

**POST-TRAUMATIC STRESS DISORDER SUFFERED BY
PRIVATE JOHN BARTLE IN KEVIN POWERS' *THE YELLOW
BIRDS***

THESIS

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG
2020**

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BIRDS***

THESIS

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IBRAHIM MALANG
2020**

STATEMENT OF RESEARCHER SHIP

I state that the thesis entitled "**Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds***" is my original work. I do not include any materials previously written or published by another person, except those ones that are cited as references and written in the bibliography. Hereby, if there is an objection or claim, I am the only person who is responsible for that.

Malang, June 19th 2020

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APPROVAL SHEET

This is to certify that Faizal Yusuf Satriawan's thesis entitled **Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds*** has been approved for thesis examination at the Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of Sarjana Sastra (S.S.).

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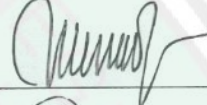


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MOTTO

"There's More Fear in Imagination Than in Reality"



DEDICATION

This thesis is proudly dedicated to:

Allah SWT who has given me pleasures, mercies, and blessings;

My beloved father, Mr. Rokhman Supono, S.P. and

My mother, Mrs. Sa'adah Hayati, S.E.

My big family of Mr. Suparman and Mrs. Siti Masitoh who have prayed for me;

All teachers and lecturers who have educated me from kindergarten until
undergraduate study;

My friends and relatives who have always supported me;

My beloved cats;

Everyone who knows me;

and life journey that makes me up as a man today.

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This thesis cannot be completed without the contributions and supports of many people. I want to express my greatest gratitude to my parents for their sacrifice, prayers, love support, and everything that was given to me. My deepest gratitude is also to my supervisor, Mr. Muzakki Afifuddin, M.Pd. who sincerely guided me in working on this thesis until the final stage of completion.

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3. All precious support of my parents, who have prayed for me and taught me not to give up in any circumstances.
4. All my friends in the Department of English Literature batch 2016 that I cannot mention one by one.

Hopefully, this thesis will be useful for both the researchers and the readers who are interested in this topic. Suggestions, corrections, and critics are welcome for making this thesis better.

Malang, June 19th 2020



Faizal Yusuf Satriawan.



ABSTRACT

Satriawan, Faizal Yusuf 2020. **Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds***. Minor Thesis (*Skripsi*) Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang

Advisor : Muzakki Afifuddin, M.Pd

Keywords : PTSD, Psychoanalysis, *The Yellow Birds*

PTSD develops in some individuals who have real-life experience with psychological problems such as shocking, scary, or dangerous events (Davison, 2006). Gerald Davison mentioned three types of post-traumatic stress disorder symptoms, such as; arousal, re-experiencing, and avoidance symptoms. There are four caused of post-traumatic stress disorder such as; genetic causes, environmental causes, structures, and psychological causes. Also, PTSD has three impacts to the sufferer, such as; feeling, behavior, and mind change (Davison, 2006). This research aims to discovering PTSD in Kevin Powers' *The Yellow Birds* novel that underlies the behavior of the main character, Private John Bartle. In the context of war, soldiers often face deadly situations in the middle of warfare. This experience is a kind of horrible death of any living things inside of the warzone, such as the worst experiences that can be made these people vulnerable and psychologically affected, such as psychosis.

This research is categorized into literary criticism which using psychoanalysis as a theoretical approach in this research. There are several problems of the study to discuss in this research as follows: What are the causes of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers' novel *The Yellow Birds*? What are the symptoms of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers' novel *The Yellow Birds*? How does the impact of the post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers' novel *The Yellow Birds*?. The objective of the study is ; (1) To find out the causes of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers *The Yellow Birds*; (2) To find out the symptoms of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers *The Yellow Birds*; (3) To find out the impacts of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers *The Yellow Birds*.

The object of this study is the novel *The Yellow Birds* by Kevin Powers. This research discusses about the causes of PTSD such as psychological and environmental causes, the symptoms of PTSD such as avoidance and re-experiencing symptoms, and the impact of PTSD that occur in the Private John Bartle mental health such as behavior, feeling and mind changes. The researcher uses the theory of post-traumatic stress disorder development by Gerald C Davison. The data in this study are taken from quotes such as dialogues, sentences, and phrases inside the story of the novel. The results of the analysis show that: (1) The causes of post-traumatic stress disorder suffered by Bartle are caused by the worst psychology and environment condition while deploying in the Iraq war as active-duty soldiers; (2) The symptoms of post-traumatic stress disorder suffered by Bartle are avoidance and re-experiencing symptoms which began to appear when he finished his service as a military service member who served in the Iraq war; (3) The impacts of post-traumatic stress disorder are behavior, feeling and mind changes because of his traumatic event which impacted Bartle psychological condition. The impacts were finally found after Private John Bartle finished his deployment in the Iraq war and back to the United States.

ABSTRAK

Satriawan, Faizal Yusuf 2020. **Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds***. Skripsi Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang

Pembimbing : Muzakki Afifuddin, M.Pd

Kata Kunci : PTSD, Psychoanalysis, *The Yellow Birds*

PTSD berkembang pada beberapa individu yang memiliki pengalaman permasalahan psikologi di dunia nyata seperti terkejut, takut, atau kejadian berbahaya (Davison, 2006). Gerald Davison menyebutkan tiga macam gejala dari post-traumatic stress disorder, seperti; gairah, pengalaman kembali, dan gejala menghindari. Diantaranya ada empat penyebab yang diakibatkan oleh post-traumatic stress disorder seperti; penyebab genetik, lingkungan, struktur, dan psikologi. Juga, PTSD memberikan tiga dampak kepada para penderitanya, seperti; perasaan, kebiasaan, dan perubahan pikiran (Davison, 2006). Skripsi ini bertujuan untuk mengungkap PTSD pada novel Kevin Powers' *The Yellow Birds* yang mendasari kebiasaan dari pemeran utama, Prajurit John Bartle. Di dalam konteks peperangan, para tentara seringkali menghadapi situasi yang mematikan di medan pertempuran. Pengalaman ini sejenis kematian yang mengerikan dari seluruh makhluk hidup yang berada di dalam zona peperangan, seperti pengalaman terburuk yang dapat membuat para tentara rentan dan terpengaruh secara psikologis, seperti psikosis.

Penelitian ini termasuk dalam kategori kritik sastra yang menggunakan psikoanalisis sebagai pendekatan penelitiannya. Ada beberapa masalah penelitian yang akan dibahas, mereka adalah sebagai berikut: Apa penyebab *post-traumatic stress disorder* yang diderita oleh Prajurit John Bartle dalam novel Kevin Powers *The Yellow Birds*? Apa saja gejala *post-traumatic stress disorder* yang diderita Prajurit John Bartle dalam novel Kevin Powers *The Yellow Birds*? Bagaimana dampak *post-traumatic stress disorder* yang diderita Prajurit John Bartle dalam novel Kevin Powers *The Yellow Birds*? Tujuan penelitian ini adalah (1) Untuk mengetahui penyebab *post-traumatic stress disorder* yang diderita Prajurit John Bartle dalam novel Kevin Powers *The Yellow Birds*; (2) Untuk mengetahui gejala *post-traumatic stress disorder* yang diderita Prajurit John Bartle dalam novel Kevin Powers *The Yellow Birds*; (3) Untuk mengetahui dampak *post-traumatic stress disorder* yang diderita oleh Prajurit John Bartle dalam novel Kevin Powers *The Yellow Birds*.

Objek dari penelitian ini adalah novel *The Yellow Birds* karya Kevin Powers. Penelitian ini membahas tentang penyebab PTSD seperti penyebab psikologis dan lingkungan, gejala PTSD seperti gejala menghindari dan mengalami kembali, serta dampak PTSD yang terjadi pada kesehatan mental Prajurit John Bartle seperti dalam perilaku, perasaan dan perubahan pikiran. Peneliti menggunakan teori perkembangan *post-traumatic stress disorder* oleh Gerald C Davison. Data dalam penelitian ini diambil dari kutipan seperti dialog, kalimat, dan frasa di dalam isi cerita novel. Hasil analisis menunjukkan bahwa: (1) Penyebab *post-traumatic stress disorder* yang diderita oleh Bartle adalah kondisi psikologi dan lingkungan yang sangat buruk saat bertugas di perang Irak sebagai seorang tentara aktif; (2) Gejala *post-traumatic stress disorder* yang dialami oleh Bartle seperti gejala menghindar dan mengalami kembali mulai muncul setelah dirinya menyelesaikan tugasnya di perang Irak; (3) Dampak dari *post-traumatic stress disorder* yang nampak berupa perubahan perilaku, perasaan, dan perubahan pikiran akibat peristiwa traumatisnya yang juga berdampak pada kondisi psikologis Bartle. Pada akhirnya dampak tersebut ditemukan setelah Prajurit John Bartle menyelesaikan penempatannya dalam perang Irak dan kembali ke Amerika Serikat.

المستخلص البحث

ساتريوان ، فيصل يوسف . ٢٠٢٠. أزمة المراهقين في الشخصية الرئيسية في رواية *The Yellow Birds* لأحمد فؤادي. البحث الجامعي في شعبة الإنجليزية وأدبها كلية العلوم الإنسانية جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.

المشرف : مزكي عفيف الدين الماجستير

الكلمات الرئيسية : اضطراب ما بعد الصدمة ، التحليل النفسي ، ، *The Yellow Birds*

يتطور اضطراب ما بعد الصدمة لدى بعض الأفراد الذين لديهم خبرة في الحياة الواقعية مع مشاكل نفسية مثل الأحداث الصادمة أو المخيفة أو الخطيرة (Davison)، (2006) قال جيرالد دافيسون إن ثلاثة أنواع من أعراض اضطراب ما بعد الصدمة ، مثل ؛ أعراض الاستثارة وإعادة التجربة والابتعاد . أربعة أسباب ناتجة عن اضطراب ما بعد الصدمة مثل ؛ الأسباب الجينية ، والأسباب البيئية ، والتراكيبات ، والأسباب النفسية . أيضاً ، اضطراب ما بعد الصدمة له ثلاثة تأثيرات لاضطراب ما بعد الصدمة ، مثل الشعور والسلوك وتغيير العقل (Davison)، (2006). تهدف هذه الورقة إلى الكشف عن اضطراب ما بعد الصدمة في رواية كيفن باورز *The Yellow Birds* التي تكمن وراء سلوك الشخصيات الرئيسية ، الجندي جون بارتل . في سياق الحرب ، غالباً ما يواجه الجنود مواقف ممتدة في وسط الحرب . هذه التجربة هي نوع من الموت الرهيب ، مثل أسوأ التجارب التي يمكن أن تجعل هؤلاء الأشخاص ضعفاء ومتضررين نفسياً ، مثل الذهان .

يصنف هذا البحث إلى نقد أدبي يستخدم التحليل النفسي كمنهج للبحث . هناك العديد من مشاكل الدراسة التي يجب مناقشتها في هذا البحث وهي كالتالي : ما أسباب اضطراب ما بعد الصدمة الذي يعاني منه الجندي جون بارتل في رواية كيفن باورز *The Yellow Birds* ما هي أعراض اضطراب ما بعد الصدمة الذي يعاني منه الجندي جون بارتل في رواية كيفن باورز *The Yellow Birds* كيف أثر اضطراب ما بعد الصدمة الذي يعاني منه الجندي جون بارتل في رواية كيفن باورز *The Yellow Birds* . الهدف هو تحليل العمل الأدبي باستخدام النظريات الأدبية (1) لمعرفة أسباب اضطراب ما بعد الصدمة الذي يعاني منه الجندي جون بارتل في كيفن باورز *The Yellow Birds* (2) لمعرفة أعراض اضطراب ما بعد الصدمة الذي يعاني منه الجندي جون بارتل في كيفن باورز *The Yellow Birds* (3) لمعرفة آثار اضطراب ما بعد الصدمة الذي يعاني منه الجندي جون بارتل في كيفن باورز *The Yellow Birds* .

