

## **CHAPTER II**

### **REVIEW OF RELATED LITERATURE AND THEORETICAL FRAMEWORK**

#### **2.1 Psychological**

According to Freud (1920) Psychological is a science that studies human thoughts, behavior and mental processes and how they interact with the environment and culture. Psychological examination of authors, artists, and literary critics and their works is a key component of psychology. Psychological is a science that studies human thoughts, behavior and mental processes and how they interact with the environment and culture. These disciplines encompass a wide range of fields, including clinical, social, developmental, cognitive, and neuroscience psychology, each of which focuses on specific aspects of the human experience. Although psychological and literature are different, they are both related and deal with people.

There are several theories in psychological approach including id, ego, superego. Id is the human personality that contains basic and primitive drives, ego is the ego that functions as a mediator between the impulsive desires of the id and reality, while the superego tries to suppress unacceptable id impulses, especially those related to aggressive and sexual drives. This theory can be used to understand the internal dynamics that occur in someone who experiences anxiety disorders or Post-Traumatic Stress Disorder.

### **2.1.1 Post- Traumatic Stress Disorder**

Post-traumatic stress disorder is a mental health condition that can develop in individuals who have experienced or witnessed a traumatic event. These events might include natural disasters, accidents, combat, violence, or other life-threatening situations. everyone who experiences trauma develops Post- Traumatic Stress Disorder it depends on various factors including the severity of the trauma, personal resilience, and the availability of support systems. Post-Traumatic Stress Disorder is a mental condition that affects people who have previously undergone horrifying, traumatic, and dangerous experiences. (Davison & Neale, 1967)

According to Freud (1920) also noted that Post-Traumatic Stress Disorder is a mental illness that occurs in a person who has previously had a traumatic experience. A person suffering from Post-Traumatic Stress Disorder will show a variety of symptoms including depression, stress, overthinking, and worst of all. Freud stated that traumatic experiences can cause individuals to feel helpless and cause intense anxiety. In an attempt to maintain psychological balance, the ego uses various defense mechanisms to suppress or avoid traumatic memories that can lead to symptoms of Post-Traumatic Stress Disorder.

#### **2.1.1.1 The symptoms of Post-Traumatic Stress Disorder**

Symptoms are defined as manifestations of mental disorders that can be observed or felt by individuals. Post-Traumatic Stress Disorder occurs in someone who has experienced difficult times in the past and usually takes a long time for the person to recover mentally. This condition can occur over a long period of time,

possibly years, therefore it is recommended for someone suffering from Post-Traumatic Stress Disorder to seek treatment or keep the sufferer away from trauma which can trigger past memories that cause Post Traumatic Stress Disorder. There are three categories of Post-Traumatic Stress Disorder symptoms. (Davison & Neale, 1967).

**A. Avoidance Symptom**

Avoidance symptoms are times when an individual seeks to avoid stressful events that could set off their mental disease. The individual also stays away from sounds and actions that could bring back the painful experience. This occurs when someone has emotional instability in a crowded environment. When suffering from Post-Traumatic Stress Disorder, a person tends to shun crowds and isolate themselves for whatever cause. In spite of their loneliness and avoidance of social interaction due to trauma. (Davison & Neale, 1967)

**B. Arousal symptom**

The state of someone who feels or shows an uncomfortable reaction to something in their environment or when a situation occurs nearby (Davison & Neale, 1967). As result, most or the majority of people affected by Post-Traumatic Stress Disorder will be easily angry or offended by something that should be, and and will also find it difficult sleeping regularly and result in suffers experiencing self- defence and usually they will be overly anxious and usually the worst consequence that sufferers will injure themselves or take sedatives and may also commit suicide.

**C. Re- experiencing Symptom**

A condition where sufferers experience Post traumatic stress disorder

symptoms caused by events or situations that remind sufferers of events that traumatize themselves in the present (Davison & Neale, 1967). It can occur when the sufferers remember where he was beaten brutally in the past which caused him to get post-traumatic stress disorder and results in the present time the sufferers will experience symptoms of anxiety in himself when he/she sees the beating incident or events that causes other excessive fear.

#### **2.1.1.2 The Causes of Post-Traumatic Stress Disorder**

There are several factors that cause her Post-Traumatic Stress Disorder in someone who has experienced a traumatic event. All mental disorder has more than one cause, because mental disorder does not appear without cause. Cause occurs due to exposure or is caused by a traumatic event involving several factors, such as death, threat, or serious injury (Davison & Neale, 1967)

##### **A. Genetic causes**

Genetic causes can be seen in the influence of hereditary factors on the development of mental disorders (Davison & Neale, 1967). Research shows that there is a tendency for certain disorders, such as depression. Genetic causes result from a family member suffering from a mental illness or someone suffering from depression or an anxiety disorder and will eventually inherit the illness and other family members will likely develop Post Traumatic Stress Disorder. For example, girls who suffer from anxiety disorders sometimes respond according to the symptoms of the disorder, which in turn can cause the child to experience Post Traumatic Stress Disorder in the family.

