

**PSYCHOLOGICAL TRAUMA IN PAULA HAWKINS' *THE GIRL ON  
THE TRAIN* (2015)**

**THESIS**

By:

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**DEPARTMENT OF ENGLISH LITERATURE  
FACULTY OF HUMANITIES  
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM  
MALANG  
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THE TRAIN* (2015)**

**THESIS**

Presented to  
Universitas Islam Negeri Maulana Malik Ibrahim Malang  
in Partial Fulfillment of the Requirements for the Degree of *Sarjana Sastra* (S.,S.)

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## STATEMENT OF AUTHORSHIP

I state that the thesis entitled “**Psychological Trauma in Paula Hawkins’ *The Girl on The Train* (2015)** is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who responsible for that.

Malang, 03 Mei 2021

The researcher



Siti Yatimah

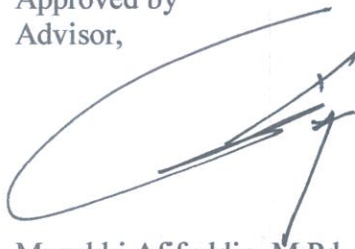
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## APPROVAL SHEET

This to certify that Siti Yatimah's thesis entitled **Psychological Trauma in Paula Hawkins' *The Girl on The Train* (2015)** has been approved for thesis examination at 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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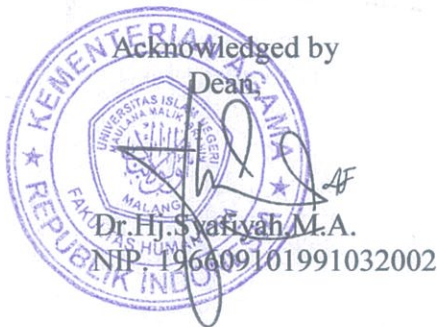
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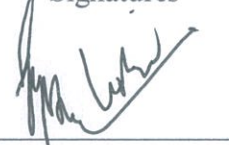
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## **MOTTO**

*“And do not despair from the grace of God. Surely there is no break from the mercy of Allah but those of Kufr”.*

*(QS yusuf : 87)*

## **DEDICATION**

I dedicate this thesis to my parents, my beloved mother who always pray for me and my father whom I love and dedicate to my sisters who always support, encourage, help, motivate me to complete my thesis, and for my friends with the same struggle, which help and support one another.

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**Bismillahirrohmanirrohim,**

**Assalamu'alaikum wa Rahmatullahi wa Barakatuh**

Alhamdulillahirobbil 'alamin, Praise is merely to the Almighty Allah SWT for the gracious mercy and tremendous blessing that enables me to accomplish this bachelor thesis entitled: "Psychological Trauma in Paula Hawkins' *The Girl on The Train* (2015). Good blessings and best wishes may be given to the Prophet Muhammad, his family, friends and followers until the end of time.

It would not be possible to write this thesis without the help and support of people around me. above all, I want to thank my advisor, Mr. Muzakki Afifuddin, M.Pd. who has helped, provided advice, and patiently guided me to finish my thesis. Then I am grateful to all lecturers at English Literature Department, thank you for giving me very useful knowledge when teaching me at Maulana Malik Ibrahim State Islamic University of Malang. My gratitude for Paula Hawkins, for making the novel "*The Girl on the train*" the object of my research.

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The last, if there are errors and inadequacies in this study, I expect all constructive suggestions and criticisms from all parties, for the sake of further improvement. I hope that this thesis can be useful for me, the readers and next researcher.



**Wassalamu'alaikum wa Rahmatullahi wa Barakatuh**

Malang, 03 Mei 2021

The researcher

Siti Yatimah

## مستخلص البحث

يتيمة، سبتي. 2021. الرضة النفسية في الرواية *The Girl on The Train* عند بولا هوكينز (2015)،  
قسم اللغة الإنجليزية وأدبها لكلية العلوم الإنسانية بجامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.

مشرف : مزكي عفيف الدين، الماجستير

الكلمات المفتاحية : الرضة واضطراب الإجهاد بعد الرضة

اضطراب الإجهاد بعد الرضة (PTSD) هو نفسية التي يؤثر عند الماضي القبيح حتى يذكر في العصر  
الطويل. يدرك المريض PTSD سهد النوم وكابوس ووسواس باسق عادة. هكذا موقف سائب لأن انفعال  
الذي يرأس السلوك. يعسر المريض PTSD أن يتأقلم إجتماعيا ويواجه مشكلته على الأكثر. ولكن، لو  
يتعوّد المريض أن يهيمن على رضته، فسيجعله أحسن وأرجح أن يشفي.

المشكلات التي تبحث في هذا البحث هي عرض وطريقة تحقيق الإجهاد بعد الرضة الذي يتألم  
شخصية ميغان وراشيل وأنا عند بولا هوكينز. تملك الباحثة السؤالين يعني: ما عرض اضطراب الاجهاد  
بعد الرضة الذي يوجد في الرواية *The Girl on The Train* عند بولا هوكينز؟ كيف شخصية تحقيق رضتهم  
في الرواية *The Girl on The Train* عند بولا هوكينز؟.

في هذا البحث، لاكتساب الهدف، تستخدم الباحثة نقد الأدب وتفسير وتحليل وتبيان وتعريف  
البيانات على النص الوصفي والحوار الذي يوجد في الرواية *The Girl on The Train*. تركز الباحثة على  
التحليل النفسي باستخدام التفسير وتجد اضطراب النفسي في شخصية ميغان وراشيل وأنا باستخدام  
النظرية *Post-Traumatic Stress Disorder* عند جيرالد ج دافيسون. تستخدم الباحثة هذه الرواية لأن بولا  
هوكينز تستطيع أن تحضر القراء إلى الدسياسة في الرواية التي تكتب ويستطيع القارئ أن يشعر ما يشعر  
عند الشخصية في الرواية *The Girl on The Train*.

من هذا البحث، يستطيع 3 نتائج أن يفصل كتصريح المصاعب. أولاً، عرض اضطراب الاجهاد  
بعد الرضة الذي يخضع لشخصية ميغان وراشيل وأنا. تجد الباحثة 3 الفئات الرئيسية عرض الاجهاد بعد  
الرضة أي عرض النوفور وعرض الحافز وعرض الذي يمزس رجوعا. ثانياً، مسبب اضطراب الاجهاد بعد  
الرضة الذي يخضع لشخصية ميغان وراشيل وأنا. تجد الباحثة العاملين عن المسبب الخلق ينال الإجهاد  
بعد الرضة أي عامل نفسي وجوار. ثالثاً، تأثير من اضطراب الاجهاد بعد الرضة الذي يخضع عند  
شخصية ميغان وراشيل وأنا. تجد الباحثة 3 آثار اضطراب الاجهاد بعد الرضة الذي يخضع عند  
الشخصية أي تغيير الشعور والنزوة والسلوك.

## ABSTRAK

Yatimah , Siti. 2021. *Psychological Trauma in Paula Hawkins' The Girl on The Train (2015)*,  
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**Kata Kunci** : Trauma dan Post-Traumatic Stress Disorder.

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PTSD atau Gangguan Stres Pasca Trauma adalah suatu kondisi mental yang dipengaruhi oleh masa lalu yang buruk dan akhirnya diingat dalam jangka waktu yang lama. Penderita PTSD biasanya merasa sulit tidur, mimpi buruk, dan kecemasan yang tinggi. ini adalah sikap yang tidak terkendali karena emosi yang memimpin perilaku. Kebanyakan penderita PTSD sulit beradaptasi secara sosial dan sulit menghadapi masalahnya. Namun, jika penderita terus membiasakan diri mengendalikan traumanya, hal itu akan membuatnya lebih baik dan lebih mungkin untuk pulih.

Permasalahan yang dibahas dalam penelitian ini adalah gejala dan cara menyelesaikan stress pasca trauma yang diderita oleh karakter Megan, Rachel dan Anna oleh Paula Hawkins. Peneliti memiliki dua pertanyaan yaitu: Apa gejala gangguan stress pasca trauma yang terdapat dalam novel *The Girl on The Train* oleh Paula Hawkins? Bagaimana karakter menyelesaikan trauma mereka dalam novel *The Girl on The Train* oleh Paula Hawkins?

Dalam penelitian ini, untuk mencapai tujuan, peneliti menggunakan desain kritik sastra. Peneliti menggunakan interpretasi, analisis, klarifikasi, dan mengidentifikasi data pada teks deskriptif dan percakapan, yang terdapat pada novel *The Girl on The Train*. Peneliti berfokus pada analisis psikologis menggunakan interpretasi peneliti dan menemukan gangguan psikologis dalam karakter Megan, Rachel dan Anna dengan menggunakan teori Post-Traumatic Stress Disorder oleh Gerald C Davison. Peneliti menggunakan novel ini karena Paula Hawkins dapat membawa para pembaca masuk ke dalam alur cerita dalam novel yang ia tulis dan pembaca dapat merasakan apa yang dirasakan oleh karakter dalam novel *The Girl on the Train*.

Dari penelitian ini, tiga temuan dapat diklarifikasi sebagai pernyataan permasalahan. Yang pertama, adalah gejala gangguan stress pasca trauma yang dialami oleh karakter Megan, Rachel dan Anna. Peneliti menemukan tiga kategori utama gejala stress pasca trauma yaitu gejala penghindaran, gejala rangsangan, dan gejala yang kembali dialami. Yang kedua, penyebab gangguan stress pasca trauma yang dialami oleh karakter Megan, Rachel dan Anna. Peneliti menemukan dua faktor penyebab karakter mendapatkan stress pasca trauma yaitu faktor psikologis dan faktor lingkungan. Yang ketiga, efek dari gangguan stress pasca trauma yang dialami oleh karakter. Peneliti menemukan tiga efek gangguan stress pasca trauma yang dialami oleh karakter yaitu perubahan perasaan, perubahan pikiran dan perubahan tingkah laku.

## ABSTRACT

Yatimah, Siti. 2021. *Psychological Trauma in Paula Hawkins' The Girl on The Train (2015)*, English Literature. Faculty of Humanities. Universitas Islam Negeri Maulana Malik Ibrahim Malang.

Advisor : Muzakki Afifuddin, M.Pd.

**Key Words** : Trauma and Post-Traumatic Stress Disorder.

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PTSD or Post-traumatic stress disorder is a mental condition affected by a bad past and finally remembered over a long period of time. PTSD sufferers usually feel difficulty sleeping, nightmares and high anxiety. this is an uncontrollable attitude because of the emotions that lead the behavior. Most PTSD sufferers are difficult to adapt to socially and difficult to deal with the problem. However, if the sufferer continues to familiarize himself in controlling his trauma, it will make him better and more likely to recover.

