THE INFLUENCE OF PAST TRAUMATIC EXPERIENCE ON
THE PERSONALITY DEVELOPMENT REFLECTED AT
NABILA SHARMA'S BRUTAL: THE HEARTBREAKING TRUE
STORY OF A LITTLE GIRL'S STOLEN INNOCENCE (2012)
MEMOIR: A PSYCHOANALYTIC APPROACH

PUBLICATION ARTICLE

Submitted as a Partial Fulfillment of the Requirements
For getting Bachelor Degree of Education
In English Department

by:
SA'IDAH MISKATUN
A 320100031

SCHOOL OF TEACHER TRAINING AND EDUCATION
MUHAMMADIYAH UNIVERSITY OF SURAKARTA
2014
Surat Persetujuan Artikel Publikasi Ilmiah

Yang bertanda tangan dibawah ini pembimbing skripsi/tugas akhir:
Nama : Dr. M. Thoyibi, M.S.
NIP/NIK : 410
Nama : Titis Setyabudi, S. S., M. Hum.
NIP/NIK : 948

Telah membaca dan mencermati naskah artikel publikasi ilmiah, yang merupakan ringkasan skripsi (tugas akhir) dari mahasiswa:
Nama : SA’IDAH MISKATUN
NIM : A320100031
Program Studi : Pendidikan Bahasa Inggris

Naskah artikel tersebut, layak dan dapat disetujui untuk dipublikasikan.
Demikian persetujui dibuat, semoga dapat dipergunakan sesepurinya.

Surakarta, Juli 2014

Pembimbing I

(Dis. M. Thoyibi, M.S.)
NIK: 410

Pembimbing II

(Titis Setyabudi, S. S., M. Hum.)
NIK: 948

Sa’idah Miskatun
M. Thoyibi
Titis Setyabudi

ABSTRACT

Sa’idah Miskatun. A320100031. Department of English Education. School of Teacher Training and Education. Muhammadiyah University of Surakarta. 2014

The problem of this study is to describe how is the influence of past traumatic experience on the personality development reflected in Nabila Sharma’s Brutal: the heartbreaking true story of a little girl’s stolen innocence memoir. The object of the study is Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence novel written by Nabila Sharma. The research’s objective is to analyze the influence of past traumatic experience on the personality development reflected at the novel based on psychoanalytic approach. This study used qualitative research. There are two kinds of data source, are: primary data source that is the story of Nabila Sharma’s novel and the secondary data sources such as website, dictionary, and some book related to the subject. The method of collecting data is library research by summarizing, paraphrasing, and documenting the data. In analyzing the data, the researcher applies descriptive analysis. The conclusion is based on the psychoanalytic analysis it can be concluded that Nabila illustrated a psychological phenomenon in which the life of an individual is very much influenced by the past traumatic experience.

Keywords: traumatic experience, influence of past traumatic, personality development, psychoanalytic.
A. Introduction

Traumatic experience is an instance where someone wants to forget and remove the bad experience from her or his mind and in particular circumstances. Trauma is emotional shock producing a lasting effect (Hornby, 1995:1272). Wolters (1991) stated that traumatic experience is a sudden and acutely shocking experience that washes over the individual rendering him or her powerless for a brief or a longer period of time. Trauma can be bad influence of someone’s mind. It also can make someone that has traumatized will usually feel anxiety, unsteadiness, and frightfulness in particular circumstance. Someone who ever gets the traumatic experience can be recovered by helps and supports from her or his family and friends, surely by their own desire to be recover. Childhood is an experience full of blissful memories which should be spent in the happiness and play at all the time she or he has. Thus, many people get her trauma experience when they were a little child. Many writers of the novel, poetry and songs adapt this problem as is at Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence written by Nabila Sharma.

Nabila Sharma’s novel is about her autobiography. She tells her story when she was a young girl and she become the one chosen by her religious teacher. This book published at 26th April 2012 by HarperCollins, UK. It was consisted of 304 pages with 26 chapters. The story was taken in Midland, England where Nabila was born and grew up with her brothers. This book is about what was happened on Nabila since she was a young girl. She was seventh years old when the sexual abuse happened to her by her own teacher. Begin in 1960, Nabila felt depressed in face of her problems alone. By writing this book is the one of the ways to cure her from her pain as long as 26th years ago.

