

**RACE-BASED TRAUMATIC STRESS OF MAIN
CHARACTER IN STONE'S *DEAR MARTIN***

THESIS

By:

Alifatin Ludzvia Zein

NIM 17320131



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK
IBRAHIM MALANG
2022**

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IN STONE'S *DEAR MARTIN***

THESIS

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By:

Alifatin Ludzvia Zein

NIM 17320131

Advisor:

Dr. Siti Masitoh, M.Hum

NIP 196810202003122001



**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
2021**

STATEMENT OF AUTHORSHIP

I state that thesis entitled **“Race-Based Traumatic Stress of Main Character in Stone’s Dear Martin”** is my original work. I do not include any material previously written or published by another person, except those ones that are cited as references and written in the bibliography. Hereby, if there is an objection or claim, I am the only person who is responsible for that.

Malang, 20 May 2022



Alifatin Ludzvia Zein

NIM 17320131

APPROVAL SHEET

This is to certify that Alifatn Ludzvia Zein's thesis entitled **Race-Based Traumatic Stress of Main Character in Stone's Dear Martin** has been approved for thesis examination at the Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of *Sarjana Sastra* (S.S).

Malang, 20 May 2022

Approved by
Advisor,



Dr. Siti Masitoh, M.Hum
NIP 196810202003122001

Head of English Literature
Department,



Ribut Wahyudi, M. Ed., Ph. D.
NIP 198112052011011007

Acknowledged by
Dean,



Dr. M. Faisol, M.Ag.
NIP 1974110120031210003

LEGITIMATION SHEET

This is to certify that Alifatin Ludzvia Zein's thesis entitled **Race-Based Traumatic Stress of Main Character in Stone's *Dear Martin*** has been approved by the Board of Examiners as the requirement for the degree of *Sarjana Sastra* (S.S.) in Department of English Literature.

Malang, 20 May 2022

The Board of Examiners

Signatures

1. Dr. Muzakki Afifuddin, M.Pd
NIP 197610112011011005

(Main Examiner)



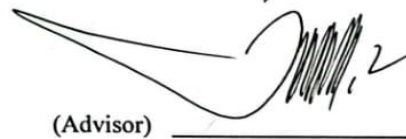
2. Dr. Syamsudin, M.Hum
NIP 196911222006041001

(Chair)



3. Dr. Siti Masitoh, M.Hum
NIP 196810202003122001

(Advisor)



Approved by

Dean of Faculty of Humanities,



Yaisol, M.Ag.

NIP 1974110120031210003

MOTTO

Jangan pergi mengikuti kemana jalan akan berujung. Buat jalanmu sendiri dan tinggalkanlah jejak.

(Ralph Waldo Emerson)

DEDICATION

This thesis is proudly dedicated to

My beloved, father Zainal Arifin; my mother Mulyani; my little sister Azzahro

Rosyidatul.

Who always give me endless love, pray, and support all the time.

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Bismillahirrahmanirrahim

First of all, the writer wants to express her thanks to Allah SWT, because of His bless and grace, so that the writer is completely able to finish the thesis entitled **“Race-Based Traumatic Stress of Main Character in Stone’s *Dear Martin*”**. Good blessing and best wishes may be given to the prophet Muhammad, his family, friends, and followers until the end of time.

The writer realizes that the thesis will never get success without any interference from other people, therefore I want to say thanks to:

1. My supervisor, Dr. Siti Masitoh, M.Hum, for her patience in providing guidance, critics and attention to me during the thesis.
2. My beloved family, my mother Mulyani, my father Zainal Arifin and also my little sister Azzahro Rosyidatul, thanks for their unending support, prayer and love.
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Last, I admit that this thesis is far from perfect and has many lacks. Thus, to improve this work, criticism and suggestion are welcomed. Hopefully, this thesis would give some benefits to other researchers and people who read this.

Malang, 20 May 2022

Alifatin Ludzvia Zein

NIM 17320131

ABSTRACT

Zein, Alifatin Ludzvia (2022) *Race-Based Traumatic Stress of Main Character in Stone's Dear Martin*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Siti Masitoh, M.Hum.