The problems discussed in this study are the symptoms of post-traumatic stress disorder and the way the main characters resolve their trauma suffered by the characters of Megan, Rachel and Anna by Paula Hawkins'. The researcher have two questions: what are the symptoms of Post-traumatic stress disorder found in Paula Hawkins' *The Girl on The Train*? How do the characters resolve their trauma in Paula Hawkins' *The Girl on The Train*?

In this research, to achieve the objective, the researcher uses the design of literary criticism. The researcher uses interpretation, analysis, clarification, and identifies data in descriptive texts and conversations, which are contained in the novel *The Girl on The Train*. The researcher focused on psychological analysis using the researchers' interpretation and found psychological disorders in the characters of Megan, Rachel and Anna by using the theory of Post-Traumatic Stress Disorder by Gerald C Davison. Researchers use this novel because Paula Hawkins can bring readers into the story line in the novel he wrote and the reader can feel what is felt by the characters in the novel *The Girl on the Train*.

From this study, three findings can be clarified as a statement of the problem. The first, is a symptom of post-traumatic stress disorder experienced by the characters of Megan, Rachel and Anna. Researchers found three main categories of symptoms of post-traumatic stress namely avoidance symptoms, stimulation symptoms, and symptoms experienced again. Secondly, the causes of post-traumatic stress disorder experienced by the characters of Megan, Rachel and Anna. Researchers found two factors that cause the character to get post-traumatic stress namely psychological factors and environmental factors. Third, the effects of post-traumatic stress disorder experienced by the characters. Researchers found three effects of post-traumatic stress disorder experienced by the characters namely changes in feelings, changes in mind and changes in behavior.

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# CHAPTER I

## INTRODUCTION

### A. Background of the Study

Indonesia is a country with high number of cases of domestic violence. In the world, Indonesia ranks 109th as a high case of domestic violence. The Indonesian religious court noted that the number of divorce cases in Indonesia is caused by domestic violence. In addition, statistical data from the Indonesian Religious Court recorded more than 100 million women being victims of mutilation and young marriage cases reached 70 million girls. Women in Indonesia have a rape risk of about 7%. Therefore, cases of violence against women in Indonesia are very large. (BBC news Indonesia)

At the same time, service provider partner agencies handled violent incidents in the personal field, that has more that 10.000 of cases. The complaints of the government also show that out of a total of 1,022 complaints, domestic violence cases are still high, namely 903. The National Committee on Violence against Women divides it into individual, community and national violence. In the personal or family field, the highest violent behavior is 5,784 cases of violence against wives, 2,171 cases of courtship violence or KDP violence, 1,799 cases of violence against girls, and the rest are violence committed by ex-husbands, ex-boyfriends and ex-husbands. Stairs against domestic workers. (“Bbc new Indonesia.com” n.d.).

Literary works can be studied or analyzed by literary reviewers. This is included in the science of literature, namely literary criticism. Literature reviewers can assess the strengths and weaknesses of literary works. (Zulfahnur.n.d.p15-16). Psychological analysis of literature is a literary study that focuses on the mentality of the characters contained in a literary work, reader of literary works, or on the author who did the literary work. The author will do literary works using feelings. (Dkampus,2017).

In conducting literary psychology research, it can be seen from the role of characters in work through their character, behavior, or character emotions. In addition, in the study of literary psychology, researchers must also look in the eyes of psychological theories and connect with a literary work.

Latin America and the Carribean are listed as the most violent countries against women recorded by the United Nations. They are reported to be a country that poses a danger to women. The U.N. also found that Piza-Lopez's ugenia has the highest rate of violence against women in the world outside of family relationships. So it can be concluded that violence against women in the world is very rampant and the figures are at the highest level recorded by the United Nations.

This study will discuss the existence of post-traumatic stress disorder (PTSD) that occurs due to domestic violence. in this study, trauma is defined as psychological actions that occur due to problems in the past. it is related to the feelings and emotions of sufferers' event that threatens survival, physical or integrity. (Pearlman & Saakvitne, 1995, p. 60). Therefore, when the trauma



situation exceeds the individual's ability to overcome and makes people fear, the trauma situation constitutes a deep trauma. Individuals may feel weak emotionally, cognitively, and physically.

PTSD itself is caused by several factors, namely war, natural disasters, violence, sexual harassment, robbery, accidents, or loss of loved ones (p.05). PTSD symptoms can last for a month and can continue for years. People with PTSD can be treated with the support of their closest people, such as family and friends, to deal with trauma. In addition, PTSD can be handled by pharmacology and psychotherapy. Effective and proper handling of PTSD is needed so that the disorder does not get worse or cause mental disorders. Nurses and other health workers, it is very necessary to know the correct management of post-traumatic stress disorder.

Personal circumstances usually include; trust, traps, disability, barriers and injury turnover. The clarification of the illness is adequately expansive. Counting, the significant occasions those are mishaps, violations, passing, and other incredible occasions. This For instance, reactions to long haul encounters or rehashed abuse; disregard, battles, inflexible broken connections. This intentional definition doesn't permit us to decide if a given occasion is awful, depending on everyone who experienced the event. This definition provides guidance for our understanding of events and living conditions. ("Academia education" n.d.).

Trauma has deep relation to the experience of a mentally patient and will cause a negative effect on her now and in the future. Sometimes experience does not always have a positive effect. Sometimes, whether intentionally or unintentionally, pain and bad experiences can make someone degenerate. If this

type of trauma arises, a person mental will not be said to be healthy. Therefore, the worst possibility is psychologically traumatized.

Person experiencing trauma is usually affects his life changes or environment, but sometimes people who have suffered severe trauma must be extra careful when taking actions. Not all the lives of the traumatized person are destroyed, this means that trauma sufferers can usually hide their disease to others and not harm, people with PTSD if they are depressed, will feel uncomfortable and uneasy, however if they are not treated, the traumatic event will not be lost. (Academia education n.d.).

For someone who has trauma, support is very helpful for them in dealing with their trauma. The support for them is family and closest friends. Trauma sufferers usually have to rebuild their confidence in alleviating their trauma. This is because trauma is a long-term disease that can change a person's life and the function of the patient' s head. Thus, this support serves as a life changer for trauma patients so that the patient will have better life and future. This is expected to be an encouragement for patients who have long-term trauma.

Literary works such as novels tell a lot about the psychological trauma experienced by his character. As in the novel to be examined by researcher, this story contains mysteries, murders and about the search for a murderer. So there is a thrilling impression that exists in the novel. This makes the novel more interesting because the story is not monotonous and there is a mister story in each section. Researcher consider this novel very suitable for research on PTSD suffered by the character. Some of the main characters are women and they have

male-related psychological trauma and harassment. Therefore, it is interesting to discuss.

The investigation will zero in on the conversation of the injury experienced by the characters in *the girl on the train* novel composed by *Paula Hawkins*. The story is very suspenseful because it tells about the struggle of women who want to escape from the trauma caused by men. there are three female main characters in the novel who are traumatized by psychology. The first was Rachel, she was a woman addicted to alcohol and cigarettes after divorcing her husband. she became very miserable when she saw her husband with his new wife. the second is Anna who is Rachel's new husband's wife. Anna has PTSD caused by her husband's past. He's always annoyed that Rachel's in front of him. the latter is Megan who is Anna's neighbor. Megan has PTSD caused by the death of her younger brother. these three characters have their own stories in the face of their trauma.

Researcher convinced that this novel is very interesting to research. Because these three female characters have cases that are interrelated with each other. The cause of the problem is the same as the same one man that is Tom. When researchers read her book, it was discovered that Rachel had been married to Tom and was hurt by Tom until she ended up traumatized. Anna is Tom's current wife after Rachel. Anna is also the victim of a lie by Tom. While Megan is Anna and Tom's neighbor who ends up having an affair with Tom. Therefore, they all have trauma with the same and interrelated causes.

This novel is released in 2015 and become best seller in United Kingdom. The novel is among the bestsellers in the United Kingdom and the United States. The novel was among the best in Britain in the second week. Indeed, even in the UK and the world, in excess of 2 million duplicates have been sold internationally, and they were sold on Amazon in 2015. Simultaneously, this novel is the most mainstream hardcover novel ever, and won the 2015 "Mystery and Thriller" category "Reading Choice of the Year". It took more than four months for all of this to be on the New York Times bestseller list.

In addition, this novel has been well received by critics and audiences to a large extent. Kirkus Reviews praised it and praised it as one of the best books of 2015. He wrote: "When Hawkins slowly reveals the truth and expresses love and harsh reality, even the most astute reader will be surprised. Hardness." (Good reads.com).

The explanation above directs the researcher in discussing something interesting from this novel which is about PTSD suffered by three female characters. Researchers focused on the impact and causes of the psychological trauma they suffered. In addition, researchers also analyzed how characters could deal with the trauma they experienced. This is questionable because the content of the novel has so many messages and the mystery behind the cases they are very interested in being peeled off.

This research has similarity and difference with the previous researcher that contained in review of related literature. The protagonist's life is full of traumatic experiences. The three previous studies and the current study all have the same goals. After discovering the traumatic event, they found that what happened to the

protagonist, what the character felt, the needs of characters, and the characters survive to solve their trauma. This study also has differences with previous research. This lies in the research object being analyzed.

## **B. Problems of the Study**

After seeing the background, researcher decides the problems of the study are:

1. What are the kinds of symptoms of PTSD found in *Paula Hawkins The Girl on the Train*?
2. How do the characters deal their trauma in *Paula Hawkins The Girl on the Train*?

## **C. Objectives of the Study**

By seeing the problems of the study above, researcher decides the objectives of this study are:

1. To find out the symptoms of PTSD in the character of Rachel, Anna and Megan in *The Girl on the Train* by Paula Hawkins'.
2. To find out the effect how do the characters resolve their trauma in *The Girl on the Train*.

#### **D. Significance of The Study**

This study is expected can give benefits to many sides, so the significance of the study are:

1. Theoretically: The result of this research is to hope that readers can find symptoms, influence and understand how to deal with PTSD patients. Readers can understand the importance of mental health to humans.
2. Practically: The result of this research are suggested for parents or family to understand if there are family, friends or children who have PTSD and can support and help alleviate their trauma.

#### **E. Scope and Limitation of the study**

Scope and limitation in this study is focused of the trauma physiology that felt by the main character in *Girl on The Train* novel. Researcher makes it more specific by focusing on PTSD that related to the trauma physiology in this novel. This is a symptom found in the main character as a sufferer of PTSD. Thus, researchers focus on PTSD suffered by main characters, Rachel, Anna and Megan.

#### **F. Definition of Key Terms**

The researcher needs to define several theories to be basic in conducting this study. Some of the theories below define the direction of this study. Post-traumatic stress disorder (PTSD) is what often happens when someone who has experienced or witnessed a terrorist event (such as a natural disaster, accident, terrorism, war or death of a loved one) suffers trauma. Some people can recover and return to

normal activities, but some people will suffer persistent trauma and develop post-traumatic stress disorder (PTSD).

