

**COPING WITH TRAUMATIC EXPERIENCE IN STEPHEN
CHBOSKY'S *THE PERKS OF BEING A WALLFLOWER* NOVEL (1999):
INDIVIDUAL PSYCHOLOGY**



RESEARCH PAPER

Proposed in partial fulfillment of the requirement for the degree of *Sarjana* (Bachelor of Arts) in English Education at the Department of English Education

by:

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**DEPARTMENT OF ENGLISH EDUCATION
SCHOOL OF TEACHER TRAINING AND EDUCATION
MUHAMMADIYAH UNIVERSITY OF SURAKARTA**

2022

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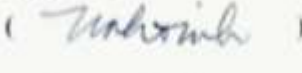


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I testify that this research paper is my own result and there is no plagiarism. To the best of my knowledge and belief, no opinion has ever been written or published before, except for the written references which are referred in this research paper and mentioned in the references. If there is an incorrect statement from the results of this research paper, I will be fully responsible and willing to accept academic sanctions in accordance with applicable regulations.

Surakarta, 2 January 2022

The Researcher



RIA FINOLA NURMALASARI

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MOTTO

Don't marry rich, be rich!

DEDICATION

This paper is dedicated to:

- **Allah S.W.T**
- **My beloved parents**
- **My beloved brother**
- **My beloved big family**
- **Mr. M. Thoyibi as my consultant**
- **All of my beloved friends**

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RINGKASAN

Penelitian ini menyelidiki pengalaman trauma yang dialami tokoh utama dalam novel *The Perks of Being a Wallflower* karya Stephen Chbosky. Teori psikologi individu digunakan oleh peneliti untuk menganalisis data. Analisis penelitian bertujuan untuk menyelidiki gejala trauma dalam karya tersebut, untuk mendeskripsikan pengalaman trauma tokoh utama dalam karya tersebut, untuk mengkaji alasan penulis mengangkat isu pengalaman traumatis dalam karya tersebut. Penelitian ini adalah penelitian kualitatif. Jenis data dari penelitian ini terdiri dari dua bagian. Sumber data utama yaitu novel *The Perks of Being a Wallflower* karya Stephen Chbosky dan sumber data pendukung meliputi penelitian sebelumnya, tesis, jurnal online, website yang mendukung data, buku-buku yang berkaitan dengan penelitian ini, artikel dan sumber lain yang sesuai dalam melakukan analisis.

Hasilnya adalah sebagai berikut: pertama ada tiga gejala pengalaman trauma Charlie yang meliputi mengalami kembali, penghindaran, dan hyperarousal. Kedua yaitu ada dua faktor yang menggambarkan strategi koping Charlie dalam menghadapi pengalaman traumatis yang meliputi faktor internal dan faktor eksternal. Terakhir yaitu alasan penulis mengangkat isu pengalaman traumatis karena dia ingin generasi milenial tidak merasa sendirian dalam menghadapi kesehatan mental atau depresi. Dia menyarankan untuk menemukan orang untuk bercerita tentang masalah yang sedang dihadapi seperti teman atau pacar.

Kata kunci: pengalaman traumatis, psikologi individu, *The Perks of Being a Wallflower*

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SUMMARY

This study investigates the trauma experienced by the main character in Stephen Chbosky's novel *The Perks of Being a Wallflower*. Individual psychology theory is used by researcher to analyze the data. The research analysis aims to investigate the symptoms of traumatic experience in the work, to describe the traumatic experiences of the main characters in the work, to examine the reasons the author addressing the issue of traumatic experience in the work. This research is a qualitative research. The type of data from this research consists of two parts. The main data source is the novel *The Perks of Being a Wallflower* by Stephen Chbosky and supporting data sources include previous research, theses, online journals, websites that support the data, books related to this research, articles and other sources that are appropriate in conducting the analysis.

The results are as follows: first there are three symptoms of trauma that Charlie experienced which includes re-experiencing, avoidance, and hyperarousal. Second, there are two factors that describe Charlie's coping strategies in dealing with traumatic experiences which include internal factors and external factors. The last, the reason the author addressing the issue of traumatic experiences is because he wants millennial to not feel alone in dealing with mental health or depression. Chbosky suggests finding someone to talk to about the problem you're having, such as a friend or boyfriend and girlfriend.

Keywords: traumatic experience, individual psychology, *The Perks of Being a Wallflower*

ACKNOWLEDGEMENT

Alhamdulillahirabbil'alamin, the researcher expresses the highest gratitude to Allah SWT, the almighty, also peace upon the greatest prophet Muhammad SAW who guides us from the darkness into the light. The researcher gratefully thanks to Allah S.W.T for His blessing so the writer can finish this research paper. In arranging this research paper, there are a lot of people who give support, advice, and motivation to the researcher. Then, the appreciation and gratitude are given to:

1. Prof. Sofyan Anif, M.Si., as the rector of Universitas Muhammadiyah of Surakarta.
2. Prof. Dr. Sutama, M. Pd., as the dean of teacher training and education faculty.
3. Titis Setyabudi, S.S, M.A., as the chief of department of English Education.
4. Dr. M. Thoyibi, M.S., as the consultant of the research paper.
5. Dr. Abdillah Nugroho, M. Hum., as the member 1 of the examiner.
6. Dr. Phil. Dewi Candraningrum, S. Pd., M. Ed., as the member 2 of the examiner.
7. Yeny Prastiwi, Ph.D. as the academic consultant.
8. All of the lecturers of English department in Universitas Muhammadiyah Surakarta.
9. My beloved parents, Late father, Mr. Suwito and Mrs. Ngadiyem who always give pray, support, love, and everything.
10. My beloved little brother, Satria Mandala Putra.
11. My big families, Jo Pawiro's family who always give pray and support.
12. My friends, Siti Nurlaela Mugsitin, Defi Maulina, Adelia Novitasari, Ayu Diah, Ana Saputri, Afada Qonita Masykuroh, Nur Amaliyah who always give pray, support, and help to the researcher.
13. My other beloved friends who cannot be mentioned one by one who give support and help.
14. My special person, Riyan Prasetyo who always give pray, support, and help to the

researcher.

The researcher prays that may Allah S.W.T gives His blessing for their kindness. The researcher realizes that this research is still imperfect. So, the researcher would highly welcome of any suggestions or critiques to make it better. Then, this research paper is also expected that it would be useful for the readers.

Surakarta, 29/01/2022

The Researcher

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