GRACE'S TRAUMA; A PSYCHOANALYTIC STUDY IN TILLY BAGSHAWAY'S NOVEL *SIDNEY SHELDON'S AFTER THE DARKNESS* (2010)

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By:

MUHAMMAD ZAKI ALFARUQI

A320130245

DEPARTMENT OF ENGLISH EDUCATION

SCHOOL OF TEACHER TRAINING AND EDUCATION

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by:

<u>MUHAMMAD ZAKI ALFARUQI</u>

<u>A320130245</u>

Approved to be Examined by the Consultant:

Consultant,

Dr. Phil. Dewi Chandraningrum, S.Pd., M.Ed.

(NIK. 772)

ACCEPTANCE

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BY

MUHAMMAD ZAKI ALFARUQI

A320130245

Accepted and Approved by Board of Examiner
Department of English Education
School of Teacher Training and Education
Universitas Muhammadiyah Surakarta
on November 13th, 2020

Team of Examiners:

1. **Dr. Phil. Dewi Candraningrum, M. Ed.**   (_____)
   (Head of Examiner)
2. **Dr. M. Thoyibi. M.S.**   (_____)
   (Member I of Examiner)
3. **Titis Setyabudi, S.S., MA.**   (_____)
   (Member II of Examiner)

Dean,

Prof. Dr. Harun Joko Prayitno, M.Hum.
NIP. 196504281993031001

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Writer,

MUHAMMAD ZAKI ALFARUQI
A320130245

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Abstrak

Penelitian ini membahas tentang trauma yang dialami Grace Brookstein, tokoh utama dalam Sidney Sheldon's After the Darkness (2010). Tujuan dari penelitian ini adalah untuk menganalisa isu trauma berdasarkan perspektif Psiokoanalisis dalam literatur. Objek dari penelitian ini adalah novel Sidney Sheldon's After the Darkness (2010). Dalam penelitian ini menggunakan dua sumber data, yaitu: sumber data primer dan sekunder. Sumber data primer adalah novel Sidney Sheldon's After the Darkness (2010) yang ditulis oleh Tilly Bagshawe dalam versi bahasa Inggris. Sumber data sekunder adalah referensi dari buku, jurnal, dan artikel yang terkait dengan penelitian ini. Teknik pengumpulan data penelitian ini menggunakan metode Library Research dan Note-taking. Data yang digunakan dalam penelitian ini dianalisa dengan metode deskriptif kualitatif. Hasil penelitian ini memperlihatkan trauma yang di alami Grace dalam bentuk; serangan panik, perilaku menghindar yang parah, depresi, kecenderungan bunuh diri, perasaan terasing dan terisolasi, ketidakpercayaan dan pengkhianatan, kemarahan dan mudah tersinggung, gangguan parah dalam fungsi sehari-hari, persepsi dan kepercayaan yang aneh. Berdasarkan analisis data tersebut, faktor dominan dalam pembentukan trauma pada tokoh Grace ialah pengkhianatan dari orang-orang yang dia percayai serta kepribadiannya yang lebih didominasi oleh id, mengabaikan ego dan superego yang ada.

Kata kunci: trauma, psikoanalisis, sidney sheldon's novel after the darkness, grace.

Abstract

This study confers about trauma experienced by Grace Brookstein, the main character in Sidney Sheldon's After the Darkness (2010). The purpose of this study is to analyze the issue of trauma based on the perspective of Psychoanalysis in literature. The object of this research is Sidney Sheldon's novel After the Darkness (2010). In this study, two data sources were used, namely: primary and secondary data sources. The primary data source is the novel Sidney Sheldon's After the Darkness (2010) written by Tilly Bagshawe in the English version. Secondary data sources are references from books, journals and articles related to this research. This research data collection technique using the Library Research and Note-taking methods. The data used in this study were analyzed using a qualitative descriptive method. The results of this study show the trauma that Grace experienced in the form; panic attacks, severe avoidance behavior, depression, suicidal tendencies, feelings of alienation and isolation, mistrust and betrayal, anger and irritability, severe disturbances in daily functioning, strange perceptions and beliefs. Based on this data analysis, the dominant factor in shaping the trauma of Grace's character is betrayal from people she trusts and her

personality that is more dominated by the id, ignoring the existing ego and superego.

