

**EDEN'S TRAUMA AND HER WAYS TO OVERCOME HER TRAUMA IN
AMBER SMITH'S *THE WAY I USED TO BE***

THESIS

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UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG**

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IN AMBER SMITH'S *THE WAY I USED TO BE***

THESIS

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MALANG**

2022

STATEMENT OF AUTHORSHIP

I state that the thesis entitled “**Eden’s Trauma and Her Ways to Overcome Her Trauma in Amber Smith’s *The Way I Used To Be***” 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 is responsible for that.

Malang, May 11th, 2022

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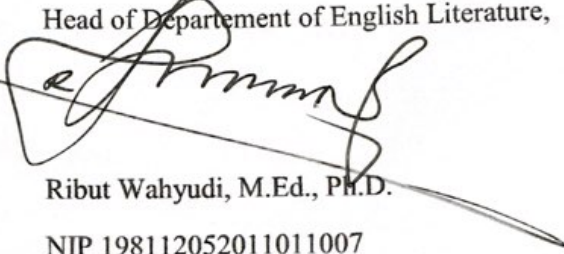
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MOTTO

“Being entirely honest with oneself is a good exercise.”

-Sigmund Freud-

DEDICATION

This thesis is proudly dedicated to:

My late beloved father, Mr. Ali Ahmadi Putra, and

My beloved mother, Mrs. Sa'adah;

My two sisters, Rani and Ratu;

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

My friends and everyone who have always supported me.

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Praise and gratitude are always given to Allah SWT, the God of the universe, who has bestowed grace and guidance so that I can carry out and compile this thesis well. *Shalawat* and greetings may always be poured out to our Prophet Muhammad SAW, who has guided us so that we could feel the blessings of Islam, the purest religion.

I realize that in the process of writing this thesis, there are many obstacles, but thanks to the help, guidance, cooperation from various parties, and blessings from Allah SWT, the obstacles faced can be overcome. I would like to thank my parents, who have raised me with love and affection, and provided prayers, motivation, enthusiasm, support, and struggle until I reached college. My deepest gratitude is also to my supervisor, Mr. Muzakki Afifuddin, M.Pd., who sincerely guided me in working on this thesis until the final stage.

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7. For myself, I want to thank myself for believing in myself, for doing all this hard work, for having no days off, for never quitting, for always being a giver, and trying to give more than I receive, for trying to do more right than wrong, I want to thank me for just being me all time.

I realize that this research is far from perfect. Therefore, I always hope for critics, corrections, and suggestions in order to achieve the best things from this research. I hope that this research can provide benefits and increase knowledge for various parties.

The Researcher,



Ira Atika Putri

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ABSTRACT

Putri, Ira Atika (2022) Eden's Trauma and Her Ways to Overcome Her Trauma in Amber Smith's *The Way I Used to Be*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Muzakki Afifuddin, M.Pd.

Keywords: Trauma, Psychoanalysis, *The Way I Used To Be*

Trauma generally affects someone who has experienced a very frightening, distressing, or life-threatening event. Recovery from a traumatic event is usually a painful and lengthy process. Everyone has their reaction to dealing with the trauma they have experienced. This study aims to find out what events caused Eden's trauma and the way Eden overcame her trauma in the novel *The Way I Used to Be* by Amber Smith. This research belongs to the category of literary criticism that uses Sigmund Freud's psychoanalysis as its research approach. This study is mainly using the trauma theory by Sigmund Freud, but also uses the supporting theory of Hapsari in the cause of trauma, and the theory of Melinda & Jeanne in overcoming trauma. The source of the data in this research is the novel by Amber Smith, entitled *The Way I Used To Be*. This study reveals that the cause of the trauma experienced by Eden was sexual abuse by Kevin. In this research, Eden's ways were also found to overcome the trauma she experienced. To overcome her trauma, Eden did several ways, that are trying to be honest about what really happened, giving positive suggestions for herself, trying to restore her identity as before the sexual abuse incident occurred, and Eden keeping herself from lamenting what has happened, and staying away from people who try to damage her mentally. Based on this research, the novel entitled *The Way I Used To Be* by Amber Smith can be used to illustrate how to deal with trauma well. For this reason, readers can use this novel as research material with topics other than trauma issues, such as how the personality changes of Eden's character after sexual abuse occurred.

ABSTRAK

Putri, Ira Atika (2022) *Eden's Trauma and Her Ways to Overcome Her Trauma in Amber Smith's The Way I Used to Be*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Muzakki Afifuddin, M.Pd.

Kata kunci: Trauma, Psikoanalisis, *The Way I Used To Be*

Trauma umumnya menimpa seseorang yang pernah mengalami peristiwa yang sangat menakutkan, menyedihkan, atau mengancam jiwa. Proses pemulihan dari peristiwa traumatis biasanya merupakan proses yang menyakitkan dan membutuhkan proses yang Panjang. Setiap orang memiliki reaksi tersendiri untuk mengatasi rasa trauma yang dialaminya. Skripsi ini bertujuan untuk mengetahui peristiwa apa yang telah menyebabkan trauma Eden, dan cara yang dilakukan oleh Eden untuk mengatasi traumanya dalam novel *The Way I Used to Be* oleh Amber Smith. Penelitian ini termasuk ke dalam kategori kritik sastra yang menggunakan psikoanalisis Sigmund Freud sebagai pendekatan penelitiannya. Secara garis besar, penelitian ini menggunakan teori trauma yang dikemukakan oleh Sigmund Freud, akan tetapi juga menggunakan teori pendukung dari Hapsari dalam penyebab trauma, dan teori dari Melinda & Jeanne dalam mengatasi trauma. Sumber data dalam penelitian ini adalah novel karya Amber Smith yang berjudul *The Way I Used To Be*. Studi ini mengungkapkan bahwa penyebab trauma yang dialami oleh Eden adalah pelecehan seksual yang dilakukan oleh Kevin. Di dalam penelitian ini juga ditemukan cara yang dilakukan Eden untuk mengatasi trauma yang dia alami. Untuk mengatasi traumanya, Eden melakukan beberapa cara, yaitu berusaha jujur tentang apa yang sebenarnya terjadi, memberikan sugesti positif untuk dirinya sendiri, berusaha mengembalikan jati dirinya seperti sebelum kejadian pelecehan seksual itu terjadi, dan Eden menjaga dirinya agar tidak meratapi apa yang telah terjadi, serta menjauhi orang-orang yang mencoba merusak mentalnya. Berdasarkan penelitian ini, novel berjudul *The Way I Used To Be* karya Amber Smith, dapat digunakan sebagai gambaran bagaimana mengatasi trauma dengan baik. Untuk itu, pembaca dapat menjadikan novel ini sebagai bahan penelitian dengan topik selain masalah trauma, seperti bagaimana perubahan kepribadian tokoh Eden setelah terjadinya pelecehan seksual.

البحث مستخلص

فوتري ، إيرا أتيكا (٢٠٢٢) صدمة عدن وطرقها للتغلب على صدمةها في أمبير سميت *The Way I Used To Be*. فرضية. قسم الأدب الإنجليزي ، كلية الإنسان ، مولانا مالك إبراهيم الجامعة الإسلامية مالانج. المشرف، مزكي عفيف الدين، م. ف.د.

الكلمات الرئيسية: الصدمة ، التحليل النفسي، *The Way I Used To Be*

صدمة عادة ما تكون شخصاً عانى من حدث مخيف للغاية أو حزين أو مهدد بالحياة. عادة ما تكون عملية الاسترداد للأحداث المؤلمة عملية مؤلمة وتتطلب عملية طويلة. كل شخص لديه رد فعله الخاص للتغلب على الصدمة التي يتعرضون لها. تهدف هذه الأطروحة إلى معرفة الأحداث التي تسببت في صدمة عدن ، والطريقة التي قام بها عدن للتغلب على الصدمة في الرواية *The Way I Used To Be* التي اعتدت أن أكون بها أمير سميت. يتم تضمين هذا البحث في فئة النقد الأدبي الذي يستخدم التحليل النفسي لسكمود فوآد كنهج بحثي. يستخدم هذا البحث نظرية الصدمة التي طرحها سكمود فوآد. مصدر البيانات في هذه الدراسة هو رواية من قبل أمير سميت بعنوان *The Way I Used To Be*. كشفت هذه الدراسة أن سبب الصدمة التي واجهتها عدن هي التحرش الجنسي الذي قام به كيفن. بالإضافة إلى ذلك ، هناك مكونات أخرى تدعم الزيادة في الصدمة التي يعاني منها عدن. في هذه الدراسة ، وجدت أيضاً الطريقة التي فعل بها عدن للتغلب على الصدمة التي عاشها. للتغلب على الصدمة ، فعل عدن عدة طرق. استناداً إلى هذا البحث ، يمكن استخدام الرواية *The Way I Used To Be* لأمبير سميت ، كتوضيح لكيفية التعامل مع الصدمة بشكل جيد. لهذا السبب ، يمكن للقراء أن يجعلوا هذه الرواية كمواد بحثية ذات مواضيع أخرى غير مشاكل الصدمة ، مثل كيفية تغيير شخصية شخصية عدن بعد التحرش الجنسي.

