

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



**Submitted in partial fulfilment of the requirement for the degree of in English Education
at the Department of English Education School Teacher Training and Education**

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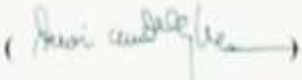

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Abstrak

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*

Abstract

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 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*

1. INTRODUCTION

This research discusses about traumatic experience issue in *The Perks of Being a Wallflower* novel (1999) by Stephen Chbosky. Trauma is a psychological and emotional state brought on by bad experiences with violence. According to Giller (1999), a traumatic event is one that creates tremendous stress and overwhelms a person's ability to cope. Moreover, children who have a traumatic experience tend to be suspicious of people around them and have difficulty establishing social relationships. Besides the impact on mental, traumatic experience also have an impact on individual physiology. In addition, mental health for a human was no less important than physical health, especially for a teenager. Mental health plays an important role in adolescents, which is a transition phase from children to adulthood so that there were many changes such as physical, hormonal, cognitive or intelligence, emotions and behavior. Common types of mental health problems were depression and anxiety. Children and adolescents need support and assistance from adults in dealing with anxiety after experiencing a traumatic event. From the fact above the author brings up the story of coping because it is very closely related to the lives of adolescent because they have very complex problems to cope. Each adolescent has a different problem and also a different way of handling. The problems faced require solving as an effort to self or adapt to problems and pressures. The concept of solving this problem is called coping.

Moreover, the researcher found other studies who analyzed the novel of *The Perks of Being a Wallflower*. They studied the same topic in different works. Studies on *The Perks of Being a Wallflower* can be classified into two. That is linguistic study and literature study. There are two researchers who studied *The Perks of Being a Wallflower* in the linguistic study. Meanwhile, the other twelve researchers examined *The Perks of Being a Wallflower* in literature study. The fifteen researchers examined the issue of the research based on the study of psychology and one researcher discussed the issue of the research based on the study of sociology.

The first is that there were two researchers who examined *The Perks of Being a Wallflower* novel in the linguistic study. Atmaja (2013) has studied the meanings of modal auxiliary verbs in the movie. Then Saputra (2014) has analyzed the preposition in the novel *The Perks of Being a Wallflower*.

The second is that there were researchers examined the issue of the research in the literature study. The researchers examined the issue of the research based on the study of psychology. Putri and Nurhamidah (2012) have examined the anxiety and defense mechanism of Charlie in the movie. Haryawan (2013) has discussed the shrinking violet:

media role in identity construction in *The Perks of Being a Wallflower*. Dzikriya (2014) has discussed ego defense mechanisms of Charlie. Febriantary (2015) analyzes the posttraumatic growth experienced by the main character, Charlie. Fatimah (2016) has discussed post-traumatic stress disorder (PTSD) experienced by Charlie. Octaviani and Saraswati (2016) have analyzed sublimation of the main character, Charlie.

Moreover, Putri (2016) has discussed the true meaning of wallflower. Ayubrata (2016) has studied revealing Charlie's post traumatic stress disorder (PTSD) through his behaviors. Wildani (2017) has discussed the analysis of Charlie's journey. Khotimah, Masulah and Mayasari (2017) have examined personalities' analysis of Charlie, especially about the correlation between adult personalities with childhood life. Abdullah (2018) has analyzed the Charlie's gender performativity and Stereotype. Dewi (2019) has analyzed introvertness in *The Perks of Being a Wallflower* Novel. Devina and Mustofa (2019) has explained Charlie's fear abandonment by the main character, Charlie.

There was a researcher examined the issue of the research in the literature study. The researcher examined the issue of the research based on the study of sociology. Arista (2016) has examined the traumatic experience as the hindrance of Charlie's personality development.