There is no literature review concerning Nabila Sharma’s novel Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence (2012) at least among UMS, UNS, UNIVET, UNDIP, UNNES, UAD, UNY, UGM, UMY, etc and also several website such as ProQuest, Questia, Cambridge University.
Therefore, the researcher cannot compare this research with other research because this is the first study of Nabila Sharma’s book.

This study is about the influence of past traumatic experience on the personality development. It is analyzed by using psychoanalytic approach. By Freud’s definition, there are three elements of personality, namely the id, the ego, and the superego (Hjelle & Ziegler, 1992:26). Pervin (1984:71) added that psychoanalytic is described according to the degree of the phenomena awareness, they are: conscious, preconscious, and unconscious. Trauma is an event where shattering people’s mind of innocence. Wolters (1991) explain that traumatic experience is a sudden and acutely shocking experience that washes over the individual rendering him or her powerless for a brief or a longer period of time. A traumatic person regards that he or she lives alone in the world (Gold, 2000:64). Reactions and symptoms of trauma can be wide and varied, and differ in severity from person to person (Briere, 2006:37). The literature on child abuse and its long-term effects, therefore, is strongly dominated, both explicitly and implicitly, by this formulation (Gold, 2000:16). Traumatic event can be mad well by doing several treatments psychological and support also helped by close person of the victims.

B. Research Method

In this research, the writer uses a qualitative research. It is library research while data sources are using literary data. It purposes to analyze memoir using psychoanalytic approach. The steps to conduct this research are determining the type of the study, the object of the study, data and data source, technique of collecting data, and technique of data analysis. The object of the study is Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence Memoir (2012) has written by Nabila Sharma. It is analyzed by using psychoanalytic approach.

The type of data is the words, phrases, and sentences in the memoir by Nabila Sharma. There are two data sources that are needed to do this research,
are: first, the source of primary data is the story of Nabila Sharma’s memoir, *Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence* (2012). Second, the sources of secondary data are from the other source related the study, such as: website, dictionary, and some book that support the analysis. The method of collecting data is note-taking. While, the technique used in analyzing data is descriptive analysis. It concerns with structural element of the memoir on the influence of past traumatic experience on the personality development reflected in *Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence* Memoir (2012) has written by Nabila Sharma.

C. Finding and Discussion

1. Finding

   a. The Structure of Nabila’s personality

   In this novel, Nabila Sharma is the main character who most suffers by her own past traumatic experience. His suffering begins when she was a coward young girl and it makes her very depressed. By his offender, it makes many conflicts among *Id*, *Ego*, and *Superego* which influences her mental condition.

   According to Nabila’s family, she was the only daughter in her home. Her parents were over protective to her because she was the last children in Nabila’s family. Nabila felt so restricted with the home rules. The *Id* is Nabila wanted to be free like her brothers.

   Nabila’s next *Id* begins when she started to study Qur’an at the mosque in England. She did not want to study Qur’an, because she thought that the rule of the mosque was strike, it was very different with Suki’s temple. Her *Id* insisted her to refuse to study Qur’an at the mosque.

   Nabila was the favourite student of the Imam. Not only Nabila who felt those screwy, the other students also felt that. As the consequence, the
other students in mosque disliked Nabila. Nabila’s *Id* insisted her to obey all of the command from the Imam, because the Imam was an honourable man in Muslim community.

The Imam’s bite was the beginning treatment of the climax abuses to Nabila. Almost every day in the mosque, Nabila got sexual abuses from the Imam. It was the impolite treatment from the Imam to his student. Mosque, the sacred place where should be the place to do the sacred activities, was stained by the Imam. Nabila’s *Id* that time was only wanted to release herself from that condition.

For 26 years Nabila felt depressed, the traumatic experience that happened to Nabila’s childhood was the tragic experience in Nabila’s life. Nabila really wanted to share her past unfortunate experience to all of people by making a book. Nabila’s purpose is to decrease the victims of sexual abuse in the world. Through her book, she wanted that the other victims like her can be brave to tell to their closest people then quickly stop it.