Keywords: trauma, psychoanalysis, sidney sheldon's novel after the darkness, grace.

1. INTRODUCTION

Novel is a portrait of reality, manifested through the aesthetic language due to its contact with human life. In this case, the author is tasked with conveying the intent and purpose of telling to the reader through his work. Ratna (2010) argues that novel provides the most extensive media so that the author has the broadest possibility to convey a message to the reader. One of the ways in which the author conveys his intentions is through the appearance of the characters who are the focus of the story.

Interesting phenomenon of recent years is the emergence of a number of authors that are presented through works with psychological themes. Trauma is a very common thing in psychology. It is a psychological problem that always gets special attention among psychologists. It closely related to one's mental and emotional health.

Trauma is not something new in literature. There are many literary works that also use this psychological problem as a theme. *Sidney Sheldon's After the Darkness* is one of the examples. In this study, the researcher discusses the trauma experienced by the character, Grace Brookstein in *Sidney Sheldon's novel After the Darkness.*

This novel tells the story of Grace Brookstein who lives like a princess with a luxurious lifestyle in spite of the fall of economy crisis in the US. One day, her husband who is a billionaire from the Quorum company, Lenny, mysteriously disappeared in a tragic sailing accident. Lenny's death was finally reported as a suicide. After the death of her husband, the $ 75 billion Quorum protected fund also disappeared. Everyone believes that Grace stole the money.

After that, Grace was sentenced to prison for money laundering accusations that she did not actually commit. She was then betrayed by her family and friends. She had no one to ask for help and tried to kill herself, but she

survived. That's when Grace began to experience a change in attitude from what was originally an innocent young woman to a traumatized person living for revenge.

Events or experiences that are frightening or terrifying will become traumatic for a person. This seems to be reflected in Grace's character. Bad experiences that Grace experienced like; betrayal, loss of a loved one, violence, verbal and sexual harassment, and serious losses (both material and non-material) have had a devastating effect on her. It happened spontaneously in succession. These bad experiences made her unable to control her emotions which ultimately damaged her mental endurance. As a result, she turned into a different person.

Grace can no longer function like a normal person in daily life. She was afraid that the traumatic event she had experienced would recur again. She was afraid of the dangers that could come at her anytime and anywhere like when she was a fugitive. The fear that appears on her in the form of terrible flashbacks and nightmares makes her trapped in the realm of paranoia. She no longer lives in the past or in the present because there will always be something that triggers her traumatic experience.

There are several reasons why the researcher is interested in analyzing this novel. First, *Sidney Sheldon's After the Darkness* is a novel that tells the story of someone's struggle against fear and pain for survival and revenge. So, readers can be motivated to appreciate more the meaning of the process in struggle itself. Second, the novel gives the reader an understanding of the importance of one's mental health and the role of the people around them. So, the reader is able to avoid things that cause mental disorders and also help the recovery of people who suffer from mental illness by means of maintaining a good social relationship with them. And finally, *Sidney Sheldon's After the Darkness* has important elements for this research such as psychology, post-traumatic stress disorders (PTSD), psychological trauma, etc. that are needed in this research.

In connection with all the descriptions of the novels above, the issue will be explored through the approach of psychology of literature using Sigmund Freud's psychoanalytic theory as a research aid for researchers in analyzing.

Therefore, researchers propose to conduct research entitled "GRACE'S TRAUMA; A PSYCHOANALYTIC STUDY IN TILLY BAGSHAWE'S NOVEL *SIDNEY SHELDON'S AFTER THE DARKNESS* (2010)".