Based on the previous studies above, there were fifteen researchers analyzed *The Perks of Being a Wallflower* novel while two others analyzed *The Perks of Being a Wallflower* movie. There are similarity and difference between the previous studies above with this study. The similarity from the previous study was that the researcher examined the same novel that entitled *The Perks of Being a Wallflower*. Meanwhile, the difference from the previous studies was the theory used in the research. This study used individual psychology theory while there were no researchers who used the theory yet in the previous studies above. This research complements previous research, namely research from Febriantary and Octaviani & Saraswati. They also discussed Charlie's trauma experience and the main contributing factors for Charlie in develop his personality after experiencing the trauma experience. The fact that Charlie had a past event that was not easy and made him different from the children of his age made the writer really curious what could make him a wallflower and how he could overcome his past event. From that fact the researcher named this study entitled "Coping with Traumatic Experience in Stephen Chbosky's *The Perks of Being a Wallflower* Novel (1999): Individual Psychology".

In addition, literature is the works themselves, while psychology is the discipline that investigates and learns about actions or activities seen as manifestations of human

psychological existence (Wiyatmi, 2011). The relationship between psychology and literature is a two-way street in which humans create literary works and literature ensures human beings. Human psychical receptions take into account human views and provide literary allusions. According to Moghaddam (2004), psychology and literature examined specific aspects of human experience rather than the full picture. More specifically, both psychology and literature view objectives as a means of better comprehending behavior and individual mental lives, as well as how they relate to one another.

Furthermore, theory that applies in this study is the Individual Psychology by Alfred Adler. Alfred Adler was the first to introduce individual psychological theory in 1870-1937. According to Adler as quoted by Ryckman (1970: 95) individual approach is science that attempts to understand the experiences and behavior of each person as an organized entity. The term individual psychology is divided into the words psychology in individual psychology. The origin psychology comes from the word “Psycho and logos” (Linda, 1988: 5). Basically psychology shown from the object is divided into two. There are two general psychology and special psychology. General psychology is a study about human psychology activities shown in their general behavior. Special psychology which studies and researches about physical special activity of human such as personality psychology, educational, social, developmental, community, clinic psychologist, etc (Linda, 1988: 8).

Moreover, there are six basic concepts of individual psychology according to Adler: inferiority feeling and compensation, fiction finalism, striving for superiority, social interest, style of life and creative self. These six basic concepts of individual psychology were found in this novel. From the finding, the researcher applies individual psychology theory by Alfred Adler. This theory applies in order to identify the main and minor characters and the minor characters contribution to main character development.

2. METHOD

The study of this research is qualitative research. Creswell (1994) maintains that “A qualitative study is defined as an inquiry process of understanding a social or human problem, based on building a complex, holistic picture, formed with words, reporting detailed views of informants, and conducted in a natural setting”. The researcher applies individual psychology perspective in order to examine the data of this study. The novel *The Perks of Being a Wallflower* by Stephen Chbosky is the material object of this research. Data type of this research is a text in the novel such as words, clauses, phrase, and sentences as contained in the characters, narration, dialogues, and the structural element of Stephen Chbosky’s *The*

Perks of Being a Wallflower. The novel *The Perks of Being a Wallflower* by Stephen Chbosky is the primary data source for this study. The secondary data sources in this study are theses, online journals, websites supporting the data, books related to this study, articles and other resources relevant to the analysis. There are some steps for collecting the data, such as: reading the whole *The Perks of Being a Wallflower* novel for understanding the story; reading thoroughly the parts when Charlie is living with Aunt Helen, his friends, and his teacher; blocking, coping and pasting of important parts of the novel; collecting other documents such as books, theses, online journals, websites that can support the data, articles and other resources relevant to the analysis; making previous studies; and conclusion.

3. RESULT AND DISCUSSION

3.1 Finding

3.1.1 The Symptoms of Traumatic Experience

The researcher found three symptoms of traumatic experience. It includes re-experiencing, avoidance, and hyperarousal.

a. Re-experiencing

1. Recurrent memories

First recurrent memory experienced by Charlie when he kisses Sam. Sam kisses Charlie for the first time. His first kiss with Sam had made him so heartbroken. He should be happy because Charlie is in love with Sam and adores her so much. Charlie is having a recurring memory of Aunt Helen abusing him through Sam's kiss.

