

CHAPTER I

INTRODUCTION

This chapter consists of five sub-chapters. There are background of the study, research questions, objectives of the study, significances of the study, scope and limitation of the study which are important to explain in this chapter.

1.1 Background of Study

Some ordinary people often underestimate the issue of mental illness. They thought that someone who has a mental illness is the type of person who is classified as weak, strange, or crazy. Meanwhile, according to the U.S. Department of Health and Human Services that is cited in the journal entitled *Defining 'Mental Illness' In Mental Health Policy* stated that mental disorders are health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and/or impaired functioning (Grob, 2006: 738). It means that someone who has a mental disorder usually experiences changes in emotions, feelings, moods, and ways of thinking. These changes are usually caused by bad events that they have experienced in the past so can affect their relationships with people around them.

Bad events can cause a person to experience trauma in their life. Trauma is generally defined by stress events that present extraordinary challenges to coping and adaptation (Agaibi & Wilson, 2005: 196). Someone who has trauma experiences difficulties focusing on their daily activities such as work, social activities, or interacting with other people. This is because when they are doing their daily activities, they will experience something like *de javu* that changes their moods or feelings. Furthermore, they will also experience nightmares or feel scared because of bad experiences or unforgettable events in the past, such as violence, sexual abuse, harassment, etc.

Discussing trauma, we cannot separate trauma from post-traumatic stress disorder (PTSD). Post-traumatic stress disorder can be defined as a mental disorder that occurs after a person experiences a traumatic event. A person who experiences post-traumatic conditions will feel anxious when they remember the

event that traumatized them. There are two factors of trauma that cause a person to experience post-traumatic stress disorder. The first factor involves human agency; for example, combat, assaults, rapes, serious accidents, or terrorism; and the second factor is from such natural causes as floods, hurricanes, or earthquakes (Horwitz, 2018: 4). These factors have a negative impact in the form of psychic suffering. Someone who suffers psychically usually hurts themselves, such as self-harm, or even commit suicide.

Post-traumatic is very interesting to be discussed in the literature because post-traumatic is being a part of psychology. Meanwhile, psychology and literature cannot be separated because they have similarities. Psychological analyses the real phenomena in our social life, such as changes in personality, behavior, mood, and mindset of a person. At the same time, literature represents a phenomenon that occurs and turns it into an imaginative work. For some authors, writing a story by adding psychological aspects as a literary work is very interesting. They think that the story that contains psychological aspects will be related to our lives and many people will like to read it. One example of a novel that contains psychological aspects is *A Little Life* by Hanya Yanagihara.

A Little Life tells a story about the tragic life of Jude St. Francis. Jude is a boy who lives and grows up in a monastery, but he often gets bad treatment from the people there. Jude was raped by one of the monks named Brother Luke. Besides that, Brother Luke also offered him to other men to have sex and exchange him for money. Jude was also hit by Dr. Traylor's car which resulted in his legs being permanently disabled. His childhood memories made him experience trauma for a long time until he became an adult.

The writer is interested in analyzing *A Little Life* as the source of data because this novel not only tells about relationships among best friends but also raises the topic of mental health. The diction of the novel is written in detail and also easy to understand, so it is easy for readers to imagine what the post-traumatic condition is like. This novel also delivered a good message as to how to treat other humans properly.

The thesis uses a novel by Hanya Yanagihara entitled *A Little Life*. Hanya Yanagihara is a novelist, editor, and journalist from America. She was born on September 20, 1974, in Los Angeles, California. So far, she has published two novels entitled *The People in the Trees* (2013) based on the real-life of the virologist Daniel Carleton Gajdusek, and *A Little Life* (2015). Both of the novels are praised as best sellers. Hanya Yanagihara won some awards after her second novel *A Little Life* is published. The awards are Man Booker Prize (in the fiction category) in 2015 and National Book Award For Fiction in the same year. Now, she is preparing her new novel entitled *To Paradise* which will be released in 2022.

The previous study using post-traumatic stress disorder theory was found in Sanata Dharma University by Yanady Ayubrata (2016) entitled *Revealing Charlie's Post Traumatic Stress Disorder Through His Behaviors In Stephen Chbosky's The Perks Of Being A Wallflower*. The next previous study using *A Little Life* novel was found in Airlangga University by Sabrina Sholichatin Nizza (2019) entitled *The Influence Of Traumatic Childhood, Eros And Thanatos Drives On Jude's Character In A Little Life Novel: A Psychoanalytic Study*. The last previous study was found in Lund University by Julia Karlsson (2017) entitled *The Sorrows of Young Jude – Sartre's Concept of Freedom in Hanya Yanagihara's A Little Life*.

This study has some differences from the previous studies above. The differences between this study with previous studies are in the novel and the theory. No one of the researchers analyzed this source of data using the same theory. Therefore, the writer has been interested to analyze this data using the theory of Post-traumatic Stress Disorder by Glenn R Schiraldi.

1.2 Research Questions

Based on the background of the study, the statement of the research problem can be formulated as follow:

1. What are the factors that influence Jude's post-traumatic stress disorder?
2. What are the impacts of post-traumatic stress disorder to Jude St. Francis?

1.3 Objectives of the Study

According to the research questions above, the objectives of this study are as follows:

1. To identify the factors that influence Jude's post-traumatic stress disorder.
2. To identify the impacts of post-traumatic stress disorder to Jude St. Francis.

1.4 Scope and Limitation

To avoid widening the topic that we will discuss, the writer limits this study to only focus on post-traumatic stress disorder theory which is represented by the main character Jude St. Francis. Furthermore, the writer also limits to analysis of characters' utterances and the narration's utterances of *A Little Life* novel about the factors influencing the post-traumatic stress of Jude St. Francis and the impacts of post-traumatic stress disorder to Jude St. Francis.

1.5 Significances of the Study

Theoretically, this study is expected to give an understanding of post-traumatic stress disorder was proposed by Glenn R Schiraldi. Moreover, this study also contributes to other students who looking for PTSD theory as their references.

Practically, the result of the study is expected to make readers realize the phenomena of mental illness, especially post-traumatic stress disorder. In addition, this study will inspire readers to give more respect to someone who has post-traumatic stress disorder. By respecting and guarding our words, we can help reduce the pain felt by someone who has had trauma in the past.