**B. Environmental Cause**

Environmental factors following a traumatic event, such as repeated exposure to intrusive memories of the trauma, additional negative life events, and trauma-related financial or other losses. Inadequate post-traumatic social support can also affect a person's recovery after a highly traumatic event. Environmental factors can cause symptoms of Post-Traumatic Stress Disorder because individuals may feel protected and less able to overcome the impact of the emotional trauma they have experienced (Davison & Neale, 1967).

**C. Psychological Cause**

Psychological causes can be seen in internal factors that influence an individual's thoughts, emotions and behaviours. In the context of mental health, these causes can include past experiences, such as trauma or violence, as well as genetic factors that influence personality and how individuals deal with stress. Someone who often thinks loudly or flares up with their own thoughts and someone who has excessive anxiety, causing someone to experience symptoms of Post-Traumatic Stress Disorder. For example, someone who experiences anxiety or someone who is often called overthinking will display early symptoms of Post-Traumatic Stress Disorder because those who overthink will disrupt their concentration or other activities because they develop Post-Traumatic Stress Disorder within themselves.

On the other hand, the environment also plays an important role

in shaping a person's psychological state. Pressure from society, family expectations, or stigma against mental health can worsen psychological conditions. When individuals feel unaccepted or burdened by unrealistic expectations, they may experience stress or depression (Davison & Neale, 1967)

#### **D. Brain Structure Cause**

The theory of the causes of brain structure states that disorders of brain structure and function can play a role in causing mental disorders, including Post-Traumatic Stress Disorder (Davison & Neale, 1967). They suggest that physiological changes in the brain, such as overactivity in the amygdala (a part of the brain involved in emotional processing and the fight-or-flight response) and disturbances in the regulation of neurotransmitters (such as serotonin and norepinephrine), may lead to an exaggerated response to stress and traumatized.

## **2.2 Previous Study**

In addition, after discussing the researcher's theory, the researcher presented numerous previous studies that supported this study. Researcher found various types of journal research in the study, including about psychological. The first article from Trihamdani et al., (2022) about Relationship between Perceptions and Student Attitudes towards Vaccination of Covid-19. The journal describes about student responses to vaccine that occur due to covid where there are many rebellions, the researcher used quantitative to analyse problems in the article.

The second researcher was studied by Alfadlilah et al., (2022) the article about character psychology in "Samantha" Novel by Risa Saraswati, in this article describes about personality in psychological and personality aspect of the characters

in the novel. Based on the article the researcher used the qualitative for analyse the article tells where there is an emphasis on Samantha follow the will of the family, causing a downturn for Samantha and suffered psychologically by her family.

The third article from Humaeroah, (2021) describes the sacrifice conflict in the novel "MySister'Keeper". The novel was studied in depth using a descriptive qualitative method, and the results revealed that Anna experiences both internal and external conflict. The primary characters' internal conflict (man vs. self) stems from Anna's character's psychological dilemma about making the sacrifice of being a stem cell donor for her sister, while the exterior conflict (man vs. man) is caused by her family.

The fourth research by Fridah & Qolbi, (2022) this journal is about a person who plays a role in the novel "Asyhabul Jahim" as AKU, where AKU experience Post-Traumatic Stress Disorder because of the death of his brother named Sulaiman's and Haitem family events and insults to the family that makes AKU interfere with his mental health, while the theory used in the journal is theory Kaplan & Sadock and using qualitative descriptive for analyse the article.

The fifth research from Marwati & Rudianto (2022) analyzing Post-Traumatic Stress Disorder that occurs in the film "Cherry" from the Russo Brothers. This film tells a story where mental illness is the main topic depicted in the film. Researchers also focus on the causes of Post-Traumatic Stress Disorder from the speech and narratives contained in the film. This research uses the theories of Sigmund Freud (1920) and Davison and Neale (1967) to analyze the Post-Traumatic Stress Disorder. The narratives found will be analyzed using Davison and Neale's 1967

theory of genetic, environmental, brain structure and psychological causes. There is also the method used in data collection is observational and non-participatory methods at Creswel 2013. The results of the analysis were the discovery of 10 narratives or actions that cause Post-Traumatic Stress Disorder, namely genetic causes (3) and environmental causes (7).

The sixth research from Rosyada, (2022) studies about mental health this study aims to find out in detail the causes and impacts that will occur in sufferers of Post-Traumatic Stress Disorder or anxiety disorder in said and safeya in individuals, the environment, families and others. Data collection was used in a qualitative way with a focus on Post Traumatic Stress Disorder problems with a psychological approach, this study used Gerald C Davison's abnormal psychology theory. The impact that occurs in prolonged sadness, anxiety at certain times and excessive panic about something and what happens to sufferers is a lack of enthusiasm for life.