## **G. Research Method**

This chapter discusses the methods used in the research, including: research design, data and data sources, data collection techniques, and data analysis techniques. In analyzing the data, researchers used literary criticism methods. So that the results of the analysis are presented in the form of words and sentences resulting from the interpretation of researcher.

### **a. Research Design**

This study is a study of literary criticism. This research will interpret, analyze, clarify and identify data such as descriptive text and dialogue in Paula Hawkins' novel *The Girl on the Train* and use the theory of post-traumatic stress disorder (PTSD) Discover the psychological trauma of the main character through the explanation of the researcher. By Gerald C Davison.

### **b. Data and Data Source**

The data in this study is PTSD suffered by the three main characters in the *Girl on the Train* novel. The source of the data in this study is a novel called *Girl on the Train written by Paula Hawkins*. It was published in 2015 and became the best-selling novel in the United Kingdom. Not only that, the novel also ranked first in the Hardcover list. The pages in the novel are 430 pages.

c. Techniques of Data Collection

This part is used to collect the data before researcher analyze it. Data collection in this research has to follow several steps to get the data. First, researcher read the novel for understanding the story of this novel. The story that must be understood by researcher is about the trauma that felt by three characters in this novel. Second, Researcher re-read the novel while make a note about the story and data got from the novel. The last step is classifying the data to kinds of PTSD and interpret the main characters in solving their trauma.

d. Technique Data Analysis

After obtaining the data through the data collection, researcher analyzed the data based on two stages of analysis. The first stage is to analyze the PTSD suffered by these three main characters. Then describe it based on the type and characteristics of the PTSD they suffered. Phase two is that researcher analyze their attitudes in overcoming their trauma. After that the researcher concluded the results of the analysis.



## H. Previous of Studies

In previous studies, several studies have been conducted on the novel. The first previous study came from Putri Utami at Muhammadiyah University in Surabaya. This study describes the love events reflected in *Paula Hawkins' The Girl on the Train (2015)*: a psychoanalytic study. This research is a study of love events in *Paula Hawkins' The Girl on the Train Novel (2015)* through psychological analysis.

The issue of extramarital affairs has been discussed in several sciences, especially the science of religion. It is forbidden to have an affair, this is adultery. Extramarital affair is "a sexual relationship between two people, especially when at least one of them is married or in another fixed romantic relationship" (definition of affair, 2016: 20). The affair has not only become the concern of scientists in this field, but also of literary authors, one of which is Paula Hawkins.

The second previous study came from Fitria Febriani of Sunan Ampel National Islamic University. This study describes the trauma of Megan in *Paula Hawkins' The Girl on the Train*. In this study, it was explained that Megan (Megan) had an accident that caused the death of her brother and Megan was injured in the incident.

The third previous study came from *Paula Hawkins' The Girl on the Train (2015)*: Karlena Widy Ati's murder motive in "*Psychoanalysis*". Thesis, Muhammadiyah Surakarta University (Muhammadiyah Surakarta). Researchers focused on analyzing *Paula Hawkins' novel The Girl on the Train (2015)*: a psychoanalytic method that analyzes psychological conditions and murder motives from a role perspective.

The fourth previous study came from Raisa Hani Tamara of Sanata Dharma University in Yogyakarta. This study describes the impact of Rachel's motivation on the promotion of personality development, as seen in *Paula Hawkins' The Girl on the Train*. This research discusses a literary work that depicts the life of women dealing with themselves in *The Girl on the Train*. The story told about main character Rachel who sits on the train every day. Her condition is really bad, she is drunk, unemployed and frustrated women. She has to solve her problem and the missing girl that related with her.

The previous researches above has the same focus that they told about. The protagonist's life is full of traumatic experiences. The previous three researchers have the same goals as the current research subjects. After discovering the traumatic event, discovering what happened to the character, it told about feeling, intention, and against their trauma, they all have the same rarity.

However, they also have the differences between this research and previous researches above. previous research uses the main characteristics of the novel to study psychoanalysis. Whereas this research examines the domestic violence experienced by the protagonist in the novel of *Pawla Hawkins by the title The Girl on the Train*.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

This research will analyze the psychological disorder of the characters Rachel, Megan and Anna in the novel *The Girl On The Train*. The researcher will analyze the problem by using Post-Traumatic Stress Disorder (PTSD).

#### A. Psychological Approach in Literature

Specialist gives a few hypotheses and writings about mental methodology. As right on time as that time, a few notable scientists had utilized this strategy to contemplate writing. Aristotle utilizes it to clarify the exemplary meaning of the combination of compassion and fear to deliver the occasion between feelings. Sir Philip Sidney was a scholarly clinician who clarified the ethical impact of verse. Coleridge, Wordsworth, and Shelley did likewise in creative hypothesis. This condition, each scholarly analyst is baffled by the brain science of noting writing (Guerin et al., p. 153).

Guerin et al. It is likewise brought up that mental techniques can be stunning, convincing and utilitarian. Gillespie's sex plan demonstrates this assertion. Psychology attracts people that related to understanding human thoughts and behaviors. Besides, this may be a useful way to increase our knowledge of literature and ourselves (page 43).

Gillespie also said that by studying Fictional character's psychology to realize their behavior and arguments, or to study the psychology expressed by the author in the works, psychological methods can be used to realize literary works. It can likewise investigate the social or social brain research communicated in artistic works or the brain science of perusers responses (pages 43-44). Nonetheless, this

examination just dissects the brain science of the hero in Paula Hawkins' epic *The Girl on the Train*. The principles character of the character (Rachel), due to a traumatic event leading to PTSD indications, he encountered psychological trauma.

In addition, Guerin and others also said that the psychological methods of the entire 20th century link to Sigmund Freud's Psychoanalytic Theory together. Green also agree whether Freud is the one of writer who uses psychological methods to analyze literary works. As per this assertion, This examination utilizes the ideas of injury and horrendous mishaps, the hypothesis of PTSD and the manifestations of PTSD to break down Rachel's awful mental issues.

## **B. Trauma and traumatic event**

Creamer also stated that person with PTSD can put the person at risk of major conflict, and may lead to the involvement of close people in their live, it can be family and friend of person with PTSD. The individual's reaction to what is happening must lead to deep helplessness (page 7). Trauma can change a person's entire lifestyle, including changes in body, head, grief, and behavior. However, every person's characteristic reaction caused by their specific accident or their personal history of bad experience.

These are some responses to the human body. When the patient feels heart pal, a physical reaction may occur. Muscles tighten, tense and difficulty falling asleep. Then, the psychological reaction will lead to psychological consequences, which may occur suddenly without any symptom history before. Including feelings of being unable to protect oneself and not being protected by others. Emotional

response refers to uncomfortable feelings, as well as feelings of insecurity or genuine insecurity. Finally, the behavioral response of being away from others may make you feel calmer or more comfortable. Bloom and William (2014) stated that trauma warnings may return us to hurting and troublesome events.

Rosend Bloom and Williams said that few awful encounters, including early manipulative encounters, may hinder or even keep somebody from building up a strong ability to be self aware. It's an upsetting encounter that vitally affects your passionate state. Awful mishaps incorporate cataclysmic events like timberland flames, floods, or catastrophic events brought about by the deficiency of valuable individuals in their lives because of genuine mishaps, individual or rape.

### **C. Post-Traumatic Stress Disorder (PTSD)**

According to the research of Gerald C Davison's et al. (2006), post-traumatic stress disorder (PTSD) is a person experiencing the hurt past that make cause menta healt disorder of the person. The incidents of the physical integrity of others make people show fear, extreme terror and helpless responses (Davison et al., 2006, p. 44).

According to Gerald C Davison's (2006) quote by Abdul Mufied Yasin, Post-Traumatic Stress Disorder is a disorder that occurs in someone who has gone through an event that makes someone feel scared, shocking, or dangerous events, including in abnormal psychology. The National Institute of Mental Health quoted by Retna Tri Astuti (2018), defining that PTSD is an anxiety disorder that can develop after exposure to a horrific event where there is the potential for serious physical damage. Traumatic events that can trigger PTSD include natural disasters

or human-caused disasters, cruel personal attacks, military battles, and accidents. Individuals with PTSD have frightening and tense thoughts and memories, perhaps having problems sleeping, feeling numb, or being easily shocked.

The National Institute of Mental Health (Astuti et al, 2018) cited PTSD, which is an anxiety disorder that develops under the influence of a terrible event that can cause serious physical harm. PTSD that occur by sufferers is usually included in the occurrence of disasters made by humans, brutal personal attacks, military battles and accidents. People with PTSD have frightening thoughts and memories, nervousness, and may have trouble sleeping, numbness, or frightening problems.

According to Retna Triastuti (2018), Post-Traumatic Stress Disorder (PTSD) in children and adolescents has a prevalence rate that can be higher when compared to other age categories. This can be caused by unique characteristics possessed by children and adolescents. This is because, at their age, they lack experience and skills, and their lives are still dependent on the family to meet their needs, such as economic needs, basic needs, and emotional support needs.

PTSD or Post-traumatic stress disorder is a mental condition affected by a bad past and finally remembered over a long period of time. PTSD sufferers usually feel difficulty sleeping, nightmares and high anxiety. this is an uncontrollable attitude because of the emotions that lead the behavior. Most PTSD sufferers are difficult to adapt to socially and difficult to deal with the problem. However, if the sufferer continues to familiarize himself in controlling his trauma, it will make him better and more likely to recover. In addition, if this trauma worsens it will last for months or even years. ("Academic Education", not specified).

PTSD or Post-traumatic stress disorder is a response from patients who experience trauma in an ongoing and very severe way. Their painful past is a serious problem. examples of patients experiencing PTSD caused by victims in warfare, victims of rape, and victims of serious accidents. it traumatizes them because they are always reminded of painful events. PTSD is very important we learn, because PTSD can attack anyone if a person cannot control his sense of trauma disorder. The sense of trauma can be positive; it can also be negative according to the sufferer. (Academic Education, not specified).

Therefore, when a traumatic event or situation exceeds the individual's ability to cope, it will cause psychological trauma and make the patient who experiencing PTSD is afraid to die, and destruction. They can feel emotional, cognitive, and physical weakness. This condition is the result of ultra vires potential, dishonesty of belief, loser, hurt and mislaying.

The discussion about trauma a psychologist in Texas, John Allen (1995) states that trauma is a subjective and objective attitude. This means that the greater the chance of being threatened, the greater the trauma suffered. In fact, trauma is a huge and uncontrollable feeling and emotion. In the trauma of the penderita feel himself helpless when the sense of trauma arises. In addition, physiologically trauma is a prolonged disease. Therefore, trauma is a very strong suffering for the sufferer.

