

**Post-Traumatic Stress Disorder Suffered by Katie  
in Nicholas Sparks' *Safe Heaven***

**Thesis**



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**FACULTY OF HUMANITIES**

**MAULANA MALIK IBRAHIM STATE ISLAMIC UNIVERSITY**

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**Post-Traumatic Stress Disorder Suffered by Katie  
in Nicholas Sparks' *Safe Heaven***

**Thesis**

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**MALANG**

**2016**

## STATEMENT OF AUTHENTICITY

This is to state that the thesis under the title *Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' Safe Heaven* is truthfully my original work to fulfill the requirement for Sarjana Sastra (S.S). It does not incorporate with any materials written or published beforehand by other persons, except those which are indicated in quotation and bibliography. Due to the fact, I am the only person who fully responsible for the thesis if there is any opposition and claim from other people.

Malang, September 05, 2016



Abdul Mufied Yasin

## APPROVAL SHEET

This is to certify that Abdul Mufied Yasin's thesis under the title *Post Traumatic Stress Disorder by Katie in Nicholas Sparks' Safe Heaven* has been approved by the thesis supervisor for further approval by the Board of Examiners.

Malang, 05 September 2016

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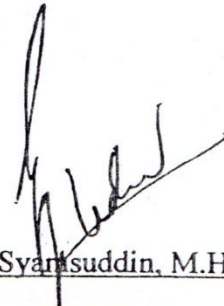


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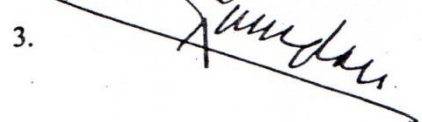
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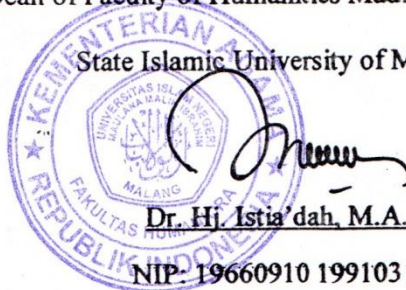
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## MOTTO

Indeed, Allah will not change the condition of a people until they change what is in themselves.

*(Ar-ra'd, 13:11)*



## DEDICATION

This thesis is proudly dedicated to my family especially for my beloved mother and father who always pray and support me and also my beloved brother for their endless support.



## ACKNOWLEDGMENTS

### **Bismillahirrohmanirrohim**

Proudly, I would like to express my best gratitude to the Lord of the World; the One Who sustains the Heavens and Earths, the One Who has power of life and death, Allah SWT that there is no worthy to be worshipped but Allah SWT. May Peace and Blessings always be upon to our Prophet and Messenger Muhammad SAW, through his guiding we hope to get the light and to be good Moslems.

Allah SWT, who has given me his mercy, supervision, and grace to finish the research under title *Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' Safe Heaven* as the requirement to attain the Degree of *Sarjana Sastra* (S.S) in English Letters and Language Department at Maulana Malik Ibrahim State Islamic University of Malang.

This research cannot be finished without some involvements and supports from the people around me. Therefore, I would like to dedicate my best thank for those who always accompany me in completing this research. My sincere gratefulness is always conveyed to my supervisor, Dra. Andarwati, M.A, who has spent her valuable moment to read, evaluate, and always be patient to give suggestion for the improvement of this research. For my entire lecturer who have given me their best prosperity in teaching me in Maulana Malik Ibrahim State Islamic University of Malang.



My gratitude is also presented for my most excellent persons, my parents, my father Ichwan Mu'jizat and my mother Siti Sumariyah thanks for prayers, loves, and affection, May Allah SWT always safeguards you. My beloved brother, Mochammad Ainul Yaqin who always supports me and additionally, my special thanks for my best friends, Faiz, Muqoffa, Barok, Samsul, Yusuf, Nuri Afina, and Aulia, and many friends who are not mentioned at this occasion yet who always give me supports when I feel hopeless in doing my thesis.

At last, I invite the reader's suggestion to make this thesis better. Moreover, this thesis is expected not only useful for me but also for the reader and further researchers who investigate in the same area.

Malang, September 05, 2016

Abdul Mufied Yasin

## ABSTRACT

**Yasin, Abdul Mufied.** 2016. *Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' Safe Heaven* Thesis, English Letters and Language Department, Faculty of Humanities. Maulana Malik Ibrahim State Islamic University of Malang. Advisor: Dra. Andarwati, M.A

**Key Words:** post traumatic stress disorder, symptom, impact, psychoanalysis

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Trauma is an anxiety disorder that appeared because of traumatic events that has happened in people (Hans Selye, journal nature. 1936). Trauma that appears after the traumatic events happened is concluded on the Post-Traumatic Stress Disorder (PTSD) illness (Baum, 1990). The problem that discussed in this research is the symptom, cause and impact of Post-Traumatic Stress Disorder suffered that happened in novel that influenced to the main character personality and life. The researcher has three questions that are: what are the symptoms of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*? What are the causes of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*? And what are the impacts of post traumatic stress disorder suffered by Katie in Nicholas Sparks *Safe Heaven* in her life?.

For achieving those objectives of the study, the researcher uses psychological approach literary criticism to analysis. It is emphasized on the analysis a literary work, including description, analysis and interpretation of literary work. The primary data of this study are collected from Nicholas Sparks' *Safe Heaven*. The researcher applies a psychological approach especially post traumatic stress disorder such as the symptoms, the causes and the impacts.

From this research, three findings can be clarified as the statement of the problems. The first is the symptoms of post traumatic stress disorder. The researcher found two symptoms of Katie's post traumatic stress disorder suffered. Those are re-experiencing symptoms and avoidance symptoms. Her memories at the past influence to her psychology and she tries to avoid the events and people that make her flashback to the past. The second finding of the study is the causes of the Katie's post traumatic stress disorder suffered based on psychological causes of her tragic memories and abuse in her marriage. The third finding of the study is the impacts of Katie's post traumatic stress disorder suffered based on feel change and behavior change. Post-traumatic stress disorder suffered a feel change which can make her feel anxiety and sadness. Besides that, her behavior change makes her become someone who isolates herself from society.

## أبال # مسالك

ياسين ، عبدول موفيد. 2016. الاضطرابات اللاحقة للصدمة التي عانت منها كاتي في نيكولاس سباركس ' السماء الامنه اطروحه ، اللغات الانجليزية والآداب وقسم الآداب ، كلية العلوم الانسانيه. جامعه مولانا مالك إبراهيم الاسلاميه الحكوميه في مالانغ. المستشار: درا. انداراتي ، م. ا

الكلمات الرئيسية: اضطراب الإجهاد بعد الصدمة ، والاعراض ، والأثر ، والتحليل النفسي

الصدمة هي اضطرابات القلق التي ظهرت بسبب الاحداث المؤلمة التي حدثت في الناس. وقد وقعت الصدمة التي تظهر بعد وقوع الاحداث أليمه علي مرض اضطراب الإجهاد اللاحق للصدمة. المشكلة التي نوقشت في هذا البحث هو الاعراض ، وسبب واثر اضطرابات ما بعد الصدمة التي عانت من الإجهاد الذي حدث في الرواية التي أثرت علي شخصيه الشخصية الرئيسية والحياة. الباحث لديه ثلاثة اسئلة هي: ما هي اعراض اضطرابات ما بعد الصدمة التي تعاني منها كاتي في نيكولاس سباركس ' السماء الامنه ؟ ما هي أسباب اضطرابات ما بعد الصدمة التي تعاني منها كاتي في السماء نيكولاس سباركس ' أمنه ؟ وما هي اثار اضطرابات ما بعد الصدمة التي تعاني منها كاتي في نيكولاس سباركس السماء أمنه في حياتها ؟

ولتحقيق هذه الأهداف من الدراسة ، يستخدم الباحث تحليلا للنقد النفسي للتحليل. ويجري التأكيد علي التحليل بشأن العمل الأدبي ، بما في ذلك وصف العمل الأدبي وتحليله وتفسيره. يتم جمع البيانات الاولية لهذه الدراسة من السماء الامنه نيكولاس سباركس '. ويطبق الباحث نهجا نفسانيا وخاصة اضطراب الإجهاد اللاحق للصدمة مثل الاعراض والأسباب والآثار.

ومن خلال هذا البحث ، يمكن توضيح ثلاثة استنتاجات بوصفها بيانا بالمشاكل. الأول هو اعراض ما بعد اضطراب الإجهاد الصدمة. وجد الباحث اثنين من اعراض الاضطرابات العصبية بعد الصدمة التي تعرضت لها كاتي. تلك هي أعاده الاعراض واعراض التجنب. والنتيجة الثانية هي الأسباب التي تعاني من اضطراب الإجهاد بعد صدمه كاتي علي أساس أسباب نفسيه. والنتيجة الثالثة هي الآثار المترتبة علي اضطراب الإجهاد كاتي بعد الصدمات التي تعاني علي أساس يشعر تغيير وسلوك التغيير.

