

CHAPTER I

INTRODUCTION

1.1 Background of Study

Literary works are the result of the thoughts of authors who have ties to psychology because they are related to psychological aspects which are represented through the characters that appear in a story. This is related to the opinion of Minderop, (2010: 3) who says that literary texts are a reflection of characters who have psychological problems. The emergence of the novel *For Nadira* by Leila S. Chudori is clear evidence that the opinion above is valid until now because it discusses emotional and behavioral conflicts in a character that are included in psychological problems. Leila S. Chudori is a journalist, novelist, and writer of a television drama entitled "*Dunia Tanpa Koma*" played by Dian Sastrowardoyo in 2006. This television drama won the commendable soap opera award for the 2007 Bandung film and Leila S. Chudori as the screenplay writer of the commendable television drama in the same festival.

For Nadira is a novel that tells about a family that has three children, namely Nina, Arya, and Nadira. Nadira is a smart girl who was able to make money from making short stories at a young age. She was traumatized by her older sister's bullying by immersing almost the entire head of her younger sister into a toilet bowl filled with urine. Nadira also experienced traumatic after the death of her mother who committed suicide by taking a lot of sleeping pills. The mother's sudden death and the treatment of her older sister caused psychological scars and affected her life.

Traumatic experience is a single factor that causes fear and helplessness thereby triggering post-traumatic exposure symptoms (Irwanto and Hani Kumala, 2020: 10). And it is found in this novel. The researcher wants to learn more about traumatic experiences in this novel because these traumatic events are based on unfair behavior towards one character and disappointment over the death of a loved one. And the researcher wants to analyze more deeply about the traumatic experience in *For Nadira* by Leila S. Chudori, the traumatic that occurs is something fatal because it affects the life of the main character in this novel.

1.2 Statement of the Problem

The problem of this research is limited on the traumatic experiences that might be dug from the novel *For Nadira* by Leila S. Chudori. However, the researcher formulated the problem of her research in the form of questions as follows:

1. What are the symptoms of traumatic experiences suffered by Nadira in Leila S. Chudori's novel *For Nadira*?
2. What are the causes of traumatic experiences suffered by Nadira in Leila S.Chudori's novel *For Nadira*?

1.3 Objective of the Study

The objective of this research is to disclose the traumatic experiences found in the novel *For Nadira* written by Leila S. Chudori which are specifically stated as follows:

1. To uncover the symptoms of traumatic experiences suffered by Nadira in Leila S. Chudori's novel *For Nadira*.

2. To uncover the causes of traumatic experiences suffered by Nadira in Leila S. Chudori's novel *For Nadira*.

1.4 Scope of the Study

Referred to the research problem of this research, it is about the traumatic experiences suffered by Nadira who is one of the main characters in the novel *For Nadira* written by Leila S. Chudori. This study concentrates on two parts of traumatic experience. They are symptoms and causes of traumatic experiences suffered by Nadira in Leila S. Chudori's novel *For Nadira*. Traumatic experience will be analyzed using the psychological approach of Irwanto dan Hani Kumala (2020). Then several other points of analysis can also be obtained from the novel. This research is limited to a certain extent and related to the focus of the research is the symptoms and causes of traumatic experiences in in Leila S. Chudori's novel *For Nadira*. And other topics that have nothing todo with this research, will not be analyzed.

1.5 Significance of the Study

Theoretically, this research is expected to provide meaningful knowledge for the psychological science of literature and can increase library resources, which can be used as a reference of other research dealing with symptoms and causes of traumatic experiences by other researchers for their scientific writings. This is also done to broaden the knowledge and experience of readers about the relationship between literature and psychology.

Practically, this research might give moral teaching to the researcher herself and the readers of this research. Life teaching that might be absorbed is about traumatic experience which gives negative effects to those who suffered from a trauma.

Therefore, the researcher and the readers of this research can learn how to hinder any bad treatment which may cause a traumatic experience and to the recipient of ill-treatment, must have self-denial in order to be able to face something bad and the attacks so that traumatic does not build up.