Keywords: *Racism, Race-Based Traumatic Stress*

This study aims to analyze the Race-Based Traumatic Stress of the main character in the novel *Dear Martin* as an impact of racism experienced. The researcher observed the psychological effect on Justyce McAllister as the main character in the novel *Dear Martin*. There are three objectives in this research. This research aims to analyze the causes, symptoms, and the effort to overcome from Race-Based Stress Traumatic experienced by Justyce.

This study uses descriptive qualitative to understand the Race-Based Traumatic Stress experienced by Justyce as the main character in the novel *Dear Martin*. The data were taken from the novel *Dear Martin*. The researcher focuses on the words, phrases spoken by the characters in the novel, and the narratives shown through the first-person omniscient point of view, then analyzes using the selected theory. The theory used in this study is the Theory of Race-Based Traumatic Stress by Robert. T. Carter uses a socio-psychological approach.

The results showed that the main character showed symptoms of Race-Based Traumatic Stress experienced, such as re-experience, avoidance, and arousal. In addition, the findings show that several things cause the symptoms of Race-Based Traumatic Stress. The cause is the experienced racism experienced by Justyce, such as discrimination, stereotype, and prejudice. This research also shows the effort to overcome the Race-Based Stress Traumatic conducted by Justyce, self-care and communication with other people.

ABSTRAK

Zein, Alifatin Ludzvia (2022) *Race-Based Traumatic Stress of Main Character in Stone's Dear Martin*. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing: Dr. Siti Masitoh, M.Hum.

Kata Kunci: *Rasisme, Stres Traumatik Berbasis Ras*

Penelitian ini bertujuan untuk menganalisis stress traumatik berbasis ras yang dialami oleh pemeran utama dalam novel *Dear Martin* sebagai dampak dari rasisme yang dialami. Peneliti mengamati efek psikologi pada Justyce Mc Allister sebagai pemeran utama pada novel *Dear Martin*. Ada tiga tujuan dalam penelitian ini yaitu menganalisis penyebab, gejala dan upaya untuk mengatasi stress traumatik berbasis ras yang dialami Justyce.

Penelitian ini menggunakan deskriptif kualitatif untuk mendapatkan pemahaman yang mendalam tentang Race-Based Traumatic Stress yang dialami Justyce sebagai pemeran utama pada novel *Dear Martin*. Data pada penelitian diambil dari novel *Dear Martin*. Peneliti memfokuskan penelitian pada kata, frasa, yang diucapkan oleh tokoh-tokoh pada novel, serta narasi yang ditunjukkan melalui sudut pandang orang pertama serba tahu, lalu dianalisis menggunakan teori yang dipilih. Teori yang digunakan dalam penelitian ini adalah teori stress traumatik berbasis ras oleh Robert. T. Carter dan menggunakan pendekatan sosio-psikologis.

Hasil penelitian menunjukkan bahwa pemeran utama menunjukkan adanya gejala stress traumatik berbasis ras yang dialami, antara lain pengulangan kembali, penghindaran, dan waspada. Selain itu, temuan menunjukkan gejala stress traumatik berbasis ras disebabkan oleh beberapa hal. Penyebabnya adalah pengalaman rasisme yang dialami Justyce seperti diskriminasi, stereotip, dan prasangka. Penelitian ini juga menunjukkan upaya dalam mengatasi stress traumatik berbasis ras yang dilakukan Justyce, yaitu berkomunikasi dengan yang orang-orang disekitarnya, dan lebih memahami diri sendiri.

مستخلص البحث

زين، أليفة لطفية. 2022. "الإجهاد الصادم القائم على العرق للشخصية الرئيسية في ستون عزيزي مارتن". بحث جامعي، قسم الآداب الإنجليزية، كلية العلوم الإنسانية، جامعة مولانا مالك إبراهيم الإسلامية الحكومية مالانج.

