

## CHAPTER I

### INTRODUCTION

#### 1.1 Background of the Research

In terms of psychological issues, several psychological disorders might be represented in a literary work, one of them is Post-Traumatic Stress Disorder. According to the National Institute of Mental Health (2023), Post-Traumatic Stress Disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. Post-Traumatic Stress Disorder may occur in people who have experienced or witnessed traumatic events such as natural disasters, serious accidents, terrorist acts, or rape, or who are threatened with death, or sexual violence, and have witnessed unpleasant events that could have come from people whom they love. According to the American Psychiatric Association (2022), people with Post-Traumatic Stress Disorder have intense and intrusive thoughts and feelings related to their experiences that persist long after the traumatic event has ended. According to Taylor (2022), people who suffer from Post-Traumatic Stress Disorder relive the event through flashbacks or nightmares, they may feel sadness, fear, or anger, and they may feel separated or isolated from others.

Post-Traumatic Stress Disorder can happen to anyone of any age, starting from the first year of life. Generally, the symptoms begin to appear within the first 3 months after experiencing trauma, however, there are also cases where the onset of symptoms appears within months or even years later (American Psychiatric

Association,276). Someone who has had a traumatic experience usually difficult to forget the incident and it affects his or her life in the future. All-important experiences since childhood are stored in memory and affect their behavior and thoughts when they are adults so that they can unconsciously cause Post-Traumatic Stress Disorder symptoms. When this disorder happens to children, how children experience such events as war, violence, and abuse requires the use of measures and procedures to detect post-traumatic stress disorder. A child with Post-Traumatic Stress Disorder constantly has frightening thoughts and memories about past events, they find the event frightening, both physically and emotionally. According to Stanford Medicine (2013), Post-Traumatic Stress Disorder symptoms may appear immediately after a stressful event, or it may not happen for 6 months or more. Some children with Post-Traumatic Stress Disorder have long-term effects, they may feel emotionally numb for a very long time. Post-Traumatic Stress Disorder in children is often a long-term chronic problem. Children with Post-Traumatic Stress Disorder feel a lot of emotional and physical distress when faced with situations that remind them of the traumatic event (Stanford Medicine, 2013).

*Where The Crawdads Sing* (2018) is a novel written by Delia Owen. It is a fictional novel by American author Delia Owen and also the zoologist, Delia Owen. It is the story of a girl named Catherine Danielle Clark or Kya, who is accused of murdering a well-known young man in their town, Barkley Cove, North Carolina. Kya grew up not from a rich family, her father was a drunkard with an angry temper and liked to be physically abused, so because he couldn't stand the attitude of the head of the family, one by one the family members left Kya. At one point, Kya's

father left. Finally, the little girl was truly alone. Not having enough money, not having an education, and without adult protection, Kya has to struggle to survive. Many people ridicule her because of her isolated life in the swamp. Luckily, several people are still willing to help Kya develop and become an ecologist and famous writer.

There are some reasons why I am interested in carrying out the study on this topic. Based on the explanation above, this research focuses on how the Post-Traumatic Stress Disorder event affects the main character's personality and the struggle that she faced when she wanted to open herself up to other people. In this novel, I believe, Delia Owen is trying to show that the trauma in the past can strongly influence someone's personality. Therefore, further research can explain how it happens.

## 1.2 Identification of the Problem

Kya's character in *Where the Crawdads Sing*, evidently shows that traumatic events can last very long in the victim's unconscious mind. Kya grew up with her mind believing that she was the reason her mother, father, and her siblings left, so she chose to stay away from the people. As for Kya, she shows several symptoms that indicate her to suffer from Post-Traumatic Stress Disorder such as staying away from everyone and choosing to be alone in the middle of a swamp. However, Tate can convince Kya that life outside the swamp is not as scary as Kya thought. During Kya's efforts to overcome her post-traumatic, she faces a lot of difficulties. At the same time, the struggle can bring her to a new stage of life. This

research focuses on Kya's struggle to overcome the trauma and what she becomes at the end of her life.

### 1.3 Review of Related Literatures

In conducting this research, I tried to find some researchers or studies about related topics to gain more insight and knowledge. The previous studies that analyze this novel show the psychological disorder that Kya suffered and the personality problem. The related studies that I have collected help in giving more information and opinions from many aspects.

