

**POST TRAUMATIC STRESS DISORDER IN  
“ELEANOR OLIPHANT IS COMPLITELY FINE”  
NOVEL BY GAIL HONEYMAN: PSYCHOLOGICAL  
APPROACH**

**THESIS**



**By:**

**DWINA PUTRI AYU SARAGIH**

**201210058**

**DEPARTMENT OF ENGLISH LITERATURE  
FACULTY OF SOCIAL SCIENCES AND HUMANITIES  
PUTERA BATAM UNIVERSITY**

**2024**

**POST TRAUMATIC STRESS DISORDER IN  
“ELEANOR OLIPHANT IS COMPLITELY FINE”  
NOVEL BY GAIL HONEYMAN: PSYCHOLOGICAL  
APPROACH**

**THESIS**

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



**By:**

**DWINA PUTRI AYU SARAGIH**

**201210058**

**DEPARTMENT OF ENGLISH LITERATURE  
FACULTY OF SOCIAL SCIENCES AND HUMANITIES  
PUTERA BATAM UNIVERSITY**

**2024**

## SURAT PERNYATAAN ORISINALITAS

Yang bertandatangan dibawah ini saya:

Nama : Dwina Putri Ayu Saragih  
NPM : 201210058  
Fakultas : Ilmu Sosial dan Humaniora  
Program Studi : Sastra Inggris

Menyatakan bahwa skripsi yang saya buat dengan judul:

### **POST TRAUMATIC STRESS DISORDER IN “ELEANOR OLIPHANT IS COMPLITELY FINE” NOVEL BY GAIL HONEYMAN: PSYCHOLOGICAL APPROACH**

adalah hasil karya saya sendiri dan bukan duplikasi dari karya orang lain. Sepengetahuan saya, didalam naskah skripsi ini tidak terdapat karya ilmiah atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis dikutip didalam naskah ini dan disebutkan dalam sumber kutipan dan daftar pustaka.

Apabila ternyata didalam naskah skripsi ini dapat dibuktikan terdapat unsur-unsur PLAGIASI, saya bersedia naskah skripsi ini digugurkan dan gelar yang saya peroleh dibatalkan, serta diproses sesuai dengan peraturan perundang-undangan yang berlaku.

Demikian pernyataan ini saya buat dengan sebenarnya tanpa ada paksaan dari siapapun.

Batam, 16<sup>th</sup> July 2024



**Dwina Putri Ayu Saragih**  
**201210058**

### **DECLARATION OF THE THESIS ORIGINALITY**

I, Dwina Putri Ayu Saragih, NPM No. 201210058

Hereby declare that the term paper entitled:

### **POST TRAUMATIC STRESS DISORDER IN “ELEANOR OLIPHANT IS COMPLITELY FINE” NOVEL BY GAIL HONEYMAN: PSYCHOLOGICAL APPROACH**

Is the real work of myself and I realized that this thesis has never been published in other media before, partially or entirely, in the name of mine or others.

Batam, 16<sup>th</sup> July 2024



**Dwina Putri Ayu Saragih**  
**201210058**

**POST TRAUMATIC STRESS DISORDER IN  
“ELEANOR OLIPHANT IS COMPLITELY FINE”  
NOVEL BY GAIL HONEYMAN : PSYCHOLOGY  
APPROACH**