المشرف: الدكتور سي تي مسيطة، الماجستير

الكلمات المفتاحية: العنصرية، الإجهاد الناتج عن العرق

يهدف هذا البحث إلى تحليل الإجهاد الصادم القائم على العرق الذي يعاني منه الشخصية الرئيسية في رواية عزيزي مارتن باعتباره تأثير العنصرية التي تعرضت لها. تلاحظ الباحثة التأثير النفسي على جوستيس ماك أليستر كشخصية رئيسية في رواية عزيزي مارتن. هناك ثلاثة أهداف في هذا البحث، وهي تحليل الأسباب والأعراض والجهود المبذولة للتغلب على الإجهاد الصادم القائم على العرق الذي يعاني منه جوستيس.

يستخدم هذا البحث الوصفية النوعية لاكتساب فهم عميق للإجهاد الصادم القائم على العرق الذي يعاني منه جوستيس باعتباره الشخصية الرئيسية في رواية عزيزي مارتن. البيانات الواردة في هذه الدراسة مأخوذة من رواية عزيزي مارتن. تركز الباحثة على البحث في الكلمات والعبارات التي تتحدث بها الشخصيات في الرواية، وكذلك السرد الذي يظهر من منظور الشخص الأول الذي يعرف كل شيء، ثم يتم تحليله باستخدام النظرية المختارة. النظرية المستخدمة في هذا البحث هي نظرية الإجهاد الناتج عن العرق بواسطة روبرت. ط. كارتر واستخدام منهج اجتماعي نفسي.

أظهرت النتائج أن الشخصية الرئيسية أظهرت أعراض الإجهاد الصادم القائم على العرق، بما في ذلك التكرار والتجنب واليقظة. بالإضافة إلى ذلك، تظهر النتائج أن أعراض الإجهاد الصادم القائم على العرق تسببها عدة أشياء. والسبب هو التجربة العنصرية التي عاشتها جوستيس مثل التمييز والقوالب النمطية والتحيز. يوضح هذا البحث أيضًا الجهود المبذولة في التعامل مع الإجهاد الصادم القائم

على العرق الذي قام به جوستيس، أي التواصل مع الأشخاص من حوله، وفهم نفسه بشكل أفضل

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CHAPTER I

INTRODUCTION

This chapter presents a background of the study, research questions, objective and significance of the study, scope and limitation of the research, definition of key terms, research method, and previous studies.

A. Background of The Study

Racism is a problem that is still difficult to overcome. Nowadays, discrimination based on racism is still rampant, especially in some countries that have racial diversity, for example, in the United States. In the United States, racism is a cultural system that still favors the superiority of the white race as the majority race, which ultimately hurts the minority race there (Causadias & Korous, 2019). One of the most common causes of racism in the U.S. is racism against black people. In America, being a black person must always be prepared for possible anti-black actions, wherever and whenever (Feagin, 2010; Burt et al., 2012). The acts of racism in the U.S experienced by black people certainly make them feel unsafe.

Although at this time not all white people do racism, we cannot deny that there are still white people doing it, and black people are identical to criminals. It is commonly known as xenophobia. Xenophobia is feeling that one group is not better than another (Rydgren, 2004). Usually, the group considered not better is a minority group in an area. According to Meghan (2019), African Americans who

were part of the United States' immigrant history will experience an effect of Xenophobia from white people. Xenophobic feelings of this group can lead to actions that should not occur, such as racism and discrimination. This situation will affect the psychological condition of black people.

One of the psychological impacts that victims of racism and discrimination may experience is trauma. Trauma occurs as a result of events that occur suddenly and memorably, where the response to the traumatic event itself sometimes does not occur immediately and is sometimes delayed, causing hallucinations and other disturbing responses (Caruth, 1991). Trauma experienced by people who have experienced racism is called as Race-Based Traumatic Stress or Race-Based Traumatic Stress (RBTS). RBTS is emotional or physical pain or the threat of physical and emotional pain that results from racism (Carter, 2007). From this understanding, Race-Based Traumatic Stress is a reaction experienced by someone who gets racism either in a group or individually. The impact of Race-Based Traumatic Stress can attack the victim physically or psychologically. According to Carter (2007), symptoms in Race-Based Traumatic Stress are closely related to post-traumatic stress, such as arousal, re-experience, and avoidance. Other symptoms that may be experienced are anxiety, depression, emotional exhaustion, or other trauma symptoms, meanwhile, for the physical effects that one may experience, such as high blood pressure and heart disease.