When Charlie goes to Sam's house for a farewell party, he has a second recurring memory. In Sam's room, they almost have a sexual encounter. Meanwhile, Charlie is uneasy as Sam comes dangerously close to touching his genital. It reminds Charlie of the traumatic experience of sexual abuse he had as a child. He starts to remember the day when Aunt Helen does the same thing like what Sam does to him that day.

2. Bad dream

Charlie is dreaming of his Aunt Helen, who is watching TV with him, as well as his brother and sister. He feels that Aunt Helen is doing what Sam has done to him yesterday. His stress levels rise as a result of the dream, and he is forced to reconsider a previous event. He gradually recalls a childhood memory. As can be seen from the quotation above, Charlie's failure to establish a sexual relationship with Sam has been caused by Aunt Helen, whom Charlie adores.

b. Avoidance

1. Attempts at denial reality when reading a book

When Charlie was sad, he usually reads books to divert his sadness, he also often imagines that the character in the book as him. One of Charlie's attempts at denial reality was reading a book. But there is one novel that makes it difficult for Charlie to position himself as the major character in the novel that is Peter Pan. Charlie does not take himself as a character in the novel because of the type of Peter Pan story, which is a fantasy story. Charlie can get from reading the Peter Pan is not only based on what he feels, but because of a feeling of the same destiny. That is feeling betrayed when he grows up. Charlie feels betrayed by the memories of the past. Aunt Helen, who has always been the figure he always adores, turns out to be the one who sexually harassed him. This fact is what Charlie can't accept. Therefore he is reluctant to position himself like Wendy.

2. Bad memories

Another Charlie's traumatic experience was when a letter that Charlie wrote on December 23, 1991 which told about Charlie's birthday and also Christmas that was coming soon. Charlie wanted those two days to go by because he didn't want to remember any more bad memories that happened at that time. Aunt Helen passes away while on her way to buy Charlie a present. In his letter, Charlie recounted that it was as if he was seized by a dark shadow that came and took him to a bad place for a moment. . Charlie was unable to describe more clearly the shadows and the place. Events like this are similar to the symptoms of people suffering from amnesia. People who are experiencing amnesia are certainly unable to remember their past completely, but sometimes fragments of moments that occur in the past come to mind and leave pain due to the inability to recall the complete memory. Charlie's inability to remember his bad past is the result of his years of repression.

3. Traumatic event

Charlie experienced the traumatic event that is sexually abused by Aunt Helen. She did it every weekend alone at his home when he was sixth. Charlie has been sexually exploited. When Charlie had a dream about his aunt, all becomes clear. He's dreaming of Aunt Helen, who abused him every Saturday in a couch. Charlie does not recall the event, but he can dream about it, according to the passage above. It prevents him from adapting to early sexual behavior.

4. Amnesia

Charlie suffers from amnesia before discovering that Aunt Helen had sexually molested him. Charlie goes back home after dropping Sam and Patrick off at college, and he feels insane. When he gets home, he is unable to converse with anyone. Then his parents discover him in a couch, blacked out. Then, his parents take him to the hospital. He does not remember anything about the incident when Aunt Helen is rubbing his genital every Saturday. Charlie does not remember anything after his parents find him blackout.

c. Hyperarousal

1. Hallucination

After seeing Sam and Patrick go to college, Charlie is experiencing hallucinations. Charlie is having hallucinations on his way back to his house while driving his car. Charlie hears a sound that does not exist. He hears the sound of a turned-off radio. He also sees the TV, which is also turned off. He says that he can see the TV shows on, but when he gets home, he discovers that the TV is turned off. Charlie is hallucinated by a glimpse of Aunt Helen memory, after experiencing the traumatic event with Sam. It is demonstrated by the activity that Aunt Helen and Charlie have always engaged in for a long time. Charlie begins to recall the TV shows that he and Aunt Helen used to watch together.