الهدف من هذه الدراسة هو رواية *The Yellow Birds* من تأليف يناقش هذا البحث أسباب اضطراب ما بعد الصدمة مثل الأسباب النفسية والبيئية ، وأعراض اضطراب ما بعد الصدمة مثل تجنب الأعراض وإعادة تجربتها ، وتأثير اضطراب ما بعد الصدمة الذي يحدث في الصحة العقلية للجندي جون بارتل مثل تغيرات السلوك والشعور والعقل . يستخدم الباحث نظرية تطور اضطراب ما بعد الصدمة من قبل جيرالد سي دافيسون . البيانات الواردة في هذه الدراسة مأخوذة من اقتباسات في الرواية في شكل شرح المؤلف لحوار الشخصية الرئيسية بين الشخصيات ..

تظهر نتائج التحليل أن (1) أسباب اضطراب الإجهاد اللاحق للصدمة التي يعاني منها بارتل ناتجة عن أسوأ حالة نفسية وبيئية أثناء نشرهم في حرب العراق كجنود في الخدمة الفعلية (2) . أعراض اضطراب الإجهاد اللاحق للصدمة التي يعاني منها بارتل هي التجنب وإعادة الشعور بالأعراض التي بدأت تظهر عندما أنهى خدمته كعضو في الخدمة العسكرية خدم في حرب العراق (3) . آثار اضطراب ما بعد الصدمة هي تغيرات في السلوك والشعور والعقل بسبب حدثه الصادم الذي أثر على حالة بارتل النفسية . تم اكتشاف الآثار أخيراً بعد أن أنهى الجندي جون بارتل انتشاره في حرب العراق وعاد إلى الولايات المتحدة ..

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CHAPTER I

INTRODUCTION

This chapter includes the starting point of the research, which focuses on the background of the study. The background of this study includes the background of the study, the objective of the study, the scope and limitation, the significance of the study, the definition of key terms, the previous studies, and the research method. Gerald Davison 's theory of post-traumatic stress disorder used to analyze the main character's mental health in Kevin Powers' *The Yellow Birds*.

A. Background of the Study

People generally have many problems with their social lives, including issues in the psychological conditions that humans have. Sometimes people show their psychological issues such as anxiety, fear, sadness, depression, and so on that indicates the mental disorders they excessively get from the negative experience in the past. Literary works can be studied or analyzed by academic reviewers. It includes in the science of literature, namely literary criticism. Literature reviewers can assess the strengths and weaknesses of literary works (Zulfahnur, n.d). Mental disorders are referred to as insanity, in the psychological aspect. Psychosis is a disease in which mental illnesses are characterized by a deterioration of real-life mediated relationships and personalities (Atkinson, 1983).

This research will take a psychological analysis of post-traumatic stress disorder (PTSD) as the main theory to discuss. The psychology aspect and human beings have a close relationship with the psychological condition based on behavior in reality. Behavior understood as the mind or mentality of individuals who is also phenomenal related to the symptoms of post-traumatic stress disorders (Siswantoro, 2005).

The researcher takes Kevin Powers' novel *The Yellow Birds* as the focus of this analysis because the researcher considers two reasons to investigate. First, this book is a best-seller based on 2012's *The Guardian First Book Award* and *The New York Times*. Second, this novel correlates with the mental illness condition of the soldiers after being deployed in the middle of warfare, such as love, defeat, and redemption. Kevin Powers' novel *The Yellow Birds* is exciting to analyze as the story reveals exactly how the negative postwar duties experiences affecting to the soldiers mental health in real life.

After experiencing the American war in Iraq as a machine gunner in the U.S. Army, Kevin Powers considers the war and the risks surrounding the lives of everyone involved in his debut novel, *The Yellow Birds*. This study aims to uncovering PTSD that underlies the behavior of the main character, Private John Bartle, as well as other minor characters. In the context of war, soldiers often face deadly situations in the middle of warfare. The character's reaction to the state of war and their success or failure to overcome it with the danger is an indication of

PTSD inside Private John Bartle characters. Bartle experiences the psychological consequences of his war experience many years after leaving the U.S. Army. On the battlefield, Bartle lost his fellow friend Daniel Murphy who died in Iraq while doing routine inspection to prevent any possible threats from the enemy in Iraq. This experience is a kind of horrible death, the worst experiences that made these people vulnerable and psychologically affected, such as psychosis.

Iraq's invasion of Kuwait was caused by the decline of the Iraqi economy after the Eight-Year War with Iran in the Iran-Iraq War. Kuwait, at that time, had an excess amount of crude oil production needed by Iraq. As a result of this invasion, Kuwait asked the United States for help to overcome the aggression launched by Iraq to get crude oil in Kuwait. American troops were brought to the Middle East to confront the invasion launched by Iraqi forces against Kuwait (Corlett, 2012).

With the approval of the U.S. President George Walter Bush, the United States declared war on Iraq by launching *Dessert storm operations* and carrying out airstrikes on Iraqi territory. The war carried out by the United States against Iraq did not end only by the attack on the Iraq territory, which aims to destroy the military power possessed by Iraq. However, in 2003, the United States invaded Iraq with the aim of "disarming Iraq's weapons of mass destruction, ending Saddam Hussein's support for terrorism, and liberates the Iraqi people" (Bojang, 2016).

Kevin Powers is the researcher of this novel. He was born and raised in Richmond, Virginia and graduated from Virginia Commonwealth University held an M.F.A. from The University of Texas. He served in the U.S. Army in 2004 and 2005 in Iraq's war, where he was deployed as a machine gunner in Mosul and Tal Afar.

In this study, the researcher wanted to analyze the main character of John Bartle through a psychological approach by using the theory of post-traumatic stress disorder by Gerald C Davison. The researcher chooses the main character instead of another's main character because he is the only main character left and suffering from PTSD when he finally gets back to the United States after the war deployment in the Iraq war. The other main character, were Daniel Murphy and Sgt. Sterling. Private Daniel Murphy was an active soldier in the US Army who was killed by the insurgents in Iraq with the mutilated condition when Bartle found his dead body. Another main character was Sgt. Sterling, and he was an active US Army soldier who served together with Bartle and Murphy as a supervisor who had the responsibilities to assure his soldiers' lives when deploys in the Iraq war, but the death of Murphy has given him depression. He decided to end his life by shooting himself inside his car after he comes back to the states.

The main reason why the researcher selected this subject to study is based on the previous studies mentioned below, nobody used post-traumatic stress disorder as a theory to analyze *The Yellow Birds* novel. This novel portrays in a

specific way how the most American soldiers deployed abroad have experienced many unpleasant experiences which can produce traumatic feelings that interfere with their daily life. From this point of view, the researcher has decided to conduct researches that examines the causes, the symptoms, and the impacts of PTSD on an American Army soldier in the novel.

Based on the explanation above, this research tries to investigate the PTSD suffered by John Bartle in Kevin Powers' *The Yellow Birds*. The researcher has investigated this literary works using the theory of post-traumatic stress disorder by Gerald Davison. PTSD develops in some individuals who have real-life experience with psychological problems such as shocking, scary, or dangerous events (Davison, 2006).

Gerald Davison said that there are three types of post-traumatic stress disorder symptoms, such as; arousal, re-experiencing, and avoidance symptoms. Four causes which are caused by post-traumatic stress disorder genetic causes, environmental, structures, and psychological causes. Also, PTSD has three impacts of post-traumatic stress disorder, such as feeling, behavior, and mind changing (Davison, 2006).

B. Problems of the Study

By considering the background above, the researcher formulates three problem statements in this study, as follows:

1. What are the causes of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers' novel *The Yellow Birds*?
2. What are the symptoms of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers' novel *The Yellow Birds*?
3. How does the impact of the post-traumatic stress disorder suffered to Private John Bartle in Kevin Powers' novel *The Yellow Birds*?

C. Objective of the Study

Based on the statement of the problem above, the objectives of this study are:

1. To find out the causes of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers *The Yellow Birds*.
2. To find out the symptoms of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers *The Yellow Birds*.
3. To find out the impacts of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers *The Yellow Birds*.

D. Scope and Limitation

There are many areas and cases in this novel that can be used as analysis in Kevin Powers' *The Yellow Birds* literary work. Still, the researcher will only focus on one case experienced by the main character about the post-traumatic disorders experienced by Bartle after the post-war deployments in Iraq. This research use a psychological approach that is relates with post-traumatic disorders in this novel. However, this research is concentrated on three main sections in the discussion. The first one is the causes of the traumatic abnormalities, and the second one is the symptoms happen to the main character and the last is how the impacts of post-traumatic stress disorder in *The Yellow Birds* novel by Kevin Powers. This means that the study will not examine in detail the researcher 's worldview of the literary work.

E. Significance of the Study

This research contribute theoretically and practically, which will be useful for the development of literary studies for the future. Theoretically, the researcher aims this research to broaden discussions related to literature and psychology also provide new knowledge in the use of PTSD theory on different objects. This psychological study provides an analysis that uses literary works such as novels that aim to make the reader understand well about PTSD in reality.

Practically, the researcher hopes this research can be used by students who are majoring in English Literature at the State Islamic University of Maulana Malik Ibrahim Malang in the future who are particularly studying psychology literature and focusing on post-traumatic stress disorder.

This study is likewise expected to be the model or reference for researcher who might conduct a study about psychological analysis of novel *The Yellow Birds*. This study may give helpful data and inspiration for the other researcher to conduct research on literary work, particularly in a similar study.

F. Definition of Keyterms

The researcher provides several definitions relating to the keyterms, such as:

1. Stress is a kind of medical condition for various external stimuli that are strong and cause anxiety, which is called general adaptation syndrome (Selye, 1956).
2. Trauma is the results from an event, series of events, or series of circumstances that a person experiences as physically or emotionally dangerous or life-threatening with long-lasting adverse effects on the psychological function of each individual who has experienced an event and also mental, physical, social, emotional, or spiritual (National Association of State Mental Health).
3. Post-traumatic stress disorder is the psychological disorder that developed related to human beings after experiencing a scary, shocking, or dangerous

event. People who have PTSD may feel stressed or frightened even when they are no longer in danger situation. (National Institute of Mental Health)

4. Symptoms are signs which appear to someone due to adverse events that have been experienced. Symptoms shown by people living with PTSD may include nightmares or flashbacks, avoidance of situations that caused trauma, anxiety, or depressed moods (Centre of Posttraumatic Mental Health).

G. Previous Studies

The researcher uses four previous studies related to the novel, such as; First one comes from Walter (2016) with the title "What it felt like Memory and the Sensations of War in Vergil's Aeneid and Kevin Powers' The Yellow Birds". In her research, she tries to compare both novels and found a very similar pattern of the story in the novel. Those novels appear similar story about two friends who go to war together and faced with several bad experiences.

The second one comes from Precup (2017) with the title "Reversing Absence. The Exploration of Memory in The Yellow Birds by Kevin Powers". In this research, she tries to look into the memory of traumatic events of the death of his fellow friends in the middle of the war in Iraq that happened to John Bartle after he returns to home.

The third previous studies come from O'Gorman (2014) with the title "Refiguring Difference: Imaginative Geographies and "Connective Dissonance" in

Three Novels of the Iraq War". The researcher aim to analyzes three novels which engage with the most Iraq war storyline: Don DeLillo's *Point Omega* (2010), Hari Kunzuru's *Gods Without Men* (2011) and Kevin Power's *The Yellow Birds* (2012). The researcher argues that the novels aim to address what Judith Butler described as a dehumanizing "de-realization of loss" or "insensitivity to human misery and death" in Western media representations of the war on terror.

The last one comes from two researchers (Alosman and Raihanah) with the title "Survival Psychology in Kevin Powers' *The Yellow Birds*". In this research, the researchers aim to uncover survival psychology, which appears to Private John Bartle and Private Daniel Murphy. Survival psychology expounds threatening situations were people's lives; the two characters in the novel are psychologically impacting when deployed on the battlefield. Bartle psychologically survived after years leaving the war and the U.S. Army, but Murphy consequently dies on his war deployment.

The point that makes this research different from previous study is that the object of discussion used is rarely examined. In this present study, the researcher tried to focus on the main character's post-traumatic stress disorder in the novel, who was described as suffering from nightmare memories after war deployments in Iraq, as an represented in *The Yellow Birds* by Kevin Powers using a psychological approach.

H. Research Method

In this part researcher discuss the research method, including research design, data sources, data collection, and data analysis.