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CHAPTER I

INTRODUCTION

This chapter is written to discuss the background of the study and includes the reasons for choosing the research topic and some previous studies. After that, this chapter also writes down the problems of the study, the significance of the study, and the scope and limitations in the next section. In this chapter, the Researcher also provides several definitions of key terms to make it easier for readers to understand the content of the study.

A. Background of The Study

Today, in the reality of life, we often hear or say the term trauma. Usually, this condition is spoken by people when they encounter problems that are experienced repeatedly, in succession, so those who experience them are unable to respond, face, and overcome them. Trauma can be described as a wound that occurred in the past but is still remembered today. If someone who is traumatized sees events related to past injuries, they will feel scared and even depressed. Each person has an event that can be a trigger for each trauma. Such as having experienced sexual abuse, loss of loved ones, natural disasters, or accidents.

According to the *Diagnostic and Statistical Manual of Mental Disorders*, 5th Edition (DSM-5) defines, trauma is an event that causes injury when a person is hit by death, sexual abuse, and others. The severity or lightness of an event will be felt differently by each individual, so the effect of this on a person's behavior

will also differ from one person to another (American Psychiatric Association, 2013:271). These events are generally not easily lost in the memory of the person who experienced it. In addition, trauma is usually also referred to as events that can cause excessive stress in the person experiencing it.

The process of recovering from a traumatic event is usually a painful and lengthy process. Everyone has their own reaction to dealing with the trauma they experience (Christianson, 2014). For example, taking a trauma healing approach is usually used in a healing process after a person's trauma has been experienced. So that he can continue his life without having to keep on remembering or being shadowed by events that have happened before.

There are many novels that tell about trauma. For example, in the novel *Hannibal Rising* in 2006 by Thomas Harris, it is said that the main character Hannibal is someone who is traumatized by the loss of his parents after the war between the Nazis and the Soviet Union and the sudden death of his uncle. In addition, there is also a novel by Zhang Ling in 2006 entitled *Yu Zhen*, which has been translated into English as *AfterShock*. This novel tells about the trauma experienced by a family due to an earthquake that causes the family to be separated from one another. It is told that the character Xiaodong feels deeply traumatized, a feeling of worthlessness because her mother prefers to save Xiaoda, who is her twin sister, in the disaster that befell them.

Next is the novel *Thirteen Reasons Why* by Jay Asher, which was published in 2011. This novel tells that the trauma experienced by a high school student made

her feel intimidated by several people at her school. So that at one time, the trauma she experienced made her decide to end her life. After that, there is also a novel by Wendy Corsi Staub entitled *Scared to Death*. The novel tells the story of Elsa's character, who is traumatized after the kidnapping and murder of her adopted daughter a few years ago. So that when she returns to have an adopted child, Elsa's character becomes very protective because she feels traumatized by the incident that happened to her adopted child that previously would also happen to her new adopted child.

In addition to those mentioned above, also included in the novel *The Way I Used To Be* by Amber Smith. Amber Smith is a bestselling author for the New York Times. She was born in Buffalo, New York, on March 2nd, 1971. Amber Smith is a writer and artist who grew up in Buffalo, New York, and now lives in Charlotte, North Carolina. She writes in the hope that her books can help drive change and spark dialogue around issues of gender violence and LGBTQ equality. *The Way I Used to Be* (2016) is the first book she wrote, then followed by books entitled *The Last to Let Go* (2018), *Something Like Gravity* (2019), and her latest book entitled *Code Name: Serendipity* (2022). When not writing, she works as a curator and freelance art consultant.

The Way I Used to Be by Amber Smith is a novel that tells about the main character, Eden McCrorey. A fourteen years old girl had been raped by her brother's friend while Eden was sleeping. It tells the story of the impact of sexual abuse she experienced, like deep trauma. However, besides that, it also shows the strength of an Eden when she experiences unbearable disappointment and pain from

adolescence, first love and first heartbreak, friendship breaks, and after that is rebuilt while learning to embrace the strength to be able to survive with pain and trauma, which she hid in her heart.

The reason why the researcher chose this novel and conducted research on this topic is that the researcher is interested in discussing the trauma and also the ways that Eden's character deals with the trauma she experienced through an analysis of the character's background after sexual abuse. Apart from this, another reason is that, in fact, many people are still confused about how to deal with trauma. So that not a few people use powerful ways and endanger themselves to deal with trauma because they can no longer be haunted and imagined by the fears of trauma. In the novel *The Way I Used To Be*, the ways used by Eden's character to overcome her trauma are still considered healthy ways and thoughts. So that by making this novel an object and raising the topic of research on trauma and ways to overcome trauma, the researcher hopes that readers who have experienced trauma can choose healthy ways in trying to recover from their trauma.

The first previous research by Merve Sarikaya Sen (2018) was entitled *The Trauma Betrayal in The Good Soldier*. The theory used in this journal is trauma theory. The results of this study are about the impact of trauma that does not stop showing the traumatic memories of John Dowell's character in the novel. The reason the researcher took this previous study is that this study it discusses the traumatic impact experienced by the characters in the novel. Hence, it is in accordance with this research.

After that, there was a study by Sabrina Silmi Aulia et al. (2019) entitled *Betrayal Trauma in Heather Lloyd's My Name Is Venus Black*. The theory used in this journal is the theory of literature and psychology by Wellek and Warren. The results of this study are to reveal the truth that the trauma of betrayal can occur to the main character because of the depression and anxiety problems that he has experienced. The researcher took this previous research because this study discusses the trauma experienced by the characters in the novel, so it is in accordance with this research.

Another previous study was researched by Hesty Ambar Ningrum et al. (2019) with the title *The Portrayal of The Main Character's Persistent Depression In The Way I Used To Be By Amber Smith*. The theory used in this study is a purely psychological theory that discusses depression, Legg. The results of this study are data from the most common depressive symptoms experienced by the main character is a negative attitude. The reason I took this previous research is that this study uses the same novel object, so it is in accordance with this research.

Furthermore, research by Roz Salahuddin Ahmed (2019) entitled *Trauma in Toni Morrison's Novel God Help the Child*. The theory used in this journal is trauma theory. The results of this study are about the traumatic situation experienced mainly by the protagonist in the novel, its implications, and the transformation achieved by the protagonist. The reason researcher took this previous study is that this study it discusses the traumatic situation experienced by the characters in the novel, so it is in accordance with this research.

Another previous study was researched by Fadila Rahma Sari (2019) with the title *Eden McCrorey's Trauma and Personality Development In The Way I Used To Be Novel By Amber Smith*. This study uses psychoanalysis. The result of this study is that trauma caused the development of Eden's personality to be disrupted during her teenage years. The reason researcher took this previous research is that this study discusses trauma and also uses the same novel object, so it is in accordance with this research.

After that, there was a study by Zhao Qing (2020) entitled *Interpretation of Celie's Trauma in The Color Purple from the Perspective of Trauma Theory*. The theory used in this journal is Sigmund Freud's theory of trauma. The result of this study is that many women do not realize that they have experienced trauma, so this research helps many people recognize and pay attention to trauma in women's lives. The reason reseacher took this previous study is that this study uses Sigmund Freud's theory of trauma, so it is in accordance with this research.

Another previous study, there was a study by Laila Shoukat et al. (2020) entitled *An Analysis of Personal and Collective Trauma in Khaled Hosseini's Novel Sea Prayer*. The theories used in this journal are Cathy Caruth's personal trauma theory and Kia Erikson's collective trauma. The result of this research is about the personal trauma elements of the narrator's character through flashbacks, immortality, and unspeakable. The reason researcher took this previous research is that this study it discusses the trauma elements of the characters in the novel so that it is in accordance with this research.

Further research by Vipasha Bhardwaj (2021) entitled *Lydia's Silence: Representation of Trauma From an Ex-Centric Position in Achmat Dangor's Bitter Fruit*. The theory used in this journal is trauma theory as described by trauma theorists Sigmund Freud, Judith Herman, Cathy Caruth, and Dori Laub to understand how traumatized Lydia was during the apartheid period. The result of this study is about trauma from the eccentric position of a woman of color who refuses to let her personal trauma experience be undermined. The reason researcher took this previous study is that this study uses Sigmund Freud's theory of trauma, so it is in accordance with this research.

After that, there was a study by Chinua Ezenwa-Ohaeto (2021) entitled *Representation of Trauma, Home and Wars in Rasaan Malik's No Home in This Land*. The theory used in this journal is trauma theory by Shoshana Felman and Dori Laub. The result of this study is about a wave of poets' exposition of traumatic and depressive experiences regarding Nigeria as a home besieged by war, as well as internal exile. The reason researcher took this previous study is that this study it discusses the traumatic experience in the novel, so it is in accordance with this research.

Another previous study, researched by Dr. Parul Tyagi & Heena Kauser (2021) under the title *Trauma and Silence in the Aftermath of War: Rebecca West's The Return of Soldier*. The theory used in this journal is trauma theory. The results of this study are about traumatic experiences, in particular about men and women being equally affected by trauma in the post-war period, and also new literary depictions that are not only shocking but also about the wide range of symptoms.