## ABSTRAK

**Yasin, Abdul Mufied.** 2016. *Post Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' Safe Heaven* Skripsi, Jurusan Bahasa dan Sastra Inggris, Fakultas Humaniora dan Budaya. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Penasehat: Dra. Andarwati, M.A

**Kata Kunci:** post traumatic stress disorder, gejala, dampak, psikoanalisis

Trauma adalah gangguan kecemasan yang muncul karena peristiwa traumatis yang telah terjadi pada manusia. Trauma yang muncul setelah peristiwa traumatis tersebut termasuk disimpulkan dalam istilah penyakit Post Traumatic Stress Disorder (PTSD). Masalah yang dibahas dalam penelitian ini adalah gejala, penyebab dan dampak Post Traumatic Stress Disorder yang diderita yang terjadi pada novel yang mempengaruhi kepribadian dan kehidupan karakter utama. Peneliti memiliki tiga pertanyaan yaitu: Apa saja gejala gangguan stres pasca trauma yang diderita Katie di Nicholas Sparks 'Safe Heaven'? Apa penyebab gangguan stres pasca trauma yang diderita Katie di Nicholas Sparks 'Safe Heaven'? Dan apa dampak gangguan stres pasca trauma yang diderita Katie di Nicholas Sparks Safe Heaven dalam hidupnya?.

Untuk mencapai tujuan penelitian tersebut, peneliti menggunakan desain kritik psikologis untuk dianalisis. Hal ini ditekankan pada analisis karya sastra, termasuk deskripsi, analisis dan interpretasi karya sastra. Data utama penelitian ini dikumpulkan dari Nicholas Sparks 'Safe Heaven'. Peneliti menerapkan pendekatan psikologis terutama gangguan stres pascatrauma seperti gejala, penyebab dan dampaknya.

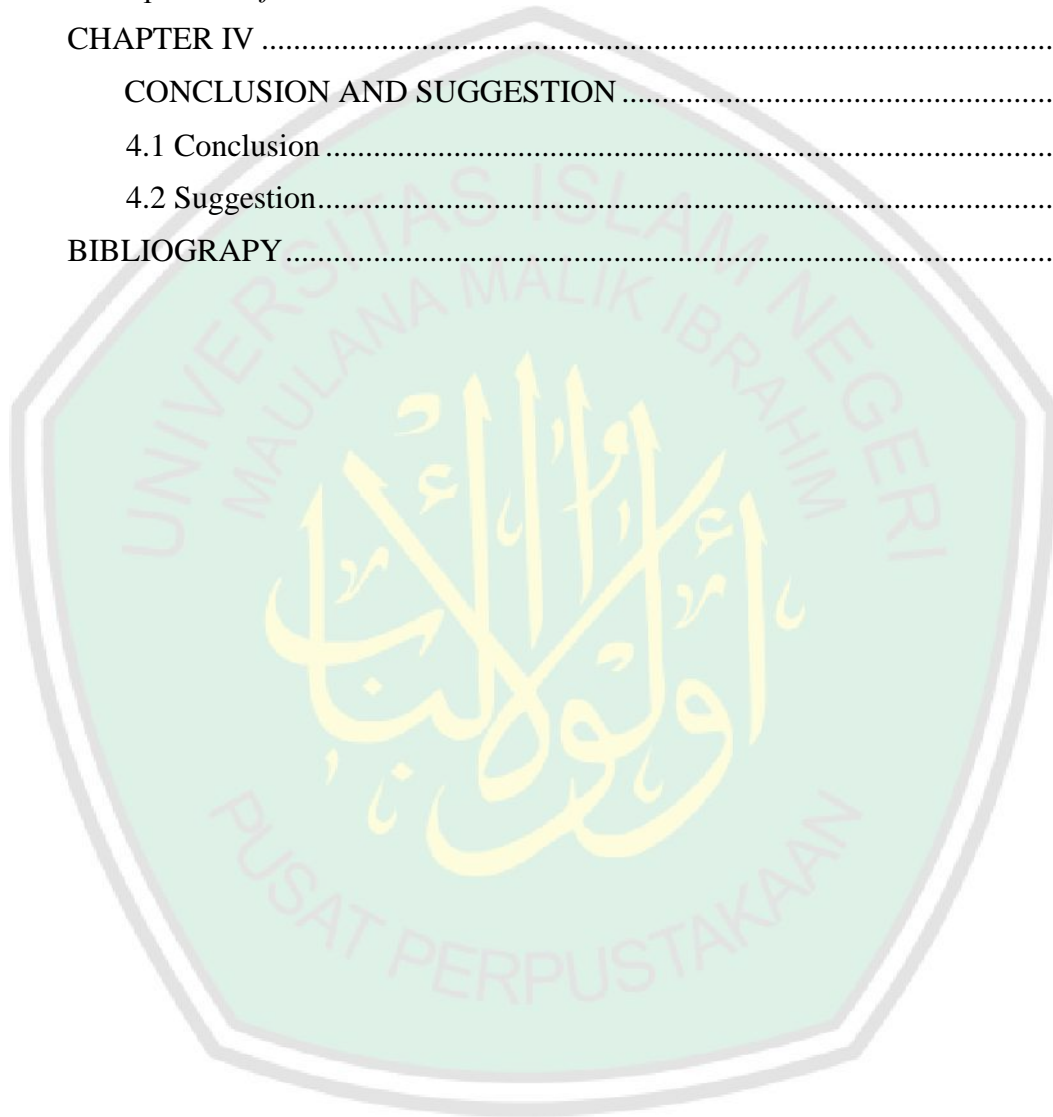
Dari penelitian ini, tiga temuan dapat diklarifikasi sebagai pernyataan permasalahan. Yang pertama adalah gejala post traumatic stress disorder. Peneliti menemukan dua gejala gangguan stres pasca trauma Katie yang diderita. Mereka kembali mengalami gejala yang disebut gejala penghindaran. Penemuan kedua adalah penyebab gangguan stress pasca trauma Katie yang diderita berdasarkan penyebab psikologis. Penemuan ketiga adalah dampak gangguan stres pasca trauma Katie yang diderita berdasarkan perubahan nuansa atau perasaan dan perubahan perilaku.

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## CHAPTER I

### INTRODUCTION

This chapter presents about the background of the study, research questions, and objectives of the study, significance of the study, scope and limitation and definition of key terms.

#### 1.1 Background of the Study

Basically, human beings have many problems in their life, including some problems that are related to human psyche. Sometimes human beings show their problems with some feelings such as fear, anxiety, sadness, scare and disorganized thought or mental disorder. In psychology, the mental disorder is called psychosis. Psychosis is mental disorder or mental illness which is characterized by disintegration of personality and his relationship with reality because of some problems. Atkinson (1983:87), state that psychosis is the heaviest mental symptoms. As one of psychosis is post-traumatic stress disorder (PTSD). He says that post-traumatic stress disorder (PTSD) is a mental illness. Post-traumatic stress disorder also known as PTSD is among only a few mental illness that are triggered by a disturbing outside event, unlike other mental disorder such as clinical depression. And post traumatic stress disorder will take as a psychological analysis in this research.

Discussing about psychology, human being have a close relationship to it because human behavior shows the psychological condition. The behavior can be understood by someone's soul, mind or mental someone including behavioral

phenomena associated with post traumatic stress symptoms. Understanding the mental phenomena, it can be seen through behaviors such as what was said and done by the patient (Siswantoro, 2005:29).

Novel is one of literary works in the universe where it reflects the real phenomena such as psychological disorder that experienced by the main character. Psychological phenomena are present in fiction that shows that the readers can interpret and shows that they have suitable psychology. This behavior becomes a data empirical facts that must be presented by the researcher about the condition, which the researcher has applied the psychological theories in analyzing the data (Siswantoro, 2005:30).

From the above explanation, this research investigates post-traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*. This research views the topic investigated based on theory of Gerald C. Davison. Post-traumatic stress disorder is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event, include in abnormal psychology (G.C Davison, 2006). According to Gerald C Davison (2006) there are three major types of post-traumatic stress disorder symptoms that are; re-experiencing symptom, avoidance symptom and arousal symptom. And there are causes and impact of post-traumatic disorder they are; the causes are genetic cause, brain structures cause, environmental cause and psychological cause. And the impacts are mind change, feel change and behavior change. The symptoms, causes and impacts of post-traumatic stress disorder are discussed in more detail in chapter two.

*Safe Heaven* by Nicholas Sparks is taken as the object in this research because of two important reasons. First, this book has become a best seller in New York Times 2011. This is the latest novel from Nicholas Sparks and it is up to his usual high standard. We can see love, fear, friendship, family and a controversial issue of domestic abuse. Second, this novel has the power of a story and it can be motivation especially for someone who has problem in marriage relation and trauma especially about domestic abuse.

