

CHAPTER I

INTRODUCTION

This chapter consists of five subchapters. Those are background of the study, statements of the research problem, objectives of the study, significances of the study, scope and limitation of the study. Those items are explained below.

1.1 Background of the Study

Everyone has experienced bad events or circumstances in life. Bad events or circumstances can result in trauma. Trauma is described as a stressful event that presents extraordinary challenges to coping and adapting (Agaibi & Wilson, 2005, p. 196). Following a stressful event, individuals commonly experience confusion and feelings of helplessness. It means that traumatic experiences have a significant impact on an individual's life. When experiencing a traumatic event, some individuals may experience mental health problem such as depression and anxiety. Trauma also makes a person difficult to carry out daily activities. This is because there is fear or excessive worry about situations that remind of traumatic events.

Discussing about trauma cannot be separated from discussing posttraumatic conditions. One of the most well-known posttraumatic conditions is posttraumatic stress disorder (PTSD). Posttraumatic stress disorder is a mental disorder that occurs after a person experiences trauma. This condition has a big impact both physically and psychologically on a person. Additionally, trauma also allows the individual to transform into someone who is better than before. It means that apart from having a negative impact, trauma can also lead a person to positive change.

Traumatic events can lead to change through assimilating experience and/or changing basic schemas about self and the world (Janoff-Bulman, 2014, p. 113). Some individuals can grow positively through traumatic events by taking lessons from what happened. This happens because traumatic events is able to develop individual's mindset.

Posttraumatic conditions become a part of literature. This is proven by the selection of stories related to posttraumatic conditions. Literary works represent real phenomena in social life, such as psychological changes after experienced trauma. Psychological phenomena is presented by the author in literary work through characters. Gillespie stated that psychology and literature are closely related fields of human research (2010, p. 45).

Related to the posttraumatic conditions, Richard Tedeschi and Lawrence Calhoun found an interesting phenomenon called posttraumatic growth (PTG). Posttraumatic growth is a positive psychological change as a result of a challenging life struggle (Tedeschi et al., 2018, p. 3). This condition occurs because individuals rethink the meaning, purpose, and priorities of their lives. Richard Tedeschi and Lawrence Calhoun stated that some studies show as many as 90% of survivors of challenging events report at least one posttraumatic growth. Posttraumatic growth is a new perspective that proves trauma is not only about pain and suffering but also influenced a person's development, therefore posttraumatic growth is interesting to study. After experiencing trauma, individuals will have several aspects of positive changes that can support his/her life in the future.

The writer finds issues in the novel that can be analyzed using the theory of posttraumatic growth. Posttraumatic growth theory is related to positive psychology theory. The purpose of positive psychology theory is to build a new concept that fixing the worst things in life can build positive qualities (Seligman & Csikszentmihalyi, 2000, p. 5). In addition, the theory of posttraumatic growth is included in one of the topics in literary criticism. Ann B. Dobie stated that one of the topics of psychological analysis in literary work is any change in the character's view or behavior which indicates that the struggle has been resolved, for good or ill can assess their meaning (2011, p. 74).

The writer uses the novel by Jennifer Niven entitled *All The Bright Places* as the source of data. This novel tells the story of mental health problems due to traumatic events experienced by two main characters. One of the main characters in this novel is Violet Markey. She has an accident which resulted in her older sister death. The incident make her experience trauma. As a result, she became afraid of something that reminded her of the incident. Her daily life becomes disturbed. Over time, she is able to rise from trauma and experience positive changes that support her new life.

In addition, Jennifer Niven's novel *All The Bright Places* is chosen as the source of data because the story is very interesting. This novel not only revolves around teenage romance but also raises the topic of mental health, especially trauma and conditions after trauma. The description of adolescent life with various problems and issues is explored quite deeply in this novel. This novel also has a

very good message for readers because it is inspired by the author's personal experience.

There are four previous studies that use Jennifer Niven's novel *All The Bright Places* as the source of data. First, the study conducted by Meidiana Putri (2016) entitled *An Analysis of Two Main Character's Anxiety Disorder in "All The Bright Places" Novel*. Second, the study conducted by Catlea Xmas Ratushima and Haryati Sulistyorini (2017) entitled *Theodore Finch's Bipolar Disorder in Jennifer Niven's All The Bright Places*. Third, the study conducted by Rawadan Reza Rachman and Ali Musthofa (2019) entitled *Theodore Finch's Borderline Personality Disorder in Jennifer Niven's All The Bright Places*. Fourth, the study conducted by Zaireen Zuleiqha Zainol Abidin and Mohd Syuhaidi Abu Bakar (2020) entitled *A Study Of The Elements of Depression in "All The Bright Places"*.

There is one study that applies posttraumatic growth concept to literary analysis. The study conducted by Enita Rahmah Febriantary (2015) entitled *Posttraumatic Growth Experienced by The Main Character in Stephen Chbosky's The Perks of Being A Wallflower*. This study focuses on discussing the personality changes of the main characters that are influenced by traumatic experiences and relationships with other people. In addition, this present study focuses on discussing factors influencing posttraumatic growth of the main characters and how the main character handle posttraumatic condition.

This study has the differences with the previous studies which have been mentioned. Although they have concerned on the same novel, the writer has another focus to analyze the source of data. Besides that, although using the same theory,

the sources of data used are different. The writer analyzes about posttraumatic growth in Jennifer Niven's novel, *All The Bright Places*.

1.2 Research Questions

Based on the background of the study, the research questions are formulated as follows :

1. What are the factors influencing Violet Markey's posttraumatic growth?
2. How does Violet Markey handle her posttraumatic condition?

1.3 Objectives of the Study

The writer tries to achieve objective as follows :

1. To find out the factors influencing Violet Markey's posttraumatic growth.
2. To find out how Violet Markey handle her posttraumatic condition.

1.4 Significances of the Study

This study is expected to provide theoretical and practical benefits as follows :

1. Theoretically, beneficial results of this study provide a better understanding of posttraumatic growth theory by Richard Tedeschi and Lawrence Calhoun. In addition, this study is expected to provide an explanation how literary works are analyzed using psychological concepts.
2. Practically, the results of this study are expected to provide a reference for students of English Study Program. It is also useful for writers who conduct research on posttraumatic growth. In addition, this study is expected to inspire readers to respect someone who has experienced trauma. People who

experience trauma not only feel pain and suffering but also experience positive changes in their life.

1.5 Scope and Limitation

The scope of this study is the theory of posttraumatic growth which is used to analyze the character Violet Markey in Jennifer Niven's novel *All The Bright Places*. Posttraumatic growth theory is related to positive psychology theory. Posttraumatic growth is the positive changes that occur after experiencing a traumatic event. Moreover, the limitations of this study are focuses on discussing factors influencing Violet Markey's posttraumatic growth and how Violet Markey handle her posttraumatic condition. How Violet Markey handle her posttraumatic condition related to the process and outcome of posttraumatic growth.