Nabila was a spoiled child in her family who was very protected by her parent. In the contrary, her four brothers always refused to help her parent in protecting Nabila. Nabila’s *Superego* of this case is by the protection from her brothers she felt safe, but in the other hand she wanted to be free like the other children.

At the moment Nabila was seven years old, when she was asked to study Qur’an, Nabila wanted to refuse it, because the mosque was different with her imagination and studying Qur’an was very difficult for her. But then, Nabila’s *Superego* advised her that studying Qur’an is an obligation to Muslim community and she must do it.

The special treatment of the Imam to Nabila is a sinning. Nabila wanted to refuse all of his treatment, because she knew that it should not be done by the Imam. Nabila was only an innocence little girl who should
not given the treatment yet. Nabila’s Superego ensured that the treatment is wrong and forbidden by the religion of Islam.

The treatment of the Imam to Nabila was not proper. Nabila wanted to stop it. She wanted to avoid all of those screwy treatments. Nabila knew that all of that treatment was a sin. In fact, Nabila was only capable to avoid him, by decreasing her time to study Qur’an in order to make the Imam did not do that repeatedly. It was Nabila’s Superego to avoid the Imam, although, the possible risk was the Imam get angry to her.

Traumatic experience that Nabila had experience in almost 26 years is a pain experience. It has been destroyed her childhood. She wanted to tell her story about her traumatic experience to other people in order to decrease the sexual victims like her. The Superego reminded Nabila to keep the fair name of her family.

The Ego was followed the Superego and denied the Id. Nabila was only an innocence little girl protected by her parents. The Id wanted her to be free like her four brother. On the other hand, Nabila’s Superego said that by protected from her brothers, she would be saved.

When she was seven years old, she asked by her parents to go to the mosque. Nabila’s Id said that she refused to do it, because of the lesson is difficult for her and the mosque was not comfortable like Suki’s temple. The Superego said that the study Qur’an is an obligation for the Muslim community. It is also had been done by her four brothers. The Ego was followed the Superego and denied the Ego, because it is an obligation to Muslim.

The next Ego follows the Id and succeeds to break the Superego. When she was the chosen one by the Imam, the Id said that the Imam was the person who has been respected by Muslim community and he was the leader of the Muslim community. On the contrary, the Superego said that Nabila should refuse to be the chosen one. She only wanted to be the
ordinary student like the other children. Nabila knew that the treatment was wrong and forbidden to do by the Imam.

The imam was like a paedophile, almost every day he abuses Nabila at the mosque. Nabila’s *Id* that time was only wanted to release herself from that condition. However, by avoided her time in the mosque, it could decrease her time with the Imam, it was Nabila’s *Superego*; although, the possible risk was the Imam get angry to her. The *Superego* pressured the *Id* to manage the *Ego*.

The last *Ego* follows the Nabila’s *Id* that said to decrease the victims of sexual abuse in the world. Through her book, she wanted that the other victims like her can be brave to tell to their closest people. The *Superego* managed the *Ego* dominated by the *Id* to reminded Nabila to keep her family’s reputation.

### b. The Influence of Past Traumatic Experience

As a young girl, Nabila is a coward little girl who was trapped in the bad behaviour of her Imam. Almost every day in her childhood, she got the sexual abuse from own teacher. Nabila could not tell and share to anyone. When she was the chosen one by the Imam, her friends also begin take away from her. They want to be Nabila but, the other way she want to be an ordinary child like the other children. Nabila grew up to be a depressed girl. Nabila could not enjoy her fun adolescent like the other friends. She was a traumatic girl. Almost twenty six years later from her suffer, finally she can renascent.

Nabila’s experience in her childhood was a worst past traumatic experience in her life. Moreover, when Nabila’s secret known by her family. Instead, Nabila’s family did not do anything with it; they hid it under the carpet. Nabila felt that her family did not care again with her. Although in Nabila’s mind she really wanted to get loose from that
condition, she want to avoided, screamed, and ran, she could not release from her Imam. All of that bad treatment made Nabila to be a pale-faced little girl. She was a little girl who was stolen her innocence. She did not have a self esteem anymore.