CHAPTER II

LITERATURE REVIEW

2.1 Psychology of Literature

Psychology and literature have a strong bond because they are related to every person's behavior and actions. Kagan and Haveman in Nugraha (2011), says "Psychology is the science that systematically studies and attempts to explain observable behavior and its relationship (1) to the unseen process, mental, and physical that goes on inside the organism, and (2) to external events in the environment". Actually, there are many terms that describe psychology. The whole opinion refers to an explanation that says that psychology is a science that deeply studies human psychological behavior. Like the term psychology as the science of the human soul (Zaviera, 2020: 19). This happens because a person's behavior is a real thing that can be seen and observed directly. By observing behavior, it can provide an understanding of the condition of the soul. It is undeniable that generally, people will show psychological conditions to actions that are clearly seen by others. In short, can understand the nature and condition of a person's soul through behavior in his life. In addition, Abu Ahmadi in Yasin (2016), says that psychology is also related to the study of human phenomena, symptoms, and even causes. Psychology is very attached to the human soul, the reaction of the soul through behavior and its causes will be analyzed in depth in this science, human problems can be solved through the emergence of this research. All of it aims to live a peaceful life. Associated with psychology, especially with personality psychology, literature is an interesting study material because literature is not just a study of boring texts but is a

study material that involves the character/personality of fictional characters, authors of literary works, and readers (Minderop, 2010: 3).

The definition of literature in the original German language comes from two words, they are *schrifttum* which means 'literature', while *Dichtung* which means 'poetry' so writing that is indirectly related to reality which has fictitious nature and is considered to have aesthetic value (Teeuw, 2017: 20). Thus literature is defined as a written work that uses beautiful language. Various kinds of literary works can be seen through several aspects, namely aspects of language, entertainment, and the value of literature itself. Literary works are divided into novel, poetry, and drama. A novel is defined as a picture of real-life which is expressed through language as the medium. In the picture of real-life, it can be seen that there is a connection with psychological aspects, namely about the expressions and actions played by characters in a novel. Therefore, the problems that arise in literary works have similarities with real life situations. This is in accordance with Walgito's statement in Wiyatmi (2011: 2) which says that "psychology is a science that examines and studies behavior and activities that are seen as manifestations of human psychic life". In psychology, behavior or activities that exist in individuals or organisms are considered not to arise by themselves, but as a result of the existence of stimuli and stimuli that affect the individual or organism.

The appeal of literary psychology is in the problem of a character who describes a real psyche. Basically psychology and literature are built on the assumptions of genesis, in relation to the origin of the work, meaning that literary psychology is analyzed in terms of psyche with psychological aspects of the author (Minderop, 2010: 52). Through the characterization aspect in the novel, it can be

seen how the psychological aspect is clearly expressed. Literary psychology is the study of literary works which are believed to reflect psychological processes and activities. In examining a psychological work, it is important to understand the extent to which the author is involved and the author's ability to present fictional characters who are involved with mental problems. Endraswara in Minderop (2010: 55), says that literary psychology is influenced by several things. First, literary works are creations of the author's mental processes and thoughts that are in a semi-conscious state which are then poured into the conscious (half-conscious) form. Second, the study of literary psychology is a study that examines the psychological reflection in the characters presented in such a way by the author so that the reader feels lulled by the psychological problems of the story, which sometimes feels like he is involved in the story.

2.2 Trauma

In general, trauma is emotional distress and psychological consequences of incidents or events that do not fun or experience related to violence and causing too much stress. Trauma in Latin means 'wound' which describes about an event or human experience in response to an event (Irwanto and Hani Kumala, 2020 :1). Thus, if it can be interpreted that someone who is traumatized by something, then the sense of security and comfort in themselves becomes disturbed and can even eliminate the feeling of passion for life. Trauma becomes a psychological wound that is difficult to completely disappear, which means that in undergoing the process of recovery and abatement, the trauma will continue to follow for life. In the trauma theory according to Irwanto and Hani Kumala (2020), there are two exposures to

trauma. First, direct exposure is when the event is directly experienced by a person such as an accident, sexual harassment, violence, and others. Second, indirect exposure is when someone else experiences the incident, but someone witnessed the event themselves, such as a witness to violence, or a witness to an accident.

2.3 Traumatic Experience

A traumatic conditions is occur due to events (single or continuous) whose intensity is beyond everyday human experience or which are interpreted as extraordinary by individuals, causing feelings of anxiety, fear and helplessness which have a negative impact on the quality of life physically, mentally, spiritual, and social. Irwanto and Hani Kumala (2020: 6). In the theory of trauma by Irwanto and Hani Kumala (2020), As a human experience, the understanding of traumatic experiences changes in line with the history of the study, which requires a relevant conceptual understanding. In this case, Irwanto and Hani Kumala (2020), explain that the study of traumatic experience has a different picture which is divided into three perspectives.

