Oxford University Press, 2013).

CHAPTER II

REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK

2.1 Psychology

Psychology is a study about mental processes in accordance with behavior of someone's personality in scientifically. Psychology is different with literature. But both of them has related to each other. Psychology in literature analyzed about psychology that portrayed in the literary works. Literature and psychology relate to each other. Both of them are dealt with human beings. Both also dealt with human perceptions toward other people, the world, and things. According to Freud (1921) psychological is concerned with the analysis of the author, artists, or litterateur themselves with their works. It not only deals with the litterateur mind and personality but also with their works. According to Wellek & Warren (1954), the psychological means a study of the writer, as type and as individual, or the study of the creative process, or the study of the psychological types and laws present within works of literature, or the effects of literature to the readers.

On the other hand, Siswantoro (2004) stated that literature and psychology is different. As general, literature is related to the literary works, while psychology is related to human beings, personality, and mental processes. However, it is still have relationship to each other. Psychology appears through literary works which has

possible understanding about the author psychology, the kind of psychology that appears in the literary works, and the last is the impact of the literary work to the reader. This approach is used to analyze the psychology problems of the main character that affected the main character's life and personality.

Explained by Wellek and Warren (1954), psychology study in literature is to analyze the personality of an author, how the literary work is made, the psychological types presented in the literary works and the characteristics of the characters' personality, and the last is the effect of literature towards the readers. Literature generally is related to the literary works, on the other side, psychology is closely related in term of human beings, mental processes, and personality (Siswantoro, 2004). Psychology study in literature is done in order to understand the significances of mental state in literary works that tells the problems of human beings as the theme. Psychology is related to the characters that are portrayed in literary works, and the characters supported the literary works by knowing about psychology problem.

2.1.1 Post-Traumatic Stress Disorder

Davison and Neale (1967) explained that Post-Traumatic Stress Disorder referred as a mental illness that occurred in someone who has terrible, traumatic, and dangerous events that happened in the past. Freud (1923) also stated that PTSD is a mental illness that occurred to someone that has traumatic experiences in the past. Someone who had PTSD is shown through some symptoms such as depression, stress, overthinking, sudden crying, trembling, anxious, and the worse would be

committing suicide. They would sometimes have a vivid flashback in a particular time, become anti-social, experience lack of sleep, and having difficulties to concentrate on something.

2.1.1.1 Causes of Post-Traumatic Stress Disorder

There are some causes that may develop on every mental illness, as mental illness does not happen suddenly without reason. According to Davison and Neale (1967), there are several factors that may develop PTSN on someone who had experienced traumatic events.

A. Genetic Cause

Genetic cause means the cause that came from anyone in family who has mental illness, such as depression or anxiety disorder, and eventually passed down the illness and have the highest possibility to cause other members of family to develop Post-Traumatic Stress Disorder. As an example, a mother who had anxiety would sometimes act and react according to symptoms of the disorder. Eventually, the actions and reactions are able to cause her children to develop PTSD.

B. Environmental Cause

The cause of environment means the cause that occurred to whoever that experience traumatic events in the past. The possibility to develop PTSD is higher because the victims of traumatic experience or certain crime already developed trauma and depression, which are the causes of PTSD. In instance, those who had

Post-Traumatic Stress Disorder in present day is caused by the traumatic accidents that happened to them in the past.

C. Brain Structure Cause

People who have different brain structure have the highest possibility to develop PTSD, as certain areas of the brain may regulate emotion and fear from traumatic experiences. It is different to someone who has normal brain structure, as they will not regulate the emotions and fears. As example, someone who is in the middle of experiencing traumatic event, its cause may differ to either who have normal or different structure of brain. Someone who has different brain structure, the traumatic experience eventually will become a cause to develop Post-Traumatic Stress Disorder in the future, while for some people, their brain will not regulate and it will not cause them to develop PTSD in the future.

D. Psychology Cause

Someone who already had to struggle with mental illness, such as anxiety, overthinking, or depression have the high possibility to develop PTSD. For example, someone who had anxiety disorder, how they acted and reacted out of the disorder's symptoms will cause them to develop Post-Traumatic Stress Disorder.

2.1.1.2 The Symptoms of Post-Traumatic Stress Disorder

Post-traumatic stress disorder is one of mental illness that can be diagnosed to someone who has particular symptoms because of the traumatic experiences in the past. Traumatic experience includes bullying, terrible accidents, violence abuse, and

being involved in a war. According to Davison & Neale (1967), Post-Traumatic Stress Disorder has the ability to change people's mind and behavior.