Seeing that the current forms of racism have varied and affected the victim's psychological and physical condition, it is not surprising that some people express their aspirations through literary works such as novels, short stories, and even

poetry to speak up about racism. Moreover, Nic Stone, a black novelist in America, did. She expressed her anxiety about the crisis of racism in work in the form of a novel under the title *Dear Martin*. *Dear Martin* is one of the literary works that take the theme of racial discrimination experienced by African-America citizen. They were discriminated against only because of their race. So, the black people experience some stereotypes and violence. It makes the black people's character doubt social equality or the loss of racism in America because of their experience. This novel shows how racism occurs in America and its impact on their social life. The author, a black American, was inspired by the true story of an American teenager who was shot dead by the American police.

This novel is interesting to examine concerning revealing the impact of forms of racism experienced by the main character in the novel and how the main character's efforts to overcome the trauma. This novel also presents the story in a different form, depicting the main character complaining to the famous activists, who also fight for equality for blacks regarding racism against his people, which he had also experienced. In this analysis, the researcher uses a socio-psychological approach, combined with Theory of Race-Based Traumatic Stress by Robert .T. Carter to determine the psychological condition that affected by the black people in the novel.

Racism and its effect is not a new problem to discuss. There have been many studies on racism and the psychological effects. The researcher will use several previous studies as supporting materials for analyzing the object from different aspects and points of view. One of study analyzes the same objects (*Institutional*

Racism in American Post-Civil Rights Movement in Dear Martin by Nic Stone by Afifah Indriani and Devi Wahyuni , an English literature student in State University of Padang) . The research uses the same novel but in different theory and approaches. This research focuses on the experienced of institutionalized racism faced by the main character.

Secondly, *Justice for Justyce: Using Dear Martin and Founding Documents to Create Revolutionary Remixes* by Ovitt & Rice (2020). This study aims to encourage the student to learn about the realities around their society with the ideals of their country according to the historical document. In this study, the novel *Dear Martin* becomes the object of the example of current realities that happened in their realities. The difference from this research is that the function of the novel *Dear Martin* is the object. In this recent research, the novel becomes the main object to analyze, and in this research, the novel becomes the tool to analyze completely.

The third analysis, Suryani (2021) *Color-Blind Racism based on the Dear Martin Novel by Nic Stone (2017): A Sociological Perspective*. This analysis focused on the problem of color-blind racism in character in novel *Dear Martin*. This study uses the sociological approach and the theory of triangulation technique from Patton in done the data validity.

The next analysis, Metzger (2019) *Don't Shoot: Race-Based Trauma and Police Brutality*. This analysis explains the impact of institutional racism in psychological conditions. This study uses the same theory that is Race-Based Traumatic Stress or Race-Based Stress Traumatic by Robert .T. Carter. The

difference of this study is about the object; the study used a case of racism that occurred in America, which ended with the death of an African American in the form of a real event, while in this study, the researcher used a literary work as an objective analysis. The gap between this research and previous research is that the researcher focuses on the psychological effects caused on victims of racism and its relationship to the social conditions of the victims. Meanwhile, several previous studies focused on the forms of racism found in the *Dear Martin* novel.

B. Problems of the Study

1. What are causes of Race-Based Traumatic Stress experienced by
2. What are the symptoms of Race-Based Traumatic Stress experienced by the main character in the novel?
3. What are the main character's efforts to overcome the Race-Based Traumatic Stress experienced?

C. Objectives of the Study

According to the research of the study above, this study provides the symptoms of Race-Based Traumatic Stress and how survive from Race-Based Traumatic Stress experienced by Justyce as the main character in *Dear Martin*. The following are the objectives of the study.

1. To Identify the cause of The Race-Based Traumatic Stress experienced by Justyce.
2. To Identify the symptoms of Race-Based Traumatic Stress experienced by Justyce as the main character.