**THESIS**

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

**By:  
Dwina Putri Ayu Saragih  
201210058**

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

**Batam, 16<sup>th</sup> July 2024**

  
**Drs. Gaguk Rudianto, M.Pd.**  
**Supervisor**

## ABSTRAK

Psikologikal merupakan ilmu yang mempelajari permasalahan kesehatan jiwa (mental disease) yang menimpa kehidupan seseorang. Penyakit mental diakui sebagai gangguan psikologis nyata yang dapat terjadi pada siapa saja tanpa memandang usia atau jenis kelamin, dan hampir tidak ada yang memperhatikan. Di antara beberapa permasalahan psikologis yang ada, salah satunya adalah Post-Traumatic Stress Disorder yang sama dengan Anxiety Disorder akibat suatu peristiwa yang terjadi di masa lalu. Penelitian ini menggunakan novel sebagai bahan penelitian dan mengangkat tema penyakit mental dari novel “Eleanor Oliphant is Completely Fine” karya Gail Honeyman dan menggunakan teori Freud (1920) untuk menganalisis peneliti menggunakan Teori Davison dan Neale (1967) untuk Post -Gangguan bagian Stres Traumatis. Peneliti menggunakan metode kualitatif Creswell 2018 karena peneliti menganalisis data, peneliti menggunakan metode kualitatif yang disebut deskriptif kualitatif karena peneliti menggunakan panca indera. Tujuan penelitian ini adalah untuk memahami penyebab dan gejala Gangguan Stres Pasca Trauma serta hubungan psikologi dengan Gangguan Stres Pasca Trauma. Hasil penelitian ini adalah ditemukannya penyebab lingkungan 2, penyebab genetik 1 dan penyebab psikologis 2 dan peneliti menemukan beberapa gejala yaitu gejala Penghindaran 3, gejala Kewaspadaan 4, dan gejala Kambuh 3.

**Kata kunci:** *Tokoh utama, Psikologikal, Stress Pasca Trauma*

## ABSTRACT

Psychological is a study of mental health problems (mental illness) that befall a person's life. Mental illness is recognized as a real psychological disorder that can happen to anyone regardless of age or gender, and almost no one pays attention. Among the several psychological problems that exist, one of them is Post-Traumatic Stress Disorder, which is the same as Anxiety Disorder due to an event that occurred in the past. This research uses a novel as research material and raises the theme of mental illness from the novel "Eleanor Oliphant is Completely Fine" by Gail Honeyman and uses Freud's theory (1920) to analyze the researcher using Davison and Neale's Theory (1967) for the Post- Traumatic Stress section Disorders. The researcher used the Creswell 2018 qualitative method because the researcher analyzed the data, the researcher used a qualitative method called descriptive qualitative because the researcher used the five senses. The aim of this research was to understand the causes and symptoms of Post-Traumatic Stress Disorder and the relationship between psychology and Post- Traumatic Stress Disorders. The results of this research were the discovery of environmental causes 2, genetic causes 1 and psychological causes 2 and researchers found several symptoms, namely Avoidance symptoms 3, Arousal symptoms 4, and Re-experiencing 3. paves how for readers to reduce her PTSD from traumatic events. This survey also helps readers identify PTSD.

**Keywords:** *Main Character, Psychological, Post-Traumatic Stress Disorder*

## **MOTTO AND DEDICATION**

### **MOTTO**

**“Sesungguhnya Bersama Kesulitan Ada Kemudahan”**

**(Qs. Al-Insyirah:5)**

**“Jika Kamu Gagal 1000 Kali, Maka Pastikan Kamu Bangkit 1001 Kali”**

**(Tentang Kamu)**

### **DEDICATION**

**I dedicated this thesis to my beloved Parents and my family.**



## ACKNOWLEDGMENTS

All praise to Allah the lord is merciful and compassionate researcher who has been in completing this thesis entitled “POST TRAUMATIC STRESS DISORDER IN “ELEANOR OLIPHANT IS COMPLITELY FINE” NOVEL by GAIL HONEYMAN : PSYCHOLOGICAL APPROACH for the requirements to complete the undergraduate study program (S1) in the English Literature Study Program, Putera Batam University.

The researcher realized that this thesis is far from perfect. Therefore, the researcher with pleasure will always accept criticism and suggestion. The researcher would like to say thanks to her beloved father and mother for the love inspiring and blessing given her endlessly in taking this ungraduate program. The researcher also wishes to express her gratitude and appreciation to Mrs. Gaguk Rudianto, M.Pd. as the thesis supervisor who has contributed the ideas, motivation, and time in arranging this thesis.