1. Research Design

This research is categorized as literary criticism, which uses a novel as discussed in this research. Because this study uses literary works as objects of research related to the theory, this research is a kind of interpreting literary works. The researcher uses a psychological approach to analyze the trauma in the novel. This is part of literary criticism through psychological views and perspectives. This novel contains mental disorders experienced by the main characters that occur in the story in the novel after his war deployment from Iraq. Through this approach, the researcher expects to learn intensively about how war can be the cause of PTSD, what kind of symptoms which appear in the main character personalities, and the impacts of post-traumatic stress disorder to the main character.

2. Data Source

The data source is taken from the novel *The Yellow Birds* by Kevin Powers. It was published on September 6, 2012, Little, Brown and Company, in the United States. This novel contains 226 pages. The secondary sources are according to any relevant references.

3. Data Collection

The researcher collected the data, uses textual observations to the novel by Kevin Powers *The Yellow Birds*. In collecting the data, the researcher uses several steps: First, by understanding the novel by reading it repeatedly and understanding deeply. Second, using note-taking to enrich data collection from literary works by using highlights, underlines, and markings in the novel. Third, by classifying the data needed to analyze and select the relevant data to the research problem.

4. Data analysis

To analyze the data, the researcher formulates some steps to conduct the data. The first step is reviewing the collected data which is related to the topic. Through psychology of literature analysis, the researcher could infer the psychological development of the main character. In order to make easier, the researcher makes a list of the collected data. The purpose is to select the necessary data which can be analyzed in this research. The next step is classifying the data based on the research problems. After clasifying the data, the researcher describes and analyzes the data based on the theory used in this research. In this step, the researcher applies Davison's post-traumatic stress disorder theory. Finally, the researcher draws the conclusion and determines whether the conclusion is already appropriate to answer the research.

CHAPTER II

REVIEW ON RELATED LITERATURE

This chapter contains explanations that include the theoretical framework used in this research. The researcher will explain the theories used to examine the topic of the research analysis. In this case, the researcher uses Gerald Davison 's theory of post-traumatic stress disorder.

Character and characterization theory is used to explain the attributes of the main character in the identity crisis. The theory is used to figure out how the characteristics of a person who has post-traumatic stress disorder, which is later linked to the characteristics of the main character. Psychological and literary theories are used when the topic of psychology is mentioned in a literature study.

The study of related studies is used to help the researcher gains a deeper understanding of the literary work. Through studies of related theories, the researcher also gets to solve the problems mentioned in the literary work. These problems also allow the researcher to comprehend the main character more thoroughly.

A. Psychology and Literature

The psychology of literature pays attention to the problems relating to the mental elements of fictional figures, which are contained in a literary work. This

aspect of humanity is the main object of the psychology of literature. Literary psychology research is carried out in two ways. First, through an understanding of psychological theories, an analysis of a literary work is held. Second, by determining a literary work as an object of research, then decide psychological theories that are considered relevant for conducting the research analysis (Ratna, 2004).

Psychoanalysis in literature was born as one type of literary study used to read and interpret literary works, literary authors, and readers by using various concepts and theoretical frameworks in psychology. According to Wellek and Warren (1990), the psychology of literature has four possible understandings. The first is the study of author psychology as a type or as a person. Second, the creative process. Third, the kind of research and the laws of psychology are applied to literary works, and fourth, study the impact of literature on the reader.

Siswantoro (2004) states that literature is different from psychology because as understood in general, the term of literature is very closely related to the world of fiction such as drama, poetry, and essays that are classified into works of literature, while the term of psychology refers to scientific studies of human behavior and mental processes. However, these two aspects still have a close relationship between each one by making humans and reality as fundamental aspects. Psychology is closely related to human life.

Siswanto (2004) argues that the psychology of literature seeks to the psychological phenomena experienced by the main characters in literary works when reacting to themselves and his environment so that psychiatric symptoms can be expressed through the behavior displayed by characters in literary works. Literature and psychology have a functional relationship in discussing psychological conditions in humans. The difference is the human mental condition that appears in a literary work is imaginary, while in the psychological context, the psychological health experienced by humans is a real thing that happens. However, both can complement each other to get a deep understanding of human psychology.

As an approach to literary works, the psychology of literature is built by three approaches, (1) expressive approach, an aspect of psychological studies made by the researcher in the process of creativity projected through literary works, (2) textual approach, namely the assessment of psychological aspects contained character himself in a literary work, (3) pragmatic receptive approach which aims to examine aspects of the psychology of the reader formed after understanding with a literary work (Aminuddin, 1990).

Three ways can be included in the analysis when producing research by using psychological criticism. First, the researcher can analyze how the psychological condition of the writer when he creates a literary work. Secondly, the researcher can analyze how the psychological health of character's that appear in literary works. Furthermore, the researcher can also analyze how the psychological

condition of the reader while reading the literary work (Endraswara, 2011). In this study, the researcher decided to examine the main character's psychological state as the analysis intend to analyze the main character's post traumatic stress disorder which appears in Kevin Powers *The Yellow Birds* novel.

B. Character

According to Abrams, characters are people who are shown as the results of a literary work that the reader can interpret to their performance qualities and certain tendencies as expressed in the literary works like dialogues and action. In terms of the role of characters in a story of literary works, two kind figures shown in literary works, and the first one is classified as the most important character who appears continuously so that character dominates most of the stories in the literary work. Otherwise, there is a character who only appears occasionally in a story. The first figure is referred to as the main character, while the second figure is an additional character (Nurgiyanto, 1998).

The main character is the character in the storyline of a novel. The main character is the most told in the storyline of a literary work. The main character is always presented in the event of the story and can be found through the storyline in literary works. While the additional character in the whole story gets only a few roles, not too important in the course of a story in the literary works, his presence appears only if there is a direct or indirect connection with the main character (Nurgiyanto, 1998).

The appearance functions of the characters can be divided into two sides, the protagonist and the antagonist. According to Altenbernd and Lewis, the protagonist is a character we usually admire and has a portion of the kind position, which is a surveillance of the norms of goodness that always appears in literary works. While the antagonist character is the role of characterization in a storyline of literary works that more describes the negative impacts in the course of a story (Nurgiyantoro, 1998).

A character in the storyline may be categorized as static or dynamic. Static character is the one who gives little changes to the storyline. Otherwise, the dynamic character is the one who modified the storyline by actions and experiences.

Based on the point of view that the characters have in the literary works, it can be divided into four categories such as; antagonist and protagonist character, the minor and major character, static and dynamic character, flat and round character (Nurgiyantoro, 2007).

1. Antagonist and Protagonist Character

According to Luxemburg (1992), he states that the antagonist character is physically and psychologically different. Usually, the antagonist character caused the conflict to the protagonist's character and has a negative impact on the story of the literary works. However, there are many things called antagonist force, which caused conflict, but it does not impact the character such as social rules, moral rules, disaster, society, and environmental accidents.

On the other side, there is the protagonist's character, which is identical to all the good things that bring to the story of literary works. Altenbernd and Lewis states (1996) that protagonist character is a character who gets much attention by the readers, in the readers perspective, the protagonist character is always called a hero because he/ she respects the value of society and always follow the rules within the society. Even when the hero is in an adverse circumstances, the readers often give sympathy to the characters and believe that kindness should be upheld.

2. Minor and Major Character

The minor character is the character who has parts in supporting the story in the literary works. In other words, the minor character only has a smaller presence in the whole story, and also the minor character appears limitedly but usually related to the main character. In this research, there are some minor characters such as Sergeant Sterling, Bartle's and Murphy's Mother.

The major characters are the main actors who always appears in the whole of the story and have a connection with other characters. The main characters really determine the plot development of the story. This character is the most dominant told in the story, either do an action. The major characters which appear in the novel could be more than one. In this research, the main character appears in the story is John Bartle and Daniel Murphy.

3. Static and Dynamic Character

A static character is a character who does not need to influence the story, the static character does not change anything related to the story, and there is the same at the beginning until the end. A dynamic character is one who turns in the story because the role may demonstrate a new realization about his or her personal value.

4. Flat and Round Character

The flat character is a simple character that only has a particular nature character. The behavior and attitude of the character are monotone and flat. In the story, there is no surprising action from this kind of character to make the reader impressed. The flat character is always static that does not give any surprising action in the story and does not hard to predict by the readers.

The round character is the very complex and fully developed character in the story; this character also very unpredictable that the reader may not easy to be able to predict what in the next. This character is usually changing or called as dynamic.

C. Trauma

Trauma is a form of severe emotional shock and pain caused by extraordinary bad experiences. Trauma is a severe injury that leaves an adverse effect on the human psyche, usually trauma caused by violent attacks or accidents that ever happens. Also, trauma is an emotional shock that produces a sustained

harmful effect from unpleasant experience that causes ongoing distress or anxiety in some particular psychological condition. An individual's trauma results from an event, series of events, or series of circumstances that a person experiences as physically or emotionally dangerous or life-threatening with long-lasting adverse effects on the psychological function of each individual who has experienced an event and also mental, physical, social, emotional, or spiritual (National Association of State Mental Health).

Trauma is also a mental or physical threat and abuse on someone's physical integrity, self-esteem, survival, health and welfare, or the physical protection of another. The impact of intensely traumatic experiences that are undermining the personal sense of mental health, going to make someone feel weak and insecure in a dangerous environment (Smith, 2008).

The term trauma is also used to describe a traumatic event or illness that someone is experiencing. Feeling that develops from a traumatic event may cause an intense reaction to both one psychology and one psyche. This implies that trauma is an occurrence and can develop due to someone loss, such as the death of a friend, family, or a person who has a proper relationship (Harvey, 2002).

There are six risky categories of people with the potential for trauma. The first group is somebody who has been a victim or has witnessed violence or has faced unearthly situations many times, such as (1) family abuse, (2) sexual abuse, (3) theft, and (4) threats of violence in social life, such as at school or office

environment. The second category is someone who has witnessed or seen the incident in their real lives that people should not do, such as: (1) tsunami disaster, (2) fire accident, (3) human-made humanitarian disaster, for example: industrial accident, and (4) large-scale accident, such as: sinking ship. The third categories are combat veterans or the victims of military conflict who have continued to survive in real life. The fourth categories are professionals related to dedicated themselves in a traumatic situation, such as: medical workers, active-duty soldiers, police officers, and firefighters. The fifth is individuals who hear the terrible news about the death of family members, a close friend, or someone who is loved and become part of life. The last category is a child who experiences violence or an adult who is insulted as a child (Harvey, 2002).

D. Stress

This condition often described as an overwhelmed feeling which appears to a human mental condition. The stress condition is capable to affect all genders, ages, any circumstances, and leads to psychological and physical health conditions issues. According to the definition above, that stress is categorized as any uncomfortable condition of an emotional experience effected by the individual behavioral changes and psychological changes. Sometimes the stress condition can bring beneficial results, and this condition is producing a big intense boost that drives and energy to the individual and help people to get trough the stressed moments and condition. On the other side, the extreme amount of stress conditions

can give to other health consequences and affect the individual physical and psychological condition systems (Baum, 1990).

Stress is an inevitable part of our daily lives. During a time when people are seeking support, they are constantly handling conditions, situations, and levels of stress in their lives that make them feel physically and mentally troubled. Numerous people believe that they have very few options or support to cope with the high-stress levels they are feeling. In ordinary life, people just assume that stress is terrible, but that was not the truth. The conditions that cause stress are defined as stressors. In terms of PTSD, stress is not the only destructive aspect that induces post-traumatic stress disorder in someone's mentality, in this terms there are two kinds of stressors categorized as negative stressors that are also defined as distress and that are positive stressors defined as eustress (Davidson, 2001).

Individual factors cause much more stress than we can envisage, and they mostly play an important part in the different aspects of a human's life. Such variables vary from individual to individual, resulting in a diverse belief system, behaviors, and attitudes. There are some of the factors such as; The first is financial difficulties; this is certainly not the best experience for an individual to face the challenge of financial constraints. The second is health problems; which are linked to everyone because of poor health conditions, which leads to a lot of health damage. Stress can cause physical symptoms such as migraine, stomach pain, increased blood pressure, chest pain, and sleep disorders. The last is about

change in the environment live, apart from moving from home to real life, our daily stress in life also plays a major role such as a stressful job, a family problem, and a social problem is also a kind of stressful experience.

E. Post-Traumatic Stress Disorder (PTSD)

According to Gerald Davison (2006), Post-Traumatic Stress Disorder is a disorder that develops in people who have experienced shocking, frightening, or dangerous events, and are included in abnormal psychology. PTSD is a condition created by exposure to psychological events that are experienced in real life beyond the reach of human capabilities that can cause intense fear, terror, and helplessness.