1. Medical Perspective: Traumatic Experiences are Disorder

Traumatic experiences are considered as one of the mental disorders caused by something that affects the mental state. The medical perspective assumes that traumatic is a disease that originates from the individual, both physical, mental, intellectual, and behavioral conditions, Irwanto and Hani Kumala (2020: 10). Before 1970, most experts said that trauma was the weakest part of an individual, that condition could come from oneself and the outside environment or from the family environment. Jones & Wessely in Irwanto and Hani Kumala (2020: 10), said that a

traumatic event is the single factor that causes horror and helplessness, thus triggering post-traumatic symptoms.

In their discussion, Irwanto and Hani Kumala (2020), also said that there are the term secondary gains which means a condition when an individual shows symptoms of a traumatic reaction. Apart from that, the condition is also influenced by the environment which determines the impact of the traumatic experience. The attention and support given by the people around also affect her condition. It is undeniable that humans have the notion that life will be fine and run as expected. But life has amazing surprises, sometimes what is not expected to happen in life can happen like things caused by the death of loved ones, natural disasters, and also accidents. The medical perspective in seeing the nature of this disorder greatly influences the elements that must be intervened, namely building confidence in oneself and others, developing new views in dealing with life's challenges, and building new goals (Irwanto and Hani Kumala, 2020: 12).

2. Perspective of Psychology Positive

This perspective addresses trauma and traumatic experiences in a more optimistic light. In 1900-1980 there was instability regarding the psychological perspective put forward by Sigmund Freud caused by criticism from a German-born American psychologist named Erich Fromm who said that positive psychology was not a flux, but a protest that continued as a movement in science. discourse in practice. In his critique, Fromm sees that the human task is to escape biological instincts in order to love life more and avoid destroying life (Irwanto and Hani Kumala, 2020: 16). It can be concluded that this perspective illustrates that trauma can pass or heal with positive individual thinking leading to life lessons that will lead

to a better life in the future. This is also in line with Tadashi's statement in Irwanto (2020: 20) which says that in this psychological perspective, positive and negative experiences are placed on a continuous line, which shares the same part in human experience which is determined by time and history. Positive psychology provides empirical evidence regarding posttraumatic growth (PTG), namely that humans grow older because they are able to learn from their traumatic experiences and direct their lives to new, more positive goals.

3. Perspective of Human Development

From this perspective, it is explained that humans experience good and bad developments that can be seen from the surrounding environment. It is undeniable that traumatic crimes can also occur based on the environment. The human development perspective presupposes that humans grow and develop in dynamic interactions with their environment (Irwanto and Hani Kumala, 2020: 20). So in this perspective it can be concluded that traumatic experiences can occur from the surrounding environment in the developmental system level. The following are several levels of systems that can make individuals experience changes in development according to Boffenbrenner in Evans (2020), says that humans live in five systems;

- a) The microsystem is the first and foremost level system in childhood, consisting of parents/caregivers, siblings, schoolmates, and teachers.
- b) The mesosystem is a broader system of relationships between homes and schools, places of worship, and traditional leaders.

- c) The exosystem is a system that is not directly related to oneself, but sometimes has direct and indirect influences. For example the environment, parents' workplace, parents' friends, and the mass media.
- d) The macrosystem is an attitude that develops because it is influenced by cultural elements. For example socioeconomic status, wealth, poverty, and ethnicity.
- e) The Chronosystem is a system that takes place between individual relationships with all surrounding systems. Can include normal life transitions such as starting school, or non-normative life such as parents divorcing and moving.

2.3.1 Symptoms of Traumatic Experiences

According to Irwanto and Hani Kumala (2020: 38), says that symptoms is certain behaviors as a reaction to traumatic experience. Irwanto and Hani Kumala (2020), also says that post-traumatic symptoms are divided into three major parts. Based on the behavior that is often observed the symptoms are Hyperarousal, Intrusion, and Constriction.

1. Hyperarousal

Hyperarousal is a symptom that shows an individual is always on guard to face similar events that made her traumatized, hyperarousal reactions are considered the most prominent reaction (cardian symptom) of the traumatic experience.

- a) Constant panic and fear reactions so that the person is easily irritated, often becomes aggressive, and cannot sleep well.

- b) This very sensitive state does not only occur when the person is awake, but also when she is sleeping and easily surprised by things (sounds or events) that are unexpected.
- c) Has an intense reaction to stimuli that specifically remind her of the traumatic event. Excessive and recurring fear, sadness, emotion, or anger when the traumatic episode is re-experienced or reminded of, either through a real event or viewing a reminiscence of the episode.
- d) Loss of trust and an extraordinary sense of hatred towards people or things related to the traumatic event. Victims of violence and rape often experience this feeling.