Injury brain science is contemplations that have connection between serious treatment and intellectual treatment (like origination, desensitization, and eye reprocessing). Moreover, straightforward diverse psychotherapy, open story

treatment and account execution treatment likewise have possession. A meta-investigation of the correlation among EMDR and intellectual treatment (CBT) tracked down that the two alternatives are undefined regarding proficiency and treatment (PTSD). Nonetheless, "the segments of eye development in EMDR to assess the result of medication treatment" isn't yet clear. A meta-examination of kids and youths likewise found that EMDR is just about as powerful as intellectual medications. (Academic Education (unspecified)).

On the other hand, education for children suffering from PTSD is very important to be taught in schools based on treatment of PTSD sufferers. Children with normal PTSD usually continue treatment at school to help them turn their attention to the trauma they are experiencing. children affected by PTSD are characterized by the presence of psychological symptoms and biological changes. If a person is considered \a sufferer of PTSD, then it can be said that the person will experience an event that endangers his life and body. PTSD sufferers have created a very strong fear and helplessness. (Academic Education, not specified).

Patients with post-traumatic stress disorder can often remember their bad experiences in nightmares, hard to sleep, and alienation or separation. Frequently, these symptoms may become very severe and last for a long time, which may impair the patient's daily activities. People with PTSD usually have abnormal hormone levels. In particular, hormones are related to the body's response to stress. Feelings of anxiety, aggressiveness and sometimes can attack others is the effect of a person penderota PTSD. If this happens consistently, then PTSD sufferers will feel persistent and sustained depression. This can lead to phobias of objects, environments and events (Scott, 2001: 98).



Domestic violence refers to various forms of arbitrary behavior, involving not only physical violence, but also verbal and sexual violence. Domestic violence is a long-term phenomenon, because women will be abused by their partners in the long term. This has aroused worldwide attention. This leads to undesirable mental health consequences, such as disturbing thoughts, nightmares, flashbacks, and excessive PTSD in the form of vigilance and emotion. Excessive negative emotions (sadness, anger, disappointment, despair), these emotions can lead to thought suicide. ("Christina, 2019").

The various arguments put forward by the experts relate to the source of violence against the wife. According to Achmad Chusairi (1997: 54), violence against wives in the family is caused by many reasons. First, family economic resources dominate, psychological problems related to childhood trauma, and living in a violent environment. Second, the husband has psychological problems at home, including work pressure and personal problems.

The psychological problems that lead to stress lead to violence against the wife. Husbands who commit violence to their wives are often abused by their parents and their surroundings during their childhood. His wife suffered repeated childhood traumas as revenge for the painful experience.

In this examination section, the hypothesis that scientists will use to investigate the exploration issue will be clarified. The few speculations are mental strategies and incorporate ideas of injury, horrendous mishaps, PTSD and its manifestations.

For better understanding the logical effect of this horrible accident, scientists utilized the hypothesis of post-awful pressure problem (PTSD). As indicated by Hurry and Stradling, PTSD occasions are as a rule about equivalent to schizophrenia, which influences just a single percent of the populace at an at once (Stradling).

The reason for PTSD is pressure. For this situation, this is an awful mishap, and it can occur from multiple points of view. The first is a genuine danger to life. For instance, if a youngster has a significant mishap with his folks, making his folks pass on the detect, this triumph will make injury his past. The second is an episode that represents a genuine danger to family members. For instance, somebody demonstrates that her mom or father passed on of injury (Scoot and Straddle).

Scoot & Stradling additionally expressed that five measures should be met to analyze PTSD. The principal basis is that the patient should encounter a genuine danger or actual wrongdoing. Second, the patient should encounter the occasion by and large. Third, patients must continue to prevent trauma-related excitement or experience systemic reactive anesthesia. Fourth, the patient must experience signs of increased sexual desire. In this study, the standard includes three indicators. The first is insomnia. The second is very angry. These are flaws in controlling emotions, making them unbalanced. This person is easy to get angry with others. The third is too vigilant. This leads to increased awareness of people who cannot be trusted. Fifth, the symptoms must last for one month. Each of these conditions can converge in several ways. (Scoot and Straddle).

Pushing ahead, Hurry additionally discussed the parts of PTSD. It has guidelines that are painstakingly identified with one another. In post-traumatic stress disorder, the traumatic experience as a stress trigger will lead to trauma or re-experience trauma. Such circumstances cause individuals to respond to awkward emotions. The connection between obtrusive imaging and conduct can prompt unpredictable longings. For example, a woman has experienced personal violence and trauma for many years. In this event, she may be disturbed by the jumping images. In order to reduce these shadows, he will become closer to other people.

This component is designated as an escape component, what's more, it assumes a part in decreasing the picture of vicious intrusion. Notwithstanding, in the event that he every so often meets with the vicious individual in the most fitting conditions, he may fail to remember the triumphs he has encountered. In any case, upsetting pictures will increment and may cause obstruction, which can be eliminated again by maintaining a strategic distance from measures. This fixing is the main piece of PTSD (Scoot and Stradling, page 5).

Scoot & Stradling also stated: "There are a wide range of individuals who can respond distinctively to comparable circumstances" (page 8). For instance, man A's response to a bombed test will be disillusioning, while man B turns out to be more persuaded to improve. The present circumstance will make the PTSD part extend. It relies upon the person's response abilities, that is, maladaptive or antagonistic responses trigger backstroke, while versatile or dynamic adapting responses can address the way and permit exit from the circle. Small kids in an auto collision will react with maladaptive measures.

For instance, in the event that he is consistently wild in a vehicle, yet likes to utilize different methods for transportation, the PTSD sign will in any case exist. Nonetheless, if the adapting technique is a speculative, versatile procedure including injury. For instance, in the event that he attempts to defeat his dread and attempts to ride carefully, he can resolve PTSD side effects well. ("Scoot and Pace", page 8).

### **1. The Symptoms of Post-Traumatic Stress Disorder (PTSD)**

According to the research of Davison et al. (2012), the symptoms of post-traumatic stress disorder are mainly divided into three categories. That is, avoid symptoms, re-experience symptoms and wake up symptoms.

#### **a) Avoidance Symptoms**

According to the research of Davison et al. (2012), avoidance of symptoms is an attempt by someone to avoid a traumatic event. People with post-traumatic stress disorder try to avoid things that have in common when a traumatic event occurs, so as not to trigger someone to remember the traumatic event he has experienced. They attempt to dodge contemplations, emotions or discussions identified with injury, maintain a strategic distance from exercises, places, or individuals that produce injury, and can't remember significant parts of injury. They fundamentally diminish their advantage or cooperation in significant exercises and lessen the sensation of injury. Distance or antagonism from others, restricted enthusiastic effect (for instance, failure to feel love), and squeezed

sentiments about the future (for instance, not hoping to have a profession, marriage, youngsters, or future)

#### b) Re-experiencing Symptoms

Symptoms reappear, such as relief from traumatic events. People with post-traumatic stress disorder are troubled by remembering traumatic events that have occurred. The memory of the traumatic event is as real as it happened again. This is called "*flashback*". According to the research of Davison et al. (2012), people suffering from post-traumatic stress disorder, recurring and intrusive painful event memories, including images, thoughts or concepts, dreams of repeated painful events, behaviors or feelings like traumatic events repeated Appearance, strong psychological distress when exposed to a symbolic or similar aspect of a traumatic event, and physiological reactivity when exposed to a symbolic or similar aspect of a traumatic event.

According to Ehlers et al. (2004), in a split flashback, a person loses all awareness of the current environment and, literally, he relives this experience. Feel the sensory impressions again as if they are characteristics of what is happening now, rather than an aspect of memory.

#### c) Arousal Symptoms

People with post-traumatic stress disorder will feel alert after a traumatic event. This is called increasing emotional arousal. According to the research of Davison et al. (2012), people with PTSD will have difficulty falling asleep or falling asleep, irritability or outbursts of anger, deep sadness, anxiety, inattention,

excessive vigilance and exaggerated startle responses. According to Astuti (2018), the symptoms of hyperstimulation are conditions where an individual's physiological response is excessively increased in physiological reactivity. These symptoms are concentrated, extreme alert, and risky behavior. They are characterized by irritability, trouble sleeping, difficulty sleeping, difficulty concentrating, excessive alert, and risky behavior.

## **CHAPTER III**

### **FINDING AND DISCUSSTION**

This chapter will discuss about finding and discussion. The finding introduces the symptoms of the protagonist's the kind of symptom of traumatic experience PTSD and the way the protagonist handles their traumatic experience. However, before describing these parts, the researchers believe that a brief description of the event that caused the protagonist's trauma would be helpful.

#### **A. The Symptoms of Rachel's Traumatic Experience**

Rachel overcame the trauma she suffered, that is to say, she began to slowly get rid of her bad habits, such as thinking positively after leaving the drink. In this way, she began to feel that she was still alive and began to rearrange her life. Although sometimes she was still shrouded in the shadow of trauma, she slowly and surely began to accept everything with confidence.

The first thing that happened to Rachel was that her husband left her to find another woman. After the event forced Rachel to lose everything, she began to experience post-traumatic symptoms, including avoidance symptoms, re-experiencing symptoms, and arousal symptoms.

##### ***1. Avoidance Symptoms***

According to the study of Davison et al. (2012), avoidance of symptoms is an attempt by someone to avoid a traumatic event. People with post-traumatic stress disorder try to avoid things that have in common when a traumatic event occurs,

so as not to trigger someone to remember the traumatic event she has experienced. In Rachel's case, data has found that in accordance with the opinion of Davidson.

People with post-traumatic stress disorder avoid thoughts, feelings, conversations, or things that may make them remember a traumatic event they've experienced. By avoiding things that trigger memories of the traumatic event, they will forget the traumatic event. It appears in the role of Rachel. It can be seen in the following quote:

### **Datum 1**

*"Sometimes I am sad I have to drink; sometimes I feel bad, I can't. Today, think of Alcohol makes my stomach upset. But staying awake on the evening train is a challenge. Especially now, at this high temperature. A layer of sweat covered every inch of my skin, my mouth was piercing my eyes, my eyes were itchy, and the mascara was rubbed in their corners." (18)*

In the quote above, it is clear that Rachel avoids drinking. When Rachel tried to quit drinking, she felt so painful that she couldn't even drink. Therefore, it is difficult for her to avoid this situation. According to a 2017 study by Karlana Widyati, the study also found a murder motif reflected in Paula Hawkins' film "The Girl on the Train" (2015: Psychoanalysis).

### **Datum 2**

*I plugged in the phone to charge, opened the curtains and opened the window, then went to the bathroom and took a cold shower. I scrubbed my skin, washed my hair, and then tried to calm the voice of my head. This told me that within less than forty-eight hours after finding my wife's body, it's something to ring another woman among another person. something weird. night. (126)*

This Datum shows that Rachel is trying to calm her mind to the disturbing sound in her head. He's rejecting those thoughts. Evidenced by "*less than forty-eight hours after your wife's body was discovered to call another woman in the*



*middle of the night,"* which means she rejects the thought of someone having an affair with another woman as she does. So what Rachel experienced was Avoidance Symptoms.