The first part story of this novel describes when a mysterious young woman arrives in a small North Carolina town. She turns up hungry, thin and desperate. She catches the eye of Alex, not only because she is beautiful, but because she looks scared. Alex used to be in the CID department of the Army and had learnt to read people he saw the fear, although he did not know what she was running from. Alex is a widowed store owner with two young children, their name is Josh and Lexie. Slowly Katie gets ingrained in the small town, working in the famous diner and regularly shopping at Alex's store. There is accident that makes Alex sympathetic to Katie, the accident when Josh falls into canal, while Alex helps his son Katie is there to comfort his Lexie his daughter which starts their friendship. Another person who becomes best friend of Katie is her new neighbor Jo. Between Jo and Alex they bring Katie out of her shell or her hiding place and eventually, as she falls in love with Alex, she reveals what she is running from. The story continue her and Alex as they fall in love and Katie slips into the family, spending time with Alex and his children. She is being hunted however, and life might not always be happy or safe. Her reluctance to join the tight-knit



community raises questions about her part. Slowly, she begins putting down roots, and gains the courage to start a relationship with Alex, a widowed store owner with two young children. But dark secrets intrude on her new life with such terror that she is forced to rediscover the meaning of sacrifice and rely on the power of love in this deeply moving romantic thriller. This novel also gives the inspiration to the post-traumatic suffered disorder that there is nothing as painful as heartbreak, but in order to learn to love again must learn to trust again. The researcher would like to know what a past event traumatic by Katie that become conflict happened in the novel, message and also the motivation to the reader.

There are some previous studies used in this thesis, those are; First, Zulfah (2010) with titled “Post-Traumatic Stress Disorder Tokoh Utama Dalam Novel *Biola Tak Berdawai* Karya Seno Gumira Ajidarma”. She is a student of Muhammadiyah University of Malang. She analyzes the main character that has post-traumatic that has experienced by the main character. Second, Mentari Andriani (2013) with titled “The Cause of Domestic Violence as Reflect by Katie in *Safe Heaven* Novel by Nicholas Sparks”. She is a student of Gunadarma University of Jakarta. She analyzes the main character that has experienced domestic violence. Third, Ruby (2006) with the titled “Post-Traumatic Stress Disorder as the Result of Physical and Emotion Violence, On The Gambir Character In *Pintu Terlarang*, a Novel by Sekar Ayu Asmara”. He is a student of Sanata Dharma University of Yogyakarta. He analyzes the main character that has Post-Traumatic Stress Disorder problem.



The point that makes this research different with some studies above is the object and the focus of the object. In this research, the researcher focuses on the main character who has suffered post traumatic stress disorder such as the symptoms, causes and impacts of the main character in Nicholas Sparks' *Safe Heaven* using psychological approach.

### **1.2 Statements of the Problems**

Considering to the background of the study above, the researcher formulates some statements of problems, as follows:

1. What are the symptoms of post-traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*?
2. What are the causes of post-traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*?
3. What are the impacts of post-traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*?

### **1.3 Objectives of the Study**

According to the statements of the problems above, the researcher tries to achieve objectives as it is written as follows: (1) to find out the symptoms of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*, (2) to find out the causes of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*, (3) to find out the impacts of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*.

#### 1.4 The Scope of the Study

There are many areas and cases for the analysis of Nicholas Sparks' *Safe Heaven*, but the researcher only focuses on one case that is about Katie's post traumatic stress disorder suffered who is one of the main characters in this novel. It uses psychological approach that showing post traumatic stress disorder included psychological problem. However, this research is only concentrated on three parts, such as the symptoms of post traumatic stress disorder, the causes of traumatic stress disorder and the impacts of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*.

#### 1.5 Significance of the Study

This research is expected to give theoretical and practical contribution for the development of literary study. Theoretically, beneficial results of this study provide a description of psychological approach and post traumatic stress disorder (PTSD). It is conducted to the readers in term of broadening their knowledge and experience about literature and psychology. This study produced a model and application of psychological as applied to literary works such as a novel. So that the readers can see and understand in depth how the theory works. Besides that, readers can understand well about a post traumatic stress disorder (PTSD) in their real life.

While practically, this research can be reference for students in English Letters Department and Humanities Faculty, Maulana Malik Ibrahim State

Islamic University of Malang and others. It is also useful for students who study about psychology especially about post traumatic stress disorder (PTSD).

## **1.6 Research Method**

This part presents and discusses the research method which includes, research design, data sources, data collection, and data analysis.

### **1.6.1 Research Design**

This research is categorized into literary criticism, because it is the reasoned consideration of literary works and issues. It is an extension of social activity interpreting and a tool for interpreting literature. The researcher uses psychological approach to analyze. It is a literary criticism that critiques a literary work from the psychological view and perspective. In this case the researcher tries to interpret the data in relation with psychological theory.

The novel contains one of the main characters which show some psychological indication that happen in real life. It is described that the character has a problem with the psychological condition. Through this approach, the researcher expected to study intensely about what happen with the character.

### **1.6.2 Data Source**

The source used in this research is taken from the novel of *Safe Heaven* by Nicholas Sparks. It was originally published in September 14th 2010 by Grand Central Publishing, in the United State of America. This novel has 340 pages, and has 43 chapters. The secondary sources are any relevant references that can facilitate the researcher to carry out the analysis.

### 1.6.3 Data Collection

To collect the data, the researcher uses textual observation from primary data of this research in Nicholas Sparks' *Safe Heaven*. In collecting data, the researcher uses several steps: understand the novel by reading repeatedly and carefully. Then taking notes or encoding the content of the novel. It can give highlight, underline, and gives the sign of paper. After that, classification the necessary data to analyzes and selects the data which are relevant to the problems of the study.

### 1.6.4 Data Analysis

After collecting the data, the researcher begins to analyze the data by identifying and classifying the data with psychological theory. Then, interpreting the data according to the researcher's opinion or argument and seeing some references. Furthermore, drawing and evaluating the conclusion according to the psychological perspective by using psychological approach.

## 1.7 Definition of the Key Terms

In order to avoid misunderstanding in interpreting the terms used in this research, this research gives some definition related to the key terms as follows:

1. Stress is a medical term for a wide range of strong external stimuli, both physiological and psychological, which can cause a physiological response called the general adaptation syndrome (Hans Selye, journal nature. 1936).
2. Traumatic is a severe emotional shock and pain caused by an extremely upsetting experience the trauma of marriage breakdown. Trauma is also a

severe injury, usually caused by a violent attack or an accident (Cambridge Advanced Learner's Dictionary: third edition. 2008). Trauma is an emotional shock producing a lasting harmful effect or an unpleasant experience that causes one distressed anxiety (Oxford Advanced Learner's Dictionary of Current English: Fifth Edition).

3. Post traumatic stress disorder is a serious potentially debilitating condition that can occur in people who have experienced or witnessed a natural disaster, serious accident, terrorist incident, sudden death of a loved one, war, violent personal assault such as rape, or other life-threatening events.



## CHAPTER II

### REVIEW OF RELATED LITERATURE

In this chapter, the researcher explains some theories that are relevant with the study. Those are: psychology and literature, character, trauma, stress, post-traumatic stress disorder and previous studies.

#### **2.1 Psychology and Literature**

There is a close relationship between psychology and literature. Hilgard (1983) says that “psychology may be defined as the science that studies behavior of man”. Actually there are many definitions which say about psychology. All of them refer to the definition that says psychology is a psychic study about human being’s behaviors. It happens because behavior is a real thing that can be seen directly, while psyche is an abstract. It is believed that by observing someone’s behavior, it brings to understanding about the psyche condition. There is no doubt that generally all of people will express their psyche condition toward acts which can be seen clearly by other people. Briefly, we can understand someone’s characteristic and psyche condition through his behaviors in life.

Moreover, psychology is also concerned to the study about psychological phenomenon of human, its symptoms even its causes (Abu Ahmadi, 2009). Psychology seems very attach to the human psyche, reaction of the psyche through behaviors and its causes will be analyzed deeply in this science, human’s problems also can be solved by the appearance of this study. Those all have no aimed except for serving the tranquility life.

While literature is believed as the representation of real life which expressed through the language as a medium. There are many kinds of literature which can be seen clearly through the beautiful language, the aspect of entertainment, and also the value. Literary work such as poetry, drama, and novel are believed as reflection of real life through a language as a medium, they have kind of communication between the author and the readers. The reflection of real life also can be seen from psychological aspect inside. Literary work especially novel is assumed has some characters that show their psychological condition as what truly happens in human being's psychological condition in real life.

Through the characterization, the aspect of psyche can be expressed clearly. How the way the author expresses and also how the way the character's play actually cannot be separated from the role of psychology. Therefore, problem which appear in literary work have similarities with the condition in real life. It is appropriate with opinion which says that literary work is a mirror of real life. Both of the mirror that in the real life and a mirror in real life which has combined with the author imagination (Siswantoro, 2005: 19)

Although there is a clear difference between psychology and literature, yet, they have similarity that are both of them start from human and life as the object of the analysis. When talking about human, psychology is very closely related because psychology learns about human's attitude then human's attitude cannot be separated from aspects of life (Wiyatmi, 2007:107).