A frightening situation happens to everyone who has a bad experience at one particular moment. Someone who has a psychiatric disorder can react in many ways: a person may feel insecure, have trouble sleeping, or imagine a frightening experience that has occurred in their minds in detail. PTSD is a maladaptive reaction that continues to someone who had traumatic experienced. Most people's is understanding of traumatic events only a condition of anxiety that can form a horrible event or experience, unpleasant and painful moments where there is physical abuse or a feeling of being threatened (American Psychological Association, 2004).

Vietnam War veterans first used the term post-traumatic stress disorder (PTSD). However, the term traumatic that has occurred in war has existed for much

longer and has various names, such as war fatigue, soldier's shell shock, and war stress. However, the term PTSD can be used to describe any psychological problems caused by any traumatic event.

In a traumatic event experienced by someone, individuals will respond and be able to overcome it with the recovery mechanism that an individual has to not cause adverse impacts in the future. However, some people are unable to cope with themselves and cause wounds that have left imprints or illness over a long period and impact their behavior. These people say to experience Post-Traumatic Stress Disorder (PTSD) in this state. He/She has a risk of mental disorders such as anxiety, panic, phobia, depression, confusion, and obsessive-compulsive disorder. A person who has PTSD if he still experiences a post-traumatic reaction after more than six weeks with intensity and for an extended period, as well as disturbances in his daily life (Hatta, 2016).

An individual who is suffering from the traumatic experience, often showing many kinds of symptoms of Post Traumatic Stress Disorder. The indicator of how intense the symptoms will appear depends on how many frightening, traumatic experience that the individual has passed in reality. This condition would be getting worst if the individual or struggler did not have any capability or motivation to fight back from this frightening, traumatic condition, and also got the support from the family, friends, and the expert will be helpful for this hard

circumstances and make the quick the recovery from the traumatic memory (Carlson and Ruzek, 2013).

1. The Causes of Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers *The Yellow Birds*

Any kind of risk factors causes post-traumatic stress disorder. The development of post-traumatic stress disorder is also following by a traumatic event that happens to some individuals. According to Gerlad Davison (2006), he divided the causes of post-traumatic stress disorder into three kinds:

a. Brain structure Cause

Davison believed that some regions of humans brain which had a traumatic event is regulate fear and emotions and bring a suffering condition of post-traumatic stress disorder are different to someone who had traumatic event but do not develop post-traumatic stress disorder.

b. Genetical Cause

The anxiety disorders tend to run in families; some people who struggle with an essential degree of anxiety disorders are at higher risk conditions for the development of disorder themselves. Even not a definitive cause for PTSD, it also makes a person who has a traumatic event more vulnerable to developing the disorder itself.

c. Psychological Cause

For the people who are struggling with a particular condition and having certain types of mental illness such as depression and anxiety, are raises the risk for developing PTSD.

d. Environmental Cause

Some individuals who have a terrible history of traumatic events and stress are more accessible to develop PTSD than the other individuals. The latter do not have similar experiences in the past. Also, a soldier who has experience in war and has many traumatic experiences such as friendly loss, physical and psychological injuries are at higher risk for developing PTSD because of their history.

2. The Symptoms of Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers *The Yellow Birds*

Gerald Davison has divided Post-traumatic Stress Disorder into three major categories, and every individual must have three different kinds of symptoms, avoidance symptoms, arousal symptoms, and re-experiencing symptoms (Davison, 2006). This three significant categories of symptoms are:

a. Avoidance Symptom

This kind of symptom is an individual effort that purposed to avoid the traumatic event. This symptom is happening to someone who has post-traumatic stress disorder and tries to avoid situations that can trigger a traumatic event

memory. Those individuals who have post-traumatic stress disorder may avoid going near places where the traumatic event begins, and also the person with post-traumatic stress disorder may avoid to sounds, sights, smell, or someone that can bring back their memories of the traumatic event. Individuals who had post-traumatic stress disorder may find difficult circumstances to express and be in touch with their feeling toward other people. For example, they may feel emotionally uncomfortable and tries to isolate themselves from society. Some people that had post-traumatic stress disorder may forget or unable to talk about the crucial parts of the traumatic event. Some sufferers decide to did not to reach their personal goals, such as having a career or family. This is because of their perception that they will not have proper life in the future, such as healthy persons in society.

b. Arousal Symptom

An individual with post-traumatic stress disorder may feel uncomfortable and fully alert after the traumatic events. This condition will cause some disorders such as irritability condition, difficulty concentrating in any aspect, and difficulty of sleeping caused by the anxiety of the traumatic event that happened in the past. The sufferer may find that they are invariably overprotective in any signs of danger (Astuti, 2018).

c. Re-experiencing symptom

Re-experiencing is a kind of symptom in post-traumatic stress disorder involving the memory of traumatic events in the past. There are many ways in which people recall their traumatic events. These traumatic memories can come

back anytime and anywhere, even they are not expecting the mental illness would ruin their life. This kind of bad memories may be triggered by many events of traumatic moments such as when a military veteran incidentally hears tires backfire while driving on the highway, or a car vehicle accident victim saw another direct car accident. These kinds of memories will cause physical and emotional reactions because this will recall their bad memories which will be triggered their PTSD accidentally. Often this kind of memory feels so real by the sufferer as if the traumatic event is happening to them again, and this situation is also called flashback memory.

According to Ehlers (2004), in a dissociative flashback, a person will lose all awareness of the current environment, and literally, he relives the experience. Sensory impressions are experienced again as if they are a feature of something happening now, rather than being an aspect of memories.

3. The Impacts of Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers *The Yellow Birds*

Healthine (2016) says that individuals who have post-traumatic stress disorder would increase their sense of danger. It causes the sufferer at any moment or circumstance to feel nervous or anxious. This condition begins because their natural response is damaged after the occurrence of a traumatic event. He also states

that the person living with post-traumatic stress disorder will decrease their anxiety disorder that occurs after witnessing or experiencing a traumatic event (Maureen Donohue, 2016).

The increasing number of the United States war veteran who has post-traumatic stress disorder has received much attention from the public, the condition called "battle fatigue". This kind of disorder condition occurs as the response to individual memories that happen because of the chemical changes inside someone's brain after experiencing threatening events.

Gerald Davison states that the significant impacts of post-traumatic stress disorder will be bad on the feeling changes that happen to people, people behavior, and people mind, such as:

1. *The changes in people's behavior have seven impacts:*

- (a) Having trouble with breathing.
- (b) Having problems with appetite.
- (c) Easily to get shocked in any certain circumstances.
- (d) Having problems with headaches and surprisingly get fainted.
- (e) Isolating himself from society.
- (f) Hard to get a comfortable sleep.

(g) Having a problem with a fast heart throbbed.

2. The changes in people's feelings have four impacts:

- (a) Anxiety feeling.
- (b) Sad feeling.
- (c) Depression feeling.
- (d) Have an extreme sense of scared.

3. The changes in people's mind have four impacts:

- (a) Often remembering the traumatic event.
- (b) Often having a nightmare.
- (c) Absent-minded.
- (d) It is hard for the sufferer to accept reality.
- (e) Hard to concentrate on many aspects.

CHAPTER III

FINDINGS AND DISCUSSION

This part of the discussion focused on revealing the answers of the three research questions, they are: 1) The causes of post-traumatic stress disorder suffered by Private John Bartle, 2) The symptoms of post-traumatic stress disorder suffered by Private John Bartle, 3) The impacts of the post-traumatic stress disorder to Private John Bartle

A. The Causes of Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds*

The causes of post-traumatic stress disorder by Private John Bartle in Kevin Powers *The Yellow Birds* are affected by several sources of traumatic conditions that have been experienced by the people who have experienced traumatic events before. The main cause of post-traumatic stress disorder suffered by Bartle is the tragic death of his best friend on the battlefield while carrying out routine patrols together with other members of his company, Murphy, who also operated with him in Iraq, spent much time together since the training phase in Fort Dix, New Jersey. Daniel Murphy 's parents were even well acquainted with Bartle and gave him a message to look after their child during his deployment in Iraq and to promise to bring her son back alive to the United States, which Bartle quickly promised to them and apparently could not be realized because their son died in terrible conditions on

the battlefield. Apart from the death of his friend who made himself suffer from PTSD. Bartle's war experience in Iraq also gave a traumatic memory of his psychological condition.

After being off duty as an army soldier due to the adverse effects of the war occurred recently, Bartle realized that there were so many adverse consequences, the death of soldiers who fought together with him, and also that the environment was a victim of the brutality of war. This part will only be focusing on the analysis and discussing the various causes of post-traumatic stress disorder suffered by Private John Bartle in Kevin Powers' *The Yellow Birds*.

1. Psychological Cause

Bartle 's experience of war in Iraq with so many negative things, such as destruction and death, is the cause of depression and anxiety which disrupts his mental health. Adverse experiences that have a negative impact on individuals he knows from the war in Iraq are one of the causes of Bartle's post-traumatic stress disorder. Particularly the death of Daniel Murphy when it founded mutilated has caused Bartle's mental disorders which he cannot overcome in real life when he finally comes back home.

The quote below shows how clearly the anxiety in Bartle's psychological state as a result of the war that killed many of his fellow soldiers.

I looked at the battalion scattered throughout the plane. How many didn't make it? Murph. Three specialists from Bravo company who'd been killed by a suicide bomber in the chow hall. A few others scattered over the year. One from HQ

company killed by a mortar on the FOB. Another I didn't know but had heard was killed by a sniper. Ten more? Twenty? (p. 105)

The post-traumatic stress disorder experienced by Bartle in the quotation above was caused by his anxiety rooting from the devastating consequences of war that occurred so far in Iraq. Bartle began to realize the amounts of damage caused by the war he was experiencing, as well as the number of deaths of his friends, which seemed to be evidence of the devastating effects of the war. Although Bartle was not specifically victim of the devastating war he experienced, but the bad experiences of the death of his friends had affected his psychological health, which had caused his post-traumatic stress disorder to suffer.

The quotation below illustrates how Bartle is not impressed by the welcome given to him, which considers himself as a war hero who has returned home. Instead, he felt depressed about the traumatic event he went through and wanted to end his life in order to erase his memory of the traumatic events regarding his friends death.

Where is all this fucking trash coming from? and even back home you're getting whiffs of it and then that thing you started to notice slipping away is gone and now it's becoming inverted, like you have bottomed out in your spirit but yet a deeper hole is being dug because everybody is so fucking happy to see you, the murderer, the fucking accomplice, the at-bare-minimum bearer of some fucking responsibility, and everyone wants to slap you on the back and you start to want to burn the whole goddamn country down, you want to burn every goddamn yellow ribbon in sight, and you can't explain it but it's just, like, Fuck you, but then you signed up to go so it's all your fault, really, because you went on purpose, so you are in the end doubly fucked, so why not just find a spot and curl up and die and let's make it as painless as possible because you are a coward and, really, cowardice got you into this mess because you wanted to be a man and people made fun of you and pushed you around in the cafeteria and the hallways in high school because you liked to read books and poems sometimes and they'd call you fag and really deep down you know you went because you wanted to be a man and that's never gonna happen now and you're too much of

a coward to be a man and get it over with so why not find a clean, dry place and wait it out with it hurting as little as possible and just wait to go to sleep and not wake up and fuck 'em all. (p. 149)

The quotation above described how depressed Bartle felt because of people's over expected perceptions of him. People thought that Bartle is a battlefield hero, as he has served to protect his country in the Iraq war. However, Bartle considers himself to be the cause of his friend death named Daniel Murphy because he was irresponsible in keeping Murph alive. The psychological impact of multiple unpleasant experiences during the war in Iraq led Bartle to suffer from post-traumatic stress disorder when he was no longer serving as a soldier. His depression also blinded his senses and wanted to end his life as a way to relieve the burden borne.

2. Environmental Cause

As a soldier assigned in Iraq war, Bartle's often have to face many unexpected, frightening moments. This moment will indirectly result in a traumatic condition that will bring many adverse effects on the psychological health of the soldiers. To soldiers who lose their friends in the middle of warfare, it is hard for them to forget that memory. The novel tells the stress disorder that Private John Bartle suffering is because he lost his best friend, Murphy. John Bartle was feeling pretty guilty when he came back to the States because he can not save his best friend's life when he should have. John Bartle is suffering from that frightening memory, he cannot forget the terrifying condition of Murph's body, and it makes

Bartle's life more complicated because of his difficulty to have a peaceful mind even he is at home. This condition led the post-traumatic stress disorder so that it ruins Bartle's psychological health.