### **Datum 3**

*The strange thing is how he felt when he said this. I don't remember having this feeling before. I cannot answer, because my thoughts have been completely transferred to other places. This is not what he said, but aftershave. (128)*

In this Datum Rachel does not know about her feelings, but Rachel does not want to reciprocate and wants to eliminate those feelings. So what Rachel experienced was Avoidance Symptoms. Evidenced by the sentence. I don't remember having this feeling before. I can't reply because my thoughts have moved somewhere. With this Rachel tried to reject the feeling because it hit her so hard.

#### ***1. Re-experiencing Symptoms***

According to the research of Davison et al. (2012), people with post-traumatic stress disorder, memories of recurrent and intrusive painful events, including images, thoughts or concepts, repeated painful events, dreams, behaviors or feelings like traumatic events recurring, Strong psychological distress when exposed to a symbolic or similar aspect of a traumatic event, and physiological reactivity when exposed to a symbolic or similar aspect of a traumatic event. The case experienced by Megan is very much in line with the theory of Davidson (2012).

People who have suffered trauma will always remember themselves and be troubled by the traumatic events they have experienced. This happens even if she does not want to remember the traumatic event. This memory may appear when she is sleeping, or she will remember the traumatic event by accident because it is triggered by something that makes her "flashback" to the traumatic event. Sometimes this memory looks real and seems to happen again. These symptoms appear in Rachel's character. It can be seen in the quote below:

#### **Datum 4**

*"I close my eyes and let the darkness grow and spread until it grows from  
Feelings of sadness get worse: memories, flashbacks. I don't just ask  
He called me back. I remember now, I was crying. I told him i still love  
He, I always will. Please, Tom, please, I need to talk to you. I miss you.  
No, no, no, no, no. "(16)*

In this Datum, Rachel closes her eyes to let the darkness spread to relieve her feelings of sadness. But even bad memories come up. Memories show that she begged Tom that he still loved her and was willing to do anything to meet her. And Rachel missed Tom so much at the time.

#### **Datum 5**

*The harsh sound of the train brake awakened me. We are signalling. at this time In the morning at this time of year, the sun shines directly on The houses beside the tracks are full of light. I can almost feel its warmth When I sit at the breakfast table, the morning sun shines on my face and arms, Tom  
Opposite me, my bare feet leaned on him because they are always so many. My eyes are warmer than mine, and I threw it into the newspaper. I can feel him smiling On me, the blush has been spreading from my chest to my neck When he looked at me in a certain way. (20)*

In this Datum, Rachel is reminded of Rachel and Tom in a harmonious atmosphere. In the morning on a train. At a breakfast table Rachel and Tom warm each other's feet by piling each other's feet. Rachel at this point feels very blushing as Tom looks at her in a way that she considers special. Rachel's trauma includes re-experiencing symptoms as she recalls her past.

### **Datum 6**

*What happened, something bad happened. There is an argument. The voice increased. I don't know the fist, I don't remember. I went to the bar, got on the train, at the station, on the street. Blenheim Road. I went to Blenheim Road. (27)*

In this Datum explained that there was a bad incident. Something bad happened that was related to his domestic problems back then. Rachel doesn't know, Rachel doesn't remember. Rachel Blenheim Road was using a train at the time. He just saw footage of what happened about his past. but he could not remember clearly what it was. Rachel's incident was included in the re-experiencing symptom.

### **Datum 7**

*It doesn't matter, but it is true: my shame on the incident is not only proportional to the severity of the situation, but also to the number of people who witnessed the incident. (29)*

In this Datum describes the feeling of shame that arose again while Rachel was in the incident, not because of the gravity of the situation, but the number of people who witnessed it. This Datum includes Re-experiencing Symptoms because Rachel recalls the shame of the incident she had experienced in the past.

## **Datum 8**

*Megan is still missing, and I lied to the police repeatedly. When I returned to the apartment last night, I felt very panicked. I tried to convince myself that they would come to me about the accident in my taxi, but it didn't make any sense. I had talked to the police on the spot-obviously my fault. This must have something to do with Saturday night. I must have done something. I must have done some terrible move and blacked it out. (47)*

This datum explains the situation while Megan was still missing. Megan was worried when she returned to the flat for repeatedly lying to the police. Megan assures herself that the police will come to see her because of yesterday's taxi accident, but that doesn't make sense because Rachel has already admitted her mistake at the time. Rachel thought there must have been a terrible event but she covered it all up. This datum includes re-experiencing because Rachel feels something is wrong that makes her worry about what she did in the incident.

## **Datum 9**

*So it sounds ridiculous, but it is not impossible, and when I went home last night, I had convinced myself that I was somehow involved in Megan's disappearance. (49)*

This Datum explains Rachel's beliefs. That night Rachel convinced herself that she was involved in Megan's disappearance. This datum included re-experiencing because when Rachel came home that night she convinced herself that she was involved in Megan's disappearance.

## **Datum 10**

*déjàvu hit me in the living room, so strong that it was frightening. I recognized the fireplace between the walls on both sides, and the light passed through the slanted shutters from the street. I know that when I turn left, there will be glass and green, and it will go beyond the railway line. (82)*

This incident on the Datum explains the feeling of Déjà vu. Rachel at that moment seemed to feel the events she had encountered before, it was proven when she found out that at the time of turning left she would see the glass and outside there was a railway track.

### **Datum 11**

*Sometimes, in a nightmare, I find myself in the underground passage of Blenheim Road (Blenheim Road). The back road is blocked. I can't go further because there is something there and someone is waiting. I am pure It is terror. (107)*

This Datum describes Rachel's nightmare that makes her feel very afraid. Re-experiencing on this datum includes Rachel's nightmare, a dream that brings Rachel to a scary situation when someone is waiting in front, on the road that is left underpass.

### **Datum 12**

*A red car was parked on the sidewalk next to her. Tom's car. She leaned over to talk to him through the window, then opened the door and went in, and the car drove. I remember that. On that Saturday night, I stood here, at the entrance of the underground passage, watching Anna enter Tom's car. Only I don't remember right, because it doesn't make sense. Tom came in the car to find me. Anna is not in his car, but at home. That was what the police told me. It doesn't make sense, I can scream for its frustration, the useless sound that my brain doesn't know. (167)*

This datum shows that when Rachel saw the red car, she remembered something again. He's in the same way that Saturday night lost Megan. He recalled that it was Tom's car which at the time he saw Anna get into the car. This incident was a Re-experiencing symptom because at the time of the incident Rachel witnessed something terrible that was Megan's disappearance. but he could not remember clearly because he was drunk.

### **Datum 13**

*When I close my eyes, I can feel her hand warming my skin, but that It didn't really happen. What really happened was that Tom had to give up halfway Walking out of the house, I kept crying and crying, and poor Clara flinched. In the kitchen. So when I close my eyes, when I enter a semi-dream and find myself In that underground passage, I may already feel the cold and smell the grade, old Air, I may have been able to see someone coming towards me, spitting anger, fists Put it forward, but this is not true. I feel that horror is not real. (196)*

This incident in Datum, explains a flashback to Rachel's blindfold. It was then that when She closed her eyes, she recalled and felt when Tom calmed her down when she uncontrol while at the party. He also incents her mistreatment of Clara. But everything he felt was kind of unreal, like the suggestion that forced him to believe that he was committing the violence. In fact, it's all upside down, Tom being very rude to himself and Clara. But the trauma suggested that she was wrong and she was a bad woman.

### **Datum 14**

*Everything is a lie. I didn't expect him to beat me. I did not expect him He left me quickly, his fists clenched. I saw him turning around and shouting. I see He was walking on the road with a woman and I saw him in the car with him she was. I didn't expect and then I realized it's all very simple, very very simple. I do remember, but I confused the two memories. I inserted The image of Anna, leaving me in her blue dress, walking to another Scene: Tom is driving with a woman. Because of that woman Instead of wearing a blue dress, she was wearing jeans and a red T-shirt. she was Megan (197)*

This Datum shows memories that he didn't get cruel treatment from the man. Rachel has memories of the man walking with the woman and getting in the car. But Rachel is confused by her memories. Because there are two memories coming in. Is Anna in her blue dress. But in other memories Rachel remembers the woman not wearing a blue dress but jeans and a red T-shirt. That's Megan.

## **2. Arousal Symptoms**

Patients with post-traumatic stress disorder feel alert after a traumatic event. This is called increasing emotional arousal. According to the research of Davison et al. (2012), people with PTSD will have difficulty falling asleep or falling asleep, irritability or outbursts of anger, deep sadness, anxiety, inattention, excessive vigilance, and exaggerated startle responses. Rachel's case is in line with Davidson's (2012). Can be seen in the details below:

### **Datum 15**

*I was so angry, my head fell asleep deeply. When I drink, I can hardly sleep. I caught a cold and fever for an hour or two, and then I woke up, afraid of getting sick, and got sick myself. (20)*

In this Datum explains about Rachel's sick condition and the fear of drinking. It left Rachel unable to sleep at all. The Datum is thus included in the Arousal Symptoms.

### **Datum 16**

*I'm scared, but I'm not sure what I worry about, this will only increase the fear. I don't even know what to fear. (29)*

Rachel's feelings for datum show fear, but she doesn't know what she's afraid of. Rachel was just scared, afraid to make her fear worse. This datum goes into Arousal Symptoms because of Rachel's unclear fear.

### **Datum 17**

*I feel lonely in pain. I became lonely, so I drank a little, then drank a little, and then became lonely, because no one likes to get drunk. (59)*

Rachel in this Datum feels very down and lonely because of her suffering. Rachel drinks again and feels more lonely because no one wants to be around drunk people. Because Rachel drinks that makes her more lonely, it is included in Arousal Symptoms.

### **Datum 18**

*I read it on Facebook that morning. Not shocked-I knew she was having a baby, (...) I was angry. I am upset. Maybe I am taking revenge. Maybe I thought I would tell them that my troubles were real. I do not know. I did a stupid thing. (59)*

In this Datum describes the situation when Rachel found out something that shocked her after reading something on Facebook. It makes Rachel feel angry, and feels like she's done something stupid.

### **Datum 19**

*They look at me with disgust, no one will listen to me, and no one will let me tell them how sorry I am. I feel very bad, in the extreme, I don't think I have done anything. I woke up, and I knew that the dream must come from an ancient memory, an ancient transgression-whichever it is now. (141)*

At datum 19 describes Rachel's dream memories. Rachel feels so guilty but no one will listen to how guilty and sorry she is. Because everyone looked at Rachel with a disgusted look. Arousal Symptoms on Datum was at Rachel's very guilty feelings and made her very sorry.