Start from the same object between psychology and literature, it produces a new analysis which is called literary psychology. Literary psychology is an

interdiscipline between psychology and literature (Endraswara, 2011:16). Literary psychology gives the best attention to the problems which relate to fictional character's psyche which includes in literature. Analysis of literary psychology can be done in two ways. First, through the understanding about psychological theories and then make an analysis of the literary work. Second, by determining a literary work first as the object of analysis and then determine the theories which relevant (Ratna, 2007:344).

In doing psychological criticism, there are three ways that include in analysis. First, a researcher can analyze about the writer's psychological condition when he creates literary work. Secondly, a researcher can analyze to the character's psychological condition in the literary work. And the last the researcher can analyze about the reader's psychological condition while reading literary work (Endraswara, 2011:96).

When a researcher does a psychological analysis in a literary work, indirectly he or she will apply the theory of psychology. The psychological theory will help them in analyzing deeply about the psychological phenomenon which expressed. Nevertheless, when a researcher applies the theory, he or she has to relate and attach it with the plot or content of the story in the literary work, thus the researcher does not stuck on the psychological theory. A researcher has to say on the relation with literary work and forbidden to analyze outside literary work.

## 2.2 Character

Character may be one of aspects which we have to deal in studying the novel. But we realize that character in novel is not similar with real people even though they have same name.

The people in play are referred to as characters. We assess them on the basis of what they say and do, and what the other characters say about them (Peck and Coyle, 1986: 79). In other hand, smith through his states that character is the person or people presented by the author: in work of narrative of drama, who convey their personal qualities through dialog and action by which reader or audience understand their though, feeling, intention, and material.

Character can be classified on the role in the play. It is named a major character or man character. On the contrary a character, that has a small influence on the plot. It is considered a minor or supporting character (Smith, 1999).

Besides that Kennedy (1983: 23) states character can be classified by the fullness of their personalities. It was called by the simple (flat) characters and complex (round) characters. Has several well defined traits and a complex personality, it is called flat character

A character may be either static or dynamic: a static character is one who changes little. A dynamic character on the contrary is one who is modified by actions and experiences.

In other word, a static character remains the same throughout the work, while a dynamic character changes in the course of the work. Usually strong



characters are rounded and dynamic; they have histories and more than one possible future. They have hopes and fears.

Koesnobroto, in Widyowati (1996: 21), says that we can distinguish two types of character; they are minor and major character. The former is the less important character while the latter is the most important character in a story. Koesnobroto also says that chief character in a fiction or a play is called protagonist. The story portrays his or her struggle to achieve his or her goal. The opponent of this character is called the antagonist. The antagonist can be human or nonhuman being, animate or inanimate things that hinder the protagonist in achieving his or her goal.

The characters in the story can be divided into some categories based on the point of view taken; major and minor character, protagonist and antagonist character, round and flat character, dynamic and static character, typical and neutral character (Nurgiyantoro, 2007:176)

### **1) Major and Minor Character**

The major characters are the actors which appear the most in the story and always have connection with other actors. The major characters are the most dominant told in the story either do an action. Main characters really determine the development of plot. The major character in a novel could be more than one in the different major quality. But in this research the major character is only one that is Katie.

Minor characters are the actors who have part in supporting the story. The presence of the peripheral character in whole story is smaller. In other words,



minor character in the whole story is limited and they are usually only related to the main characters. The minor character in this research there are two that is Alex and Jo.

## **2) Protagonist and Antagonist Character**

Protagonist is identical with all the good character inside the actors which had been chosen and created by the author. According to Altenberd and lewis (1996: 59) that protagonist is a character who is admired by the readers, which always called as a hero because he always does ideal role and follows the rules and value in the society. The readers often give sympathy to the protagonist characters.

Luxemburg (1992: 145) states that antagonist is the opposite character of protagonist either physically and psychologically. The antagonist character usually causes conflict for protagonist. Although there are other things such as disaster, accident environment and society, social rules, moral values, and etc can cause conflict but if it is not done by a character, they are called as antagonist force.

## **3) Round and Flat Characters**

The first distinction between round and flat characters come from the Forster's book *Aspect of the Novel*, 1927. Forster (in Nurgiyantoro, 2007: 181) distinct the characters into round and flat. The round character is the complex

fully developed, and unpredictable that we may not be able to predict action and reaction. Usually this character is dynamic or changing.

In the other hand, the flat character means the simple character that is only has one certain nature character. The attitude and behavior of the character is totally flat and monotone. There is no any surprising action designed to make the reader impressed. This character always static that do not changed in surprising way. This character remains predictable, summed up in a few traits.

#### **4) Dynamic and Static Character**

Dynamic character is one who changes in the course of the action. The actor may change from being shy to poise. The character may demonstrate a new realization about himself or herself or about his or her personal value. Static character is one who does not change in the course of the story; there is the same at the end as at the beginning, because the conflict of the story does not influent to this character.

#### **5) Typical and Neutral Character**

Altenbenrnd and Lewis (in Nurgiyantoro, 2007: 190) state that the typical character is the character who has less individuality performed instead of quality of the work and nationally. This character constitutes reflections, description, or indication to the person or group who has worked in a department. Whereas, the neutral character describes the imaginary character who is only life in the fiction. This character is only presented to set up the story itself.

### 2.3 Trauma

Trauma is severe emotional shock and pain caused by an extremely upsetting experience. Trauma is also a severe injury, usually caused by a violence attack or an accident (Cambridge advanced Learner's Dictionary: third edition. 2008). Trauma is an emotional shock producing a lasting harmful effect or an unpleasant experience that causes one distress or anxiety (Oxford Advanced Learner's Dictionary of Current English: Fifth Edition).

### 2.4 Stress

According to Hans Selye (1936) stress is non-specific response of the body to any demand for change. Stress is often described as a feeling of being overwhelmed, worried or run-down. Stress can affect people of all ages, genders and circumstances and can lead to both physical and psychological health issues. By definition, stress is any uncomfortable "emotional experience accompanied by predictable biochemical, physiological and behavioral changes. Some stress can be beneficial at times, producing a boost that provides the drive and energy to help people get through situations like exams or work deadlines. However, an extreme amount of stress can have health consequences and adversely affect the immune, cardiovascular, neuroendocrine and central nervous systems (Baum, 1990).

## 2.5 Post-Traumatic Stress Disorder (PTSD)

According to Gerald C Davison (2006) Post-traumatic stress disorder is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event, include in abnormal psychology. Post-traumatic stress disorder (PTSD) is a condition created by exposure to a psychologically distressing event outside the range of usual human experience, one which would be markedly distressing to almost anyone, and which causes intense fear, terror, and helplessness. The trauma is an assault to the person's biology and psyche.

Frightening situations happen to everyone at some point. People can react in many different ways: they might feel nervous, have a hard time sleeping well, or go over the details of the situation in their mind. These thoughts or experiences are a normal reaction. They usually decrease over time and the people involved can go back to their daily lives. Post-traumatic stress disorder, on the other hand, lasts much longer and can seriously disrupt a person's life. Most people only know about traumatic is only an anxiety condition that can form of an events or a terrifying experience or terrible, difficult and unpleasant where there are persecution physical or feeling threatened (American psychological association, 2004).

Post-Traumatic Stress Disorder (PTSD) is a maladaptive reaction which continuously to traumatic experienced. The epistemology definition of Post-Trauma Stress Disorder is an event of traumatic event that experienced or watched directly by someone and it is made he or she extremely frighten and anxiety because of that event. Post-Traumatic Stress Disorder (PTSD) is categorized in



DSM-III; it is about an extreme respond of huge stressor, includes the increase of anxiety, avoidance of stimulate which associated with trauma, and decrease of emotional responds. Post-Traumatic Stress Disorder (PTSD) has the cause and symptom when it is appears in people (Jeffrey, Spencer, and Beverly. 2009: 174).

There is no time limit on distress, and some people may not develop post-traumatic symptoms until many years after the event. Additionally, not everyone who has experienced a traumatic event develops post-traumatic stress disorder (PTSD). The term post-traumatic stress disorder (PTSD) was first used by veterans of the Vietnam War, but the problem has existed for a lot longer and has had a variety of names, including, shell shock soldier's heart, battle fatigue and combat stress but today the term post-traumatic stress disorder can be used to describe the psychological problems resulting from any traumatic event. Most people who have been exposed to traumatic events develop feelings of anger, shock, fear, guilt, and anxiety. These are completely normal reactions to an unnatural event and will fade over time. A person who has post-traumatic stress disorder develops unusually strong feelings after such an event that they prevent an individual from living a purposeful life. Unfortunately, the symptoms of post-traumatic stress disorder do not fade over time, these feelings intensify until the person is overwhelmed and unable to function.