By writing this book, Nabila felt it could be a cure for herself. The book which is written by her had helped her to increase her braveness to face all of the possibilities. Her past traumatic have made her like damage good and now, she was a strong and tough girl. By published this book, Nabila hopes that all the victims must be braver to speak out. Nabila wanted to tell to them that they are not alone, there are still have family and other people who do love and care to them. This book, *Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence*, was Nabila dedicated to them who are cannot or fearfulness to speak up. It is the reason why she wanted to share it to the public, because by talking about it, we can stop the violation to the children in the family or the communities.

2. Discussion

Wellek and Warren (1956:81) stated that the psychological study of literature may mean as type and as individual, the process of thought, the psychological types and laws of literature work, or the literature effect on the audience of psychology.

The *Id* represents the biological substation of humans, the sources of all drive energy (Pervin, 1984:77). The *Id* tries to reduce or eliminate the tension and to return the organism to a low energy level (Hall & Lindzey, 1981:33). Boeree (2008:35-36) *Superego* has two aspects: the conscience, which is an internalization of punishments and warnings, and the *Ego* ideal, derived from the praise and positive examples are given to children.
According by the theories above, Nabila’s personality which often dominates among others is the *Superego*. When she was only an innocence and coward little girl obediently to do what the Imam’s command, the *Superego* often comes within Nabila’s mind to break the Nabila’s *Id* that should be make Nabila braver and gets her nicety childhood.

As a young Nabila started to study Qur’an in one of mosque in England, she began to sense the peculiarities from her Imam, from the secret handshake until the sexual abuses which should not be done to a little girl like her. The desire of the *Superego* had overwhelmed the *Ego* and defeated the *Id*. Nabila really wanted to tell her family about what the Imam did to her for several years. But, then, she thought that it would be unless. She thought that her tight family would not believe her. Her family, especially her mother, surely would think that Nabila is only a little girl who has a big imagination. The *Superego* said that Nabila have to obey all of the Imam’s command that time. The *Superego* pressured the *Ego*, and it makes Nabila’s mind to rebel all of the possibility which would be happened. Nabila had no capability to do anything, so that she expressed her pain by hurting herself. Not only over in that condition, Nabila also wounded her body, smoked, and did the peculiar things which should not be done by the Muslim women. Nabila so depressed that time. What had happened to her made Nabila succeed to broke her *Id*. The *Superego*, then, ensured the *Ego* that Nabila was only a little girl who did not have authority to defence herself. This is enough to fulfil the Nabila’s *Superego* to make Nabila did the bad things and decided to obey the Imam’s command.

According to Nabila, it is wrong if the victim like her only kept silent and did not do anything. Nabila share her story with the purpose is to make the victims aware that they were not alone. They should fight for their rights. They should not be quiet to allow the paedophile controlling their selves. It is the right time to the victims to be brave to tell and share the violation and
safe them from the other brutalities. Nabila tells her story with the aim to share her experiences and gave notice to the victims to do not wait the miracle but make it to be true by telling their feel to their closest people. Nabila dedicated this book to all the victims in the world. She wanted to make the victims speak up and the reader of this book to care for people around them.

The influence of past traumatic on the Nabila’s experience was destroyed her childhood and overwhelmed her mental illness. Nabila was a victim of the brutality of the Imam, the honourable man in Muslim community. Nabila had tried to be brave to tell and share what had happened to her, but her mentality was not quite enough to motivate her. After so many years later, Nabila tried so many ways to recover her mental illness. She tried to visit the psychiatrist to ask some advice. And finally, she could express her tragic experience and her past trauma in her childhood into a book. *Brutal: the Heartbreaking True Story of a Little Girl’s Stolen Innocence* was dedicated to the reader to keep the woman and child right.

D. Conclusion

The conclusion of the study is that based on the psychoanalytic analysis, it can be concluded that Nabila illustrated a psychological phenomenon in which the life of an individual is very much influences by the past traumatic experience. Traumatic experience can be mad well by many treatments psychological, supports from the closer person, and also aching wish from themselves. Nabila dedicated this book to all the victims around the world who has cannot or fearfulness to speak out. This book aimed to keep child right moreover woman right.
E. Bibliography


Briere, J. 2006. *Dissociative Symptoms & Trauma Exposure: Journal of Nervous and Mental Disease*.