The reason researcher took this previous study is that this study it discusses traumatic experiences, so it is in accordance with this research.

By looking at various previous studies on the topic of trauma and ways to overcome trauma, in the novel *The Way I Used To Be*, the researcher will focus on discussing the trauma of Sigmund Freud and ways to overcome the trauma carried out by Eden's character. What distinguishes this research from previous studies is that previous studies only focused on discussing the personality development of Eden's character after the sexual abuse incident that happened to her. Meanwhile, in this study, the Researcher will discuss more generally the ways that Eden's character has to deal with her trauma problem.

B. Problems of The Study

Based on the thoughts above, the researcher formulates the problems that can be studied as follows:

1. What event caused Eden's trauma in Amber Smith's *The Way I Used to Be*?
2. How does Eden overcome her trauma in Amber Smith's *The Way I Used to Be*?

C. The Significances of The Study

This research is expected to provide theoretical and practical benefits for the development of literary studies. Theoretically, the researcher aims to conduct this research to broaden the discussion related to literature and psychology, while also providing new knowledge in the use of trauma theory on different objects. This psychological study provides an analysis that uses literary works such as novels

which aim to make the reader understand very well about trauma and how to deal with trauma in real terms.

Practically, this research is expected to be a useful reference in conducting research on trauma and ways to overcome trauma, besides that this research is expected to provide readers with a better understanding of trauma, as well as ways to overcome trauma. After understanding this research, readers are expected to be able to apply it to their own research so that it can help future researchers, especially in conducting related research. In addition, this research is also expected to prevent readers from doing risky things to overcome their trauma.

D. Scope and Limitation

In conducting research, the researcher must have scope and limitation to prevent the discussion from going off-topic, but also so that the research has a clear focus. Basically, there are several aspects that can be analyzed in the novel *The Way I Used To Be*. In this study, the researcher will not examine PTSD and Anxiety. Although basically, it is also contained in the novel. However, in this study, the researcher will focus on trauma that occurred to the main character in the novel *The Way I Used To Be*, Eden, by using trauma theory from Sigmund Freud with supporting theory from Hapsari, and Melinda & Jeanne, because it relates to the Researcher's research topic, ***Eden's Trauma And Her Ways To Overcome Her Trauma In Amber Smith's The Way I Used to Be***. Starting from the things that caused the trauma to Eden's character and also the ways used to overcome the trauma experienced by Eden in the novel *The Way I Used To Be*.

E. Definition of Key Terms

In an effort to avoid differences in understanding, the Researcher provides definitions for several important and frequently used terms in this study. The following are important terms that need to be explained in this research:

1. Trauma

- Trauma is defined in relation to the process of remembering and as an event harbored within the unconscious that causes a splitting of the ego or dissociation (Freud, 1955: 9).
- Trauma is a condition that occurs as a result of a bad event that befell a person (Hapsari, 2021).

2. Overcoming Trauma

- Overcoming trauma is the ability to successfully live in the present without being overwhelmed by thoughts and feelings from the past (Freud, 1959).
- Overcoming trauma is improving feelings and also mentally from an unpleasant incident (Melinda & Jeanne, 2021).

CHAPTER II

THEORETICAL FRAMEWORK

This study focuses on the main characters in *The Way I Used To Be* about trauma and using trauma theory by Sigmund Freud and ways to overcome the trauma by Eden. Therefore, this theoretical framework is written so that other researchers and readers have a deep understanding to the overall concepts used in the study. In this chapter, the researcher will explain literature and psychology, the psychoanalysis of Sigmund Freud, trauma, the causes of trauma, and overcoming trauma.

A. Literature and Psychology

Literature, in general, is usually defined as all forms of written or oral works that contain aesthetic elements. Literature was born to be enjoyed by the readers or listeners. Literature itself is imaginative and contains the reality of life (Meiliana, 2020). In creating literary works, writers turn factual facts into imaginative facts so that they can produce reading material that contains a moral message for anyone who reads it. Literature is included in special writing because there is beauty in every word, sentence, the stanza.

Literature is a representation of the human soul that is used to understand other souls (Meiliana, 2020). There is a myth that shows that literature is something that is less important, so many people think that studying literature is the same as studying something that is less productive. Especially when compared to studying

law, administration, or other sciences. Literature is considered inferior to these sciences. As it is known that literature does not promise practical knowledge in it, but literature is very promising regarding the science of humanity, noble science, and humanities. Thus, it can be seen that literature has its own way in terms of function as a work of aesthetic value.

It was also emphasized that literature is a means of transmission and expression of cultural and social values. In addition, it can be understood that literature is a window to the soul, which represents humans in various actions to achieve their desires (Arasa, 2014). Through literature, we can understand a person's psyche, and through literature, we can also understand psychology.

Psychology itself is a science that talks about a person's behavior and mental processes (Feist & Feist, 2014). Not a few people think that each individual has its own characteristics. Such as the characteristics of behavior, thoughts, and also feelings, which can affect every movement or behavior of each person.

In the relationship between literature and psychology, it is said that literature cannot be separated from the psychological context; on the other hand, psychology cannot be separated from literature (Arasa, 2014). Literary studies that use psychology can be done through 4 domains, that are:

- a. The study of the psychology of the author as a type of person.
- b. Study the creative process.
- c. The study of types and psychological laws applied to literary works.

- d. Studying the impact of literature on readers or what is known as reader psychology.

Looking at the four domains mentioned above, we can observe that the dominant domain used in the literary context is the third domain.

In the book *Metode Penelitian Psikologi Sastra* by Endraswara, it is explained that studying literature using psychology has long been done in western countries. While in Indonesia itself, the development of literary studies with psychology is a bit late because the study of literary psychology has just penetrated into the world of literature. There are several factors that influence the delay in the study of literary psychology in Indonesia, that is:

- i. Various kinds of psychological theories that enter Indonesia are still rarely used because interpretation is still needed. Therefore, literary researchers tend to use psychological studies that have previously been known and studied, such as psychoanalysis.
- ii. The supporting literature used for the study of literary psychology is only limited.
- iii. The collection of literature that refers to the psychology of literature currently does not seem to exist.
- iv. Literary psychology books are still rarely sought after by people, so it is rare for publishers to want to publish literary psychology books because there are very few enthusiasts.

Literature and psychology have an important role in understanding literature. There are several supporting aspects, that is, the importance of literary psychology to study more deeply in terms of aspects of character. In addition, this approach can provide feedback to researchers regarding the problem of character development. Literary people can do research in the field of psychology because by doing this research, literary people can understand the psychological aspects contained in an article (Arasa, 2014). However, the important point is that research using literary psychology is very helpful in analyzing literary works that are closely related to psychological problems. Psychology examines a person from real life, while literature examines a person based on fiction. So, it can be concluded that literary psychology is the study of literature that appreciates literary works as an activity of the soul because, in it, there are writers who use their feelings and emotions in writing their works.

B. Psychoanalysis of Sigmund Freud

The psychoanalytic theory deals with the function and development of the human mind. In other words, psychoanalysis is a science that studies human traits both physically or something that is considered human, such as a character in a literary work. Psychoanalysis, founded by Sigmund Freud, believes that a person can be healed by making their mind unconscious during the healing period (Burton, 2015). The purpose of psychoanalysis itself is to release emotions and experiences when depressed. Meanwhile, psychoanalysis in literature serves as a means to analyze a literary work psychologically.

In this study, the researcher uses a psychological analysis developed by Sigmund Freud. The psychoanalytic theory developed by Sigmund Freud has been widely used to date (Burton, 2015). Broadly speaking, this theory states that the unconscious in the individual has a major role. According to Freud, the best way to understand psychoanalysis is to trace its origin and development process (Bateman & Holmes, 2001).

The approach to the psychology of literature with psychoanalysis makes it possible to classify authors of literary works based on psychological and physiological types. Psychoanalysis can also describe mental disorders in the subconscious (Freud, 2015). The interpretation of literary works as a product of psychological analysis requires a psychologist to match them with various documents outside the literary work itself. Psychoanalysis is useful for providing an assessment of literary works because psychology can provide an understanding of the creative process, for example, the author's habit of writing and then revising and rewriting his work (Freud: 2015).

The uniqueness of Freud's exploration lies in his linking the unconscious with its decisive role in human life. The unconscious is a repository of traumatic experiences, emotions, unresolved conflicts, recognized desires, fears, and so on (Burton, 2015). Sigmund Freud's most basic concept of psychoanalysis is about the unconscious. In Sigmund Freud's book *Psychoanalysis*, it is stated that according to Freud, the human personality is divided into three layers (Freud: 2015), are:

1. **Unconscious**, Is the largest part of the personality that affects human behavior. Often not clearly visible.

2. **Preconscious** is the part of the human personality that is not realized but has the potential to become conscious.
3. **Conscious**, is part of the human personality who is aware of his own circumstances and the surrounding circumstances.