## **B. The Symptoms of Anna's Traumatic Experience**

Symptoms of trauma experienced by Anna is when she often feels confused about what is going on in her household with Tom. Besides, Anna is often afraid of the threats given by Rachel, she is worried that Rachel will hurt her child. However, the symptoms experienced by Anna are not described too much in the novel *The Girl On The Train by Paula Hawkins'*. She began to experience post-traumatic symptoms, including avoidance symptoms, re-experiencing symptoms, and arousal symptoms.

### ***1. Avoidance Symptoms***

According to the study of Davison et al. (2012), avoidance of symptoms is an attempt by someone to avoid a traumatic event. People with post-traumatic stress disorder try to avoid things that have in common when a traumatic event occurs, so as not to trigger someone to remember the traumatic event he has experienced. In Anna's case, data has found that in accordance with the opinion of Davidson.

### **Datum 20**

*Actually, this is stupid, because what I have now is a million times better, and I have sacrificed for it. Now I just need to protect it. So here I am sitting in a stuffy room, trying not to think about Megan. I tried not to think about her, I would jump every time I heard a sound, and I would wince when the shadow passed through the window. This is unbearable. (129)*

In this Datum describes the feeling of Anna who feels better a million times and has been very sacrificed. Anna tries to avoid thinking about Megan until she becomes so afraid of the little things like there's a little voice and a shadow in the window. Anna who avoids to think of Megan belongs to Avoidance Symptoms.

## **Datum 21**

*There is a voice in my head saying, put it back and forget it, but I can't. I pressed the power button hard and waited for the screen to light up. (193)*

This Datum tells the story of Anna who has a whisper in her head. The whisper told Anna to put something back and forget about it. Anna, however, distracts the whisper with a loud power button, and waits for the screen to turn on. Avoidance Symptoms on this Datum is found in Anna's attitude that switches the voice on her head by pressing the power button hard.

## **Datum 22**

*I will. There will be a beep and a pause, and then I will hear her voice. Her voice, not his voice. Hi, it's me, leaving a message and my heart stops beating. It's not his phone, it's hers. I play again. Hi, it's me, leave a message It's her voice I can't move, I can't breathe. I play again and again. My throat closed, it felt like I was going to faint, and then the light upstairs turned on (195)*

This situation on Datum shows when Anna hears a message from a cell phone. The more he hears his voice, the more he recognizes it. And it keeps repeating itself, making Anna feel unable to move, unable to breathe. Avoidance Symptoms on this Datum is when Anna feels unable to move and breathe because she hears a woman's voice on a cell phone message that she recognizes.

## **Datum 23**

*I stood up and left her. I hate her telling men This. I am troubled with myself because I think I do believe her. I think i have Always knew that Tom was lying. It's just that his lies in the past tended to me. (202)*

This datum shows the situation where Anna tries to get away from her. Anna was upset to be told something from her. Anna regrets trusting her. The woman tells Tom's lies, and Anna doesn't accept that because she actually knows tom often lies, but at that point her lies tend to match Anna's.

## **2. Re-experiencing Symptoms**

According to the research of Davison et al. (2012), people with post-traumatic stress disorder, memories of recurrent and intrusive painful events, including images, thoughts or concepts, repeated painful events, dreams, behaviors or feelings like traumatic events recurring, Strong psychological distress when exposed to a symbolic or similar aspect of a traumatic event, and physiological reactivity when exposed to a symbolic or similar aspect of a traumatic event. Anna's case is very much in line with Davidson's theory (2012). Can be seen in the information below:

### **Datum 24**

*She may be right. But then I thought about her entering my house Bringing my baby, I remember the fear I felt when I saw her fall down with Evie Fence. I remembered the terrible, cold smile she gave me when she saw me She is outside Shipwell's house. Sheriff Riley doesn't know how Rachel may be dangerous (130)*

At this Datum it tells about Anna who thinks about the little and cold smile that Rachel gave her. It reminds Anna of the terror she had experienced when she saw him near Evie near the fence.

### **Datum 25**

*I did my best to throw the phone on the fence; it landed somewhere on the edge The gravel on top of the embankment. I think I can hear it rolling Go to the track. I think I can still hear her voice. Hello there. it's me. leave a message. I think I might hear her voice for a long time. (188)*

This situation with Datum shows when Anna threw the phone as far as she could. However, Anna felt that she could still hear the voice of the message from the phone that was ringing in her head.

## 2. Arousal Symptoms

Patients with post-horrible pressure problem feel alert after an awful accident. This is called increasing emotional arousal. According to the research of Davison et al. (2012), people with PTSD will have difficulty falling asleep or falling asleep, irritability or outbursts of anger, deep sadness, anxiety, inattention, excessive vigilance, and exaggerated startle responses. Anna's case is in line with Davidson's (2012). Can be seen in the details below:

### Datum 26

*"I feel jealous. For the first time in history, I made him envious and luxurious. He dressed neatly, left the house, and ran around all day for the purpose of getting a salary. (177)*

In this Datum conveys about Anna who is envious to see a person who has luxury, good makeup and has a salary. Arousal Symptoms on This Datum is anna's moment of jealousy for the woman.

### Datum 27

*I feel sick. I knelt down and flipped through my schoolbag. All his things are there, ready to use after washing, and his iPod Shuffle is his only trainer. I have never seen a call.*

This situation in Datum explains Anna's sick feelings. Made him tear apart the contents of the bag and found a cell phone he had never seen before. This feeling of pain is Arousal Symptoms that make Anna tear apart the contents of the bag.

### Datum 28

*What happened, I am not going to ignore it. I'm tired of not being told worry. Tell me he will sort things out, talk to her, and finally she left, I felt very tired. (169)*

In this Datum conveys the feeling of Anna who feels tired when told not to worry, and Anna Tired to ignore it. Arousal Symptoms on this Datum is anna's feeling that has tired of being told about everything will be okay. That he's going to take care of everything. But in the end he'll still be leaving.

### **Datum 29**

*But this is not enough, because I am also very tired. I want to have a conversation about money and our situation, but it will not end until he just walks out of the room. Of course, I don't say that. On the contrary, I broke my promise to myself, and I continued to mention Rachel. (172)*

At this Datum, Anna wishes to reveal that she wants to discuss money. But Anna didn't say that. He just mentioned Rachel, it's a friend Anna's tired of.

### **Datum 30**

*I went back to sleep, but I couldn't sleep again. All I can think of is the phone in the bedside drawer. I glanced at Tom, lying down, stretched out my left hand, and threw my head back. It can be seen from his breathing rhythm that he is far from conscious. I slid off the bed, opened the drawer, and took out the phone. (194)*

In this Datum describes a situation where Anna feels unable to sleep again. He just thought of the phone in the bed drawer, and wanted to move on to pick it up. Seeing Tom asleep and listening to the rhythm of his breath indicates that Tom is already very asleep, further strengthening Anna's intention to move to pick up the phone in the bed drawer. Anna's sleeplessness is arousal symptoms that make her think about the phone in the bed drawer.

### **C. The Symptoms of Megan's Traumatic Experience**

Megan's awful mishap was the deficiency of her family, children and siblings. Megan lost his sibling on the grounds that the truck slammed into the cruiser driven by his sibling. At the point when the mishap occurred, Megan was all the while riding a cruiser with her sibling, however Megan was as yet protected. Megan likewise lost her youngster due to her heedlessness. At the time Megan's condition, she was unable to control herself and overlooked the child. Losing them left a profound lament and awful injury, which caused Megan to feel exceptionally regretful of her own due to the unfortunate occasions that her child and sibling endured. At whatever point she found something identified with a mishap, the injury of the mishap that she encountered consistently pained her. As of now striving to adapt to her awful experience and attempting to break the manifestations of post-horrendous pressure issue.

However, sometimes her efforts will encounter some obstacles, this is due to her trauma that caused her to take avoidance actions. She developed adaptive strategies to free herself from traumatic experiences. Megan's first step in facing her painful experience is to become a nanny. Even though becoming a relative of a baby might have some terrible consequences for her, she decided to become a nanny. Becoming a nanny means that she faces her trauma directly. Although she already felt unwell.

#### ***1. Avoidance Symptoms***

According to the research of Davison et al. (2012), avoidance of symptoms is an attempt by someone to avoid a traumatic event. People with post-traumatic stress disorder try to avoid things that have in common when a traumatic event

occurs, so as not to trigger someone to remember the traumatic event he has experienced. In Megan's case, data has been found that corresponds to the opinion of Davidson.

### **Datum 31**

*"I was sitting on the sofa in his living room with a glass of wine in my hand. He came in from the kitchen, sat next to me, and approached comfortably. If I can, I will come here every day for an hour or two. I'm sitting here Drinking, feeling his hand brushing mine I leaned on him, leaned on his warm body. he lets me. "(165).*

For this situation, Megan can't actually control herself. In addition, she can't defeat the things that undermine her family. She did everything to make herself agreeable. At the point when she is disturbed, she won't attempt to be OK with her significant other. Actually, he trusts that others can quiet down under all conditions. As she moved toward her significant other, she demanded getting along, yet felt no encouragement until she had trust.

### **Datum 32**

*I hate this. I hate insomnia the most. I just lie there with my brain spinning, ticking, ticking, ticking, ticking. I am itchy all over. I want to shave my head. I want to run. I want to travel from top to bottom in a convertible. I want to drive to the coast-any coast. I want to walk on the beach. My brother and I will be a stumbling block to travel. We have this plan, Ben and I. Well, most of it is Ben's plan-he is a dreamer. (15)*

In this quote shows the condition of Megan who could not accept the insomnia she suffered. He did the refusal by saying "I want to run, I want to shave my head" He couldn't accept the fact that his brother had died. In fact, they have a lot of plans together. Therefore there is avoidance symptom experienced by Megan.

### **Datum 33**

*Anyway. I think this is one of the reasons why I always refuse to open the door because I don't want to see Watsons. I partly hope that they can keep going. (18)*

In this condition, Megan again experienced avoidance symptom when she saw the Watsons. He's rejecting the Watsons and hoping they move on. the condition indicates that Megan has a traumatic avoidance symptom to the presence of the Watson family.

### **Datum 34**

*The room was getting darker and darker until I came back there again, lying in the water, her body pressed against me, and the candles flickering behind my head. I can hear its dripping water, smell the wax, and feel the cold air on my neck and shoulders. I am heavy and my body sinks into warmth. I'm exhausted. Then suddenly the candle went out and I was very cold. It was really cold, my teeth were shaking on my head, my whole body was shaking. The house also felt like it was shaking, the wind was screaming, tearing the slate on the roof. (123)*

In this datum Megan again experienced avoidance symptom. At this stage if Megan returns to feel her trauma, she feels that her entire condition rejects this feeling. He's in a really bad shape. thus including avoidance symptom that rejects the state of trauma.