Post-traumatic stress disorder is a mental illness which has some of symptoms which happens in the particular time. According to Davison & Neale (1967), there are three categories of the symptoms of post-traumatic stress disorder:

A. Avoidance symptom

Avoidance symptom is the situations where a person tries to avoid the traumatic situations that can be triggered the person who has mental illness (Davison & Neale, 1967). The person also avoids the sounds and actions which can bring back their traumatic memories. It happens when someone feels emotionally unstable or uncomfortable when they are in the crowded place. A person who has post-traumatic stress disorder avoids crowded place and isolates themselves for some reasons they have in the past. They also feeling lonely but avoid to socialize because of the trauma.

B. Arousal symptom

Arousal Symptom is the situation where a person feels uncomfortable and has particular reaction for some actions and situations (Davison & Neale, 1967). A person who has post-traumatic stress disorder may easily irritable, difficult to concentrating towards something, overthinking, overprotective to something, and lack of sleep because their anxiety and depression. It occurs on someone in a work and being overthinking towards something with no reasons. The worst reaction, they may be blank out, hurting themselves, or suicidal commit.

C. Re-experiencing symptom

Re-experiencing symptom is the situation where a person accidentally in the situation where it brings back their traumatic memories (Davison & Neale, 1967). It happens when a victim of bullying meets someone whose bullies them, or when someone is a kidnap victim, they may be easily triggered with particular people that remind them of their kidnapper. They may be sweating, shaking, and crying.

2.2 Previous Research

The previous research is from Nursafira et al. (2019). The researcher used psychoanalysis theory by Freud (1921) and characterization theory by Nurgiantoro (2007). The aim of the research was to analyze the psychological characterization of the main character. The researcher discovered the characterizations of the main character named Fatih in the novel entitled “Egosentris” by Syahid Muhammad. The results of the research were five characterizations which are kind, honest, sensitive, critical, caring and psychological problems of the main character which are anger, anxiety, fear, regret, pressure, and resentment.

The second previous researches, a journal by Shoukat, Waheed, and Arshad. (2021). The researcher used psychoanalysis approach by Freud, (1921). The researcher discovered the elements of collective trauma from the narrator in the novel “Sea Prayer.” The researcher used Cathy Caruth’s book and Kia Erikson model about the collective trauma and personal trauma. There were found some types of symptoms and causes of acute stress disorder in this research. The result of the

research found the elements of collective trauma that portrayed in the novel which are communal bond, distrust in future, the mood of fear, and depression on the collective level of trauma.

Dewi, Juniarta, and Mahendrayana. (2021) discovered the characterizations of the main character named Jesse Aaron in the novel entitled “Bridge to Terabithia” by Katherine Paterson. The aim of the research was to analyze the values of character education to see the quality of the values through the growth of the character. The researcher used characterization theory proposed by Kemdikbud (2016). The researcher found 25 values characterization that portrayed in the main character. Those values of characterizations were religious, peace-loving, tolerant, wise, nature-loving, nationalist, self-sacrificing, and so on.

Panulad (2019) discovered the characterizations from the main character in the novel entitled “Me before you.” The data was taken from the dialogues and narrations from the novel. The researcher used the cause of happiness theories by Maslow (1987). The researcher also using theory by Freud (1921) to analyzed the psychological problems. From the analysis by the researcher, the results of it was the characterization of the main character which are assertive, rude, friendly, humorous, but can be tough sometimes. And the result also showed the needs of the main character related to the cause of happiness from the main character which are the fulfillment of his needs and enabled him to be happier.

Next there is Afkarina & Wardhani (2019). The aim of the research to found out the personality of the main character and the factors of personality development

from the main character in the movie entitled “Moana.” The research used the psychoanalysis theory by Freud (1921) and the factors of personality development by other expert. The result of the research showed eleven data of structural personality from the main character which included the structural personality by Freud, 1921. The researcher also found that indicated to the main character’s personality regarding the heredity from individual factor and physical environment, family environment, cultural environment, and social role.

Ilham, Poli, and Makka. (2019) had analyzed the survival instinct of the main character in the novel by Herbert George with the title “The War of the World”. The aim of the research to reveal the main character’s survival instinct of novel, they were basic instinct, life instinct known as Eros, and death instinct known as Thanatos, using approach of psychoanalytic by Freud (1921). The data were taken from the narrations and dialogues in the novel. It is revealed that the main character had showed all the survival instincts which theorized by Freud (1921).