Bartle's experience of war while serving in Iraq has given a traumatic experience of the negative impact of the war that has occurred. As a soldier, he has the responsibility to protect his fellow soldiers from enemies' threat or attempt to kill/ torture them. But, at the end of the day, some soldiers were killed during his deployment, and that incident was the cause for the post-traumatic stress disorder that Bartle suffered.

The war had killed thousands by September. Their bodies lined the pocked avenues at irregular intervals. They were hidden in alleys, were found in bloating piles in the troughs of the hills outside the cities, the faces puffed and green, allergic now to life. The war had tried its best to kill us all: man, woman, child. But it had killed fewer than a thousand soldiers like me and Murph. Those numbers still meant something to us as what passed for fall began. Murph and I had agreed. We didn't want to be the thousandth killed. If we died later, then we died. But let that number be someone else's milestone. (p. 11)

The data above is explain the cause of post-traumatic stress disorder suffered by Private John Bartle after the war deployment in the middle east. In that case, Bartle tries to explain that war had many negative impacts on many innocent peoples and also to the environmental breakdown. Even for Bartle, a soldier who was fighting enemies in the frontline, it cannot be avoided that he caused damage to the environment in Iraq, but as an individual, there is a rejection that appears to refuse the war because the results of war will bring negativity to earth. However, this is his choice to become a soldier, and he pursued to be professional and

responsible for the job that he chooses. He might kill the enemy who is also a human being as well, and often he saw many damages that have an effect to the people's environment, many have lost his best friend/ fellow soldiers and a lot of innocent people's dead body he saw because of war. These bad memories, lousy reality, and inhuman experience were leading the emergence of post-traumatic stress disorder to the Private John Bartle.

In the quotation below, the researcher reveals Bartle 's concern about the effects of the war that caused many American soldiers killed in the Iraq war.

The ghosts of the dead filled the empty seats of every gate I passed: boys destroyed by mortars and rockets and bullets and IEDs to the point that when we tried to get them to a medevac, the skin slid off, or limbs barely held in place detached, and I thought that they were young and had girls at home or some dream that they thought would make their lives important. They had been wrong of course. You don't dream when you are dead. I dream. The living dream, though I won't say thanks for that (p. 107).

Bartle already had post-traumatic stress disorder caused by the death of several American soldiers while serving on the battlefield. He has seen a lot of traumatic events about the death of fellow American soldiers, who eventually had to leave a feeling of emotional pain to the people they loved because of the war that killed many American soldiers. Bartle imagined how their parents and family would suffer when they had to accept the harsh reality that their beloved family member has to end their lives forever. The above events also give a negative impact on the

psychological condition of a soldier who still has the opportunity to live a life that ends up suffering from post-traumatic stress disorder in their social life. The impact of the traumatic event that has passed will be difficult for Private Bartle to cure because those who have post-traumatic stress disorder will experience unpleasant memories about the soldiers who are dying in the middle of the war zone and died as the victims caused by the war conflict. Not every soldier would suffer PTSD after the war because the mental illness will depend on the experience they experienced. When Bartle found the dead body of his best friend Murphy in terrifying condition, he started to realize that war is seriously cruel for him, and the death of Murphy's is unacceptable. This frightening experience also has an impact on his psychological condition, which now he has post-traumatic stress disorder caused by the death of his friend.

We pulled Murph free from the tangle of brush and laid him out in some shadow of respectability. We stood and looked him over. He was broken and bruised and cut and still pale except for his face and hands, and now his eyes had been gouged out, the two hollow sockets looking like red angry passages to his mind. His throat had been cut nearly through, his head hung limply and lolled from side to side, attached only by the barely intact vertebrae. We dragged him like a shot deer out of a wood line, trying but failing to keep his naked body from banging against the hard ground and bouncing in a way that would be forever burned into our memories. His ears were cut off. His nose cut off, too. He had been imprecisely castrated. (p. 203)

The quote above describes that Bartle confronting the terrifying situation of the dead body he found. At first, when they discovered Murph's dead bodies, Bartle and his Sergeant could not clearly remember him. Murph's body was incomplete, and he was found naked, this condition is tragic and unacceptable to them, they can not believe that their friends are dead with the unnatural shape. This frightening

condition is leading the post-traumatic stress disorder to Bartle, especially when the times he came home. Bartle tries to become a good friend to Murph on the battlefield, but it was in vain, the war was still resulting Murphy's death and when he found it, the bodies was incomplete, Bartle was feeling very guilty. Bartle was upset and regret his decision when he floats Murph's bodies to the river, and he became very overthinking about the death of Daniel Murphy.

B. The Symptoms of Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds*

This sub-chapter will contain the discussion of the symptoms of PTSD suffered by Private John Bartle in Kevin Powers' *The Yellow Birds*. Bartle is the main character of the novel, and he has had post-traumatic stress disorder after his post-war deployment in Iraq. The symptoms appear when he comes back home to the United States. The post-traumatic stress disorder occurred after he lost his best friend in Iraq. Based on the data, Private John Bartle is a man who served the U.S. Army in Iraq war. He lost his best friend in the middle of patrol in Iraq, his best friend Murph was kidnapped by the insurgent and found in a mutilated dead body.

Bartle was felt responsible for the death of his best friend, and he also makes a promise to Murph's mother before the deployment to the Iraq war that he will take care of her son and promises to bring back her son alive to the United States.

Bartle and his Sergeant, who was found the dead body of Murph, he swept away the dead body in the river in Iraq with consideration to make Murphy's body gone and keep Murphy's from any slanders because of the Murphy's pathetic condition. This traumatic event was affected to Bartle psychological condition, and he showed several symptoms of post-traumatic stress disorder when he came back to the States, there are several symptoms of PTSD which appear in Bartle's mentality such as:

1. Avoidance Symptom

A person who has undergone trauma would stop trying to convince himself or herself of remembering the traumatic events. Individuals with a post-traumatic stress disorder can attempt to avoid circumstances that provoke traumatic event memories. Avoidance symptoms of post-traumatic stress disorder are an action to withdraw from certain situations that result in the body-level anxiety of traumatic experience related to the symptoms. For example, the consumption of alcohol or other medications might be an indication that someone performs in self-medication of anxiety. People with PTSD could also avoid going to the places where the trauma occurred. They might avoid sights, sounds, smells, or people that are reminders of the traumatic event.

This condition has appeared in the Private John Bartle symptoms of PTSD. The avoidance symptoms of post-traumatic stress disorder in Bartle's personality have appeared when he finally at home after his deployment from the Iraq war. In

this quotation, Bartle tries to avoid his family by leaving his house as the action of avoidance symptom of post-traumatic stress disorder he suffering.

Late August. I left my mother's house. I'd developed the habit of taking long, aimless walks to fill the days. I woke one morning in a small room off the kitchen in my single bed wishing that I hadn't. It wasn't the first time. I was tired of my mind running all night through the things I remembered, then through things I did not remember but for which I blamed myself on account of the sheer vividness of scenes that looped on the red-green linings of my closed eyelids. I could not tell what was true and what I had invented but I wanted it to stop, to leave it and have my perception drift away like a burned-up fog (p. 137).

One of the symptoms that appears when a person has post-traumatic stress disorder is the avoidance symptom. The avoidance symptom makes a person who has experienced a trauma event more aware and tries to avoid any incidents that can cause a particular trauma experience as before. Here Bartle provides an example of how the memory of the past death incident that happened to Murph oppressed him. With the amount of pressure experienced in his psychological state and mind, this situation made him decide to leave the house by walking away without any specific reason. This new habit that he did was intended as a form of escaping and a quest for composure that he did not get at home. He thought that by avoiding the environment he is living in will relieve his bad memories about Murphy's death. Day by day, Bartle seems so tired, which it because he keeps remembering the traumatic events he had been assigned to since the Iraq war. What he wants is a healthy state of mind which will make his life more comfortable.

Next, Bartle decided to avoid the post-traumatic stress disorder he suffered relapse by isolating himself from society and intended to find serenity.

I put my pants on and I went out onto the back porch and spit over the handrail, and it was a yellowish brown, and my body pulsed with a warm obtuse ache from my eyelids to my fingertips. The ache was inside my body too, an all-encompassing type of pain like my whole skin was made out of a fat lip. I lit a cigarette and went down to the pond behind her house, the light all bright and shimmery like raw linen in the dense summer air, then farther back into the woods where the pond drained into a creek and ran between steeply gouged-out red-clay banks. At a spot where the creek caught up and swirled and eddied between exposed rocks, I found a place I'd often come to as a child. (p. 139)

Previously, Bartle's mother got a phone call from friends in Bartle's childhood, and they invited Bartle to have vacation together by going to the river that they often visited as children, it is a form of celebration for Bartle's return from war. Knowing the invitation from his friends, Bartle did not even feel happy. He decided to go away from his house and stay away from his neighbourhood because he was not ready to be able to get along with people in the neighbourhood. Bartle has just returned from the war deployment, and many of the traumatic experiences he has encountered, including the death of Daniel Murphy, is very unacceptable to him. Here Bartle shows symptoms of post-traumatic stress disorder by avoiding the people closest to him because he cannot be separated from the traumatic memory he had experienced in Iraq.

The avoidance symptoms of post-traumatic stress disorder slowly begin to affect his psychological condition. After serving in the Iraq war and had returned to his home, he became not fit enough to be assimilated as a normal person in society. Daniel Murphy's death, seemed to make Bartle wants to avoid all questions from the people he knew about everything related to the war.

I had become a kind of cripple. They were my friends, right? Why didn't I just wade out to them? What would I say? "Hey, how are you?" they'd say. And I'd answer, "I feel like I'm being eaten from the inside out and I can't tell anyone what's going on because everyone is so grateful to me all the time and I'll feel like I'm ungrateful or something. Or like I'll give away that I don't deserve anyone's gratitude and really they should all hate me for what I've done but everyone loves me for it and it's driving me crazy." Right. (p. 145)

The statement above shows how Bartle felt that he had no right to get the attention of those people who knew him. He felt he had made a big mistake by letting his friend die in a war whose death always overshadowed his life. Bartle felt that although he had dedicated himself to his beloved country as a U.S. Army soldier who was an honour to his life experience, he chose to avoid the environment where he lived because he felt he did not deserve all the praise directed at him. Nobody knows what kind of frightening experience he had on the battlefield, and he saw many dead body of the people he knows as the consequence of war itself. Not because he can go back home and gather back with his family, it means he could be called a hero. There are many individuals he knows who assigned side by side in the Iraq war deserved to be called a hero according to the sacrifice for their beloved country. This impact of post-traumatic stress disorder is what made him choose to avoid his friends.

At this phase, the following quotation indicates the avoidance of symptoms of post-traumatic stress disorder on the main character personality. Regardless of whether he was guilty or not, the death of his friend Daniel Murphy who was founded in a very pitiful state, but when he discovered that C.I.D. wants to investigate him, he seemed to try to avoid exposed confession about what had

happened to the death of his closest friend Daniel Murphy when deployed in Iraq war. In this case, Bartle did not bury Murph's bodies properly, he floats Murph's body into rivers which intended to eliminate the evidence as a sympathy action because Bartle aims to avoid the mutilated Murph's body from any slanders, which his decision is contradicting with the rules of Geneva convention.