## **2. *Re-experiencing Symptoms***

According to the research of Davison et al. (2012), people with post-traumatic stress disorder, recurring and intrusive distressing events recall, including images, thoughts or concepts, dreams of repetitive distressing events, behaviors or feelings like traumatic events repetitively Appearance, strong psychological distress when exposed to a symbolic or similar aspect of a traumatic event, and physiological reactivity when exposed to a symbolic or similar aspect of a traumatic event. The



case experienced by Megan is very much in line with the theory of Davidson (2012). Can be seen in the description below:

### **Datum 35**

*If I turn here, I will pass by my gallery-what is my gallery, it is now an empty shop window-but I don't want to, because it still hurts. I tried my best to make it a success. (17)*

This datum shows the re-experiencing symptom Megan experienced when she passed through her gallery. She was traumatized when she passed through the gallery she recalled the accident that happened to her older brother. He still feels pain when it comes to flashbacks to the incident. Therefore, he suffered re-experiencing trauma due to past accidents that resulted in his older brother's death.

### **Datum 36**

*"I didn't say anything, but I couldn't help asking, because if I close my eyes, I will remember how I felt when I was on the edge of sleep, which reminded me to be awake. It felt like being alone in a dark house, listening to her cry, waiting to hear Mac's footsteps on the wooden floor downstairs, knowing they would never come. (154).*

Megan closed her eyes, feeling things bothering her. When she closes her eyes, the body's reaction makes her trauma automatically return to her mind, making her go back to the past or past events, the burns of the event and related objects gleaming until the death of her baby. "It seems like being separated from everyone else in a dim house, tuning in to her cry, holding back to hear." In these words, she felt the presence of her infant and her ex in her creative mind, however He felt that this was without a doubt reality. "*Feeling what I feel in a dark house*" is to show where the dark, cold, and lonely event occurred. "*Hear her cry*" communicated her sentiments as though she was tuning in to the kid's voice and cried when she was in clash with her significant other. "*Sitting tight for you to*

hear Macintosh's strides on the wooden floor ground floor," this statement shows her when she was stirred by the sound of impressions crossing the wood that Megan had woken up from nodding off with her infant and got up to seeing her. a youngster who was solid and dormant. An accident leaves such deep trauma and fear. It is because of her carelessness that her child's life flows by itself.

### **Datum 37**

*"I feel as if I have been fighting, even though the fight is only in my imagination. In my mind, my thoughts keep spinning. I feel suffocating. What I know is that I felt much better a few months ago, but now I can't think, can't sleep, can't draw a lottery, and the desire to run has become overwhelming. At night, when I am awake, I can be quiet, but unrelenting, and undeniably hear its voice: a whisper in my head, slip away. When I close my eyes, my head is full of past and future life. "(163).*

According to the above statement, Megan's condition is not safe. Her response made her feel that she had made a big mistake. Although she experienced this feeling herself, she still felt the fight. This makes it difficult for her to calm down.

The PTSD symptom response is not only due to the amount of stress the patient suffers from the trauma or physical fatigue caused by the activity, but also the reaction experienced by the patient when performing activity-related things or objects on the limbs. She has experienced trauma, for example, only holding sharp Object, she will feel her hand shake suddenly.

### **3. Arousal Symptoms**

Patients with post-traumatic stress disorder will feel alert after a traumatic event. This is called increasing emotional arousal. According to the research of Davison et al. (2012), people with PTSD will have difficulty falling asleep or

falling asleep, irritability or outbursts of anger, deep sadness, anxiety, inattention, vigilance and exaggerated startle responses. Anna's case is in line with Davidson's (2012). Can be seen in the details below:

### **Datum 38**

*"I miss him every day. I think it's more important than anyone. He is the biggest hole in my life, in my soul. Maybe he is just the beginning. I don't know. I don't even know that it's really about Ben's is about everything that happened after that, and everything that happened after that" (24).*

Above is quoted Megan's feelings for her brother. She felt that the loss of Ben was the cause of her problem. Megan (Megan) is the only person in her family who has deeply lost her Ben. As the last sister he had, he really gave Megan (Megan) special attention and protection. Megan felt deeply saddened automatically because she never thought that her brother would die, and she had seen the tragic accident happen with her own eyes. From her experience, she got trauma and stress disorder from the accident.

### **Datum 39**

*"I can feel the butterfly now, and I start to get nervous. I am afraid of hitting Watsons, Because I am always embarrassed when I see them; Obviously, I have no new job, I lied because I didn't want to continue working for them."(34)*

The quote *"I can feel the butterfly now, I'm beginning to be nervous."* The turbulent reaction of her body and the feeling of nervousness indicate that Megan is in a state of anxiety. "I'm afraid of bumping into Watsons because I am always embarrassed when I see them." Megan worried that her anxiety was not

temporary, but appeared every time she went out. She was afraid of meeting the Watsons.

Megan's emotional changes will affect not only the person who caused her injury, but also those around her, for example, Megan opposed her husband and the psychiatrist. The family conflict that Megan experienced did not keep her vigilant, nor did she intend to avoid her husband because she had cheated on her.

#### **Datum 40**

*"When I returned to Blenheim Road, it was almost nine o'clock, I saw her corner, walked towards me, and pushed the carriage in front of her. This The child did not speak once. She looked at me, nodded, and gave me one Those faint smiles, I will not come back again. Usually, I pretend to be Very good, but this morning I feel as real as I am. I feel very tall, almost like tripping, if I try, I can't pretend to be good" (67)*

The quote above describes how Megan felt when meeting a child. This is one of the causes of trauma. She tried to be friendly because she tried to avoid being hospitable to her children. Although she often does this, the traumatic reaction still exists and she loses consciousness. Therefore, every time she sees the child, she still feels unwell.

The indirect symptoms of PTSD that the patient may appear due to excessive vigilance are psychological, leading to conflict of thinking and another trauma. Therefore, the method that patients can easily achieve is to keep their distance from others (especially certain related persons).

#### **Datum 41**

*Megan's insomnia has also been affirmed by her husband. Scott asserted that his wife was "difficult to fall asleep" and "began a certain year last year" even though he "[cannot remember the exact time" (98).*

The reason Megan has difficulty falling asleep is her family problems. She felt that she was disappointed with her husband who wanted to have a baby, but Megan was unable to fulfill her husband's wish because of the baby's injury.

#### **Datum 42**

*"I can still feel it," I told him. "At night, I can still feel it. It's what I fear, what keeps me awake: the feeling of being alone in that house. I'm so scared-too scared to sleep. I just walked around in those dark rooms and heard her crying, and I smelled her skin. I saw I want to wake up at night and make sure there are other people in the house with me. I thought I was going crazy. I thought I was going to die. I thought maybe I would stay there and someone would find me someday. At least then I won't leave her." (115).*

In this sentence, Megan showed her panic, an excessive fear that made her feel her baby beside her body, listening to her crying and smelling her. In her opinion, if she can turn back time, she hopes to see her children under different circumstances. She felt that she had to pay for the baby's activities so that she looked forward to seeing her again and promised to really take care of her.

#### **Datum 43**

*"... [Tom] wants to have a baby. Megan keeps saying she's not ready yet.... "It's one thing. . . (They) sometimes argue about it" (125).*

Although Megan is struggling to cope with her trauma, it is still difficult to have children. Megan was constantly urged by her husband to have children. Megan feels uneasy pushing her husband. In the end, she felt guilty because she always made her husband feel unhappy.

The contention with the spouse isn't simply identified with having a kid, yet in addition to the sensation of a therapist. This additionally upset her reasoning. She understood and imagined that she had disillusioned her better half, however added another agony. She enjoyed her therapist, Kamal Abdic, in light of the fact that his delicate character ultimately made Megan keen on moving toward him. Megan was keen on the standard, yet in addition turned into a lady who went to Kamal for help. In this manner, when she feels bad tempered and confounded, she likes to go to Kamal rather than her significant other.

#### **Datum 44**

*"I can't sleep in this kind of heat. Invisible bugs crawled on my skin, I have a rash on my chest, and I feel sick. Scott seemed to exude warmth. Lying next to him is like lying next to a fire. I was too far away from him and found myself close to the bed, the sheets being thrown back. This is unbearable." (129).*

The quote above tells Megan's feeling of insomnia. She even felt that Scott made her uncomfortable, so she couldn't sleep. Trauma symptoms and positive symptoms. According to the research of Davison et al. (2012), people with PTSD will have difficulty falling asleep or falling asleep, irritability or outbursts of anger, deep sadness, anxiety, inattention, vigilance and exaggerated startle responses. The type of arousal symptom that occurs in Megan is difficulty to fall asleep.

## Datum 45

*"Megan.' Whenever he says my name, he gets worse. He stood up, turned around, and left me. He stood in the middle of the room. "Come on," he said, his voice sounded very business-even savage.*

*"Sit down." I followed him into the middle of the room with one hand on his waist The others leaned on his chest.*

*He took my wrist and left me. 'No, Megan. you cannot. . . we cannot. . . He turned and left.*

*"Kamaal," I said, my voice was ringing. I hate its sound.' please. "This . . . Here. This is inappropriate. Trust me, this is normal, but. . I told him I wanted to be with him.*

*He said, "This is a transfer, Megan." 'It happens from time to time.*

*This also happened to me.*

*I really should have introduced this topic last time. Sorry. 'Then I want to scream. He sounded so plain, so bleeding, so common. "(136).*

The angry reaction at her sensitivity finally reached its climax as the above quote was expressed not only in words but also in attitude. Quote "I put him in the center of the room with one hand on his waist and the other on his chest. He put his wrist around me, then pulled me away, which shows that she too reacted with her attitude, which was followed by her psychiatrist. Her anxiety shows that her judgment is not good, *"every time she says my name is inferior."* Another reason is that Megan (Megan) cannot get what she wants because she feels that she is unable to express her wish. Megan couldn't accept it and finally felt very angry. There is an angry tone on the program: *"I wanted to scream then"*

The case also had a lasting impact. When she could not fulfill her wish and did not get out of trouble, Megan became increasingly unable to control her emotions. This was because she found herself in a very uncomfortable condition and was frustrated.

## Datum 46

*"I withdrew angrily, angrily. He tried to hug me, but didn't. I was Yell at him and tell him I am not disgusted with his work. He is trying Let me be quiet- I worry about the receptionist's thoughts, What other patients think.*

*He grabbed my shoulder, his My thumb drilled into the flesh on the top of my arm and told me to calm down Stop acting like a child. He shook me hard. I thought for a while that he was going to pat my face. "(137).*

Megan's statement showed her angry and rude emotional state. Not only that, she is also naive, immature, and very unconscious. Due to anxiety, excessive anger patients with PTSD symptoms may not be directly affected by the body. Megan also happened to be.