C. Trauma

Psychological trauma's representation in language, as well as the role of memory in the formation of individual and cultural identities, are of central concern in the field of trauma studies. Trauma studies were first developed in 1990 and rely on Freudian theory. Freud developed the concept of trauma by adapting his theory of latency, as well as the repetition of traumatic memories to develop a model of trauma by remembering challenging extreme experiences (Balaev, 2018).

Sigmund Freud's theory of traumatic experiences defines the psychological concepts that guide the field. Psychoanalytic theories about the origins and effects of trauma emerged in 19th-century studies of shock and hysteria by researchers other than Sigmund Freud. In Freud's early work, he argued that traumatic hysteria had developed from the experience of sexual assault. In *Studies in Hysteria* (Freud, 1955), they emphasized that the original event was not traumatic in itself but was traumatic in his memory. This happens because the original event will continue to cause harm, healing, or also the reactions needed to understand the effects caused by the past and gain freedom from the causes of the traumatic symptoms.

The process of remembering can cause psychological pain. These traumatic memories are referred to as "pathogenic reminiscences" for pathological symptoms caused by memories (Breuer & Freud, 1955: 40). Thus, trauma is defined as

something related to the process of remembering and is also referred to as an event stored in the subconscious that causes a separation between ego or dissociation.

The idea that trauma causes dissociation or also referred to as gaps in the psyche was adopted by Freud throughout his career. Together with the idea that trauma can fragment the psyche, cause dissociation, as well as continually wreak havoc, these are principles adopted by Freud in his career but still influences contemporary (Buelens & Robert, 2014).

Traumatic events create an ego that is separated from the unity of the ego and is also suppressed but often returns in dreams. Conflicts that occur as a result of trauma can create traumatic neuroses, which are consequences of extensive breaches made in the protective shield against stimuli (Balaev, 2018). According to Freud, the mind as an organism contains an outer and inner layer. The outer layer has a protective shield against harmful external stimuli.

Trauma is described as an external agent that shocks an unprepared system as well as an internal defense action against overstimulation. The separation between consciousness, which is so striking in classical cases, known as the form of conscience, which is present at a rudimentary level in every hysteria and also tends to dissociate to give rise to abnormal consciousness, is the basic phenomenon of traumatic neurosis (Buelens & Robert, 2014). Traumatic neurosis is characterized by a compulsion to replay painful memories in the hope of mastering unpleasant feelings. In addition to fear which is the cause of traumatic neurosis, Freud also added a threat to life.

According to Freud, in the case of self-trauma, one does not remember the actual event but only a reproduction of the traumatic experience that appears in the dream. Although Freud remained ambivalent about the process of remembering and raised the question of whether experiences leave a permanent imprint on the mind (Freud, 1955). Traumatic memories are not normal, nor do they have the narrative needed to integrate them into the psyche.

Freud's theory of trauma states that a traumatic experience is repeated compulsively, divides the psyche, and affects memory in a different way from other experiences. In particular, the concepts of latency, dissociation, infection, and pathology are central to Sigmund Freud's trauma model, which suggests that trauma is an unrepresented event and is essentially soul-dividing (Richter, 2018).

D. The Causes of Trauma

There are several events that can cause a person to experience trauma, some of which are (Hapsari, 2021):

1. An Event that only Happens Once

Even if it happens only once, there are several events that can be traumatizing for those who experience them, such as natural disasters and accidents. This has the potential to cause trauma, especially if it occurs suddenly.

2. Events that Occur Continuously

Events that occur continuously can also have a traumatic effect on the people who experience them. There are several things that can cause feelings of

trauma. Such as experiencing bullying, domestic violence, abandonment by parents, and also sexual abuse have the potential to cause trauma.

3. Trivial Incident

Events that often seem trivial can also cause trauma. Usually, many people think this is normal, especially for some people who experience it. They don't feel the effects of trauma. Such as the sudden death of a loved one, major surgery, breaking up with a partner, or an embarrassing experience.

E. Overcoming Trauma

Overcoming trauma will work best if one can connect a dysfunctional and distorted brain to a clearer one and can test reality reading against thoughtful therapy. Overcoming trauma is the ability to successfully live in the present without being overwhelmed by thoughts and feelings from the past (Freud, 1959). Overcoming trauma is a job that can take years, but you can start with small steps, that is, realizing that you are really traumatized and that you have to assume that the world is not a dark and scary place (Balaev, 2018).

According to (Melinda & Jeanne, 2021) there are several ways that can be used to overcome trauma caused by sexual abuse, including:

1. Be Honest about Something that Happened

It can be very difficult to admit that sexual abuse has occurred; it can make you feel dirty or even fear the reaction of others. However, if you just stay silent,

it's the same as helping the perpetrator. Within this point, there are several steps that can be taken: Reach out to someone you trust, challenge the sense of helplessness and isolation you feel, and considering joining a support group.

2. Overcoming Feelings of Guilt and Shame

These feelings can appear immediately or only appear years after the incident. However, if you admit to the truth of what happened, it will be easier to fully accept that you are not responsible for what happened. Feelings of guilt and shame usually stem from misunderstandings, such as: Doesn't stop attacks when they happen, trusting someone you shouldn't have, and drunk or careless.

3. Get Ready for Disappointing Flashbacks and Memories

Flashbacks, disturbing memories, and nightmares are very common, especially during the first few months after an assault. To reduce feelings of stress, flashbacks, and disturbing memories, you can do things like: Trying to anticipate and prepare for the trigger, Pay attention to danger signals in the body, and immediately take steps to calm down.

To deal with flashbacks, things to do: Accept and convince yourself that this is just a flashback, not reality, and put yourself in the present, not in the past.

4. Reconnect to Body and Feelings

When a person tries to turn off the sensation of something unpleasant, it usually kills self-awareness as well as the capacity to have fun. Things that signal self avoid and also numb in an unhelpful way: Feeling physically closed, feeling

separated from your body or environment, having trouble concentrating, using stimulants, physical pain, or risky activities, escape through fantasy, and feeling detached from the world.

Once a person can get back in touch with his body as well as his feelings, a person will feel safer, stronger, and more confident. To achieve this, Techniques that can be done: Mindfulness meditation, rhythmic movement, yoga, and massage.

5. Stay Connected

It's important to stay connected to life as well as people who care. This can be done by: Participate in social activities, reconnect with old friends, and looking for new friends.

6. Take Care of Yourself

There are many steps that can be taken to do this, including: Take time to rest and restore balance, smart in social media consumption, take care of yourself physically, and avoid alcohol and dangerous drugs.

CHAPTER III

RESEARCH METHODOLOGY

In this chapter, the Researcher discusses the research methodology, which consists of research design, data sources, data collection, and data analysis.

A. Research Design

This research is designed as a form of literary criticism. Literary criticism is the reason for considering literary works as well as issues. Literary criticism is a form of study that discusses the limitations, classification, analysis, and evaluation of literary works. Literary criticism itself has many theories, but this research it is focused on using a psychological approach (Abrams, 1981) cited in (Siswantoro, 2005). Literary criticism is also defined as a view or also called an opinion about what it means to be a work written with a specific purpose. It also discusses the meaning found by the reader in an author's literature. It also applies as a term to any argument about literature, whether a particular work is analyzed or not.

The function of literary criticism itself, it varies greatly, one of which is like reviewing a book. In addition, literary criticism is the elaboration of a particular purpose, such as, for example, to make an assessment of work, to explain the interpretation of a literary work, or perhaps to provide relevant historical or biographical information to other readers. In this case, the Researcher tries to explain the interpretation of the novel *The Way I Used To Be* in terms of trauma, using psychoanalysis by Sigmund Freud first; after that, the Researcher combines

it with the way the character overcomes the trauma. This study uses trauma and psychoanalysis from Sigmund Freud because this theory is considered the most appropriate for discussing trauma in the character of Eden as the main character in the novel.

B. Data and Data Source

The data source in this research is a novel by Amber Smith entitled *The Way I Used To Be*. The Researcher uses novels in the form of hard files. This novel was published in 2016, with a total of 270 pages. This novel was published in Simon & Schuster Children's Publishing, and published by Kevin Twomey. The data used by the researcher in analyzing the novel are in the form of monologues and dialogues of the characters in the novel written in the form of words, phrases, sentences, or paragraphs.

C. Data Collection

In collecting data, the researcher took several steps as follows: the first step was reading the novel aimed at getting a general understanding of the storyline of the characters and their role in the story. Then, the second step is to make notes which are meant to underline the evidence that is considered important, and also to record the appropriate data for the study of trauma. The data sought by the researcher relates to the purpose of the research, which is about the things that caused the trauma of Eden and also the ways that Eden used to overcome her trauma.

D. Data Analysis

After the Researcher collects all the data, the next step is to classify the data that has been obtained. In classifying the data, there are several steps taken by the researcher. First, the researcher classifies the things that cause the trauma of Eden. Then the researcher classifies the ways that Eden uses to overcome her trauma. To make it easier for researcher to list the collected data, the aim is to select the necessary data that can be analyzed in this study. After classifying the data, the researcher described and analyzed the data based on the theory used in this study. The last step, the researcher draws conclusions and determines whether the conclusions are relevant to answer the research problem.