"I don't understand what's happening to you. I've been worried half to death." She stood there, then moved to the counter and started shuffling the letters nervously where they were stacked. "You know I'm getting calls now too, on top of this," she said. "Yeah? Who from?" She turned to look at me and I saw in her eyes all the pain and horror that I had given her. "Some captain. He said he was from the C.I.D." She mouthed the words slowly. "The Criminal Investigation Division. He wants to talk to you." She paused and moved toward me again. I moved away and went into my room and closed the door. Her voice came through the cheap layers of artificial wood. "What happened over there, Johnny? What happened, baby? What did you do?" What happened? What fucking happened? That's not even the question, I thought. How is that the question? How do you answer the unanswerable? To say what happened, the mere facts, the disposition of events in time, would come to seem like a kind of treachery. The dominoes of moments, lined up symmetbackrically, then tumbling backward against the hazy and unsure push of cause, showed only that a fall is every object's destiny. It is not enough to say what happened. Everything happened. Everything fell. (p. 151)

Based on the quote above, Bartle faces a problem with C.I.D. (*Criminal Investigation Division*) who tried to find clarity of the story on the murder of Private Daniel Murphy while serving as an Army who was combating together in Iraq war with him, the word of C.I.D. is like a nightmare in the perspective of the military members because this division is as an investigative bureau which aims to investigate a state of trouble that was done by a soldier when serving on the battlefield, when the cause of the trouble is already clear from the beginning there will no further investigation because the case is done and there is no ambiguity between the military institution with family members who lost their son. In this

case, the purpose of C.I.D. looking for Bartle is to find out who is responsible for the loss of the body of Private Daniel Murphy during the Iraq war, according to the Geneva convention, the dead bodies should be buried in the place they killed and if possible the dead body should be transported to the home country. Bartle is a close friend of Murphy in the U.S. Army, and they often spend time patrolling together during the Iraq war. Bartle here shows the prevalence of symptoms of post-traumatic stress disorder that he suffered. Bartle knew that he was involved in the wash dead body of Murphy, which he found the body was mutilated. Bartle tries to avoid C.I.D. by hiding in his room without the intention of meeting the investigator. Bartle, at that time, felt very confused and could not explain how the incident occurred, he had had post-traumatic stress disorder, which had aggravated his mental condition became abnormal. This situation becomes a challenge for Bartle even though he is no longer at war; the effect of this symptom is that he avoids everything related to the death of his friend Private Daniel Murphy.

In an effort to avoid the traumatic experiences he had during the war in Iraq, Bartle has been consuming alcohol as a solution to reduce the stress on his psychological health, which gets worse.

Sometimes I'd cross the footbridge to the city side of the river to get a case of beer or a box of frozen potpies. On the way back I always noticed the diminished intervals between my footfalls, looking mostly down at the tops of my boots, how my gait had withered to a shuffle since I'd come home. When it got cold enough I'd rest a few beers on the windowsill overnight. I'd cook a potpie on a hot plate, as I was unequipped to follow the proper heating instructions. As night settled in, and frost spread on the edges of the windows, I'd flip through news stories in magazines picked out of garbage cans, searching for the names of places I had been. I'd eat a half-cooked meal and drink enough of the window-chilled beers

to fall asleep. I often wondered what someone would see if they looked up from the river as it cut its habitual curve through the little valley, my arm above it, skinny and white, reaching through a yellowed curtain, a disembodied hand pulling in, from time to time, one last, yes just one last, beer before sleep. (p. 177)

In dealing with the condition of post-traumatic stress disorder experienced by Bartle, he spent much time to be alone. In this condition, it can be understood that post-traumatic stress disorder is a condition that is quite critical. In Bartle's solitude, Bartle is also looking for ways to be able to release his mind from the burden of the bad memory he had experienced by drinking beer in large quantities. As a matter of fact, alcoholic drinks harm the health condition of the human body. In the quotation above, Bartle drinks much beer to find peace of his mind full which is full of bad memories. So that in an instant, Bartle could find the peace he sought so far to alleviate his traumatic burden. However, this is a bad habit that will have a negative impact in the future in the long term, although beer can cover up his sadness over a traumatic event, this does not take place in the long term and permanent condition.

2. Re-experiencing Symptom

As the Post-Traumatic Stress Disorder (PTSD) concept and term, people who have experienced trauma will never forget the traumatic events, and it will always shadow their lives when confronted with the situation or conversation that related to traumatic events. Even he or she did not want to remember the traumatic event, the memories of trauma will appear when triggered by any kind of situation that reminds them to the traumatic events.

The process of re-experiencing the symptoms experienced by the main character of the novel *The Yellow Birds* began when Bartle finished his service as a service member who served in the Iraq war. There he was confronted with numerous kinds of traumatic events and the death of his friend Daniel Murphy, who had made him suffer from PTSD. The re-experiencing symptoms of PTSD began to ruin his mind when he decided to return home after serving in the army, as well as the memory of Murphy's murder often popped unexpectedly into his mind. The feeling of regret over Murphy's death in horrendous conditions on the battlefield made his post-traumatic stress disorder worse.

The re-experience of symptoms that arise in his mind disrupts the normal life he tries to live. His memory of a traumatic event also occurs in his mind on any unexpected moments. The difference which appeared after suffering from PTSD was the difficulty he had to forget everything related to the Iraq war he had been experiencing. At many moments, his memory of the postwar traumatic events seemed to be present on every side of his life, and this made him look mentally unhealthy. Re-experiencing symptoms can cause trouble in a person's daily life. This symptom can develop inside a human's feelings and thoughts. Terms, things, or circumstances in the past that are reminiscent of an occurrence can often cause re-experiencing symptoms. The sufferer's physical and emotional reactions may result from the remembrance of traumatic events experienced by him. Such memories can often feel so realistic that it is as though the traumatic experience is

happening again; this is named as "flashback" moment. The re-experiencing symptoms in this novel appear in the Private John Bartle psychosis. The re-experiencing symptoms can be seen in the quotations below;

The re-experiencing symptoms of post-traumatic stress disorder began to appear when Bartle was no longer serving as a soldier. A strange feeling occurred in his post-war personality, which also reminds him of the traumatic experience he had during his assignment to the Iraq war, which further aggravated his mental health due to the memory of the traumatic moments that had continued to appear.

It wasn't long after I left Al Tafari that I began to feel very strange. I first noticed it on the highway between the air base and the town of Kaiserslautern. The trees outside the window of the taxi made a silver blur, but I could clearly see the green buds of spring as they untethered themselves from the remains of winter. It reminded me of the war, though I was only a week removed from it, and unbeknownst to me at the time, my memories would seem closer the farther I got from the circumstances that gave birth to them. I suppose, now, that they grew the same way other things grow. In the quiet of the taxi, the thin trees made me think of the war and how in the desert our year seemed like a seasonless thing, except in fall. There was a sharp disquiet in the way days passed into other days and the dust covered everything in Al Tafari, so that even the blooming hyacinth flowers became a kind of rumor. (p. 57)

In the quotation above, Bartle seems to have a hard time forgetting his experience about the Iraq war, which his memories of deployments in the Iraq war have given him a negative impact on his life after the post-war experience. He becomes easily to re-experience the traumatic event that he got in war deployment before. Even though Bartle was far away from Iraq and living in a more comfortable environment in Richmond, Virginia. He still suffering from a post-traumatic stress disorder that ruined his mental health as an ordinary person. The symptoms of post-traumatic stress disorder that appear in Bartle will make it very difficult for him to

focus and adapt to the new environment that is very different from the war situation in its path. A soldier who has traumatic events when serving in a war will feel like a stranger in the middle of society when they have to adapt to the normal life. His memory of the war situation seemed to present itself, and this was referred to as re-experiencing symptoms of post-traumatic stress disorder in the psychological aspect.

The memory of Murphy's death seemed to haunt Bartle's mental state. He also re-expounded his memory of the warfare they had been through together in the Al Tafari province of Iraq. The re-experience symptom of PTSD also harmed his mind and continued to regret.

It sounded like I could have a pleasant time inside, but crowds had already started to make me jumpy. If only Murph were here, I thought. But Murph was not there. Never would be. I was alone. Maybe if things had happened a little differently in Al Tafari it could have been like that. But things happened the way they happened without regard to our desire for them to have happened another way. Despite an age-old instinct to provide an explanation more complex than that, something with a level of profundity and depth which would seem commensurate with the confusion I felt, it really was that simple. (p. 67)

It can be seen in the quote above that Bartle wishes Murphy can still be alive to come home together and be by his side. Bartle seemed to feel lonely without Murphy, he saw many people walking and filling the sidewalk around him, and this triggered post-traumatic stress disorder he had while fighting in Iraq, he felt Murphy's death unreasonably disturbing his mental health and mind after returning from the war, he regretted why his friend had to die tragically in war. However, he also realized that the traumatic event had occurred and could not be stopped

anymore. Nevertheless, this has an impact on his life which he must suffer from the symptoms of post-traumatic stress disorder, which significantly interferes with his normal life.

When the soldiers finally leave Iraq and go to America as their final destination, their flight has arrived first in Germany for a transit. Bartle tries to adjust himself to the social environment and put himself as an ordinary person. Occasionally, he remembers the adverse consequences of war, such as the death of many individuals results in the conflict that had occurred recently in Iraq.

Murph himself had told me that, as we stood over a field of worn and pale bodies scattered in the sun like driftwood. "If it ain't against the rules, it's mandatory," he'd muttered, mostly under his breath. He wasn't really talking to anyone in particular that day. He wasn't talking very much at all then, so I listened carefully when he did. I often thought about what he'd meant from that day on and it wasn't until I stood in front of the house with the light coming through the curtains that I understood. People have always done this, I thought. They looked for a curved road around the plain truth of it: an undetermined future, no destiny, no veined hand reaching into our lives, just what happened and our watching it. Knowing this was not enough, and I struggled to make it meaningful, as they had perhaps done here in Germany many years ago, looking for some pattern in all the strange things that occurred, covering their faces with ashes and pigments from berries they'd gathered from thawed valleys in spring, standing over the bodies of boys or women or old men covered by leaves or grasses ready to be lit beneath the stones that would hold them down in case the fires and the heat and the noise of the burning woke them from their strange sleep. (p. 69)

Bartle seemed to re-experience the conversation he had with Murphy before he died. He recalled how Murphy, a person who was not easy to get along with strangers, when serving in Iraq together, all Murphy had at that time was Bartle, the friend of him who always treated him very nicely. The friendship they form is more like brothers who have responsibilities toward each other. This close relationship between them made Bartle seem incapable of forgetting the friendship they had

formed before. However, Bartle has not quite realized that memories about Murphy would harm his mental state, and that will develop post-traumatic stress disorder in his life.

In the quote below, which it illustrates how the re-experiencing symptom of PTSD that Bartle experienced developed when he crossed the World War II memorial bridge, Bartle imagines how if he became a casualty of war and died while fighting in the Iraq war, like his friends who died there. The lousy memory which he has appeared on his mind leads to a depression that impacts his mental health.

It wasn't a particularly long ride home in her old Chrysler over the interstate. Half an hour or so. In that time I found myself making strange adjustments to the landscape. We passed over the World War II Veterans Memorial Bridge, which spanned the James, and I stared out at the broad valley below. The sun coming up and a light the color of unripe oranges fell and broke up the mist that hung in the bottomland.. I pictured myself there. Not as I could be in a few months swimming along the banks beneath the low-slung trunks and branches of walnut and black alder trees, but as I had been. It seemed as if I watched myself patrol through the fields along the river in the yellow light, like I had transposed the happenings of that world onto the contours of this one. I looked for where I might find cover in the field. A slight depression between a narrow dirt track and the water's edge became a rut where a truck must have spun its wheels for a good long while after a rain and I saw that it would grant good cover and concealment from two directions until a base of fire could be laid down which would allow us to fall back. (p. 113)

After arriving in the United States from the exhausting journey in the air, Bartle finally met his mother, who was waiting for him at the airport. His mother had come to fetch his favorite boy from the war work that Bartle had been through in Iraq. Bartle's house is not too far from the airport, and the trip only requires half an hour to get back to his home with his mama. On that trip, Bartle paid much

attention to the environmental conditions that existed along the path he had passed, but Bartle felt his feelings and thoughts were still in Iraq when he was assigned as a soldier. Bartle's mental health condition is still dominated by the memory of the war that he has been through for after a year of service. During the trip, he crossed Veterans memorial bridge from World War II, and there the re-experiencing symptom of post-traumatic stress disorder began to appear, he even imagined himself patrolling with his colleagues while deploys in Iraq. He immediately reconstructed the condition of the nature he encountered while on patrol in Iraq. This condition is included in the characteristics of the PTSD he suffered.

When he arrived home, the memories of the traumatic events that Bartle has just gone through during the war appeared to come back in his mind. This post-traumatic stress disorder symptom that he suffered severely impacted him even though he was at home and living in a comfortable neighborhood.