Furthermore, the researcher would like to express here sincere gratitude to all people who involve both directly and indirectly especially to:

- a. Dr. Nur Elfi Husda, S.Kom., M.SI., Rector of Putera Batam University
- b. Dr. Michael Jibrael Rorong, S.T., M.I.Kom as the Decan of the Social Science and Humanities Faculty of Putera Batam University.
- c. Ms. Nurma Dhona Handayani, S.Pd., M.Pd as Head of the English Department of Putera Batam University
- d. All lecturer and staff of Putera Batam University, especially the department of English Literature, for their knowledge, education, motivation, and love during her research at Putera Batam University.
- e. The researcher’s Parent’s and Family, as the mood boosters and spirits that helped the researcher do the thesis.
- f. Mutiah, Agustina sihombing and all friend’s give me support, and Motivation during research in Putera Batam University.

The researchers apologize for all mistakes made in the studies and also researcher hopes this thesis will be useful for the readers. May Allah give them happiness, health, and mercy. Aamiin.

**Batam, 16<sup>th</sup> July 2024**

Dwina Putri Ayu Saragih  
201210058

## TABLE OF CONTENTS

<b>COVER</b> .....	<b>i</b>
<b>TITLE PAGE</b> .....	<b>ii</b>
<b>SURAT PERNYATAAN ORISINALITAS</b> .....	<b>iii</b>
<b>DECLARATION OF THE THESIS ORIGINALITY</b> .....	<b>iv</b>
<b>APPROVAL PAGE</b> .....	<b>v</b>
<b>ABSTRAK</b> .....	<b>vi</b>
<b>ABSTRACT</b> .....	<b>vii</b>
<b>MOTTO AND DEDICATION</b> .....	<b>viii</b>
<b>ACKNOWLEDGMENTS</b> .....	<b>ix</b>
<b>TABLE OF CONTENTS</b> .....	<b>x</b>
<b>LIST OF FIGURES</b> .....	<b>xii</b>
<b>CHAPTER I INTRODUCTION</b> .....	<b>1</b>
1.1 Background of the research .....	1
1.2 Identification of the problem .....	8
1.3 Limitation of the problem.....	8
1.4 Formulation of the problem.....	8
1.5 Objective of the research .....	8
1.6 Significant of the research .....	9
1.7 Definition of the Key Terms.....	10
<b>CHAPTER II REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK</b> .....	<b>11</b>
2.1 Psychological.....	11
2.1.1 Post- Traumatic Stress Disorder .....	12
2.1.1.1 The symptoms of Post-Traumatic Stress Disorder .....	12
2.1.1.2 The Cause of Post-Traumatic Stress Disorder.....	14
2.2 Previous Study.....	16
<b>CHAPTER III METHODOLOGY RESEARCH</b> .....	<b>20</b>
3.1 Research Design .....	21
3.2 Object of the Research.....	21
3.3 Method of Collecting Data .....	22
3.4 Method of Analysing Data .....	23
3.5 Method of Presenting Research Result.....	24

<b>CHAPTER IV RESEARCH ANALYSIS AND FINDINGS .....</b>	<b>25</b>
4.1 Preliminary analysis .....	25
4.1.1 Plot .....	25
4.1.2 Characters.....	27
4.1.3 Setting.....	30
4.1.4 Theme.....	31
4.1.5 Point Of view.....	31
4.2 Post- Traumatic Stress Disorder .....	32
4.2.1 The Cause Post-Traumatic Stress Disorder “Eleanor oliphant is completely fine” by Gail Honeyman.....	32
4.2.1.1 Psychological Cause .....	33
4.2.1.2 Genetic Cause .....	36
4.2.1.3 Brain structure Cause .....	39
4.2.1.4 Environmental Cause.....	40
4.2.2 The Symptoms Post-Traumatic Stress Disorder “Eleanor oliphant is completely fine” by Gail Honeyman.....	42
4.2.2.1 Avoidance Symptoms .....	42
4.2.2.2 Arousal Symptoms .....	48
4.2.2.3 Re-Experiencing Symptoms .....	52
<b>CHAPTER V CONCLUSION AND SUGGESTION.....</b>	<b>57</b>
5.1 Conclusion.....	57
5.2 Suggestion .....	58
<b>REFERENCES .....</b>	<b>59</b>
<b>APPENDICES</b>	
Appendix 1. Data Source	
Appendix 2. Curriculum Vitae (CV)	
Appendix 3. Research Letter	

## **LIST OF FIGURES**

2.1 Theoretical Framework .....	20
---------------------------------	----