

# CHAPTER I

## INTRODUCTION

### 1.1 Background of the research

Literature is an aspect that includes written works that express ideas, emotions, stories and experiences through language. Literature reflects human conditions, culture and society through writing. Literature has goals such as entertainment, education, cultural preservation and even criticism of society. Literary works that reflects real life can be found in novels, poetry, drama, essays each offering unique insights and perspectives. A novel is an example of common literary works and novel is a literary work that can be either fiction or non-fiction. Novel have several genres, one of which is a novel that tells about psychological.

According to Freud (1920) Psychological is the study and science of the content of consciousness. Psychological is the scientific study of the human mind and behavior. It seeks to understand how people think, feel, act, and interact both individually and in groups. Psychological explores a wide range of phenomena, from basic cognitive processes like perception and memory to complex social behaviors and mental health disorders. Among several existing psychological problems, one of them is post-traumatic stress disorder where this is the same as anxiety disorder because of an incident that occurred in the past and also post-traumatic stress disorder reflects the perception that traumatic events such as disasters and battles can affect anyone (Davison & Neale, 2015).

Post-traumatic stress disorder is caused events that happened at a certain time in the past and traumatized the person. Post-traumatic stress disorder has four causes and three symptoms, like other mental illness. Where the sufferer experiences post-traumatic stress disorder starting with the cause of the disorder originating from a past event, which then symptoms in someone. Many people show remarkable resilience and capacity to recover following exposure to trauma. Post-traumatic stress disorder can occur after a single traumatic event or from prolonged exposure to trauma, such as sexual abuse in childhood. Post-traumatic stress disorder is an anxiety disorder due traumatic events such as rape, war, and natural disasters that cause individuals to experience or show symptoms such as feeling constantly experiencing traumatic events (Martin & Neale, 2011).

Post-traumatic stress disorder has causes, the first genetic cause usually by differences in DNA sequence that lead the development of a condition or disease. The second is brain structure cause, this is due to the structure in a person's brain being different so that a person experiences different characteristic. The third called environmental cause, this is caused by a person's surrounding environment. The fourth psychological cause, factors that influence a person's behavior or mentality resulting from that person's thought and emotions. Post-traumatic stress disorder has three symptoms, the first avoidance symptoms, avoidance symptoms is the efforts a person's makes to avoid situations that cause discomfort. The second called arousal symptoms, arousal symptoms usually there are excessive reactions such as fast heart rate, insomnia or other stressful things. The third about re-experiencing symptoms, this triggers the sufferer to remember past events related to the traumatic events.

Based on the explanation above the researcher discovered the phenomena of post-traumatic stress disorder from Kompas news on February 6 2023 that happened in the real life is the effect after Earthquake in turkey. There is one victim say his child had a bad mental impact where the child experienced excessive panic when he felt shocks. This can be proven when his child fell asleep and experienced a slight shock that was not caused by an Earthquake but his child would say that it was an Earthquake. This refers to environments causes where a person's experiences post-traumatic stress disorder because of the surrounding conditions and causes them to have symptoms of excessive fear. Post-traumatic stress disorder is a psychological condition that is susceptible to being experienced by a terrible event or someone who witnesses a terrible event experienced by someone close to them.

There are several categories in the novel, there are novels that discuss moral, history, social, psychology and others. The researcher chose a psychology which related to the researcher's novel. One of Psychological novel is "Eleanor Oliphant is completely fine" was written by Gail Honeyman was published in 2017 and the novel won the Costa debut novel Award 2017 and British Book Awards Fiction Book of the Year 2018. This novel was also adapted into an audio book narrated by Cathleen McCarron and released by Penguin Audio. The adaption also received two awards; the 2018 Audio File They award from Audio File Magazine in Publishers Weekly, and the 2018 US Audio award for Fiction It told about a Post- traumatic stress disorder where the main role has mental disorders caused by a dark childhood. The book was also turned into a movie in 2017 by Witherspoon's Hello Sunshine

The book was also turned into a movie in 2017 by Witherspoon's Hello Sunshine productions, and managed to sell almost 290.000 copies.