Back home, everything had begun to remind me of something else. Every thought I had blossomed outward and backward until it attached itself to some other memory, that one leading to another, impermanent, until I was lost to whatever present moment I was in. "Honey, do you mind fixing the fence out by the pond?" my mother would say in the shortening days of summer, and I would walk into the long expanse of the yard holding a hammer and a fistful of nails and I'd reach the fence and lean on it, looking out over the water as warm breezes made it ripple and I'd be brought back. Back to what? To nothing, to everything. (p. 135)

After Bartle returned home, he did not feel peace and enthusiasm, and instead, he recalled the bad memory that happened before. The impression he experienced at that time came when Bartle briefly recalled how the war he had been through, which had triggered him to suffer post-traumatic stress disorder. His bad

memories of the past seemed to be related to one another. This condition has made post-traumatic stress disorder getting worse because of the bad memory of the wars that have passed as if inexhaustible. Bartle did not understand how it could be there when he was only thinking about his past, but other bad memories seemed to come and just pop up in his mind. In this conditions experienced by Bartle, it commonly referred to as re-experiencing the traumatic events, often, the memory of someone who has experienced a traumatic event will unconsciously reconstruct and bring back the traumatic experience he has ever experienced. As a result of his traumatic events memories, PTSD has harmed him severely, who did not find peace even though he had arrived home with his mother. His mind is diverted to re-experience adverse events when he was deployed as a U.S. Army in the Iraq war. This condition is very often experienced by war veterans who decide to return to their home country, and they have post-traumatic stress disorder caused by various adverse events that harm themselves and those who have fought with him during the war happen.

Also, Bartle 's memory of Murphy 's death seemed always to frighten him wherever and whenever. Bartle tries to avoid his memories when became a U.S. Army soldier from anything that might trigger him to remember the traumatic event. The symptoms of post-traumatic stress disorder which appeared even he was not serving in the military.

I decided then to walk the tracks toward the city. It wasn't so much a decision as it was a product of trying to turn off my mind. I couldn't stop thinking about Murph. I drifted and followed the guidance of the tops of my boots and I tried not to think and when I got back up to the porch, I wiped the sweat from my forehead, opened the sliding door, put a few things in my duffel bag, and left. I hadn't known what I was doing then, but my memories of Murph were a kind of misguided archaeology. Sifting through the remains of what I remembered about him was a denial of the fact that a hole was really all that was left, an absence I had attempted to reverse but found that I could not. (p. 139)

On his way to the city of Berlin in Germany while his flight was in transit, Bartle could not escape his memory of Murphy. This memory arises due to his post-traumatic stress disorder even he does not realize it yet because his duty in the military just ended. This symptom of re-experiencing the traumatic events are familiar to veterans of post-war deployment from the battlefield. As soldiers deployed on the battlefield, they also have terrifying encounters they have never experienced before. In the initial stages, they did not realize that they have post-traumatic stress disorder. The emergence memory of adverse events that occurred on the battlefield seemed to come on its own even the sufferer tried to stay away from the bad memories he had experienced before. Post-traumatic stress disorder will give any difficulties to the psychological condition of the sufferer's life, which makes it hard to forget what happened to him and decided to stay alone to find peacefulness on their mind.

Re-experiencing symptoms of post-traumatic stress disorder have disturbed most of his mind. The quotation shows how the attempt made by Bartle to forget his memory of Murphy's death which has occurred in the past.

The closer I got to reconstructing him in my mind, the more the picture I was trying to re-create receded. For every memory I was able to pull up, another seemed to fall away forever. There was some proportion about it all, though. It was like putting a puzzle together from behind: the shapes familiar, the picture quickly fading, the muted tan of the cardboard backing a tease at wholeness and completion. I'd think of a time when we sat in the evening in the guard tower, watching the war go by in streaks of red and green and other, briefer lights, and he'd tell me of an afternoon in the little hillside apple orchard that his mother worked, the turn and flash of a paring knife along a wrap of gauze as they grafted uppers to rootstocks and new branches to blossom, or the time he saw but could not explain his awe when his father brought a dozen caged canaries home from the mine and let them loose in the hollow where they lived, how the canaries only flitted and sang awhile before perching back atop their cages, which had been arranged in rows, his father likely thinking that the birds would not return by choice to their captivity, and that the cages should be used for something else: a pretty bed for vegetables, perhaps a place to string up candles between the trees, and in what strange silences the world worked, Murph must have wondered, as the birds settled peaceably in their formation and ceased to sing. And I'd try to recall things until nothing came, which I quickly found was my only certainty, until what was left of him was a sketch in shadow, a skeleton falling apart, and my friend Murph was no more friend to me than the strangest stranger. My missing him became a grave that could not be filled or leveled, just a faded blemish in a field and a damn poor substitute for grief, as graves so often are. (p. 141)

In this re-experiencing symptom of post-traumatic stress disorder, Bartle seemed to remember the events he had gone through with Murphy when he was still alive. There have been many memories between them which makes it hard to forget for him. Usually, people with post-traumatic stress disorder will reconstruct any experiences related to the traumatic memories that have been passed. Bartle has many memories that occurred between him and Murphy while serving in the war in Iraq, where he emerged to remember the events that had happened. Typically the sufferers experience the effects of post-traumatic stress disorder while he is in loneliness condition, and his mind appears to remember the source of the post-traumatic stress disorder itself. Even they do not have any intended to remember those events in their mind.

C. The Impact of Post-Traumatic Stress Disorder Suffered by Private John Bartle in Kevin Powers' *The Yellow Birds*

The researcher will focus on exploring of post-traumatic stress disorder suffered by Private John Bartle lives after the war deployments in Kevin Powers' *The Yellow Birds* novels. The impacts of post-traumatic stress disorder in Bartle's mental health was because of his traumatic event which affected his psychological disorder. The impacts were finally found after the researcher understanding the cause and symptoms of post-traumatic stress disorder suffered by Private John Bartle. In this part, the researcher will be focusing on the impacts of PTSD that appeared in Private John Bartle's mental health.

1. Behavior Change

The impact of post-traumatic stress disorder on Bartle's behavior change has a very massive impact on his mental condition. The behavior change appeared when he came back to the States after his deployment as a U.S. Army in Iraq. This condition was lead by several bad experiences that happen in Iraq; the memory of those traumatic events regularly change Bartle's behavior when he came back home. Even Bartle was in a new environment that clearly can bring him to a peaceful condition to his mentality. However, the past events that still haunt him have negative impacts on his life. The changes in Bartle behaviour can be seen in the following quotation above:

The change of Bartle's behavior as an impact of PTSD after deploying in the Iraq war can be seen as mentioned below.

It made me feel fine to be walking alone in the rain that day, alongside the tall, ordered rows of pines and birches, and I began to feel a kind of calm when I passed the townspeople. I couldn't have placed it then, but now, looking back, there was peace in the absence of talk. We passed, and our eyes would meet briefly, the sound of my boot heels amplified by cobblestones or alley walls. Then they would fall away from one another, our eyes, and they would know me by my skin, tan and sun-beat to linen, an American, no reason to speak, he will not understand the words, and I thought, Thank you, I am tired and do not know what to say (p. 59).

When Bartle arrived in Germany during the transit of his flight, Bartle decided to walk alone on a rainy day. He felt depressed, and it was disconcerting to him because he could not figure out how the burden of it all could be eased. During the rainy day, as he walked alone, he felt the peace that had come in. When remembering Murphy's death, Bartle chose solitude as an attempt to escape his memories which gave him a traumatic impact. The peaceful state he felt did not go last long, the memory of the traumatic events he experienced seemed always to haunt his mind, and it was hard for him to vent what he experienced so far. The impact of this post-traumatic stress disorder makes him avoid the environment that has the potential to be able to worsen the disorder in his current psychological condition.

The changes in Bartle's behavior can be seen in the quotation below. He started having nightmares about the death of his friend Murphy, who seemed to haunt his sleep every night.

My mind and body waxed and waned under the fan. The sound of motors trilled as they moved toward our house, then lulled off into the distance as they rolled past. A train in the cut beyond the wood line made its shift as well, high-pitched and seeming to hurtle toward my single bed, as if falling toward me, as if I'd become some mass attracting the noise of metal and the metal itself. My pulse fluttered up into my eyes. I exhaled hard whenever the noise rolled past, off toward some other target. I don't remember what I dreamed, but Murph was there, Murph and me and the same ghosts every night. I don't remember what I dreamed, but finally I slept.(p. 117)

Bartle tried to adapt to the new environment early on in his arrival at home.

The behaviour that Bartle had was a little different from before he went to war after his deployment from Iraq. Bartle tends to exhibit symptoms of post-traumatic stress disorder triggered by previous traumatic experiences. He was worried about the environmental situation that surrounded him, which unexpectedly provided a reminder of the traumatic event he witnessed in Iraq. Bartle also noticed the changes in behaviour he encountered after returning from Iraq, frequently he dreaming of Murph's presence which seemed to be a nightmare in his sleep. The dream came naturally, and the dream he felt seemed to make Bartle change his behaviour unconsciously.

Furthermore, Bartle decides to stay away from the neighborhood where he had been raised. As an impact that changes the behavior it has, it aims to avoid anything that can aggravate the condition of post-traumatic stress disorder.

So I took the railroad tracks, roughly following the old Danville line northeast toward the city. It began to rain a little. The creosote seeped out of the railroad ties and became slick, and the wet gray aggregate shifted under my boots. I walked slowly, more or less shuffling from one railroad tie to the next, hardly looking up. Though I was in no hurry and had no destination in mind, the trees opened up and before I realized how far I'd gone I was above the river standing on the railroad bridge's first trestled arch. (p. 143)

Behavior in his life is increasingly different when he comes back to the states, before his deployment he such a nice person who had lots of friends and usually spend their time together for hangout. Now, Bartle prefers to avoid the environment in which he lives and travels aimlessly to find peace. His bad memories of Murphy seemed unable to disappear from his mind, and he felt sincere regret for not being able to protect his friend from death. The change in behavior felt by him was mainly caused by post-traumatic stress disorder; this would be a bad thing he had experienced while serving in the Iraq war. The memory of the terrible events that occurred in Iraq seemed to haunt his mind so that he could not live peacefully in his neighbourhood. Bartle chose to walk alone without purpose as an outlet for his suffering mind.

2. Feeling Changes

Post-traumatic stress disorder has impacted the change of John Bartle's feelings. Feel change has impacted his life after he came to the state that changes appeared in Bartle's mentality, such quickly being sad and depressed. This condition is a negative impact of being a soldier who had traumatic memories while deployed on the battlefield. Although Bartle has a peaceful environment to live when he came home, the history of traumatic events in the Iraq war still follows him and makes his feelings change. The changes in his feelings, such as:

The real impact can be seen in the change throughout the feeling conditions that he has. Although the surrounding situation was in regular and friendly

situations, Bartle 's memories of the war he had undergone seemed unable to fade away from his mind quickly and caused him uncomfortable with the social circumstances near him.

The earth was pocked with blue pools, the brown squares of ball fields and mazes of houses arrayed like strange reproductions of themselves. And green. It was impossibly green. There seemed to be trees growing out of every inch of the land. It was spring and some bloomed and from this height even the blooms were green and it was so green that I would have jumped from the plane if I could have, to float over that green briefly, to let it be real and whole and as large as I imagined. And as I thought of my descent, how I would take in that last breath of green before I scattered over the earth, I remembered the last word—home. I want to go home. (p. 107)

The feeling that Bartle has is already changing, and when he was on the plane and get through some beautiful scenery in the downside, he wants to jump off the plane and enjoy the natural beauty he desired which cannot be found during the warfare. The war has changed most of the thoughts and feelings he has. What has been in his feelings to date is just the memory of the tragic death that befall those around him and give him another nightmare live. He seemed accustomed to the sound of explosions from mortars raining down on him and the sound of gunfire that seemed endless. The experience of war that he had experienced had a very drastic impact on the change in the feelings he had. The change of his feeling was due to the traumatic condition he had gone while serving in the Iraq war. These adverse experiences seemed to leave a mental state that eventually felt the pain of post-traumatic stress disorder.

Here, the adverse impact which Bartle felt made him feel depressed and wished to end his suffering. The effect of Bartle's post-traumatic stress disorder has

affected his feelings of someone who seemed depressed from his traumatic experience.

I wanted to go to sleep and stay there, that's all. A passive wish, one I didn't push. Sure, there is a fine line between not wanting to wake up and actually wanting to kill yourself, and while I discovered you can walk that line for a long while without even noticing, anybody who is around you surely will, and then of course all kinds of unanswerable questions will not be far behind (p. 137).