3. To identify the main character's efforts in dealing with the Race-Based Traumatic Stress experienced.

D. Significance of the Study

The study has two signs that are theoretical and practical. Theoretical is about how the study contributes to adding the knowledge in the theoretical field.

Theoretically, the study's significance is to share the knowledge about applying the socio-psychological approach and theory of Race-Based Traumatic Stress / Race-Based Stress Traumatic (RBST) by Robert .T. Carter in analyzing literary work, especially novels. Practical is about how the study gives more knowledge about understanding the theory of Race-Based Traumatic Stress by Robert .T. Carter and hopefully will be useful for the next researcher.

E. Scope and Limitation

The scope explains the parameters that will operate the research, describes the main issues discussed in the research and becomes the main problem of the research. The description of the limitation itself is the limit of the topic area of this research. The scope of this research is the symptoms of Race-Based Traumatic Stress and the effort to deal with the Race-Based Traumatic Stress of the main character in the novel *Dear Martin*. The limitation of this research explains the symptoms of Race-Based Traumatic Stress and the effort to deal with the Race-Based Traumatic Stress of the main character presented in the novel *Dear Martin*.

F. Definition of Key Terms

1. Race

Race is a classification system categorizes humans into large populations or groups with different genotypes and inherited geographical, physical, and ethnic characteristics. Race can also be grouped biologically and not in a social structure.

2. Racism

Racism itself is an act of superiority carried out by an individual or group of people with a certain race to another race considered inferior (Fred.L.Pincus, 1996)

3. Discrimination

According to Theodorson & Theodorson in Fulthoni et al.(2009:3), discrimination is unequal treatment of individuals, or groups, based on something, usually categorical, or specific attributes, such as based on race-ethnicity, religion, or class membership.

4. Trauma

“Trauma describes an overwhelming experience of sudden or catastrophic events in which the response to the event occurs in the often delayed, the uncontrolled repetitive appearance of hallucinations and other intrusive phenomena” (Caruth, 1991).

5. Stress

According to the definition from Merriam Webster Stress is a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

6. Traumatic Stress

Traumatic stress berbeda dengan trauma dan stress itu sendiri. Traumatic stress refers to a form of stress resulting from emotional pain, as opposed to a lifethreatening event or series of event, as the core stressor (Carter et al., 2017).

7. Race-Based Traumatic Stress

“Race-Based Traumatic Stress, refers to the stressful impact or emotional pain of one’s experience with racism and discrimination” (Meghan, 2019). Race-Based Traumatic Stress is a reaction experienced by someone who gets racism either in a group or individually.

G. Previous Study

(Indriani & Wahyuni, 2021), in *Institutional Racism in American Post-Civil Rights Movement in Dear Martin*, analyzes the institutional racism reflected in *Dear Martin's* novel. The research uses the same novel but in different theory and approaches. This research focuses on the experienced of institutionalized racism faced by the main character in the post-civil movement era. However, in this study, the topic raised is institutional racism, described in the novel *Dear Martin*. This study uses the theory of systemic racism by Joe .R. Feagin. In this study, the

researchers found that Institutionalized Racism still exists in this post-civil movement era. The Institutionalized Racism found in four forms such as racism which are the white racial frame, alienated social relations, racial hierarchy, and related racial domination. This research is a reference in this study because it uses the same object, *Dear Martin*. So, the researcher uses this research to get some references about racism reflected in the novel *Dear Martin* and hopefully be useful to help the researcher arrange this current research.