Gail Honeyman was born in 1972, she is a Scottish writer who managed to write the novel *Eleanor Oliphant is completely fine*. Gail comes from a good family where Gail was someone who read voraciously during her childhood. Gail studied French at the University of Glasgow before pursuing a postgraduate degree at Oxford in the French Poetry program. Gail started her career as a civil servant and then became an administrator at Gas Glow University. While she was working in administration, Gail also enrolled in a writing course at Faber Academy. Gail wrote the novel *Eleanor Oliphant is completely fine* this novel is based on Gail's personal experience where Gail said that the main inspiration came from her own feelings of loneliness and social isolation.

Novel “*Eleanor oliphant is completely fine*” by Gail Honeyman, the researchers analyze novels as data source that applied using Davison and Neale’s theory. The researcher analyses about the causes and symptoms that occur in the main character in the novel. The novel describes about someone who experienced social disorder and excessive obsession due to the influence of the past where Eleanor lives in an orphanage after a fire accident in the past which caused part of her face to suffer burns. Eleanor worked as a financial officer in an office after graduating from college a few years later. Fortunately, because of her past Eleanor developed a tight personality that made people uncomfortable around her. The discomfort around her is shown openly, making Eleanor even worse, but Eleanor also has a boyfriend and puts more trust in her boyfriend. In fact, there was thing

Or something that her boyfriend and always physically abusive, and Eleanor is Eleanor is of her resistance because of that everything Eleanor often calms herself down with vodka throughout the night and the peak where Eleanor feels hopeless and Post-traumatic stress disorder attack Eleanor often makes suicide attempts where Eleanor took an overdose of painkillers and used vodka to try to kill herself.

“I didn’t know the man onstage before me, didn’t know the first thing about him. It was all just fantasy. Could anything be more pathetic—me, a grown woman? I’d told myself a sad little fairy tale, thinking that I could fix everything, undo the past, that he and I would live happily ever after and Mummy wouldn’t be angry anymore. **I was Eleanor, sad little Eleanor Oliphant, with my pathetic job, my vodka and my dinners for one, and I always would be.**” (Honeyman, 2017, p. 194)

The quote above describes symptoms consistent with Post Traumatic Stress Disorder through Eleanor's expression of deep loneliness, negative self-perception, and dependence on alcohol. Referring to herself as “sad little Eleanor” with a “miserable job” and “dinner for one” suggests that Eleanor withdrew from significant social interactions and a pervasive sense of worthlessness, which is common in Post-Traumatic Stress Disorder. Additionally, his use of "vodka" as a coping mechanism suggests that he is numbing his emotional pain, a behavior often seen in sufferers of Post-Traumatic Stress Disorder. The belief that he "will always be" in this state reflects a sense of hopelessness and a belief that his traumatic past will continue to determine his present and future, which increasingly aligns with the symptoms of Post-Traumatic Stress Disorder.

The researcher found a previous study that analyzed about psychological problems or mental illness. The first study by Suryana, elvi et al. (2020) about Psychological Trauma and Depression of Survivors in Recurring Disaster (2004 and

2012 earthquakes in Aceh). The study aimed to determine psychological trauma and depression in survivors of recurring disasters (the 2004 and 2012 earthquakes in Aceh). A quantitative approach was used as the research design, villages located in Banda Aceh were taken as the samples involving 60 respondents from the two villages. The results showed that there was no correlation between psychological trauma and depression in survivors of the recurring earthquake in Aceh. Besides, the results of data analysis, there was a correlation between symptoms, occupation and age with psychological trauma and there was no correlation between potential disasters, family support, education, the value of faith, and income with psychological trauma.