The impact of post-traumatic stress disorder impacted his mind and develops a frightening feeling to accept the reality of the environments. Thoughts that were initially normal before became immediately changed when he returned home. Bartle assumed that it was conducive for him to get out of the post-traumatic stress disorder he was suffering when he fell asleep and did not wake up anymore. This change in Bartle's feelings after a traumatic event can be categorized as depression in order of the feel change, and this usually happens when people with post-traumatic stress disorder do not get the proper handling from the depression they have.

The quotation below illustrates how the depression Bartle developed after serving in the Iraq war had an impact on his feeling of change. Changes in Bartle's feelings can be categorized as the impact of post-traumatic stress disorder that he suffered at the highest level.

Or should I have said that I wanted to die, not in the sense of wanting to throw myself off of that train bridge over there, but more like wanting to be asleep forever because there isn't any making up for killing women or even watching women get killed, or for that matter killing men and shooting them in the back and shooting them more times than necessary to actually kill them and it was like just trying to kill everything you saw sometimes because it felt like there was acid seeping down into your soul and then your soul is gone and knowing from

being taught your whole life that there is no making up for what you are doing, you're taught that your whole life, but then even your mother is so happy and proud because you lined up your sight posts and made people crumple and they were not getting up ever and yeah they might have been trying to kill you too, so you say, What are you gonna do?, but really it doesn't matter because by the end you failed at the one good thing you could have done, the one person you promised would live is dead, and you have seen all things die in more manners than you'd like to recall and for a while the whole thing fucking ravaged your spirit like some deep-down shit, man, that you didn't even realize you had until only the animals made you sad, the husks of dogs filled with explosives and old arty shells and the fucking guts and everything stinking like metal and burning garbage and you walk around and the smell is deep down into you now and you say, How can metal be so on fire? and Where is all this fucking trash coming from? and even back home you're getting whiffs of it and then that thing you started to notice slipping away is gone and now it's becoming inverted, like you have bottomed out in your spirit but yet a deeper hole is being dug because everybody is so fucking happy to see you, the murderer, the fucking accomplice, the at-bare-minimum bearer of some fucking responsibility, and everyone wants to slap you on the back and you start to want to burn the whole goddamn country down, you want to burn every goddamn yellow ribbon in sight, and you can't explain it but it's just, like, Fuck you, but then you signed up to go so it's all your fault, really, because you went on purpose, so you are in the end doubly fucked, so why not just find a spot and curl up and die and let's make it as painless as possible because you are a coward and, really, cowardice got you into this mess because you wanted to be a man and people made fun of you and pushed you around in the cafeteria and the hallways in high school because you liked to read books and poems sometimes and they'd call you fag and really deep down you know you went because you wanted to be a man and that's never gonna happen now and you're too much of a coward to be a man and get it over with so why not find a clean, dry place and wait it out with it hurting as little as possible and just wait to go to sleep and not wake up and fuck 'em all. (p. 147)

Bartle post-traumatic stress disorder caused his depression to peak. In his desperation moments, Bartle wishes to end his life because he was desperate about his memories of the traumatic event in the war to be gone. He felt like he has been failed to keep his promise to Murphy's parents that he would protect his son and bring him home together to the State. The promise that he can not bring to the Murph's mother is becoming a nightmare to him, and his life is in a depressed condition because post-traumatic stress disorder is ruining his mental health which made him difficult to assimilate with society. The truth of Murphy 's death in a

wretched condition is quite unfair to Bartle's minds and mental health because he felt Murphy did not deserve to die in a pitiful state because he was a decent person in any aspect of his life. The depression in Bartle mentality immediately arose when his memory of Murphy disturb his mind, which Bartle thought he should be fully responsible for the life of his best friend's. This traumatic event shows the symptoms of post-traumatic stress disorder which gives a sense of depression and thoughts of deciding to end his life just like Murphy's. However, Murphy's death was not entirely the mistake made by Bartle. Although the decision he made to wash away the body of Murphy, he aims to give the best solution he has decided to protect the disgrace of his friend who died with an imperfect body condition. However, the bitter truth that he got from Murphy's parents was very depressing, which made his post-traumatic stress disorder is getting worse. He felt like there was no other way out of his depression but to end his suffering. The depression is attributed to the high scale of post-traumatic stress disorder that he has to suffer. He was tired of being a person with post-traumatic stress disorder after the war experience, and his expectation is to get screwed up because when he decides to come home and have all the things he wants to just be normal life as before.

Then, when Bartle lost his senses, he began to drown himself in the river by walking into it. His post-traumatic stress disorder has changed his mind so that he loses consciousness to stay away from the dangerous things around him.

This was my vision as I woke. Goddamn the noise. The yelling closed in. Them yelling, "Get him out. Goddamn it, get his ass out." I shocked awake and spat up water from the river and they banged on my chest until I spat out more and I lay on the bank, drunk and smiling, looking out at the strange faces gathered there. I lay for a little while half in and out of the water and it ran over my feet, lapping up and down and cooling them, shallow enough to be safe where I lay. I smiled absently and thought of the old palomino nuzzling me as I came around. Whatever. They called me in the lamplight. Night now. Luke had seen me floating and called 911 from one of the girls' cells. The cops didn't make me go through the motions of any kind of psych evaluation out of respect for my service. I'd given them my military I.D. when they asked for one and they said, "All right, soldier. Let's get you home." When they dropped me off at my house one of the cops looked at me with a pitiable concern and said, "Try to keep it together, buddy. You'll be back in the swing in no time." (p. 149)

Bartle tried to find consolation during his most painful time after losing Murphy by traveling the river where he played as a child. To relieve the depression he had experienced in losing Murphy, he tried to get drunk. Bartle's depression carried him away in every way of gaining his composure again as he had before this. This depression is caused by post-traumatic stress disorder that he has experienced, and it creates a change in his feeling. However, as long as this post-traumatic stress disorder is not adequately treated, from his war experience, Bartle will continue to be stuck in his sore memories. In the quotation above, Bartle was found by his friends drowned in the river, Bartle seemed not to realize what had brought him into the river. These depressive events are often experienced by war veterans who have post-traumatic stress disorder with varying degrees of depression. The worst impact that was given by PTSD was the feeling of wanting to end the life that most of the sufferers thought that this method was the only way to avoid the traumatic memory that became a burden after the war ended.

3. Mind Change

The war harmed Bartle's mind. Changes in his mind give him the adverse effects that affect his mind like often remembering the traumatic events that have been experienced before. Even though the person with this post-traumatic stress disorder lives far away from the place where his bad experience occurred, his mind seems to be still on the spot where the unfortunate event occurred. The condition of mind change experienced by Bartle here was influenced by the traumatic events that he had experienced while serving in Iraq as a U.S. Army before. The changes in his mind will be explained below, such as:

The data from the novel above explains how Bartle 's mind changes. His memory of the war he had just passed as if he could not escape from his mind. The change in Bartle 's feeling appears when he feels odd to be in a peaceful social environment and away from the actual war, such as in the Iraq war.

We rode in silence, without pleasantries, and the radio stayed off. I leaned my head against the window and watched as my breath condensed on it. I took my finger and made rudimentary lines in the fogged-over glass; first one, then another, until I had made the shape of a square, a smaller window inside the window. As I looked out onto the trees that edged the road, my muscles tensed and I began to sweat. I knew where I was: a road in Germany, AWOL, waiting for the flight back to the States. But my body did not: a road, the edge of it, and another day. My fingers closed around a rifle that was not there. I told them the rifle was not supposed to be there, but my fingers would not listen, and they kept closing around the space where my rifle was supposed to be and I continued to sweat and my heart was beating much faster than I thought reasonable. (p. 59)

The changes in his mind appeared when he decided to use a cab for his mini-tour in Germany. He felt a change in his mind immediately and re-experience the battlefield conditions in the Iraq war. Bartle seemed unable to release his memory

from the war situation he had gone through, even though he was in a peaceful environment. Bartle always seems to be aware of the condition from all threats as if he were holding a weapon that he did not actually carry. In this condition, a post-war soldier will go through phases to remember the state of war that has been passed. The change of mind felt by him was the part impact of post-traumatic stress disorder which was often faced by war veterans back into the social world for a moment.

Then, while Bartle spent his time in Germany, he decided to visit one of the country's oldest cathedrals. He has spoken about his regret for the death of Daniel Murphy, who changed his mind and giving depression to his mental state.

Still, there went Murph, floating down toward that bend in the Tigris, where he passed beneath the shadow of the mound where Jonah was buried, his eyes just cups now for the water that he floated in, the fish having begun to tear his flesh already. I felt an obligation to remember him correctly, because all remembrances are assignations of significance, and no one else would ever know what happened to him, perhaps not even me. I haven't made any progress, really. When I try to get it right, I can't. When I try to put it out of my mind, it only comes faster and with more force. No peace. So what. I've earned it. (p. 67)

While returning home from Iraq the plane boarded by Bartle was in transit for a while in Germany. To fill his free time in Germany, Bartle chose to have a mini-tour around Germany. He stopped at one of the historical Cathedral in Germany. Inside there are historical relics that are hundreds of years old in good condition. He decided to pray in the Cathedral, his prayer expressed in his mind inseparable from his good friend Murphy 's death. He felt suffering in his mind because of the traumatic events he had been through before while assigned in the

Iraq war. Bartle's mind change can be called as the impact of post-traumatic stress disorder that he received while serving in Iraq. The image of the traumatic event will be painful to disappear from his mind when he has been infected by post-traumatic stress disorder. Although he was already in a new, more peaceful environment, the change in his mind made him unable to become healthy person both in mental and physical as before he deployed.



CHAPTER IV

CONCLUSION AND SUGGESTION

In this chapter, the researcher will present the conclusion and suggestion based on the problem of the study, the results of the study, and the discussion that has been done. The conclusion is intended to summarize the results of the analysis in the previous chapter, and the suggestion is intended to give information to further researchers who are interested in researching the same fields.

A. Conclusion

Post-traumatic stress disorder or commonly called as *PTSD* presented in Kevin Powers' novel *The Yellow Birds*, which Bartle as the main character. According to the novel, Bartle has to suffer a PTSD in his life.

There are three findings in analyzing Bartle post-traumatic stress disorder such as; (1) the causes of Bartle's post-traumatic stress disorder, which is started by his environmental and psychological experiences of traumatic events in the Iraq war; (2) the symptoms of post-traumatic stress disorder in Bartle's psychological condition, which is shown by re-experience and avoid his memories about the traumatic events; (3) the impacts of post-traumatic disorder in Bartle's psychological condition, which is shown to the three changes in his behavior, feeling, and his mind.

The causes of Bartle's suffering from post-traumatic stress disorder is environmental and psychological condition in the Iraq war when he was deployed. As a soldier who experienced in combat deployment, he became familiar to see many dead bodies and environmental destruction caused by war that gave a negative impact on the soldier's psychological health. The environmental causes also produce traumatic memories on Bartle's mentality known as a post-traumatic stress disorder. The second finding is the symptoms of post-traumatic stress disorder suffered by Bartle's. Those symptoms are avoidance and re-experiencing symptom. He sought to avoid the people and situation which made him re-experiencing the memory to the past, that unsettled his life when he came home. His memories of Murphy's death influenced his psychological condition that caused post-traumatic stress disorder to suffer in his life. The last finding is the impact of post-traumatic stress disorder suffered by Bartle. The researcher has already found three impacts; those are behavior change, feeling change, and mind change. Those changes have impacted on Bartle's life which makes him suffering in his new life after the war deployment. His behavior change makes him become someone who is isolated from society. The change in his feeling made him feel sad and depressed. Post-traumatic stress disorder also affects a change of mind which can make him remember traumatic events and have a nightmare about Murphy's death.

B. Suggestion

Based on the research and discussion, the novel titled *The Yellow Birds* by Kevin Powers can be used as an illustration of how a soldier assigns in a foreign country got all the bad experiences that impacted the soldier's psychological state. Post-traumatic stress disorder that occurs in this novel can be used as a reference in any other literary works. Besides containing the post-traumatic stress disorder, this novel also contains how the military procedure on resolving the mental illness issue by the military members. For this reason, readers can make this novel as the research material with topics other than post-traumatic stress disorder, such as how the psychology of the literature approach to resolving this psychological problem.

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CURRICULUM VITAE



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