2. Fear of remembering Aunt Helen

Charlie is fear of remembering Aunt Helen when he is in the mental hospital. In the hospital, the doctor asks him about his life. When the doctor asked him a question about Aunt Helen, he started to cry. According to his statement, Charlie is fear of remembering Aunt Helen. He starts to realize that his Aunt Helen is not a good person. When he remembers Aunt Helen, he starts to cry. It indicates that he has a fear of remembering Aunt Helen. From that moment, he starts to figure things out that everything he dreams about Aunt Helen is true.

3. Self-destructive behavior

After kissing Sam, Charlie displays self-destructive behavior. Charlie still remembers the kiss and regrets it. Then, he attempted to visit Aunt Helen's grave to inform her of the situation. He suddenly wants to end his life at that moment. He also wants to disappear from his life is considered as self-destructive behavior to avoid traumatic event.

Another example of Charlie's self-destructive conduct is when he begins to use drugs. He initially intends to use acid to solve his problem, but it only makes things worse. He claims that he has made the decision to stop consuming acid. It indicates that he has had a bad experience to the drug. . The drug is just exacerbating Charlie's negative emotions. He was discovered lying in the snow, unconscious. It demonstrates that Charlie will attempt to solve his situation by self-destructing. As a result, he claims he will never use the drug again

4. Blackout

It occurs after Charlie has sexual relations with Sam that made him recall the traumatic event and makes him feels worse. The description of his condition leads to the conclusion that he is experiencing blackouts. It comes to a conclusion that his terrible experience with Sam has worsened.

Charlie has another blackout when he is discovered naked in the couch at his home. Charlie is devastated after seeing Sam go to college then he decides to go home. After returning from Sam's place, Charlie couldn't remember what happened. He just remembered when he got home and then wrote a letter. He was in the doctor's office the next thing he knew. The doctor informs him that he is experiencing blackouts. In addition, he is unable to feel his entire body.

5. Difficulty concentrating

It happens after Charlie takes Sam off to college. He decides to go home instead of hanging out with others. He has a strange feeling about himself after having sexual intercourse with Sam. He then go home with his terrible thoughts and begins writing a letter. He continues to write a nonsense letter. He has no idea what he's writing about because his head has been messed up by traumatic incident.

d. The Way of Coping with Traumatic Experience

The researcher found two factors that influence individuals in coping strategies. These two factors are divided into internal factors and external factors.

1. Internal Factors

Writing letters

As previously explained, this novel contains a collection of Charlie's letter to his anonymous friend. Charlie has difficulty expressing his feelings and sharing his problems with his friends and family. He is unsure if he can trust someone with his difficulties. Writing activities can calm Charlie down so he can solve his problems.

Charlie feels relieved when he writes a letter to his anonymous friend, so he also feels successful in overcoming his anxiety.

Mixing tape

Charlie used to make mix tapes as gifts for his friends, and he even produced one for Aunt Helen's grave. The mix tape is like something memorial to mark Charlie's memorable moments. For Charlie, making a mix tape is a form of escape. Listening to music makes him feel better. He can express his joy and sorrow with the mix tape. He believes that music has the ability to inspire others and make others feel better. That is why he creates mix tapes for his friends and family. It's just another way for him to show his love and concern for someone he cares about.

Reading books

Reading books is Charlie's hobby. His hobby began when he was a child, when he was reading Aunt Helen's book collection. Charlie reads books to make him feel better. Bill, Charlie's English teacher, becomes his new friend because of his interest of reading books. When most of Charlie's classmates despise literature and refuse to read the novel that Bill has requested, Charlie has read it and can explain it thoroughly. He even produces an excellent essay about the novel.

Writing essays

Bill realizes that Charlie is different from the other students. So, he drives Charlie to write a lot of essays so that he can properly explore his intelligence. Bill realizes that Charlie loves to write as most people do when they love to read. Charlie uses his reading as a form of escape. After finishing the novel, he felt relaxed. In addition, Sam and Patrick, two of Charlie's friends, recognize his talent for writing and present him with a secondhand typewriter. Charlie is being asked to write a book about them.