CHAPTER IV

FINDINGS AND DISCUSSION

In this chapter, the Researcher discusses the causes of trauma to the character Eden. The researcher also discusses the ways that Eden's character does overcome her trauma.

A. The Event Caused Eden's Trauma in Amber Smith's *The Way I Used To Be*

Freud said in his theory of aetiology which means cause and effect, Freud assumed that what is happening now is because of something in the past (Freud, 2014). What this means is that the trauma experienced by a person is the cause of his current unhappiness. In accordance with the problem at this point, Eden's sexual abuse was the cause of her trauma.

The event that caused Eden's trauma in Amber Smith's *The Way I Used To Be*, started when a bad night happened to her. The sexual abuse committed by Kevin, who is a friend of Caelin, Eden's older brother, is the only cause of the trauma experienced by Eden. Hapsari (2021) explained that there are three events that can cause a person to experience trauma, that are an event that only happens once, events that occur continuously, and trivial incidents. However, in this study, the researcher only found one cause of trauma experienced by Eden's character in the novel, it could be said that the cause of the trauma experienced by Eden was an event that occurred continuously, in the form of sexual abuse. It is categorized as

an event that occurs continuously, because it is told in the novel that Kevin tried to commit sexual abuse not just once.

In the incident of sexual abuse, there are components that also trigger the trauma experienced by Eden, such as the threats given by Kevin after the sexual abuse incident. Because there is only one cause of trauma experienced by Eden, in this section, the researcher focusses on analyzing and discussing the causes of trauma and matters related to the causes of trauma experienced by Eden. Datum 1 below is a flashback that shows Eden being very shocked when Kevin's sexual abuse is about to begin.

I woke up to him climbing on top of me, jabbing his knees into my arms. I thought it was a joke, unfunny to be sure, but still, a joke. I opened my mouth. I tried to speak but only got out "wwwh," the beginning of what. What, what, what is happening, what are you doing? (Datum 1/ p. 229)

Datum 1 above illustrates that the shock that Eden experienced was the beginning of the formation of a feeling of trauma. The shock that Eden experienced when she began to realize that Kevin was suddenly in front of her face. This made Eden unable to say the words she wanted. Even though at first Eden thought that it was just a joke, it turned out not to be.

Datum 2 below is a flashback that illustrates that Kevin assured Eden that after the sexual abuse incident that happened to her, no one would believe her.

"Look at me," he whispered. "No one will ever believe you. You know that. No one. Not Ever." (Datum 2/p. 231)

Datum 2 above illustrates that Kevin indirectly puts Eden under pressure and also reduces her belief that she is not alone in dealing with the days after the bad incident. Kevin's words caused fear in Eden because she was afraid that what

Kevin said would actually happen. The pressure is given by Kevin also triggers the trauma inside Eden.

Datum 3 below is a flashback that illustrates that Kevin threatened Eden not to tell anyone what he had done.

“No one-do you understand? You tell no one,” he says with his mouth close to my face. “Or I swear to God. I swear to God, I’ll fucking kill you.” (Datum 3/p. 232)

Datum 3 above shows that Kevin not only raped Eden but after that, he gave threats that made Eden even more scared. Kevin even threatened to kill Eden if she told other people about this incident. This made Eden even more tormented.

Datum 4 below describes Eden realizing that the bad incident that happened to her was not a dream.

And now I know, for sure, it happened. It actually happened. And this pain in the center of my body, the depths of my insides, restarts its torture as if on cue. I throw the covers off. Kneecap-shaped bruises line my arms, my hips, my thighs. And the blood on the sheets, the comforter, my legs. (Datum 4/p. 3)

Datum 4 above shows that Eden realized that what she experienced did happen. The pain she felt made her think back to the events that so tormented him. The sexual abuse incident that she experienced that night was really a trauma for Eden, so the torment could not be erased from her memory.

Datum 5 below shows when Eden saw Kevin sitting with her family in the dining room, the family who should have been on Eden's side and eased the fear and trauma he felt.

There he is. Sitting at my kitchen table in my dining room with my brother, my father, my mother, sipping my orange juice from my glass-his mouth on a glass I would have to use someday. On a fork that would soon be undifferentiated from

all the other forks. His fingerprints not only all over every inch of me, but all over everything: this house, my life, the world infected with him. (Datum 5/p. 5)

Datum 5 above describes how Eden's family treats Kevin very well, without knowing what he has done to Eden. Kevin even uses all the things that Eden will later use, such as feeling disgusted and resentful of Kevin, for what has been done to her; now, everything about Kevin is not only in every corner of his house but also imprints on her body and Eden's memory.

Datum 6 below describes Eden, who hopes that Caelin, her older brother, will do something to protect Eden from Kevin's figure, who has ruined her sister's life.

So I stand there and wait for him to do something about this. For him to set his fork down, stand up and pull me aside, take me out to the backyard by the arm, and demand to know what's wrong with me, demand to know what happened. Then I'd tell him what Kevin did to me and he'd give me one of his big brotherisms, like, Don't worry, Edy, I'll take care of it. The way he did whenever anyone was picking on me. And then he'd run back inside the house and stab Kevin to death with his own butter knife. But that's not what happens. (Datum 6/p. 6)

Datum 6 above describes that Eden expects her brother to do something so that she can tell the bad incident that Kevin has done. After that, Eden hopes to get defense from Caelin, like a big brother who has always protected her well. At least by getting defense from Caelin, Eden can feel calmer, and the fear and stress can be reduced. However, instead of doing something for Eden, it turns out that Caelin didn't do anything, all not according to what Eden imagined.

Eden feels that the real-life that she has to live begins with the bad incident, and Kevin's words come true, as described in the datum 7 below.

I finally realize what it's all been about. The previous fourteen years had merely been dress rehearsal, preparation for knowing how to properly shut up now. And Kevin had told me, with his lips almost touching mine he whispered the words:

You're gonna keep your mouth shut. Last night it was an order, a command, but today it's just the truth. (Datum 7/p. 6)

Datum 7 above describes that at the age of fourteen, having experiences that will be hard to forget and bad memories that become traumatized make Eden feel that truly real life has just begun. Whereas all the life stories that she lived before it happened to her were just an exercise to prepare for a life that would definitely be much tougher after that. In addition, Eden again remembers Kevin's words that Eden will not tell anyone about the incident, which at first was just an order, but turned out to be a reality. Because whenever Eden tries to tell other people, she is always not given the time and opportunity to talk.

After the bad incident, Eden felt that no one was on her side, not even Caelin, as illustrated in the datum 8 below.

I can't believe it. I cannot believe he's really done it. He's managed to turn my brother-my true best friend, my ally-against me. (Datum 8/p. 12)

Datum 8 above describes that after an incident that really hit Eden, usually she really needs support and also the support of those closest to her. Given the opportunity to tell stories. However, what happened to Eden actually made her remember the incident even more and did not lighten the burden of her trauma because Eden's family is very close to Kevin, especially her brother, who really considers Kevin as family.

In this case, the attitude of Eden's parents also played a role in creating the cause of the trauma experienced by Eden, as in the datum 9 below.

Because I let them push me around just like I let everyone push me around, I let them make me into a person who doesn't know when to speak the hell up, a person who gives up control over her life, over her body, over everything. I do what they

tell me to do, what everyone tells me to do. Why didn't they ever teach me to stand up for myself? Even though they don't know what happened, what he did to me, they helped to create the situation. In a way, they allowed it. They let it happen by allowing him to be here. (Datum 9/p. 43)

Datum 9 above describes the way her parents educated Eden and fostered a very bad personality in Eden. A person who is always resigned to being treated badly and treated arbitrarily by others, without any resistance. Eden was not taught to defend herself when someone else behaved badly toward her. In addition, Eden's parents trusted Kevin too much, so they let Kevin continue to be in their house, and in the end, something very bad happened to Eden. Unintentionally, Eden's parents did not prevent the bad things that could happen by accepting a foreign man to live in their house, while they had a daughter who could become the object of this bad behavior.

Another factor that also supports the cause of Eden's trauma is the loneliness she feels, feeling that she doesn't have anyone who really knows everything about her, as illustrated in the datum 10 below.

Why do I feel like, sometimes, I have no one in the entire world who knows me in even the slightest, most insignificant way?. (Datum 10/p. 44)

Datum 10 above describes how Eden feels lonely, feels like she doesn't have someone who really knows her, so she doesn't have a place to tell everything. Because when someone is alone, let alone feeling lonely, it is the same as giving an opportunity to continue to remember the trauma experienced, remembering the bad incident, thereby increasing the fear and trauma that is in her. The more a person remembers the event that caused the trauma, the deeper the trauma will be.

Datum 11 below illustrates that Eden thinks that his body is just a torture chamber.

My body is a torture chamber. It's a fucking crime scene. Hideous things have happened here, it's nothing to talk about, nothing to comment on, not out loud. Not ever. I won't hear it. I can't. (Datum 11/p. 80-81)

Datum 11 above describes the trauma experienced by Eden that made her feel worthless, everything in her body was only seen as a place for a crime to be committed. Even terrible things had happened to his body. So that makes Eden no longer want to talk about and hear something like that again.