Qodariyah, Rohamah, and Sugiyani. (2017) found the main character’s psychological conflicts in Gillian Flynn’s novel entitled “Sharp Objects”. The researcher discovered two types of psychological conflicts using Freud's (1921) theory of the id, ego, and superego. Qualitative research method is used to conduct the research. The data were taken from narrations and dialogues in the novel. It resulted that the researcher had discovered two types of psychological conflicts, which are the conflict of approach-avoidance and conflict of avoidance-avoidance.

Wiyani, Sili, and Valientien. (2017) analyzed about the characteristics and the causes of adolescent deviant behavior from the main character named Beatrice in the novel entitled “Divergent” by Veronica Roth. The research used qualitative research method to conduct the data. The researcher used the theory by Freud (1921). The result of it that the researcher found the characteristics of the adolescent deviant behavior and six causes of adolescent deviant behavior.

Anindhita & Wulandari (2015) found out the psychological concept in the lyrics of the song “Blank Space” by Taylor Swift. The aim of the research to analyzed the elements of the poetry in the lyrics that also showed the psychological contents that portrayed in the lyrics and the music video. The researcher used intrinsic and extrinsic theories by Freud (1923) to analyze the data. The results of it that there were psychological existences in the lyrics and the music video included id, ego, superego, defense mechanism act, and symbolization.

From the previous research above, it can be concluded that the psychoanalysis theory by Freud (1921) is suitable to analyze the psychological problems of the character in the novel, movie, or song. Moreover, the researcher will be used theory by Freud (1921) to analyze the psychological problems of the main character in the novel “Cherry” by Nico Walker. The researcher will conduct the cause and the symptoms of Post-Traumatic Stress Disorder using theory by (Davison & Neale, 1967).

2.3 Theoretical Framework

The first discussion of this research is psychoanalysis as the approach of the research by using theory by Freud (1921). The researcher focuses on the causes and the symptoms of Post-Traumatic Stress Disorder proposed by Davison & Neale (1967). There are four causes that cause Po

st-traumatic Stress Disorder which are genetic cause, brain structure cause, environmental cause, and psychological cause. There are three types to understand the symptoms of Post-Traumatic Stress Disorder which are avoidance symptom, arousal symptom, and re-experiencing symptom. The theory that researcher uses will be applied to analyze a novel entitled “Cherry” by Nico Walker 2018.