2. External Factors

Getting Help from Charlie's English Teacher

Bill is Charlie's English teacher. He was the first person that advises Charlie on the importance of socializing. Bill teaches about moral values that can be taken when he participates in his social environment, such as helping others and making friends with others. Previously, Charlie was static, because he had the same thoughts and actions since childhood, that is, his introvert nature and preferred to observe the people around him rather than be friends with them. Bill expressed his thoughts about Charlie, praising him greatly. This has a major impact on Charlie. Charlie is comfortably talks

about his family, friends, and his love life to Bill. Charlie can be himself when he is with Bill.

Getting Help from Charlie's Friends, Patrick and Sam

Then his friend, Patrick and Sam contributed in making Charlie to be caring, brave, expressive, confident, and be himself. Actually, he is an introvert person. However, this does not negate Charlie's curiosity about his surroundings. He simply lacks the courage to do so.

Getting Help from Charlie's Ex, Mary Elizabeth

Furthermore, Mary Elizabeth contributed in making Charlie learns to be honest with himself. Furthermore, Mary Elizabeth contributed in making Charlie learns to be honest with himself. Mary Elizabeth was a nice person according to Charlie's first impression. That is why he agrees to date her. After he learned about Mary Elizabeth, he realizes that being in a relationship with her made him uncomfortable and bothered him quite a bit. The only person who made Charlie uncomfortable was Mary Elizabeth. But it makes Charlie learn to be more honest about his feelings.

3. The Reason of Addressing Traumatic Experience

The reason of Stephen Chbosky addressed about traumatic experience in the novel because He was a troubled young man who was searching for solutions to make his life make sense. His response was to write *The Perks of Being a Wallflower*. Chbosky said that he wants the millennial generation not to feel alone in facing mental health or depression. He knows that many people very ashamed of their struggles. Depression is invisible scar, and many individuals suffer from it without even realizing it.

The fact that a number of teenagers did not want to burden friends with their problems make Chbosky made story about Charlie that write letters to anonymous friend. The purpose is to give example for reader that they need someone to share their problem with especially a friend. No matter what happens, a friend will always be there for you. Many persons suffering from this silent illness risk harming themselves if they refuse to recognize the existence of their friend. Because true friends will survive and they will realize how it feels to be loved and supported for being who we really are. But Chbosky said that he support professional therapy. If unable to afford it, there are still books. From his personal experience, he can conclude that lives can be completely transformed with time, with attention, with therapy and with the knowledge and the belief that one deserves better. Even the worst childhood can be made whole again.

3.2 Discussion

The first research results that can be described in terms of individual psychology perspective, can be described as follows: Charlie's inferiority feeling is that he does not want to socialize with other people because his introverted nature and prefers observing people around him rather than being friends with them. Until he meets his English teacher, Bill. He was the one who commissioned Charlie to write more essays until he found his passion. Because of the task given by Bill, then it became Charlie's motivation to overcome his inferiority feeling by developing something else that was in him. Charlie begins to enjoy writing. He even wants to be a writer in the future.

Fiction finalism of Charlie is when he reads books to divert his sadness denial reality. He also often imagines that the character in the book is himself. But there is one novel that makes it difficult for Charlie to position himself as the main character in the novel, the novel is Peter Pan. The type of Peter Pan story which is a fantasy story is a reason for Charlie not to assume himself as a character in the novel. Charlie can get from reading the Peter Pan is because of a feeling of the same destiny. That is feeling betrayed when he grows up. This fact is what Charlie can't accept. Therefore he is reluctant to position himself like Wendy.

Striving for superiority happened when Charlie found his sister crying in the basement. It frightened Charlie. When Charlie wants to leave her, his sister hugs him tightly. Charlie tried to make his sister calm and comfortable. His sister told him that she was pregnant. Then his sister asks Charlie to accompany her to the clinic, it shows that his sister trusts Charlie. He does not want to disappoint his sister. In addition, his sister thanks to Charlie for the help who accompany him to the clinic and keep it a secret from anyone, including his parents. This indicates that Charlie's effort is successful in helping his sister. It can be seen that Charlie shows striving superiority.