Ovitt & Rice (2020), in *Justice for Justice: Using Dear Martin and Founding Documents to Create Revolutionary Remixes*. The difference from this research is the function of the novel *Dear Martin* as the object. In this research, the novel becomes the main object to analyze, and in this research, the novel becomes the tool to analyze completely. This study analyzes the function of combining contemporary fiction with historical documents in creating revolutionary remixes. The object of this study is the student of 12th grade. This study aims to encourage the student to learn about the realities around their society with the ideals of their country according to the historical document. In this study, the novel *Dear Martin* becomes the object of the example of current realities that happened in their realities. This study is used as the reference in this research because it uses the same object, *Dear Martin*, as one object. In this research, the researcher gets some information about racism experienced by black people in reality and the connection with the novel. These references are beneficial for the researcher to learn about the impact of racism on the victim, especially black people

Ema Suryani (2021) *Color-Blind Racism based on the Dear Martin Novel by Nic Stone (2017): A Sociological Perspective*. The study uses the same object that is novel *Dear Martin*, but this study has difference focused. Focused of this study is finding the form of color-blind racism reflected by the black people character in the novel. This study is qualitative research and using the theory of triangulation technique by Patton (1999) to analyzing the data. The researcher found three types of color-blind racism that is, frame of cultural racism, minimization of racism, and frame of abstract liberalism. This study is beneficial for this current research to give the reference of the other form of racism such as, color-blind racism that could be the causes of the psychological impact to the black people and also the sociological perspective.

Metzger (2019) in *Don't Shoot: Race-Based Trauma and Police Brutality*. The difference of this study is about the object, and the study used a case of racism that occurred in America, which ended with the death of an African American in the form of a real event. In contrast, in this study, the researcher used a literary work as an object of analysis. This study discusses the impact of institutional racism in America on black people. This study focuses on the psychological effects experienced by the victims of racism. The researcher uses the theory of Race-Based Traumatic Stresstic by Robert .T. Carter to be implemented into a case study on the impact of racism. This study uses the same theory as the current research, the theory of Race-Based Traumatic Stress by Robert .T. Carter.

In this study, researchers found that all forms of racism have a bad effect on the victims, especially if the perpetrators of racism are members of the police who are

supposed to be law enforcers. In addition, race-based trauma can be experienced repeatedly and cumulatively, as well as vicarious. There is an urgent need for preventive measures to be put in place in police departments, awareness-raising and discussion on this issue, more research on the effects of police brutality, and resources for people who have been affected.

Ikasari et al.,(2020) *Amir-Hassan Complicated Relationship (A Socio-Psychological Study in Khaled Hosseini's The Kite Runner)*. This research analyzes the complicated relationship between the character Amir and Hassan in *The Kite Runner* novel and analyzes the socio-psychological perception of Amir and Hassan's relationship. The similarity with this research is that the object of the study is literary work and also uses a socio-psychological approach in analysis. The differences are the object novel that they used and the theory. In this research, the researchers use the social exchange theory by John .W. Thibaut and Harold .H. Kelley. The results of this research are similar in several aspects is the main factor influencing the relationship between Amir and Hassan. Based on the theory used that is social exchange theory, the results obtained are good because they are received from high rewards and low costs. So, the relationship between both of them is a relationship that is bound and interdependent. The research becomes a reference of this current research to learn about the socio-psychological approach in analyzing literary work.

H. Research Method

1. Research Design

This research is literary criticism because the researcher analyzes the social phenomena in the literary work especially Novel. This study uses the Socio-Psychological approach as the approach of this research. Focus of the researcher on the cause of Race-Based Traumatic Stress experienced by the main character; also, the symptoms of Race-Based Traumatic Stress were portrayed by the main character and how the main character survives from the Race-Based Traumatic Stress as theory of this research. The researchers analyze three aspects using the theory of Race-Based Traumatic Stress by Robert .T. Carter to analyze the phenomena in the Novel "*Dear Martin*" by Nic Stone. This theory is suitable for the purpose of the research. Method that used in this research is descriptive qualitative because this research's data collection is about the dialogue, quotation, or anything about the text in the novel.

2. Data Sources

The data source is the research object that is used to analyze. This research data source is the novel "*Dear Martin*" by Nic's Stone. This novel is quite a new one that rise in 2017. The novel is told about racial discrimination faced by the main character. Nic Stone wrote this novel to protest against racism that is still happening, especially as he is a black citizen in America. So he used this novel to reveal her aspirations as a black citizen.