Before the bad incident that caused the trauma happened to Eden, Kevin took advantage of the situation to approach Eden; at that time, Eden fell in love with Kevin, which is illustrated in the datum 12 below.

That was the day I fell in love with Kevin-or what I thought was love, with the person I thought he was. And he knew it too. And he used it to get to me. This was the day I wish I could go back-to-the day I need to undo to stop it all from happening. (Datum 12/p. 105)

Datum 12 above describes that because Kevin, who often lives at Eden's house, makes Eden feel in love with him. Without thinking that Kevin used this situation to approach Eden. Finally, Eden regrets and wants to turn back time so as not to fall in love so that it can stop Kevin from approaching her, and there is no need for anything bad to happen to her.

Kevin's sexual abuse of Eden turned out to be repeated while Eden was in the kitchen; this is illustrated in the datum 13 below.

I feel his thick hands wind around my waist, feel his body pressing up against my back. And then his voice, his breath in my ear, whispers, "Lookin' good, Edy." Then he moves his hands down over the front of my jeans, then up over the front of my shirt, then all over all of me, his mouth open against my neck. "Stop," I

breathe. "Stop it!" I pull my hot soapy hands out of the water, but I can't stop him. He has me pinned against the sink. And his hands can do whatever they want. I consider pulling the paring knife I used to chop the garlic out of the water and plunging it into his heart. But he finally let's go, backing away while he looks me up and down. (Datum 13/p. 119)

Datum 13 above describes that not finished with the trauma experienced by Eden because of what happened to Kevin that night, Kevin again disturbs Eden, trying to carry out the abuse again. However, this time, Eden was still able to put up a fight; she managed to scare Kevin by pointing a knife, thus making Kevin let go of Eden and not continue his action.

Kevin has been thinking about sexual abuse for a long time, since the closeness between little Eden and him, based on the datum 14 below.

Because as the girl smiles demurely, I look in his eyes and I see now what the girl couldn't then: that this is the moment. He had been thinking about it for some time and was pretty sure, I could tell, but this was the moment he knew not only that he would do it, but that she would let him get away with it. (Datum 14/p. 178)

Datum 14 above illustrates that when Eden was still a child, she was very close to Kevin. When Eden recalled the moment of closeness between herself and Kevin, she just realized something she didn't see at that time. It turned out that Kevin had been after her for a long time; where Kevin gave a confident look and was just waiting for the right moment to launch the sexual abuse.

Eden became very hysterical and very angry when Amanda said that Kevin had told the bad incident with a lie, as illustrated in the 15 below.

"I never. Never. I never, you fucking liar! I hate him. I would never! I hate him more than anyone in the entire world. He disgusts me. In fact, you disgust me! You disgust me because you make me think of him!" (Datum 15/p. 223)

Datum 15 above describes that with Amanda's arrival, Eden made her think back to the events at that time, the event where her trauma started, the event where

Eden hated and felt disgusted with Kevin, Amanda's older brother. Meanwhile, Amanda believes Kevin's lies by twisting the facts. Through the quote above, it can be seen that Eden was very angry with Amanda, knowing the fact that Kevin had spread lies. Eden emphasized that, in fact, she never wanted to have sexual relations with Kevin; Eden also emphasized that she hated Kevin more than anyone else in this world, she was so disgusted with men who had traumatized her, and she felt disgusted with Amanda because it has made her remember and think back on events that she never wanted.

B. The Way of Eden's Overcome Her Trauma in Amber Smith's *The Way I Used To Be*

Overcoming trauma is improving feelings and also mentally from an unpleasant incident (Melinda & Jeanne, 2021). According to Melinda & Jeanne, there are six ways to deal with trauma. In this study, Eden is the main character who is trying to overcome her trauma. She tried a lot to keep from remembering the bad incident about sexual abuse that caused the trauma she felt. To recover from trauma does take a long time; even though everything has been done, the trauma does not necessarily heal and just disappears. Like what Eden did, it took years to do many things without giving up to keep trying to heal from her trauma. In this section, the researcher will focus on the ways that Eden uses to overcome her trauma. There are ways that Eden uses to overcome her trauma, there are positive ways and there are also negative ways. The following are positive ways that Eden uses to overcome her trauma:

1. Be Honest about Something that Happened.

To be honest about what had happened, it was very difficult for Eden to do. To be able to admit that there has been sexual abuse against her makes Eden feel afraid of other people's responses and reactions. Fear of being hated, as well as fear of having no one on her side, as well as many other fears. And many things happened when Eden tried to talk about what had happened. Below are the things that Eden went through until she finally managed to be honest about what happened:

Datum 16 below describes Eden trying to tell her mother what had happened, but her mother assumes that Eden has just had her period because of the bloodstains in her underwear.

"Mom, I-" But how am I supposed to say the words, the worst words, the ones I know have to be spoken? "Oh, Edy." She sighs, turning her head at me with a sad smile. "It's okay." "Wh-" I start to say. How can it be okay, in what world is this okay? "This happens sometimes when you're not expecting it." She flits around my room, tidying up, barely looking at me while she explains about periods and calendars and counting the days. "It happens to everyone. That's why I told you, you need to keep track. That way you won't have to deal with these...surprises. You can be...prepared." This is what she thinks this is. (Datum 16/p. 4)

Datum 16 above described when Eden tried to share a bad story about what Kevin had done to her, and her mother was not even given the opportunity to speak. Eden's mother actually had a misunderstanding by thinking that Eden had just had her period, so her mother explained everything about menstruation and said that it was not a shameful problem because it would happen to women entering their teens.

Eden tries to contact Mara to tell her about the bad incident that has happened to her but cancels it, as illustrated in the datum 17 below.

I don't know how I can possibly go even one more minute without telling someone what happened. I take my phone out of my pocket and start to call Mara. But I stop. (Datum 17/p. 13)

Datum 17 above describes that Eden thought of telling at least one person to ease her mind about the incident. She intended to call Mara her best friend. However, she canceled the intention because there was still a feeling of doubt in her heart.

For the second time, Eden felt really ready to tell Mara about the incident, and she invited Mara to go on a weekend, as illustrated in the datum 18 below.

"Hey, can we do something this weekend?" I finally ask her. "Just us?" I clarify, thinking I really need to just tell her what happened with Kevin. Need to tell someone. And soon. Before I explode. "I can't, I'm with my dad this weekend. Remember, we're going to get my contacts?" So, it will have to wait. (Datum 18/p. 32-33)

Datum 18 above describes Eden's determination to tell Mara about what had happened to her. The longer Eden keeps the wound to herself, the heavier the burden she will carry. So, she has thought very carefully, asking Mara to go on a weekend, asking for some time alone, just so that he can tell Eden a painful truth before everything explodes like a bomb from her. However, it turns out that Mara has an agenda at the end of the week, so Eden has to wait; who knows when the right time will be for everything to be revealed.

Before she had time to tell Mara about the incident, Eden Again felt afraid to do that, as described in the datum 19 below.

Why do I feel like after all this time, I still can't tell her, that even she wouldn't believe me, or that if she did, that she would somehow blame me? Why do I feel so completely alone when I'm with her sometimes? Why do I feel like, sometimes, I have no one in the entire world who knows me in even the slightest, most insignificant way? (Datum 19/p.43-44)

Datum 19 above describes that as a victim of sexual abuse, it is natural for Eden to have a lot of fear; as described in the quote above, how Eden was afraid when she told the truth about what happened to her, Mara would not believe Eden. If Mara believed the story from Eden, she was afraid that Mara would blame herself for what had happened. Besides that, Eden begins to feel that she has no one and feels lonely because just to tell the truth to Mara, who is Eden's best friend, she still feels afraid.

Datum 20 below illustrates, over time, the longer Eden harbored the lie itself, she increasingly felt that someone could care about what had happened to her.

I need someone. I actually fucking need someone. Need someone now. But I have no one to call-no one. I have left myself with absolutely no one in the world who would ever care about what is happening to me right now. (Datum 20/p. 233)

Datum 20 above describes that having a lie and also a sense of trauma itself indeed feels very heavy for Eden, as described in the quote above. Eden needs someone to share, but as time goes by, she loses the people closest to her, thus making Eden confused and did not know whom to contact at that time. Even Eden felt she had no one who would care about what happened to her.

Eden has promised herself to be honest with everyone about the sexual abuse that has been done by Kevin, especially when someone asks about it, but apparently, keeping her promise to herself is not that easy, as described in the datum 21 below.

“Eden, has Kevin ever abused or assaulted you in any way, sexual or otherwise?”. I always promised myself that if only someone would ask, if someone would only ask the right question, I would tell the truth. And now it’s here. It could be over in

one syllable. I open my mouth. I want to say it. Yes. Yes. I try to make a sound. Yes. Say it! But my mouth is so dry, I can't. (Datum 21/p. 237)

Datum 21 above illustrates that someone asked about Kevin's actions to Eden by having an appointment to herself, to be honest about the actions committed by Kevin, especially when someone asked about the problem. But apparently, it's not that easy to keep the promise that she made to herself. She always wanted to be honest in her, but to say that honesty from her mouth still felt so heavy, even like the words of honesty that did not want to get out of Eden's mouth.