Charlie's social interest occurs because his friendship with Patrick and Sam brought Charlie into a new environment. Sam and Patrick invite Charlie to come to party. At that party Charlie met many people with various personalities. Everyone was very friendly to Charlie. That slowly opened up Charlie's world, and then he became very close with his friends. The researcher found that Charlie is showing his feeling more than before. He gives presents to all of his friends, including Mary Elizabeth. It shows that he become more caring toward other people in his life. Charlie started to gain his confidence.

Creative self of Charlie occur when his transformation from a wallflower to a participant. It was characterized by two things. First, it is marked by the emergence of memories of sexual abuse committed by Aunt Helen in the past which he has repressed over the years. After remembering the incident of Aunt Helen's sexual harassment, Charlie is relieved that he no longer feels anything wrong with him. Charlie tries to forgive Aunt Helen by rationalizing Aunt Helen's actions. Then, the second is Charlie's success in entering a new social environment because of the words of Bill, Sam and Patrick as a representation of the perspective of the external world that is internalized into Charlie's mind.

The second research result, the researcher argues that the main characters, Charlie have a close relationship with the author. The novel is very personal to Stephen Chbosky. He do relate to Charlie. Stephen Chbosky does see life the way Charlie does. It was proven when Charlie reads *The Catcher in the Rye* many times over. The fact is that it was Chbosky's favorite book growing up. When Chbosky writes *The Perks of Being a Wallflower* he understands that he has so many thoughts and feelings about people and the world. He has mission about novel *The Perks of Being a Wallflower*. He wants to write a novel that will honor the reality of life. And he hopes it could bring the family closer together.

From the analysis of the findings, the researcher develops a previous study used in this research. There have been fifteen researchers analyzed *The Perks of Being a Wallflower* novel while two others analyzed *The Perks of Being a Wallflower* movie with different issues and results. There are similarity and difference between this study with the previous studies above. The similarity from the previous study was that the researcher examined the same novel that entitled *The Perks of Being a Wallflower*. Meanwhile, the difference from the previous studies was the theory used in the research. This study used individual psychology theory while there were no researchers who used the theory yet in the previous studies above. This research complements previous research, namely research from Febriantary and Octaviani & Saraswati. They also discussed Charlie's trauma experience and the main contributing factors for Charlie in develop his personality after experiencing the trauma experience.

4. CLOSING

The result of the analysis of *The Perks of Being a Wallflower* novel by Stephen Chbosky is drawn in the conclusion. Firstly, there were three symptoms of Charlie's traumatic experience. Those symptoms are re-experiencing, avoidance, and hyperarousal. Re-

experiencing that appears within Charlie is experiencing recurrent memories and he is having a bad dream about Aunt Helen. Avoidance that appears within Charlie is experiencing traumatic event, attempts at denial reality when reading a book, he didn't want to remember bad memories. Hyperarousal that appears within Charlie is experiencing hallucination, fear of remembering Aunt Helen, self-destructive behavior, blackout, and difficulty concentrating. Secondly, According to Taylor (2006) Individuals' coping strategies are influenced by two factors, Internal and external factors are the two types of factors. The two factors illustrated the coping strategies of Charlie in dealing with traumatic experience in the novel. The internal factors are factors that come from within the individual, include writing letters, mixing tape, reading books, and writing essay. The external factors are factors that come from outside of the individual include Charlie's English teacher, Bill, Patrick, Sam, and Mary Elizabeth. Thirdly, the author's reason of addressing traumatic experience issue in the novel is that He was urgently looking for solutions to make sense of his life. Chbosky wants the millennial generation not to feel alone in facing mental health or depression. Chbosky suggested finding the person that makes the most sense to the depression sufferer. They must find the right person for them, such as a boyfriend or girlfriend or best friend. But Chbosky said that he support professional therapy. If unable to afford it, there are still books. From his personal experience, he can conclude that lives can be completely transformed with time, attention, therapy, knowledge and belief that one deserves better. Even the worst childhood can be made whole again.

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