2. METHOD

The research is qualitative, where the researcher is analyzing *Sidney Sheldon's After the Darkness* novel written by Tilly Bagshawe. There are two data sources which are required to conduct this research. They are, the source of primary data is *Sidney Sheldon's After the Darkness* (2010) and the secondary data sources are taken from other resources which have relevance to the research as websites, journals, books etc. The technique of data collection uses two technique, they are: note-taking and library research. In analyzing the data, the researcher applied a descriptive qualitative analysis. The first step is finding causes trauma that's raised within the novel. The second step is collecting the addition information that related with the problem. the following steps are identified, classify, analyze, and interpret the phenomena and discover the relation with an epistemology of conceptual psychoanalytic by Sigmund Freud.

3. FINDING AND DISCUSSION

From the psychoanalytic analysis above, the researcher finds psychology disorder called trauma. It was found in the main character, Grace Brookstein, proved by her causes of trauma and post-traumatic disorder that happened to herself. There are three elements of personality, which are: *id, ego,* and *superego*. Those three elements have relation to the trauma and the way Grace face trauma itself.

Among the three personality elements, *id* has the greatest influence. It becomes the most dominant element because Grace tends to fulfill her pleasure factor. It based on her father often pampered her since childhood. She grew up like a naive princess, far away from the reality in society. She has all access to all kinds of pleasures. When she was faced with an unpleasant condition, she couldn't handle it well. This is what causes Grace's *id* element to be the most dominant among others

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As a result, Grace's *ego* was overpowered by her *id*. This is something that underline the creation of the defense mechanism inside Grace when faced with an unpleasant reality. It can be seen from her attitude when facing problems. She tends to be denial, delusional, and stagnant. These go against the *ego* principle which is based on reality.

Furthermore, the way Grace was raised did not support her *superego* to grow. As someone who was raised like a princess in a fairy tale, Grace did not share the same moral views as society in general. With the condition of her *id* and *ego*, moral is a trivial thing for her to care about. Therefore, she becomes an *id*-centric person.

Grace suffered severe trauma. Of the many traumatic symptoms, the most dominant one that she ever experienced is strange perception and belief. It happens because Grace is a delusional character. She's obsessed with Lenny. It made her to have a strange perception and belief. The obsession stems from Grace's *id*-centric tendencies. Grace's *id* regards Lenny as a concept of pleasure for her. If she loses that source, she turns to be denial. This is what causes Grace to has panic attacks and severe avoidance behavior.

In addition, losing something that is loved can trigger depression as experienced by Grace. Later on, it also can trigger suicidal tendencies, severe impairment on daily functioning, alienation and isolation. Besides, Grace's inability to accept a reality that does not correspond to what she expected makes it difficult for her to face any kind of betrayal. The fact that she believed in someone, yet that person betrays her trust makes her vent her emotions in the form of mistrust, irritation and anger.

4. CONCLUSION

Based on the analysis in the previous chapter, the study comes to the following conclusions. Firstly, in this part researcher use Sigmund Freud's theory, psychoanalytic approach to analysis the issue, trauma. In this case trauma appears because the *id* being the most dominant aspect. *Ego* and *superego* can no longer being able to control *id* using the concepts of reality and morality. Grace's

concept of reality is weak, so the *ego* will create defense mechanism that rejects the reality that *id* cannot accept. On the other hand, Grace's *superego* was forced to submit to her *id*. This caused her moral being easily discarded in order to fulfill her *id*'s demand.

Secondly, the novel illustrated traumatic events that Grace experienced. It can be identified through nine indicators, namely; panic attacks, severe avoidance behavior, depression, suicidal tendencies, feelings of alienation and isolation, feelings of mistrust and betrayal, anger and irritability, severe impairment in in daily functioning, strange perceptions and beliefs. Grace's trauma is mainly caused by betrayal from those whom she trusted, especially Lenny. Whereas Grace is an id centric person, she responses with delusional and denial when she faces unpleasant situations. This distortion of perception also reaches to the other symptoms of trauma such as; severe avoidance behavior, depression, feelings of alienation and isolation, anger and irritability. Meanwhile, the trust that she lost also caused mistrust tendencies.

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