The first study is entitled "Kya's Individuation Process in Delia Owen's *Where the Crawdads Sing*" Swastika (2021). This research aims to achieve the individuation process taken by Kya Clark in Delia Owen's *Where the Crawdads Sing*. The results of the research show that there are two forms of the individuation process found in Kya's character. First, Kya has undergone several primary characteristics of the individuation process that occurs before middle age when she has experienced tragedy, those hardships have changed her old life orientation. The second is the strategies of the individuation process taken by Kya. She acknowledges her animus, recognizes her shadow, diminishes her persona, and unveils her unconsciousness. This study helps in adding ideas and opinions about the struggle that Kya experienced before suffering from PTSD which I discuss in my research as well.

The second study is a journal article entitled "Struggle as seen in Owen's *Where the Crawdads Sing*" by Gustaman and Lolowang (2021). This study

discusses the struggles in the novel *Where the Crawdads Sing* by Delia Owen. This article finds three forms of struggle: accepting the facts of life, achieving goals, and getting affection. The implication of this study is to enrich the knowledge of the writers and readers about the main character's struggles. This article helped me to find out what struggle Kya experienced that made her suffer the trauma from her past, which I will discuss in this thesis.

The third one is a journal article entitled "Post-Traumatic Stress Disorder in Kathleen Glasglow's Novel *Girl in Pieces*" by Surraya (2022). The aims of her study reveal the Post-Traumatic Stress Disorder in Kathleen Glasgow's Novel *Girl in Pieces*. It focuses on the main character's Post-Traumatic Stress Disorder. The similarities in this study are the research objects used; there are the main characters of the novel. While the difference lies in the research focus, Malisa's research focuses on the symptoms of Post-Traumatic Stress Disorder and the factors of Post-Traumatic Stress Disorder. This research will focus on the depiction of Post-Traumatic Stress Disorder in the main character's personality, the causes of the Post-Traumatic Stress Disorder development, and the reveal of Post-Traumatic Stress Disorder in the main character's personality. This article helps to increase my knowledge and opinion regarding the Post-Traumatic Stress Disorder symptoms that I will use.

The fourth one is "An Analysis of Personality Traits of Main Characters in Lu Yao's Works *The Ordinary World* Based on Freud's Theory of Personality Structure" by Jie and Lihui (2019), from Hengyang Normal University, China. This article aims to analyze the personality traits of six main characters in the work "*The*

*Ordinary World*". The writers find three enlightenments through the research, one is that the personality is relatively stable and dynamic development, second is that the external environment aggravates the change of personality structure, and third is that the analysis of the personality characteristics of literary works has practical guiding significance. The similarity with my research is analyzing using the theory of Id, Ego, and Superego in analyzing the characters in the novel.

The last one is "The Influence of PTSD on the Main Character's Personality in the novel *Girl Against the Universe* by Paula Stokes" Avinda (2023). This study is aimed at exposing the types of defense mechanisms used by the main character. The similarities in this study are the problems that the main characters suffered and how the main character overcame the trauma. This study helped me to know how to analyze defense mechanisms through several action points to be taken. The writer finds the result of this study is that trauma from the past can influence the main character's personality, where she becomes an introvert and isolates herself from society.

#### 1.4 Research Questions

1. Post-Traumatic Stress Disorder is a mental disorder that occurs in a person due to experiencing a traumatic event. What are the causes of Post-Traumatic Stress Disorder experienced by Kya and what are the symptoms of the Post-Traumatic Stress Disorder in her current life?
2. What defense mechanism does she use to cope with her Post-Traumatic Stress Disorder?

### 1.5 Scope of the Research

This research is intrinsic because it examines mental disorders suffered by the main character. In this research, the main focus of the analysis is limited to Cathrine Danielle Clark or Kya's psychological problems. The subjects are divided into two, the first one is about the Post-Traumatic Stress Disorder depicted in Kya, including the symptoms experienced by Kya and the trauma she has experienced that reveals Kya's personality. The second is to examine the types of defense mechanisms Kya uses to overcome her trauma so that she can become a new person.

### 1.6 Objectives of the Research

Related to the problems that I have mentioned before, this study is aimed at analyzing the symptoms of Post-Traumatic Stress Disorder in Kya's personality. Additionally, it will also include the defense mechanisms used by the main character.