Datum 22 below describes Eden, who mustered up the courage and determination to tell the truth to others after having wasted the opportunity to say it before.

I had been waiting for three years for somebody, anybody, to say those magic words. And I've already let the opportunity pass me by once-when it really mattered-I can't do it again. My whole body goes tingly. I panic that I might pass out again. (Datum 22/p. 246)

Datum 22 above illustrates that Eden has waited three years to tell someone, whoever it was, about what Kevin had done to her. Because to feel very ready and brave in telling the truth is very difficult. Performed by victims of sexual abuse. Maybe many people think it's easy, just telling stories, but not what the victim feels, like Eden, one of them. After previously wasting Eden's opportunity to say that when asked a question, she felt that this time his three years of waiting should not be in vain again. However, she felt panicked like before.

In the end, Eden managed to tell Josh for the first time what really happened, as illustrated in the datum 23 below.

I reach across the table and pull the cup of crayons toward me. I pull out a broken red. I peel the paperback and rip off a corner of my placemat. My hand wants to break as I press the waxy crayon against the paper. R, I start to write it neatly, but an ugly word need not look pretty. My A becomes a shaky triangle. P is jagged. And the E and D come fast and furious. I look at the word "RAPED" for just a moment before I fold it in half and slide it way from me, across the table, past my plate and his coffee cup. Careful not to let it touch the few stray drops of syrup that have dripped down the side of the bottle, I move it toward him, along with every last shred of trust and faith and hope I have. He pulls the tiny piece of paper out from under my fingers and all I can do is sit there, staring at my lap, my trembling hands digging into the edge of the seat. (Datum 23/p. 247)

Datum 23 above illustrates that this time Eden ventured to actually tell someone about what had happened. Josh became the first person to receive honesty from Eden. Even though Eden's mouth still feels unable to speak the truth, this time, Eden uses another way to tell Josh, by writing words on paper using crayons. With the trust and confidence that Eden had, she gave the paper containing the honesty to Josh, and at that moment, Eden was still shaking and could only sit there stunned.

After Eden managed to tell Josh the truth, against all fear and panic, he felt that nothing had changed after being honest about what had happened, as illustrated in the datum 24 below.

I look around. The Earth is still intact. I'm still alive. The floor didn't open up and swallow me whole. I haven't spontaneously combusted. I don't know what I thought would happen if I told if I let that one word exists, but I didn't expect nothing to happen. Everything is just as it was. No giant meteors collided with the planet and completely wiped out the entire human race. Dishes still clang in the kitchen, the radio still softly hums the oldies station it's set to, the people around us continue their conversations. My heart, it's still beating, and my lungs, I test them, in and out, yes, still breathing. And Josh, he's still sitting here in front of me. (Datum 24/p. 247-248)

Datum 24 above illustrates all that Eden has been thinking about all this time, the fear that no one will be on her side if she is honest about what Kevin has done, being afraid that everyone will hate her, and fearing that Kevin's threat to kill Eden if she tells the truth to other people will become a threat. In fact, it turned out not to be true. As described in the quote above, even after Eden honestly told what

had happened to Josh, the world still felt fine, everything was still going on, and nothing had changed at all, and Josh was still willing to accompany Eden and sit on the bench. In front of her.

Datum 25 below illustrates, for the second time, Eden Returns, to tell the truth about what has happened. This time, Eden said that to Caelin, her brother.

“He came into my room in the middle of the night and...” I can’t look at him when I say it. I close my eyes and cover them with my hands because it’s the only way I’ll be able to get it out. “And he got in my bed.” I take a breath. “He raped me. He did, okay, Caelin. And I never told anyone because he said he would kill me if I did. And I believed him. So I know that what they’re saying is true because he did it to me, too. And I’m sorry, because I know you don’t want to hear this, but if you don’t believe me, Cae”- I gasp to catch my breath-“then you’re not my brother anymore.” I breathe. And wait. And breathe. And wait. (Datum 25/p. 258)

Datum 25 above illustrates that in order to be truly calm, Eden needed to tell someone else besides Josh. Finally, Eden had the courage to tell Caelin about it, as described in the quote above. She hoped that Caelin would still side with her like Josh. Eden said everything, about Kevin's sexual abuse, about the threats that Kevin gave, that she would kill Eden if she said that to other people. This is what makes Eden not dare to be honest with others; it also makes Eden feel afraid and only dare to say what has happened to other people.

After telling Jos and Caelin, Eden then told Detective Dorian Dodgson the truth about the incident, as described in the datum 26 below.

It takes hours. I have to say everything a million times by the end, and then she hands me my own clipboard and pad of paper and a pen, and I have to write it all down while she sits there watching. My hand cramps up after the first couple of pages. I stop and shake it out, extending my fingers. (Datum 26/p. 262)

Datum 26 above illustrates that Caelin takes Eden to the police station to meet Detective Dorian Dodgson to get justice as a victim of sexual abuse by Kevin.

After meeting Dorian, Eden tried to tell him everything, telling him about every detail of what happened at that time, according to the quote above. It took hours. Dorian gave Eden a piece of paper and a pen and asked her to write down everything about the bad incident, which made Eden's hand cramp after writing down the incident on the first two sheets.

Datum 27 below describes Eden asking Caelin to accompany her to meet Mom and Dad to tell them the truth about what happened.

I think that's really all I ever wanted to hear from him. "You'll stay with me when I tell Mom and Dad?" He nods. "Yeah." (Datum 27/p. 264)

Datum 27 above illustrates that the more people who know the truth of the incident, the calmer Eden will feel. As described in the quote above, Eden will honestly tell the incident of sexual abuse by Kevin to her Mom and Dad because it is felt as parents they really need to know what has happened to their child. Eden asked Caelin to accompany Eden when she was going to meet Mom and Dad and tell them about the incident, with the hope that Eden could feel calmer.

Datum 28 below describes Eden's desire to honestly tell her best friend, Mara, about what happened.

And I think: Maybe I'll explain this to some people. Maybe Mara. (Datum 28/p. 265)

Datum 28 above illustrates that after having the will to tell Mom and Dad the incident, this time, Eden thought about telling the truth to her best friend, Mara. As illustrated in the quote above. Eden thought Mara deserved to know about this honesty, and she thought it was better like this to be honest about what had

happened, even though she had to fight many fears that were in her until she finally managed to overcome those fears and prove that it turned out to be honest, especially to the people closest to her can make her feel much calmer and better.

2. Overcoming Feelings of Guilt and Shame

Overcoming feelings of guilt and shame that Eden has not yet done to overcome her trauma, Eden can only harbor hatred for herself, for the bad incident that Kevin did to her. Apart from that, Eden only feels that she is the one who deserves to be blamed for what happened to her.

Datum 29 below describes the feelings of hatred that Eden keeps to herself.

Most of that hate, though, I save for me. No matter what anyone else did or didn't do, it was ultimately me who gave them permission. I'm the one who's lying. The coward too afraid to just stop pretending. (Datum 29/p. 44)

Datum 29 above illustrates that in this case, Eden still has not been able to overcome her guilt feelings; in fact, she harbors a hatred for herself, as quoted above. Eden feels that she is the one who deserves to be blamed for what happened to her. Because she gave permission for what happened to Kevin. And Eden feels that she is a liar and is afraid to just stop pretending.

3. Get Ready for Disappointing Flashbacks and Memories.

To overcome her trauma, Eden also uses a way to be ready when remembering what Kevin did to Eden and various ways Eden did it when bad memories of events he didn't want to come back to her mind. Eden always had a way when flashbacks about those disappointing memories flashed through her

mind. Below are the things Eden did to overcome the flashbacks of the bad events that had occurred in overcoming her trauma:

Datum 30 below describes how Eden tries to suggest herself forget and ignore her trauma about the bad incident that happened to her.

Telling myself: Squeeze your eyelids shut, try, just try to forget. Try to ignore all the things that didn't feel right, all the things that felt like they would never feel right again. Ignore the taste in your mouth, the sticky dampness of the sheets, the fire radiating through your thighs, the nauseating pain-this bulletlike thing that ripped through you and got lodged in your gut somehow. No, can't cry. Because there's nothing to cry about. Because it was just a dream, a bad dream-a nightmare. Not real. Not real. Not real. That's what I keep thinking: NotRealNotRealNotReal. Repeat, repeat, repeat. Like a mantra. Like a prayer. (Datum 30/p. 2)

Datum 30 above illustrates that suggesting herself as Eden did in the quote above, trying to convince herself that the bad incident was not real. And trying to strengthen herself, to forget the pain all over his body, by continuously repeating calming sentences as one of Eden's ways to overcome her trauma of sexual abuse by Kevin.

Datum 31 below describes Eden, who wants to return to her life before the incident happens.

If anyone is going to be allowed to start over, it would be me, and I would start over at that night in my bedroom. But since that's not possible, (Datum 31/p. 76)

Datum 31 above illustrates that remembering the events that night made Eden want to repeat her life starting before the events of that night occurred, as described in the quote above. If given the opportunity to repeat life, Eden is a person who really wants to repeat it, hopes that everything will be fine, and can change everything that happened, especially for what happened to Kevin that night.