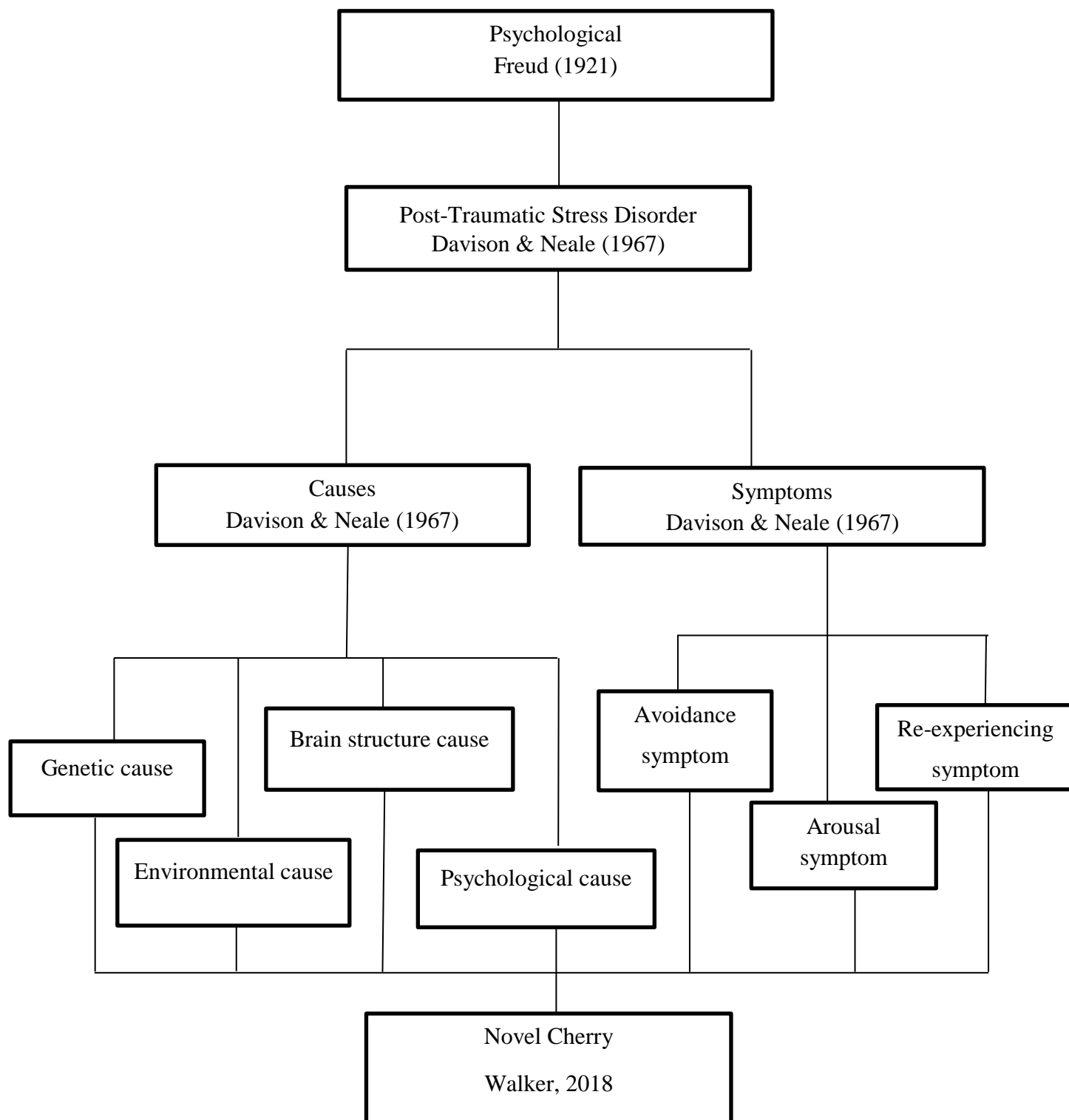


Figure 2.1. Theoretical framework

CHAPTER III

RESEARCH METHODOLOGY

3.1 Research Design

According to Creswell (2013) that research design is the plan and the procedure for research to conduct the data collection and analysis. The type of the research is descriptive qualitative research. The purpose of descriptive qualitative research is to conduct the data by collecting them through documents, observation, interview, also investigation. The result of this research will be presented by using words and sentences. This research will be showed the causes and the symptoms of Post-Traumatic Stress Disorder using theory by Davison & Neale (1967).

3.2 Object of the Research

There are two objects of the research as the main analysis of this research. The object of the research in this research will be the causes and the symptoms of Post-Traumatic Stress Disorder portrayed in the novel “Cherry” by Nico Walker. The character’s dialogues and narrations contain the causes and the symptoms of Post-Traumatic Stress Disorder towards the main character directly or indirectly. Hence, novel “Cherry” is suitable to use as the data source of this research.

3.3 Method of Collecting Data

In collecting the data, the researcher will be using non-Participatory observation method. According to Sudaryanto, (2015) Non-Participatory observation is a method where the researcher has not involve in the collecting the data. Therefore, several research figures agree that when qualitative research methods, the data will be collected using interview techniques, observation and documentation. However, in literature research, interview and observation techniques are converted into analysis text and discourse. There are several techniques to collecting the data that will be analyzed by the researcher, which are:

1. Reading the “Cherry” novel.
2. Watching the movie version of “Cherry” to get a better understanding.
3. Highlighting and taking notes of the dialogues and narrations that contain the causes and the symptoms of Post-Traumatic Stress Disorder.
4. Classifying the data between the causes and the symptoms of Post-Traumatic Stress Disorder based on the types of the causes and the symptoms.

3.4 Method of Analyzing Data

In analyzing the data, the researcher will be used categorization theory in qualitative research by Jacobs (2018) to conduct the data. The data will be analyzed by categorizing and classifying into some categories that has been prepared and collected by the researcher. Data that has been collected will be analyzed using words

and sentences in qualitative analysis. There are several techniques for analyzing the data that will be analyzed by the researcher, which are:

1. Sorting the data.
2. Identifying the data
3. Classifying the data based on the theory by Davison.
4. Analyzing based on the ways to find out the types of the causes and the symptoms of Post-Traumatic Stress Disorder using theory by Davison & Neale (1967).
5. The result of the analysis will discover the types of causes and symptoms of Post-Traumatic Stress Disorder.

3.5 Method of Presenting the Analysis Result

The researcher will be presented the data by using descriptive qualitative method. According to Creswell (2013) that research design is the plan and the procedure for research to conduct the data collection and analysis. The result of this research will be presented by using words and sentences not diagram or table. The analysis of the research will be presented dense and clearly so that the reader can understand about the analysis of the data.