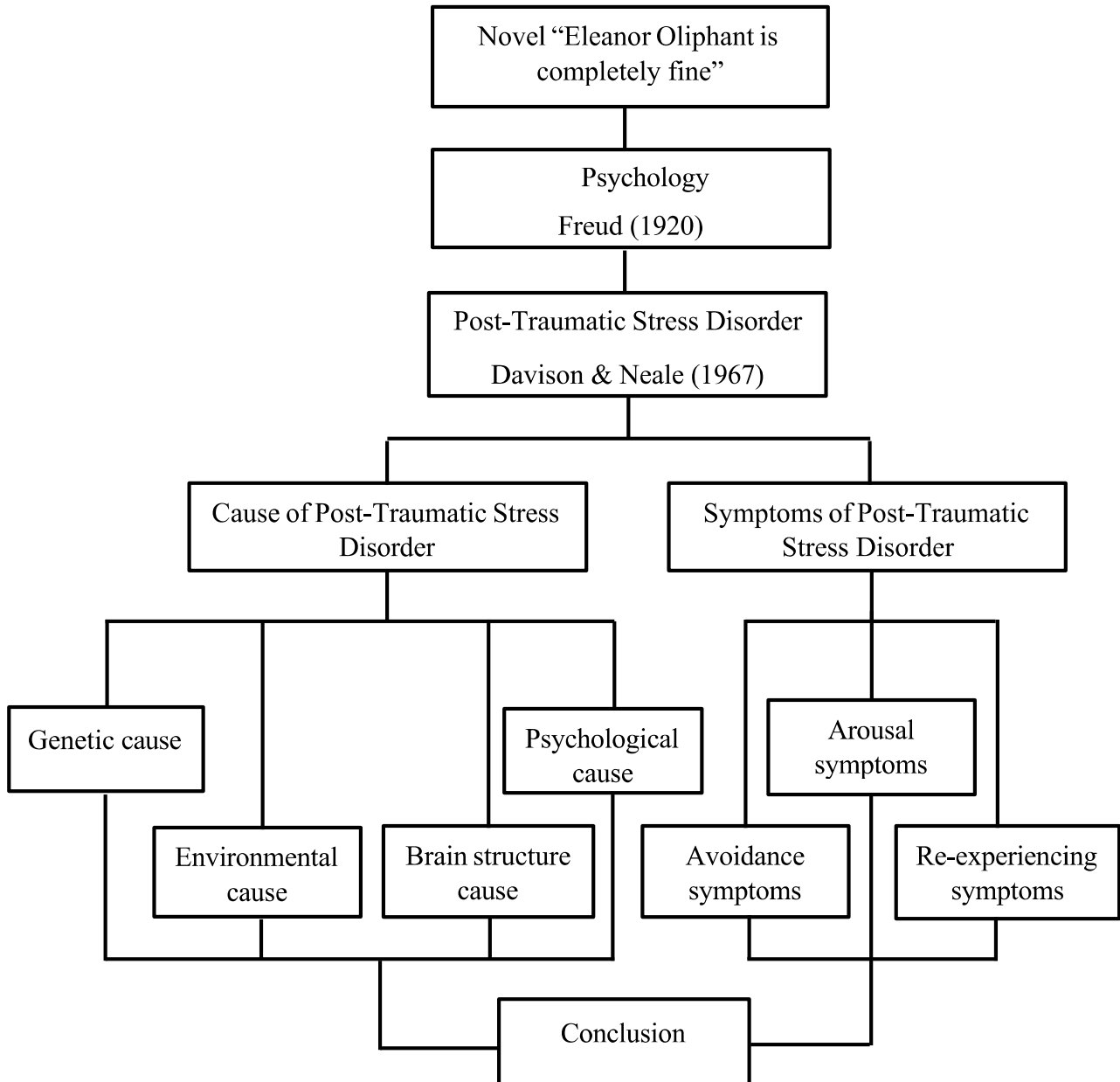
The seventh research by Suryana et al., (2020) this research is about someone's fear because of a cause in the past such as an Earthquake or something else and research using data on someone's trauma caused by Earthquake in Aceh (2004 and 2012), in the past so that the victim feels a panic attack when he feels a small or moderate shock, this study used Kaplan theory's and uses qualitative descriptive methods as part of methods in article analysis.

The similarity between previous study and present research is that both and the same approach namely psychology. And the difference between previous study and present research is about data source, this research applies the theory of Davison



and Neale and Freud, and the data form the novel “Eleanor Oliphant is completely fine”, by Gail Honeyman.

## 1.1 Theoretical Framework



**Figure 2.2 Theoretical Framework**