### **2.5.1 Post-Traumatic Stress Disorder Symptoms**

According to Gerald C Davison (2006) the symptom of Post-Traumatic Stress Disorder are categories in three major and a person must have three different types of symptoms: re-experiencing symptoms, avoidance symptom and



arousal symptoms. There are a number of symptoms that can occur following exposure to a traumatic event. That is:

### 1. Re-experiencing Symptom

Re-experiencing symptom is symptom that involves reliving the traumatic event. There are a number of ways in which people may relive a trauma. They may have upsetting memories of the traumatic event. These memories can come back when they are not expecting them. At other times the memories may be triggered by a traumatic reminder such as when a combat veteran hears a car backfire, a motor vehicle accident victim drives by a car accident or a rape victim sees a news report of a recent sexual assault. These memories can cause both emotional and physical reactions. Sometimes these memories can feel so real it is as if the event is actually happening again. This is called a "flashback".

### 2. Avoidance Symptom

Avoidance symptom is efforts people make to avoid the traumatic event. Individuals with Post-Traumatic Stress Disorder may try to avoid situations that trigger memories of the traumatic event. They may avoid going near places where the trauma occurred. They may avoid other sights, sounds, smells, or people that are reminders of the traumatic event. Some people find that they try to distract themselves as one way to avoid thinking about the traumatic event. Numbing symptoms are another way to avoid the traumatic event. Individuals with post traumatic stress disorder may find it difficult to be in touch with their feelings or express emotions

toward other people. For example, they may feel emotionally "numb" and may isolate from others. They may be less interested in activities you once enjoyed. Some people forget, or are unable to talk about, important parts of the event. Some think that they will have a shortened life span or will not reach personal goals such as having a career or family.

### 3. Arousal Symptom

People with Post-Traumatic Stress Disorder (PTSD) may feel constantly alert after the traumatic event. This is known as increased emotional arousal, and it can cause difficulty sleeping, outbursts of anger or irritability, and difficult to concentrate. They may find that they are constantly 'on guard' and on the lookout for signs of danger. They may also find that they get startled.

#### 2.5.2 Post-Traumatic Stress Disorder Causes

Post-traumatic stress disorder is not caused by one single factor rather a variety of risk factors and predispositions that work together to cause the development of post-traumatic stress disorder following a traumatic event. There are three causes of post traumatic stress disorder. According to Gerald C Davison (2006) the causes, consist:

##### 1. Genetic Cause

Anxiety disorders tend to run in families. People who have first degree relatives who struggle with anxiety disorders are at a greater risk for developing the disorder themselves. While not a definitive cause for post-

traumatic stress disorder, it does make a person more vulnerable to developing the disorder after a traumatic event.

## 2. Brain structure Cause

It is believed that certain areas of the brain that regulate emotions and fear are different than those who do not develop post-traumatic stress disorder after a traumatic event.

## 3. Environmental Cause

Those who have a history of trauma and stress are more likely to develop post-traumatic stress disorder than those who do not have a similar history. Also, children who grow up in families where addiction is present are at greater risk for developing post-traumatic stress disorder.

## 4. Psychological Cause

People who struggle with certain types of mental illness, notably anxiety and depression, are at a higher risk for developing post-traumatic stress disorder.

### 2.5.3 Post-Traumatic Stress Disorder Impacts

According to Gerald C Davison (2006) Post-Traumatic Stress Disorder (PTSD) changes of people mind, feeling, and behavior changes, such as: (1) *Mind change, there are four impacts:* (a) Cannot accept the reality, (b) Remembering the event, (c) Having nightmare, (d) Have a trouble in concentration, and (e) Absent-minded. (2) *Feel change has four impacts:* (a) Have an extreme scared, (b) Anxiety, (c) Sad, and (d) Feels like he or she cannot life again. And (3)

*Behavior change also has seven impacts:* (a) Croup or have a trouble in breathing, (b) Having trouble in sleep, (c) Heart throbbed, (d) lose appetite, (e) Isolate his or herself from society, (f) easy to get shock, and (g) dizzy and fainted.

According to Healtline (Maureen Donohue, 2016) says that Post-traumatic stress disorder is a debilitating anxiety disorder that occurs after experiencing or witnessing a traumatic event. The event may involve a real or perceived threat of injury or death. People with post traumatic stress disorder have a heightened sense of danger. Their natural fight-or-flight response is damaged, causing them to feel stressed or fearful, even in good situations.

Once called “shell shock” or “battle fatigue,” post-traumatic stress disorder has received public attention recently because of the high number of war veterans with the disorder. But post-traumatic stress disorder can happen to anyone at any age. It occurs as a response to chemical changes in the brain after exposure to threatening events.

## 2.6 Previous Studies

There are some previous studies used in this thesis, those are; First, Zulfah (2010) with titled “Post Traumatic Stress Disorder Tokoh Utama Dalam Novel *Biola Tak Berdawai* Karya Seno Gumira Ajidarma”. She is a student of Muhammadiyah University of Malang. She analyzes the main character that has post traumatic that has experienced by the main character. She uses qualitative description and uses textual approach. The results of her analysis in novel "*Biola Tak Berdawai*" by Seno Gumira Ajidarma, showed symptoms of post phenomena

traumatic stress disorder, a form of this disorder in the form is flashes of memories and nightmares. The flashes memory due to the inability of main character to forget his past relating to the death quadriplegic babies. The nightmare that experienced by the main characters occurred because she suffered stress-related disorders trauma. Her research gives contribution to this research to analyze the main character that has post traumatic stress disorder.

Second, Mentari Andriani (2013) with titled “The Cause of Domestic Violence as Reflect by Katie in *Safe Heaven* Novel by Nicholas Sparks”. She is a student of Gunadarma University of Jakarta. She analyzes the main character that has experienced domestic violence. She uses qualitative method. The aims of her research to describe the characteristic of Katie after breaking up with her husband and to find out the new characteristic of Katie after breaking up with her husband. The result of her studies is domestic violence that happened to Katie in feminism perspective can be associated with one of the theory Marxist feminism. Marxist feminist tells that the status of women decrease because of the concept of personal wealth and the man who control the production for exchange and as a social relation and women are reduced to property. This research contributes to find out the characteristic of someone that has risk to suffer post traumatic stress disorder.

Third, Ruby (2006) with the titled “Post Traumatic Stress Disorder as the Result of Physical and Emotion Violence, On The Gambir Character in *Pintu Terlarang*, a Novel by Sekar Ayu Asmara”. He is a student of Sanata Dharma University of Yogyakarta. He analyzes the main character that has Post Traumatic Stress Disorder problem. His research aim to, first, explore the structure and



describe the plot, character and characterization. Secondly, describe the psychological condition of the Gambir character who suffers post-traumatic stress disorder (PTSD), thorough the symptoms that occurs the character. He uses descriptive method and the descriptive analysis method to describe fact found in the novel. This research contributes to find out the symptoms of post traumatic stress disorder. In this research the researcher analyze the main character of the novel "*Safe Heaven*" by Nicholas Sparks. This research is categorized into literary criticism, because it is the reasoned consideration of literary works and issues. The researcher uses psychological approach to analyze. The novel of this research contains one of the main characters which show some psychological indication that happen in the real life. The researcher describes the symptoms, causes and impacts of post traumatic stress disorder by Nicholas Spark's "*Safe Heaven*".

### CHAPTER III

#### ANALYSIS AND DISSCUSSION

The discussion is focused on three sub-chapters, they are: 1) The symptoms of post-traumatic stress disorder suffered by Katie, 2) The causes of post-traumatic stress disorder suffered by Katie, 3) The impacts of post-traumatic stress disorder suffered by Katie. To mention once more, here are the questions of the problem; the first answers are to find out the symptoms of post-traumatic stress disorder suffered by Katie, the second answers are to find out the causes of post-traumatic stress disorder suffered by Katie, the last answers to know the impacts of post-traumatic stress disorder suffered by Katie itself.

#### **3.1 The Symptoms of Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' *Safe Heaven***

In this sub-chapter contains the discussion about the symptom of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven*. Katie is the main character who has suffered post traumatic stress disorder. The mental disorder occurs after traumatic event. Based on the data Katie is a woman who was in a violent relationship with her abusive alcoholic husband. Katie once had the courage to call the police after a violent incident, but because her husband was a detective and employee at the police station, no charges were filed. Realizing that her situation would be more difficult to escape from that she anticipated, she began creating a long-term plan. Finally, with the help of neighbors, she was able to escape. She escapes to Southport North Carolina to get away from her husband.

Actually Katie is not her real name. Her real name is Erin. Katie takes on a different identity and changes her name to Katie because she knows her husband would kill her if he located her. She wants to make herself safe with make a distance from her husband. Despite she is at the place that far from her husband but the memories still follows in her daily. Katie suffered symptoms of post traumatic stress disorder. Post Traumatic Stress Disorder (PTSD) has some symptoms are categories in three major different types of symptoms: re-experiencing symptoms, avoidance symptom and arousal symptoms. But in this discussion the symptom that appeared by Katie as the main character in the novel Nicholas Sparks' *Safe Heaven* is only two that are re-experiencing symptom and avoidance symptom.