However, Eden receives a flashback that she feels caused by her trauma and realizes that what she wants is simply something that is impossible to happen.

4. Reconnect to Body and Feelings

To reconnect Eden with her body and feelings, there are several ways that are negative behaviors that Eden uses to overcome her trauma. Eden tends to escape into negative fantasy-related things because she thinks doing these things can make her forget the trauma she has experienced. Below are the things that Eden did in connecting herself to the body as well as feelings to overcome her trauma:

Datum 32 below, Eden tries to overcome her trauma by returning to her former self.

And I'm trying so hard to just go back to my life. The way it used to be. The way I used to be. (Datum 32/p. 14)

Datum 32 above illustrates that trying to return to a life where the sexual abuse incident had not occurred, trying to be Eden's former self, which was fine, is Eden's way of dealing with her trauma, as described in the quote above. She thought that by returning to her old self, she would be able to feel better than she felt at that time. Trying to reconnect with herself and her life before the incident happened.

Eden also overcomes her trauma by reconnecting to her body as well as her feelings by numbing the sensation of unpleasant things in unhelpful ways, as illustrated in the datum 33 below.

Except for the small detail about me smoking every single day with Mara, and bowling all the back-to-school money they gave me to buy too many clothes at the mall and make up and hair products, but not school supplies, like they wanted. (Datum 33p. 42)

Datum 33 above illustrates that after that incident, Eden turned into a smoker woman. She smoked every day with Mara and no longer prioritized school as before, as described in the quote above. Eden prefers to spend the money given to her by his parents for fun, such as buying clothes, make-up, and others. This was done by Eden as a means of escaping from the trauma she felt so as not to keep remembering what Kevin had done to her.

Apart from that, Eden also overcomes her trauma by drinking beer, as described in the datum 34 below.

I bring the bottle to my mouth and finish off half the beer in one gulp. (Datum 34/p. 136)

Datum 34 above illustrates that to ease the burden of her trauma, Eden has changed herself a lot. Including changing herself into negative behavior, such as drinking beer, as described in the quote above. Drinking beer became one of Eden's escape places to calm down so as not to remember the bad event. Reducing the fear and stress caused by the trauma of sexual abuse that Kevin did to her.

Datum 35 below illustrates that Eden has also consumed marijuana to refresh her mind from the trauma she experienced.

In a way, that feels so much better than drinking too much, or even that night at the playground when we got high. (Datum 35/p. 151)

Datum 35 above illustrates that it turned out that not only by smoking and drinking beer, but Eden also tried to overcome her trauma by consuming marijuana. As quoted above, Eden said that night she had drunk too much beer and was drunk with marijuana at the playground. To connect with her body and feelings, Eden uses

fantasy methods, doing things that are also negative. But usually, overcoming trauma with negative behavior only brings about a temporary calm and doesn't last long, as Eden did.

Datum 36 below shows Eden using Josh as an escape to cover up bad events with Kevin.

And suddenly the thought of having someone else there in place of him is something I required-wanted-needed, in the most severe of ways. And I don't really care who, anyone else at all will do. This guy, Josh, he's good enough. He did, after all, pick me a weed. (Datum 36/p. 67)

Datum 36 above illustrates that as someone who is traumatized, Eden chooses to find someone else whom she thinks can replace Kevin's place in her mind. Together with other people, Eden thinks that the bad memories that Kevin did with her can be erased from her memory. She made Josh, the man who had given her a dandelion, as described in the quote above. Eden feels the need to escape fantasy with someone else to take Kevin's place.

Datum 37 below shows that Eden had sexual relations with fifteen different men.

I've been with fifteen different guys-sometimes it seems like too many; other times, it seems like not nearly enough. But each one takes me just a little farther away. I'm so far gone now,(Datum 37/p. 169)

Datum 37 above illustrates that Eden's way of dealing with her trauma is also by having sex with many different men, as described in the quote above. This was done by Eden to cover up the former rape committed by Kevin. Finally, the changes that exist in Eden are very far away. Too many negative things she did to heal the trauma of sexual abuse by Kevin. Eden prefers to divert her trauma into

fantasy to connect her with her body and feelings, even though she has to make a very big change between the former Eden and Eden after that bad event.

5. Stay Connected

To overcome her trauma, Eden also uses ways to maintain her relationship with her friends. In fact, she changed a lot of things to look attractive in front of her friends. Eden tries to improve her socialization with her friends. Below are ways that Eden uses to stay connected in dealing with her trauma:

Datum 38 below describes how Eden tries to establish good socialization during the selection of lab partners.

I quickly turn to the girl next to me and smile, as if to say: I'm friendly, I'm normal, smart-I'd be a great lab partner. She smiles back. (Datum 38/p. 47)

Datum 38 above illustrates that Eden shows herself as a good lab partner, a normal human, and also smart to attract the attention of her friends at school, as described in the quote above. By smiling at the girl next to her, she hoped that she would choose Eden as her lab partner. The changes that Eden made to overcome her trauma were considered totality so that she could again attract the attention of her friends to improve socialization that was not good before.

6. Take Care of Yourself

To overcome her trauma, Eden also uses ways to take care of herself. Eden kept herself from lamenting over what had happened. In addition, Eden also protects herself from people who try to bring down her mentality and hurt her heart. Below are some of the things Eden does in order to take care of herself:

Datum 39 below describes Eden overcoming her trauma by keeping herself from lamenting the wounds on her body.

Careful not to stare too hard at the fading gray bruises that still line my thighs. Careful not to dwell too long on the bruises on my hip bones and ribs. They'll be gone soon, anyway. (Datum 39/p. 29)

Datum 39 above illustrates that Eden struggled to fight the pain in his body; she turned her attention away from the bruises and wounds on her body. Eden prevented herself from daydreaming and lingering when she saw the bruises on her body. Because staring at wounds and bruises for too long can make Eden keep remembering what happened to her, it can exacerbate the trauma she experienced.

Datum 40 below illustrates Eden has the idea of renewing herself.

and I think maybe I can change too. Maybe I can become someone I can actually stand. (Datum 40/p. 40)

Datum 40 above illustrates that to overcome her trauma, Eden has a plan to change herself. By changing herself, Eden hopes to have a new life too and to forget the events that have managed to disrupt her. She hopes to turn herself into someone she will like, no matter what it turns out to be.

Datum 41 below describes Eden's attitude, which ignores insults from her schoolmates.

I try to be cool, ignore it, let it roll of me. Plenty of girls at school hate me, think I'm trashy, worry about their boyfriends. I'm not blind, I'm not deaf, either. I see the way they watch me like I'm dangerous, hear the way they talk about me, their smirks behind cupped hands and their whispers. I'm used to it. (Datum 41/p. 182)

Datum 41 above illustrates that Eden overcomes her trauma by protecting herself from people who try to bring her down mentally. Eden ignores and tries to remain calm in the face of a situation where many people consider her trash and

hate her, as illustrated in the quote above. Whatever people say about Eden, she just stays silent and doesn't reply or respond to anything. Eden behaved like that because she felt that she was used to such things. To maintain herself mentally, Eden tries to ignore everything that will have a bad effect on her.

Datum 42 below describes Eden, who had a plan to change for the better, but it didn't go according to plan.

The plan was to get better, to feel better, by any means. But I don't feel better, I feel empty, empty and broken, still. (Datum 42/p. 203)

Datum 42 above illustrates that the trauma experienced by Eden made her have the desire to change for the better. However, Eden's desire to overcome her trauma by changing for the better did not materialize, as has been described in the quote above. Eden felt broken and not even better at all. Even now, she feels empty and empty.

CHAPTER V

CONCLUSION AND SUGGESTION

In this chapter, the Researcher discusses the conclusions and suggestions based on the data that has been analyzed in the previous chapter.

A. Conclusion

Trauma is presented in the novel *The Way I Used To Be*, in which Eden is the main character. According to the novel, Eden must experience trauma in her youth.

The results of this study found that the cause of the trauma experienced by Eden was sexual abuse and threats after a sexual abuse incident by Kevin, her brother's best friend.

Another finding in this research is Eden's way of dealing with the trauma she experienced. To overcome her trauma, Eden did several ways. There are ways that lead to the positive, and there are also ways that lead to the negative. Eden's ways are as follows: Be honest about something that happened, overcoming feelings of guilt and shame, get ready for disappointing flashbacks and memories reconnect to body and feelings, stay connected, and take care of yourself.

B. Suggestion

Based on research and discussion, the novel entitled *The Way I Used To Be* by Amber Smith can be used as an illustration of how to deal with trauma well. It

can be learned that sometimes when you are traumatized, something that shouldn't be done looks more interesting to do as an escape, when in fact, it will cause feelings of regret in the end. Apart from dealing with trauma, this novel also describes how the personality of Eden's character changes after the sexual abuse. For this reason, readers can use this novel as research material with topics other than trauma issues, such as how the personality changes of Eden's character after sexual abuse occurred.

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CURRICULUM VITAE



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