#### **Datum 47**

*"I'm scared," I told him. "What if I do something wrong again? If anything Do I have any questions? What if Scott has a problem? What if I live alone again? I don't know if I can do it, I'm scared to be alone again – I mean, alone with the child..." (154)*

Datum 47 shown that how Megan is feeling. Megan feels restless, scared, insecure and insecure about her job. Fear made her feel overly alert, as in her new life she was worried about making the other blunder and disappointing her husband.

#### **Datum 48**

*"My legs are trembling, my knees are beating violently, as if on the manipulator's strings. I stood up and stopped. I walked to the kitchen door, then came back, holding my palm. "We are both so stupid," I told him. 'We didn't even really realize what happened, we just brought in. I did not go to the doctor, I did not eat the right food or take supplements" (168).*

Datum 48 shown that her feet were cold and her knees twitched. There are signs in certain parts of the body that the patient is feeling excessively anxious, because a depressed physical condition may react to the body.



## D. The Ways of the Characters Resolve Their Trauma

Paula Hawkins' novel *The Girl on the Train* (*The Girl on the Train*) overcomes the trauma of the characters in a different way. Rachel overcame the trauma she suffered, that is to say, she began to slowly get rid of her bad habits, such as thinking positively after leaving the drink. In this way, he began to feel that he was still alive and began to rearrange his life. Although sometimes he was still shrouded in the shadow of trauma, he slowly and surely began to accept everything with confidence.

In addition to doing positive things, Rachel also tried to get along with Anne's house, but when Rachel arrived in front of Anne's house, she saw Anne's child alone in front of the house and Rachel she tried to hug him, but when Rachel wanted to do that, suddenly Anna walked over with a less friendly face and tried to snatch her son from Rachel's arms. Rachel tried to explain to Anna, but it turned out that Rachel's arrival made Anna feel terrified.

### 1. Rachel

Rachel's way to deal with the trauma she has experienced is by making peace with her past and trying to accept all the realities that are happening in her life.

#### Datum 49

*“Regarding the child, I am better now; I have been better since I was alone. I have to read books and articles, and I realized that I must accept it. With strategy, there is hope. If I reorganize myself and stay awake, then I may accept it. And I'm not thirty-four years old-it's not over yet. I'm better than a few years ago, when I once gave up my trolley and left the supermarket if it was crowded with moms and children. I couldn't sit near the playground in a park like this, watching the chubby child slide down the slide”.*

This Datum shows that Rachel has found a solution to her trauma. Rachel has the trauma of being abandoned by her husband on the grounds of not being able to

deliver a child. it, made him depressed and started drinking alcohol. however, when she started reading books and articles related to children she felt her life was again hopeful. She can have children without having to conceive by going through adoption. It has been able to overcome his trauma to children.

### **Datum 50**

*On the train home, I analyzed all the ways that went wrong today, I am not surprised by my fear. Thinking It, I know why this happens: I didn't drink last night, and I don't want to There is one now. I divide for the first time in history My own pain I have a purpose or at least, I am distracted.*

This quote shows that Rachel started to leave her drinks behind. There was something that attracted her and distracted her from the effects of her trauma. It was Megan's disappearance that made her think hard about dismantling it because she was on the scene at the time, but didn't remember it because of alcohol. This included a way to remove her trauma from her past marriage to Tom.

### **Datum 51**

*Now, I'm almost dumbfounded, I want to call Tom. I do not want to know What I did and said that Saturday night, but I must find out. May jog something. For some reason, I am sure I am missing something, important things.  
Maybe this is just self-deception, or another attempt Prove to yourself that I am not worthless. But maybe it is true. (108)*

This datum shows that he's already aware of tom's true nature. "I'm going to call Tom" means that he already suspects Tom with this. He realized that Tom wasn't a good man. Tom's treatment led to Megan's death. This becomes the overall problem of resolve in this novel.

## Datum 52

*My head was so full in those days that I forgot to worry about Tom and Anna, the police and the photographer. Before I knew it, I was at Scott's door, knocking the doorbell, the door was opening, I Excited, although I shouldn't, I don't feel guilty about it, because Megan is not what I think. Only it, I saw it. It's so shocking,*

*I can hardly believe it, but as I Watching the sun rise, it feels like fog is rising. What he told me was a lie.*

*I do not Imagine him hitting me. I remember that. Like i remember farewell Clara and her hand held me after the party. Like i remember fear When I found myself on the floor next to that golf club-now I know,*

*I must know that I am not the one who rocked it. (196)*

Rachel's greatest trauma is her marital past and the domestic violence. It made him depressed and thought about it all the time. However, with Saturday night's case, his mind was full and no longer thought about the trauma he was dealing with. Of course this becomes a problem solving for Rachel to overcome her trauma.

## 2. Anna

Anna's way to deal with the trauma she has experienced is to make peace with her husband's past and try to accept all the realities that have happened in his life. The story of Anna in the novel *The Girl on The Train* is not explained much by the author so the researcher feel difficult to find data.

## Datum 53

*"I was upstairs, put Evey down, I thought this was me Want it, don't you? Rachel will disappear forever once and for all, and will never come back again.*

*This is what I dream of. Well, obviously not exactly that. but I do hope she is gone.*

*I dream of living a life without Rachel, and now I can have one. As it should be, there are only three of us, me and Tom and Evey. "(235)*

From the above, it can be seen that Anna thinks she will continue to live without Rachel. Rachel continues to haunt her life and live happily with Tom's small family. That way his trauma to Rachel could be lost. She is deeply disturbed by Rachel's presence which is the past of her husband Tom. So he thought that his life was more beautiful and happy if without Rachel. It was in that way that Anna thought she could solve the problem.

### 3. Megan

Megan's way to deal with the trauma she has experienced is by consulting to a psychiatrist and telling everything.

#### **Datum 54**

*It is undeniable that talking to Kamal helped me. I like I like him. He makes me happier. Now, all these things are not done yet-I have never gotten into the crux. Of course, this is my fault, because I behaved stupidly like a child, because I don't like being rejected. (119)*

In this quote shows that Megan actually got a solution to her problem. He begins to talk to Kamal, who is a psychologist. He told me all about his problems and got Kamal's advice. So that way, she can vent all her trauma and make her calmer.

#### **Datum 55**

*"I found myself standing in front of the closet, staring at a hundred points Time on the rack of beautiful clothes, this is the perfect wardrobe for managers Small but advanced art gallery. It said nothing about "nanny". God even One sentence makes me want to disgust. I put on jeans and a T-shirt and shaved my hair Back. I don't even wear makeup. Meaningless, meaningless, Dress up to live with babies all day? "(27)*

In the above statement, Megan indirectly expressed her protest. She proved that she didn't really like the fact that she had already faced by changing her appearance. She thinks that if she dresses well, she will get something exciting.

However, Megan did not give up because that problem. She was really sure to become a nanny. Although Megan thinks it will become a burden on her mental state, she will try to deal with her situation well. She strives to be herself, showing her brave characteristic.

Megan's attitude described above indicates that Megan has tried to adapt to the environment in addition to her trauma. She did so on the advice of her husband. So Megan desperately needs support from her husband because she knows that being a nanny will be difficult and not as usual. therefore, a more indispensable understanding.

#### **Datum 56**

*"Scott encouraged me-he had passed the moon when I suggested. He Think that spending time with the baby will make me daze. In fact, it is doing Just the opposite; when I left their house and I ran home, I couldn't wait Take off my clothes and take a shower to wash away the baby smell from me. "(28)*

Datum 56, shows that her attitude in deciding to become a nanny has earned her attention. She thinks if she becomes a babysitter then her trauma to the baby can be reduced. It can bring goodness to Megan and her little family. At least, with that he's trying to fix his trauma.

#### **Datum 57**

*"There is no reason to blame him for this. It was my idea. I volunteered Do this and become a nanny for people on the road. At that time, I Thought it might be interesting. Completely crazy, really, I must be crazy. Bored, angry, curious. I want to see. I think after I heard her idea I was yelling in the garden, I want to know what happened. Not that I asked, of course. You really can't, can you? (28)*

Datum, 57, pointed out that Megan had tried to dispel her traumatic experience. she became a nanny because she wanted to forget the bad thoughts that happened in her life. It was a distraction for Megan not to think too much about her trauma. Megan's treatment is in accordance with the opinion, Scoot & Strading that a person with a sense of trauma is advised to look for other activities that are not related to his trauma so that his attention can be distracted and happier.

## **CHAPTER IV**

### **CONCLUSION AND SUGGESTION**

In this chapter, researchers will provide conclusions and suggestions from this study. The conclusion is to answer these questions, while advice is given to further researchers and students majoring in English literature.

#### **A. Conclusion**

This section summarizes two discussions. The first is the PTSD type of the character's traumatic experience and the way the character responds to the traumatic experience. Researchers use the concept of traumatic events, especially the concept of PTSD to concern on the both research questions. These three characters have three trauma symptoms proposed by Davison (2012). The three types of trauma are avoidance symptoms, experience symptoms and arousal symptoms.

Rachel experienced three types of traumatic symptoms. There are avoidance symptoms, recurrence symptoms and arousal symptoms. In order to avoid symptoms, Rachel always feels that she rejects feelings related to the past. Anna is always angry all her life. Rachel also experienced re-experienced symptoms. When she is moved by something, she always thinks of the past. Anna also has difficulty falling asleep, is irritable and is a drinker, which is one of the symptoms of arousal.

In this novel, Anna didn't not have many special traumatic symptoms. She has three symptoms like Anna, but not many. This makes it difficult to socialize well, and speaking and what people say becomes more offensive.

The traumatic experience discovered in Megan's case adversely affected her married life because she had an affair with Rachel's ex-husband and psychiatrist. Conflict in thought is become a main factor in her trauma disorder because her expectations of life were different from reality. Losing a baby hinders her chances of achieving her live intention with her husband to have a beautiful live together. But her brother's dead made her feel lonely Her trauma also adversely affected her life. She clashes with other characters.

As a result of Megan's traumatic illness, her relationship with the social became unfriendly. She rebelled against her husband who always cared about her and wanted a child from her. This right keeps him in touch with psychiatrists. however, it is undeniable that Megan has a big problem which is her affair with Anna's husband or Rachel's ex-husband. Megan can't maintain her relationship, all she matters is finding happiness for herself because she feels very lonely about what's going on in her life.

## **B. Suggestion**

At the writing of this research, the author realizes that in writing this research, there are still many weaknesses and limitations that can be covered by further researchers. Researcher suggest that new researcher who feel drawn to the same object, the novel *The Girl On The Train*, can see the perspectives of other theories and approaches. If the next researcher is interested in matters relating to a post-



traumatic stress disorder, then it is advisable to understand the psychological illness better.

In this research, we can learn about a psychological disease that is post-traumatic disorder. We can find out the symptoms of post-traumatic stress disorder, and the way the main characters resolve their trauma. In addition, researcher hope this research can be useful for future researchers who are interested in the same object or theory. It also can provide benefits for the reader.

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## **CURRICULUM VITAE**



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