### 3.1.1 Re-experiencing Symptom

As the concept and the term of Post-Traumatic Stress Disorder (PTSD), people who experienced with trauma will never forget the traumatic events and it always shadowing their life when they face the situation or conversation that related with the trauma. The memories of trauma will appeared although he or she did not want to remember the traumatic event. They may have upsetting and memories of the traumatic event. These memories can come back when they are not expecting them. These memories can cause both emotional and physical reactions. Sometimes these memories can feel so real it is as if the event is actually happening again. This is called a "flashback". This symptom appeared in the main character Katie in the novel Nicholas Sparks' *Safe Heaven*. It can be seen in the following quotations;

The dinner rush lasted until nine. When it began to clear out, Katie cleaned and closed up the wait station. She helped the busboys carry plates to the dishwasher while her final tables finished up. At one of them was a young couple and she'd seen the rings on their fingers as they held hands across the table. They were attractive and happy, and she felt a sense of déjà vu. She had been like them once, a long time ago, for just a moment. Or so she thought, because she learned the moment was only an illusion. Katie turned away from the blissful couple, wishing that she could erase her memories forever and never have that feeling again. (Chapter 1, Page: 9-10)

The data above describes that Katie remember her past event. Based on the data Katie is an escapee. Katie feels upset for a moment when she is looking a couple in the Coffee bar where she works in the new place, Southport. She remembers the past event with her husband Kevin who did the same thing to her. But she tries to ignore because that make she feels sad. Even she has been a long



time at the new place the memories of her husband still remain her when she is doing simple thing that makes she feels flashback. It can be seen also in the following quotation;

Over by the sink, she washed out the coffee cups then put them back into the cupboard. The act was so familiar—putting two cups away after coffee in the morning—and for an instant, she felt engulfed by the life she'd left behind. Her hands began to tremble, and pressing them together she took a few deep breaths until they finally stilled. Two months ago, she wouldn't have been able to do that; even two weeks ago, there had been little she could do to stop it. While she was glad that these bouts of anxiety no longer overwhelmed her, it also meant she was getting comfortable here, and that scared her. Because being comfortable meant she might lower her guard, and she could never let that happen. (Chapter 2, Page: 17)

The data above describes that Katie shows flashback again to the event when she still gets relations with her husband, her flashbacks and always remember him despite only doing a small thing. Her memories about her husband often come back when she works. At the Southport Katie works at Anna's Bar Coffee. Her memories can come back when she is not expecting them and it makes disrupt her mentally and physically.

And the second time she ran away, she thought she was finally free. But he hunted her down and dragged her back to the house. At home, he beat her and put a gun to her head and told her that if she ever ran away again, he'd kill her. He'd kill any man she cared for. And she believed him, because by then, she knew he was crazy. But she was trapped. He never gave her any money, he never allowed her to leave the house. He used to drive by the house when he was supposed to be working, just to make sure she was there. He monitored the phone records and called all the time, and he wouldn't let her get a driver's license. One time, when she woke up in the middle of the night, she found him standing over the bed, just staring at her. He'd been drinking and holding the gun again and she was too scared to say anything other than to ask him to come to bed. But that was when she knew that if she stayed, the husband would eventually kill her." (Chapter 29, Page: 244-245)



At the Southport Katie has a good neighbor her name is Jo. Jo is the women who also move to the Southport to find out the calmness. Despite them as a new neighbor Jo and Katie has a good relation. At the condition above Katie shows flashback again to the past event. She feels upset when she gets a cup of coffee with Jo. She tries to tell the story of her life with her husband. She remembers when her husband Kevin tortured her. Katie gets abuse from her husband Kevin. Kevin is alcoholic and has psychopath symptom. There are many events that make Katie feels scare and upset such as when her husband beat and put a gun to her head, he never give her money and he never allowed her to leave the house. That condition has relived in a long time and Katie still always believes him because she knows that he has problem in his mental. From that condition become the reason why Katie get away and move to Southport. The new place after she escapes and get away from her husband does not mean she escapes and get away also from her memories. Sometimes her memories come back when she is not expecting them and that is disrupt her. It can be seen also in the following quotation;

Katie sat beside Alex on the porch, the sky above them a black expanse dotted with light. For months, she'd tried to block out the specific memories, focusing only on the fear that had been left behind. She didn't want to remember Kevin, didn't want to think about him. She wanted to erase him entirely, to pretend he never existed. But he would always be there. (Chapter 19, Page: 156)

The data above describes that Katie memories about Kevin also come back when Katie with Alex again. She always tries to block out the memories. She did not want to remember and think about Kevin. She wants to erase her memories especially about Kevin entirely but that is very difficult.

### 3.1.2 Avoidance Symptom

People who has experienced with trauma will avoid him or herself from remembering the traumatic event. Individuals with post traumatic stress disorder may try to avoid situations that trigger memories of the traumatic event. They may avoid going near places where the trauma occurred. They may avoid other sights, sounds, smells, or people that are reminders of the traumatic event. This situation also appeared in the main character Katie in the novel Nicholas Sparks' *Safe Heaven*. It can be seen in the following quotation;

"Hey, Miss Katie!" Kristen said.

"Did you get the bicycle?"

"I did. Thank you," Katie answered. "That's why I'm here."

"We worked really hard on it."

"You did a great job," she said. "Is your dad around?"

"Uh-huh. He's right over there." She pointed.

"He's coming." Alex watched as Katie turned toward him.

"Hey, Katie," he said.

When he was close, she crossed her arms. "Can I talk to you outside for a minute?" He could hear the coolness in her voice and knew she was doing her best not to show her anger in front of Kristen.

"Of course," he said, reaching for the door. Pushing it open, he followed her outside and found himself admiring her figure as she headed toward the bicycle.

Stopping near the bike, she turned to face him. In the front basket was the umbrella she'd borrowed the day before. She patted the seat, her face serious.

"Can I ask what this is about?"

"Do you like it?"

"Why did you buy it for me?"

"I didn't buy it for you," he said.

She blinked. "But your note..."

He shrugged. "It's been in the shed collecting dust for the last couple of years. Believe me, the last thing I'd do is buy you a bicycle."

Her eyes flashed. "That's not the point! You keep giving me things and you've got to stop. I don't want anything from you. I don't need an umbrella or vegetables or wine. And I don't need a bike!"

“Then give it away.” He shrugged. “Because I don’t want it, either.” She fell silent and he watched as confusion gave way to frustration, then finally futility. In the end, she shook her head and turned to leave. Before she could take a step, he cleared his throat. “Before you go, though, would you at least do me the favor of listening to my explanation?”

She glared at him over her shoulder. “It doesn’t matter.” “It might not matter to you, but it matters to me.” (Chapter 8, Page 75-76)

From the conversation above describes that Katie dislike Alex’s bike. Katie tries to avoid Alex and make a distance with him because Katie knows that Alex and her husband Kevin is detective. Katie angry to Alex because the way his act to Katie. As we know that the new place of Katie is very far from the center of the city. It means that very difficult to get everything that she needs. Alex tries to give anything to Katie include bike that he repairs from his garage. Alex feels compassion to Katie because the distance between her cottage and his store is far. In the new place Katie gets close relation with Alex. Sometimes Alex invites her to go but Katie ignored. Sometimes Katie and Alex exchange her story life in the past. In this event make Katie avoidance her experience and sometimes make she feels inconvenient. It can be seen in the following quotation;

“Are you okay?” he asked. She took her time before answering. “I was just thinking that I’m glad you’re here. You don’t even know me.”

“I think I know you well enough.” Katie said nothing to that. Alex watched as she lowered her gaze. “You think you know me,” she whispered, “but you don’t.”

Alex sensed that she was scared to say any more. In the silence, he heard the porch creaking as he rocked back and forth. “How about I tell you what I think I know, and you tell me if I’m right or wrong? Would that be okay?” She nodded, her lips compressed. When Alex went on, his voice was soft. “I think you’re intelligent and charming, and that you’re a person with a kind heart. I know that when you want to, you can look more beautiful than anyone I’ve ever met. You’re

independent, you've got a good sense of humor, and you show surprising patience with children. You're right in thinking that I don't know the specifics of your past, but I don't know that they're all that important unless you want to tell me about them. Everyone has a past, but that's just it—it's in the past. You can learn from it, but you can't change it. Besides, I never knew that person. The person I've come to know is the one I want to get to know even better." As he spoke, Katie gave a fleeting smile. "You make it sound so simple," she said. "It can be."