The second from Husna and Kuswoyo, (2022) the researcher found about Post-traumatic stress disorder experienced Anna Fox in the novel "The woman in the window" by AJ Finn. This study aims to investigate the causes and the impact that occurs by finding the symptoms experienced by Anna Fox. Post-traumatic stress disorder theory to analyze the behavior data and character condition was applied. This study used a psychological approach. this analysis used a qualitative descriptive method to describe the problem using words. The result from this study is three findings can be clarified as the problem formulation, two causes of Anna's post-traumatic stress disorder, symptom re-experiencing, avoidance, mood and cognition, and arousal activity symptoms, and the impacts of post-traumatic stress disorder suffered by Anna based on physical, emotional, mental, behavior, and spiritual aspects. the journal used the qualitative descriptive to analysis and describe and the journal used theory from Davison and Neale (2006). The researcher discussed

the cause people get Post-Traumatic Stress Disorder and this journal describes what parts cause Post-traumatic stress disorder to occur and also the researcher conveys at the end how our response is in dealing with Post-traumatic stress disorder some sufferers or not.

The similarity of the two previous studies above used the same approach of Sigmund Freud's theory. Both articles also have different analyses and theories. The thesis and previous studies used different data sources and theories in relation to the differences. The novel "Eleanor Oliphant is completely fine" is used as the data source for the thesis. It was chosen because the novel contained numerous expressions of Post-Traumatic Stress Disorder experienced by the suffer. Moreover, the novel "Eleanor Oliphant is completely fine" is the best novel in 2017, but many people have analyzed this novel using the theory of Post-traumatic stress disorder. In addition, the phenomena of trauma or internal problematic that occur in a person in this novel is also often found in real life and occurs a lot in the environment around us. Due to this phenomenon, the researcher interested in conducting research with the title "POST TRAUMATIC STRESS DISORDER IN "ELEANOR OLIPHANT IS COMPLITELY FINE" NOVEL BY GAIL HONEYMAN: PSYCHOLOGY APPROACH.

## **1.2 Identification of the problem**

According to the researcher, after looking at the background, the researcher found several problems, including:

1. Resulting trauma in Post-traumatic stress disorder.

2. Post-traumatic stress disorder Reflected in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman.
3. Symptoms of Post-traumatic stress disorder in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman.
4. Cause of Post-traumatic stress disorder that happened in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman.

### **1.3 Limitation of the problem**

The research findings indicate the following limitations:

1. The Symptoms of Post-Traumatic Stress Disorder in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman.
2. The Cause of Post-Traumatic Stress Disorder that happened in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman.

### **1.4 Formulation of the problem**

Researchers found problem formulations, including:

1. What are the Symptoms of Post-traumatic stress disorder in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman?
2. What are the Cause of Post-traumatic stress disorder that happened in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman?

### **1.5 Objective of the research**

The research has several objectives, some of that are listed below:

1. To describes Symptoms Post-traumatic stress disorder in the novel



“Eleanor Oliphant is completely fine” by Gail Honeyman.

2. To describe Cause of Post-traumatic stress disorder that happened in the novel “Eleanor Oliphant is completely fine” by Gail Honeyman.

## **1.6 Significant of the research**

### **1. Theoretical Significance**

The researcher writes has purpose, first to provide information for Post-traumatic stress disorder in non-fiction or fiction book. Secondly to provide information contained in Post-traumatic stress disorder and lastly for readers and writer to understand people affected by Post-Traumatic Stress Disorder.

### **2. Practical Significance**

This study may increase the readers knowledge of the causes and symptoms of Post-traumatic stress disorder. This study also expands the readers knowledge of Post-traumatic stress disorder. Alternatively, this also paves how for readers to reduce her Post traumatic stress disorder from traumatic events. This survey also helps readers identify Post traumatic stress disorder.

## **1.7 Definition of the Key Terms**

**Psychological Approach** : Psychological is the study and science of the content of consciousness, human behavior and mental processes. This summarizes research on

how people behave, feel, and think in various situations. (Sigmund, 1920).

**Post-Traumatic Stress Disorder** : Mental illness that occurs in a person due to events that have occurred in the past or experiences a traumatic event that compromises their physical integrity or feelings of exclusion, such as bullying, isolation, or violence. (Davison & Neale, 2015).

**Literature** : a special kind of language, which presupposes the existence of an ordinary or colloquial language (Culler, 2013).