2. Intrusion

Intrusion is a very strong and embedded memory depiction of a traumatic event that was experienced both in their sleep and conscious in their behavior.

- a) Recurrent memories of events when the individual is awake or asleep (in the form of dreams). Repetition of this memory is very disturbing (intrusive) so that if not addressed will be bad for health and social relationships. These repetitive memories can develop into depression and its symptoms.
- b) A great intrusion can affect a child's development. Manifestations of developmental setbacks in these patients in the form of loss of skills to speak to be quiet and closed.
- c) Violent intrusion gives the individual a false impression.

3. Constriction

Constriction is helplessness, feelings and thoughts are dulled, all forms of self-defense collapse completely.

- a) Suicidal behavior and thoughts. This happens because their way of thinking is affected so that they consider themselves dirty, useless (victims of rape), the cause of death/accident of others, cursed by God, feeling isolated or alone, or feeling unable to do anything.
- b) Avoidance behavior. The patient often occurs in the form of amnesia (memory loss), avoiding conversations with topics related to the traumatic events experienced.
- c) Emotional numbness. In dealing with events/situations that are similar to traumatic experiences, sufferers do not show interest and their emotional expressions are flat.
- d) Individuals who cannot eliminate thoughts and feelings related to their traumatic experience, will try to numb the feeling by using alcohol/psychoactive substances (hypnotics) which are depressants.

2.3.2 Causes of Traumatic Experiences

To understand the traumatic experience, it is necessary to pay attention to the subjective nature of the experience itself. There are several reasons that make a person have a traumatic experience. According to Irwanto and Hani Kumala (2020), the causes are distinguished into natural disasters, traffic accident, bullying, rape, and losing of a loved one.

1. Natural Disasters

Natural disasters can classify into three kinds. First, disasters due to biological events. These disasters are caused by bacterial or viral pathogens that can take the form of a pandemic, epidemic, or epidemic of infectious disease. Second, Disasters due to hydro-meteorological events. This disaster can be caused by high or low rainfall. such as floods, storms and droughts. Lastly, disasters due to geophysical events. This disaster is caused by energy generated from various geophysical events. This disaster is divided into three; 1) Disasters due to seismic energy such as earthquakes and tsunamis. 2) Disasters due to volcanic energy such as volcanic eruptions and flow of mountain larvae. 3) Disasters due to gravitational energy such as landslides (debris avalanches, mudslides, volcanic lava avalanches, and avalanches) (Keim in Heryana, 2022: 6).

2. Traffic Accident

Traffic accidents is “an unexpected and unintentional event involving a vehicle with or without other road users involving human victims or property loss” victims in this paragraph are dead victims, victims of serious injuries, and victims of minor injuries. From the statement above, unexpected events have victims who are still alive, unpreparedness can cause trauma to victims because the process is fast without realizing it (I Nyoman, 2019). To prevent accidents there are several factors that must be considered. First, the condition of the vehicle is in good condition and equipped with seat belts (cars and trucks). Second, the condition of the road surface must be relayed frequently. Third, the human factor of driving has an official letter and is not in a state when drunk and always (Gopalakrishnan, 2012).

3. Bullying

Bullying occurs from someone in power to someone who is weaker, defines bullying as an act of abuse of power to hurt a person or group verbally or physically so that the victim feels depressed and helpless. The use of excessive power in an effort to discipline children by parents, caregivers, and teachers indirectly encourages bullying behavior, an imperfect upbringing has the potential to become a bully (Sejiwa in Narwastu, 2011). Trauma that occurs due to bullying results in pent-up anger. The anger that is held in self will overflow which has the potential for the victim to become the next bully and the potential for suicide for the victim who can't stand bullying (Yusuf, 2012).

4. Rape

Someone who has experienced sexual violence faces a dual-sector, namely being given empathy, pity and being given a negative label as a child who has been tarnished from society (Irwanto and Hani Kumala, 2020: 73). A society that stigmatizes children's experiences (especially sexual violence) places an additional psychological emotional burden that exacerbates the situation, this has the potential to cause various problems such as depression and post-traumatic disorders (Irwanto and Hani Kumala, 2020: 71).

5. Losing of a Loved One

Parents have an important role in children's lives to help overcome psychological trauma (Irwanto and Hani Kumala, 2020: 71-72). Adolescents can survive stressful conditions if they have a good and loving relationship with their parents, especially mothers. The loss of parents has an impact on adolescent

development because it leaves a deep sadness. Based on Suzanna research in Hudria (2020), the meaning of parental death is a sense of loss, namely the loss of affection, attention, and friends to share.