She twisted the stem of her wineglass, considering his words. "But what if the past isn't in the past? What if it's still happening?" Alex continued to stare at her, holding her gaze. "You mean... what if he finds you?" Katie flinched. "What did you say?" "You heard me," he said. He kept his voice steady, almost conversational, something he'd learned in CID. "I'm guessing that you were married once... and that maybe he's trying to find you." Katie froze, her eyes going wide. It was suddenly hard to breathe and she jumped up from the chair, spilling the rest of her wine. She took a step away from Alex, staring, feeling the blood drain from her face. "How do you know so much about me? Who told you?" she demanded, her mind racing, trying to piece it together. There was no way he could know those things. It wasn't possible. She hadn't told anyone. Except for Jo. (Chapter 16, Page: 128-130)

From the conversation above between Katie and Alex, describe that Katie tries to avoid and ignored the reality that she has. The conversation above Alex tries to guess that Katie is an escapee and Katie has marriage. From Alex statement suddenly Katie froze, her eyes going wide. It was suddenly hard to breathe and she jumped up from the chair, spilling the rest of her wine. She took a step away from Alex, staring, feeling the blood drain from her face. Katie assumes that Jo has been betrayal to her because the first one who knows about the story of why Katie moves to this city is Jo, her new neighbor in Southport.



### 3.2 The Cause of Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' *Safe Heaven*

In this sub-chapter will analyze the causes of post-traumatic stress disorder suffered by the main character Katie in the Nicholas Sparks' *Safe Heaven*. Post-traumatic stress disorder is not caused by one single factor; rather a variety of risk factors and predispositions that work together to cause the development of post-traumatic stress disorder following a traumatic event. But in the analysis only has one cause of post traumatic stress disorder suffered by Katie in Nicholas Sparks' *Safe Heaven* that is psychological cause.

#### 3.2.1 Psychological Cause

Getting depressed includes in psychological factor for the people who struggle with post traumatic stress disorder. Getting depressed is higher risk for developing post traumatic stress disorder. Crying easily showing in this novel that describe Katie's emotion is not stabile is one of the symptoms that Katie gets depression. Katie cannot handle her emotion because she depressed as reflect of her husband Kevin's abuse. Katie's feelings and emotions have been pressed for years and that reflect the condition influence to the psychological cause of post traumatic stress disorder suffered by Katie. Katie gets some of moment before who disrupt her psychological after. The depressed of Katie because of her husband abuse when she was with him. It can be seen in following quotation;

She was in a terrible marriage and she couldn't talk to anyone. He used to hit her, and in the beginning, she told him that if it ever happened again, she would leave him. He swore that it wouldn't and she believed him. But it only got worse after that, like when his dinner was cold, or when she mentioned that she'd visited with one of the neighbors who was walking



by with his dog. She just chatted with him, but that night, her husband threw her into a mirror.” Katie stared at the floor. Linoleum was peeling up in the corners, but she hadn’t known how to fix it. She’d tried to glue it, but the glue hadn’t worked and the corners had curled again. “He always apologized, and sometimes he would even cry because of the bruises he’d made on her arms or legs or her back. He would say that he hated what he’d done, but in the next breath tell her she’d deserved it. That if she’d been more careful, it wouldn’t have happened. That if she’d been paying attention or hadn’t been so stupid, he wouldn’t have lost his temper. She tried to change. She worked hard at trying to be a better wife and to do things the way he wanted, but it was never enough.” Page: (Chapter 7, Page70-71)

From the quote above, describe that Katie gets physical abuse from her husband Kevin. She is in terrible married and she could not talk to everyone. The physical abuse showed in chapter above that Kevin hit her. Katie threatens that if it happens again she would leave him and Kevin promises it would not then she believe him, but it only got worse in other day. Katie tries to be a better wife but it was never enough. From that condition make Katie feels depression and she tries to leave him. But it would not she takes believe again. Katie is not only got physical abuse from her husband but she also gets emotional abuse. That condition also seen in the following quotation;

“You made me waste my entire afternoon!” he shouted at her. He gripped her arms tight, squeezing hard. His mouth was contorted, his eyes already bloodshot. She could smell the booze on his breath, and spittle hit her face. “My only day off and you pick that day to get your damn hair done in the middle of the city! And then go grocery shopping!”

She wiggled, trying to back away, and he finally let her go. He shook his head, the muscle of his jaw pulsing. “Did you ever stop to think that I might have wanted to relax today? Just take it easy on my only day off?”

“I’m sorry,” he mimicked her. He stared at her before shaking his head again. “Christ almighty,” he said. “Is it so hard for you to think about anyone other than yourself?” He reached out, trying to grab her, and she turned, trying to run.

He was ready for her and there was nowhere to go. He struck fast and hard, his fist a piston, firing at her lower back. She gasped, her vision going black in the corners, feeling as though she'd been pierced with a knife. She collapsed to the floor, her kidney on fire, the pain shooting through her legs and up her spine. The world was spinning, and when she tried to get up, the movement only made it worse.

"You're so damn selfish all the time!" he said, towering over her. She said nothing. Couldn't say anything. Couldn't breathe. She bit her lip to keep from screaming and wondered if she would pee blood tomorrow. The pain was a razor, slashing at her nerves, but she wouldn't cry because that only made him angrier. He continued to stand over her, then let out a disgusted sigh. He reached for his empty glass and grabbed the bottle of vodka on the way out of the kitchen.

(Chapter 18, Page: 151-152)

From the quote above, describe that the condition of Katie in other day.

Katie gets emotional abuse from her husband. She feels that something is wrong with her relationship, but she does not know how to describe it. Katie feels that her husband very controls her life. Kevin always does anything to win an argument. She feels that cannot do anything right in her husband eyes. Her husband called her name such as damn selfish when she tries to talk about the problem. Her husband prevent her to go out such us go to grocery shopping. Under the booze her husband tortures her just because he thinks that Katie waste his time. From that condition is being the cause of post traumatic stress disorder suffered by Katie despite her not life with husband again.

### 3.3 Post Traumatic Stress Disorder Suffered Impact by Katie in Nicholas Sparks' *Safe Heaven*

In this sub-chapter, the researcher explores the impacts of post traumatic stress disorder suffered by the main character, Katie in Nicholas Sparks' *Safe Heaven*. As explained in previous sub-chapter that post traumatic stress by Katie because of her psychological cause. After the researcher know about causes and symptoms post traumatic stress disorder suffered by Katie. Next, the researcher analyze the impacts that appeared by Katie itself. Post traumatic stress disorder which suffered impact by Katie that appeared in this research those are feel change and behavior change.

#### 3.3.1 Feel Change

The impact of post traumatic stress disorder suffered by Katie in this research because of feels change. Feel change has impact that appeared in Katie is easily being anxiety and sad. In this novel dominant tell about the condition of Katie in her escape. Katie moves to Southport and tries to life without any abuse that she got before. She meets with new people and new environment. Despite she has a new life but the history of her past still follow her who makes her feel change. The anxiety moment seen in the following quotation;

Once he was gone, Katie turned toward the kitchen window. She watched the road outside, feeling a nameless anxiety come over her. She'd felt the same way earlier in the morning and assumed it was an aftershock of the argument she'd had with Alex, but now she found herself thinking of the Feldmans again. And about Kevin. She'd thought of him when she was on the Ferris wheel. As she'd scanned the crowd, she knew she hadn't been searching for people from the restaurant. Not really. She'd been looking for Kevin. Believing for some inexplicable reason that he might be in

the crowd. Thinking he was there. But that was just her paranoia surfacing again. There was no way he could know where she was, no way to know her identity. It was impossible, she reminded herself. He never would have connected her to the Feldmans' daughter; he never even spoke to them. But why, then, had she felt all day like someone was following her, even as they left the carnival? She wasn't psychic and didn't believe in such things. But she did believe in the power of the subconscious mind to put together pieces that the conscious mind might miss. Standing in Alex's kitchen, however, the pieces were still scrambled, without shape or order of any kind, and after watching a dozen cars pass by on the road out front, she finally turned away. It was probably just her old fears raising their ugly head again. (Chapter 37, Page: 292-293)

From the quote above, describe that Katie feels anxiety but she does not know why. She feels same way in the morning but she think that her anxiety comes because of she had argument with Alex. To remain again, Alex is the widower who has two children. Alex is a man who is interested in her. On the other hand the anxiety that comes because Katie started to think about Fieldsman, Fieldsman and Kevin. Katie is afraid Kevin would look for her place and Alex knows the real identity of Katie. Anxiety is also seen in the following quotation.

