

CHAPTER I

INTRODUCTION

1.1. Background Of The Study

Psychology has been recognized as an independent science since 1879 when Wilhelm Muntt established a psychology laboratory in Germany. Since then, psychology has developed rapidly, marked by the birth of various schools in it. One of the schools in psychology is the concept of personality. This concept was eventually interpreted by many experts with various definitions, one of which is the interpretation of the concept of personality from the psychoanalytic school (Ja'far: 2015).

According to Freud the personality structure consists of: id, ego, and superego (Djibran et al., 2022). The id includes basic drives, sexual desires, and biological instincts. The ego is responsible for balancing uncontrollable desires with reality and social norms. The superego functions as an internal watchdog that punishes or rewards the ego based on appropriate or inappropriate behavior.

Humans are living creatures created by God Almighty, which one God created humans by giving them reason and mind. God created humans with different genders, namely women and men. Humans themselves are very complex, as well as the relationship that occur in humans are very broad. These relationships occur between humans and humans, humans and nature, humans and living things in nature, and also humans and the Creator. Humans have desires and emotions that become driving motives in life. Positive or negative, each person's emotions and

desires are unique and have different meanings. Although they are different, they have the same meaning. Humans have experienced both pleasant and disappointing and even very sad the experience. Bad life experiences can cause trauma, and this trauma has the potential to disrupt a person's mental health.

Trauma is defined as events involving an individual that are characterized by an incident in which he or she is injured or dies, resulting in feelings of terror and hopelessness." (Green, 1993; Landsman, 2013; Krystal & Krystal, 2015;). Accidents; natural disasters; domestic violence; sexual abuse; serious injuries; criminal fraud; and sudden, unexpected death of a close friend or family member are examples of events associated with the cause factors of trauma (Haskell & Randall, 2019).

The occurrence of traumatic events negatively affects the individual's physical, psychological and emotional development (Pennebaker & Beall, 1986). As a result, these individuals may experience difficulties in self-esteem, assertiveness, anxiety, trust, guilt, and decision-making. (Sari et al., 2020)

In trauma, threatening and unpredictable situations suddenly and significantly disrupt an individual's ability to adjust (become maladaptive) for some time. (Sar & Ozturk, 2009). Some examples of traumatic experiences include sexual abuse, child abuse, domestic violence, murder, accidents, fires and other disasters.

The book entitled trauma and the book entitled trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT, explain that some people experience traumatic events repeatedly (Raja, 2012). This happen because previous

unresolved traumatic experiences make them feel lonely, have trust issues, isolated, and more psychologically vulnerable. These people have a greater risk of being re-traumatized in later life development.

Post Traumatic Stress Disorder (PTSD) is a mental disorder / post-traumatic stress that occurs after a person experiences a traumatic event, such as sexual violence, war, accidents, or other events that can threaten a person's life by having symptoms such as nightmares and sad memories related to the trauma he experienced (Hatta, 2016).

The cases of PTSD (Post Traumatic Stress Disorder) experienced by individual who are part of society itself are also recorded in literary works. Many authors raise psychological issues through their works. One of the works that raise psychological issues is a novel entitled *All The Bright Places* by Jennifer Niven.

All the Bright Places is a novel by Jennifer Niven that tells the story of two teenagers who have mental disorders. As in the character Violet Markey, the main female character in the movie who is traumatized by the death of Violet Markey's sister in a car accident.

The Movie *All the Bright Places* is very interesting to be analyzed. The phenomenon of PTSD (Post Traumatic Stress Disorder) is found in our lives and even in literary works. One of literary works discussing PTSD (Post Traumatic Stress Disorder) is a novel entitled *All The Bright Places* and was later filmed in 2020 and directed by Brett Harley.

The movie *All The Bright Places* is very interesting to study because this novel has many messages to convey, namely in the form of mental health in adolescents through the feelings of adolescents who experience these situations. Efforts to maintain and heal mental health are found in this movie, including social support, finding effective ways to overcome PTSD (Post Traumatic Stress Disorder) symptoms, and rebuilding a healthy and meaningful life.

In the movie, the main character, Violet Markey, is a PTSD (Post Traumatic Stress Disorder) sufferer who gets support from the people around her, namely one of her male friends named Theodor Finch who makes Violet Markey recover, by taking Violet Markey on adventures, encouraging Violet Markey to get out of her comfort zone, etc.

Based on the background above, the author is interested in doing research by raising the study with this title. In discussing the problem experienced by the main character, the researchers are going to use the theory of id, ego, superego and the theory of PTSD (Post Traumatic Stress Disorder).

1.2. Limitation of The Problems

The material object of this reseach is a movie entitled All the Bright Places. The focus of the study is to analyze the PTSD (Post Traumatic Stress Disorder) experienced by the main female character, the factors, the symtoms and the process of recovery of this mental disorder. The theory used in this research is the theory of id, ego, superego by Sigmund Freud and the theory of PTSD (Post Traumatic Stress Disorder).

1.3. Research Question

1. What are the factors of the female character having PTSD (Post Traumatic Stress Disorder)?
2. What are the symtoms of the female character having PTSD (Post Traumatic Stress Disorder)?
3. How does the main female character recover from her trauma?

1.4. Objectives Of The Research

1. Find out the factors of the female character having PTSD (Post Traumatic Stress Disorder).
2. Find out the symtoms of the female character having PTSD (post Traumatic Stress Disorder).
3. Identify the way the main female character recovers from her trauma.