She liked him too much for her own good. Katie knew that she was walking a dangerous line. Telling him about her past had seemed like the right thing to do at the time, and speaking the words had freed her somehow from the crushing burden of her secrets. But the morning after their first dinner, she was paralyzed with anxiety by what she had done. Alex used to be an investigator, after all, which probably meant he could easily make a phone call or two, no matter what he'd said to her. He'd talk to someone and they'd talk to someone and eventually, Kevin would learn of it. She hadn't told him that Kevin had an almost eerie ability to connect seemingly random information; she hadn't mentioned that when a suspect was on the run, Kevin almost always knew where to find him. Simply thinking about what she'd done made her sick to her stomach. (Chapter 21, Page: 174-175)



From the quote above, describe that Katie feels regret and realize that tells the story of his past is not a good thing for her. Because of that Alex will know that Katie is an escapee instead Alex is a detective is like her husband. She apprehensive about Kevin will find her. Therefore, Katie always on guard in her a new place and she does not Alex knows everything about her past. In addition the feeling that has changed by Katie in her new place is being sadness to face her day despite she is not with her husband again. It can be seen in the following quotation;

In the bathroom, she took off her clothes and set them on the toilet, then rolled up the rug. She'd placed a garbage bag in the sink, and naked, she stared at herself in the mirror. She fingered the bruises on her ribs and on her wrist. All of her ribs stood out, and dark circles beneath her eyes gave her face a hollowed-out look. She was engulfed by a wave of fury mixed with sadness as she imagined the way he'd call for her when he walked through the house upon his return. He'd call her name and walk to the kitchen. He'd look for her in the bedroom. He'd check the garage and the back porch and the cellar. *Where are you?* he'd call out. *What's for dinner?* (Chapter 22, Page 186)

From the quote above, describe that Katie feels sad when she saw her injured and her ribs Stood out. She feels angry and mixed with sadness when she remembered Kevin called her. The sadness is also can be seen in the following quotation;

With his words, she inhaled sharply and lowered her head, her shoulders heaving up and down. The sound of her anguish made his throat clench with anger at the life she'd lived and sadness because she was still living it. He wanted to hold her, but knew that right now, at this moment, he was doing all she wanted. She was fragile, on edge. Vulnerable.



It took a few minutes before she was finally able to stop crying.

Her eyes were red and puffy. "I'm sorry I told you all that," she said, her voice still choked up. "I shouldn't have." "I'm glad you did."

"The only reason I did was because you already knew."

"I know."

"But you didn't need to know the details about the things I had to do."

"It's okay."

"I hate him," she said. "But I hate myself, too. I tried to tell you that I'm better off alone. I'm not who you thought I was. I'm not the woman you think you know."

She was on the verge of crying again and he finally stood. He

tugged at her hand, willing her to stand. She did but wouldn't

look at him. He suppressed his anger at her husband and kept his

voice soft. (Chapter 19, Page: 157-158)

. The conversation between Alex and Katie above shows that Katie feels sad when she had told him about his past, she hates Kevin and hates himself, she knows if Alex loved her but she is better alone.

### 3.3.2 Behavior Change

Post traumatic stress disorder Katie's change of behavior. Croup or trouble in breathing and isolate herself from society are the impacts that appear in Katie's behavior change. As we know that after she decides to stay in Southport alone she lives a life is very different than before. From a woman controlled by her husband and given limited policy as woman as usual. Now Katie struggled through her life itself but even Katie was in a new environment of past events still haunt her and

give effect to her. And the impact of Katie's behavior change is trouble in breathing. That condition can be seen in the following quotation;

Because everybody lies. It's part of living in society. Don't get me wrong—I think it's necessary. The last thing anyone wants is to live in a society where total honesty prevails. Can you imagine the conversations? *You're short and fat*, one person might say, and the other might answer, *I know. But you smell bad*. It just wouldn't work. So people lie by omission all the time. People will tell you most of the story... and I've learned that the part they neglect to tell you is often the most important part. People hide the truth because they're afraid." With Jo's words, Katie felt a finger touch her heart. All at once, it seemed hard to breathe. "Are you talking about me?" she finally croaked out. "I don't know. Am I?" Katie felt herself pale slightly, but before she could respond, Jo smiled. (Chapter 7, Page: 69)

From the quote above, describe that Katie has trouble in breathing when she meets or listens the story of someone who she thinks that same the story of her life. Text above describe when Jo as the neighbor of Katie tells about the life story according to which every person almost to tell all the stories of his life, but there is a story that he or she neglects and it is someone very important story, when Jo tell about that Katie feels that Jo knows about her past and her problem at the time, that condition make her trouble in breathing. It also can be seen in the following quotation;

"Sure," she answered, feigning nonchalance. When he jogged off, Katie exhaled, feeling like she'd somehow escaped. *He used to be a police officer*, she thought to herself, and she tried to tell herself that it didn't matter. Even so, it took almost a minute of steady breathing before she felt somewhat in control again. Kristen and Josh were in the same places, though Kristen had bent over to examine

another seashell, ignoring her soaring kite. (Chapter 11, Page: 99-100)

From the quote above describe that Katie has trouble in breathing when Alex offers Katie to be a female police officer. She thought it does not matter, but she feels hard to breathe when she realized that her husband is a policeman. From that condition Katie has troubled in breathing while listen the story of Alex. In addition to being trouble in breathing post traumatic stress disorder suffered impact also change in her behavior become a person who isolate herself from society. Katie isolate her from society can be seen in the following quotation;

“Are you okay?” Jo asked.  
 “I’m fine,” Katie answered.  
 “I was just thinking that I’m glad you came over.” Jo peered at her.  
 “I think you might be tipsy.”  
 “I think you might be right,” Katie agreed.  
 “Well, okay then. What do you want to do? Since you’re obviously tipsy and ready for fun.”  
 “I don’t know what you mean.”  
 “Do you want to do something special? Head into town, find iting?”  
 Katie shook her head. “No.”  
 “You don’t want to meet people?”  
 “I’m better off alone.”  
 Jo ran her finger around the rim of the mug before saying anything.  
 “Trust me on this: no one is better off alone.”  
 “I am.” (Chapter 7, Page: 68-69)

From the conversation above, describe that Katie tries to make a distance with other people in her new place. She likes to be alone. According to the symptoms of post traumatic stress disorder, this condition happened because he avoided herself form social or public. She did not want to have a relationship with other people after she was experienced with trauma when she with her husband. In

this novel Katie avoid from the new people and she has difficulties to accept the people surround of her. It also can be seen in the following quotation;

From her kitchen window, Katie saw Jo shaking the rug she'd set aside earlier. She seemed friendly enough, but Katie wasn't sure whether she was ready to have a neighbor. Although it might be nice to have someone to visit with now and then, she'd gotten used to being alone. Then again, she knew that living in a small town meant that her self-imposed isolation couldn't last forever. She had to work and shop and walk around town; some of the customers at the restaurant already recognized her. And besides, she had to admit she'd enjoyed chatting with Jo. For some reason, she felt that there was more to Jo than met the eye, something... trustworthy, even if she couldn't explain it. She was also a single woman, which was a definite plus. Katie didn't want to imagine how she would have reacted had a man moved in next door, and she wondered why she'd never even considered the possibility. (Chapter 2, Page: 17)

From the quote above describe that Katie is very careful with his new environment include the people surround of her. That condition can be seen when Katie feels not sure wheatear she is ready to have a neighbor. Although it might be nice to have someone to visit with now and then, she has gotten used to being alone. But she thinks she is living in a small town and she has to work and go to shop. She is not ready if there are men who moved near her cottage and became her neighbor. From that condition describe that Katie isolates herself from society.



## CHAPTER IV

### CONCLUSION AND SUGGESTION

The researcher provides conclusion and suggestion of this study. Conclusion is to answer the statement of the statements, while suggestion is given for the next researcher and the English Department student.

#### 4.1 Conclusion

In this study, the data collected from of Nicholas Sparks' novel, *Safe Heaven*, which Katie as the main character. The data analyzed based on psychological approach, post-traumatic stress disorder. In accordance to the novel, Katie has serious psychological problems in his life. There are three parts of finding after analyzing the data. There are symptoms of Katie's post-traumatic stress disorder suffered, the causes of Katie's post-traumatic stress disorder suffered and the impacts of Katie's post-traumatic stress disorder suffered. The first finding is the symptoms of Katie's post-traumatic stress disorder suffered. Discussing Katie, the researcher found some psychological problems she has. There are several symptoms found in Katie's post-traumatic stress disorder suffered. Those are re-experiencing symptom and avoidance symptom. Her memories when she was with her husband influence to her psychology until despite she has life a part with her husband. She tries to avoid the events and people that make her flashback to the past, that is disrupt her interaction life in her new place. Second finding is the causes of Katie's post-traumatic stress disorder suffered. The cause of Katie's post-traumatic stress disorder suffered is psychological causes. The psychological causes she has because of her tragic



memories and abuse in her marriage with her husband. The psychological causes produce the depression. She gets depression because of the past event that make tortured at her new place. The last finding is the impacts of Katie's post-traumatic stress disorder suffered. The researcher found two impacts, those are feeling change and behavior change. Post-traumatic stress disorder suffered a feel change which can make her feel anxiety and sadness. Beside that, her behavior change makes her become someone who isolates herself from society and she also experienced troubled in breathing.

#### **4.2 Suggestion**

In this analysis the researcher has explained the subject of this thesis and of course, there are still many weakness and limitation in this study be should covered by the next researcher.

The researcher suggests for new researcher who is interested in this similar analysis about post-traumatic stress disorder suffered will have broader perspective in conducting and using different approach, theory, and data before they come with their research paper as the requirement of Sarjana Degree.

From this research, we can learn something about post-traumatic stress disorder (PTSD) with knowing the symptoms of post-traumatic stress disorder, the causes of post-traumatic stress disorder, and the impacts of post-traumatic stress disorder. Further, the researcher hopes this research will perfectibility by next research in same focus.

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