3. Data Collection

The understanding of data collection itself is the process of collecting and ascertaining information on variables of interest (the subject to be tested) in a

systematic way that allows one to answer questions from the trials conducted, hypothesis testing, and test results. Data collection can be done by reading, classifying, paraphrasing the data sources, and other ways. In this study, the researcher collects data sources from the novel "*Dear Martin*" using some steps. First, reading the novel "*Dear Martin*" to understand the contains of the novel, the reading activity is done once but needs many times to get a deep understanding of the novel. Second, identifying the data used in this research, such as words, sentences, dialogue, phrases related to the topic of the study. After identifying, the next step, classifying the data source as related discussion based on the research questions, and analyzing the last step.

4. Data Analysis

This step is the last step of this study. It should do after the researcher has already done the data collection. The researcher's data collections are analyzed using several ways such as paraphrasing, comparing, and elaborating the data the applying to the theory. The researcher's first step in this study is paraphrasing and interpreting the data. The researcher elaborates the data on the symptoms and the effort to deal with Race-Based Traumatic Stress described in the novel. The last steps elaborate on the results to conclude this study.

CHAPTER II

REVIEW OF LITERATURE

This chapter will describe the theoretical framework used on this studies. The researcher will provide an explanation for the theory used to analyze the main character in dear Martin. In this study, the writer makes use of a socio-psychological approach. The theory used is Robert .T. Carter's Race-based traumatic Stress or Race-based stress traumatic (RBST), which specializes in the symptom of Race-based traumatic stress and the way to live on the trauma.

A. Socio-Psychological Approach

(Wellek & Warren, 1949) revealed that the sociology of literature is a theoretical basis that analyzes problems relating to the relationship between literature and society. Sociology of literature is defined as an approach in literary studies that understands and assesses literary works by considering societal aspects. Sociology tries to answer questions about how society is made possible, how it works, and why society survives. Psychology is a science that studies behavior or activities related to the human psyche (Walgito, 2013). In other words, psychology analyzes things associated with the human mind in the real world. Between literature and psychology, there is continuity with each other so that psychology becomes one of the branches of literary studies. Academic psychology was born as a scholarly study used to read and interpret literary works, authors of literary works, and their readers using various concepts and theoretical frameworks in psychology (Wiyatmi, 2011).

Meanwhile, social psychology is a scientific field that studies human behavior and mentality related to relationships between individuals in social relations. According to Carter & Seifert (2004) in Ahmadi (2020), socio-psychology is a branch of psychology that focuses on how people's thoughts, feelings, and behaviors affect and are influenced by other people. The socio-psychological approach states that individuals and society have continuity. Although socio-psychology is a branch of sociology and psychology approach, socio-psychological has differences with the approach of sociology and psychology itself. While sociology focuses on functions and structures built from small groups to large groups, socio-psychological focuses on people's behavior and its influence on individuals living in the society.

According to Astuti et al. (2015), the social psychology approach has several research methods such as :

- 1) Inductive: aims to observe the social world and identify systematic regularities in cause and effect between some of the variables we observe to develop a universal law and then test it.
- 2) Deductive: this method develops theories to find a general law by testing hypotheses to prove the theory's truth.
- 3) Retroductive: aims to understand social reality by observing regular events and producing methods to explain them.
- 4) Abductive: aims to observe existing anomalies, find out why and how various social realities are formed, and explain phenomena that occur.

In this study, the researcher used a deductive method. The researcher uses this method to examine the theory of discrimination caused by racism and Race-Based Traumatic Stress to explain and understand various types of social behavior and those found in the novel *Dear Martin*.

B. Theory of Race-Based Traumatic Stress

Race-Based Traumatic Stress is a reaction experienced by someone who gets racism either in a group or individually. This Race-Based Traumatic Stress refers to mental and emotional injury caused by acts of racism (Polanco-Roman et al., 2016). According to Carter (2007), Race-Based Traumatic Stress or RBTS is not a disorder but rather an injury that has an explicit connection between the emotional of the sufferer racism and the symptoms that follow. RBTS occur as the result of people who experience racism in individual or group. Race Based experiences by the sufferer can cause harm and injury on long duration and unforgettable effect. RBTS cannot classify as part of PTSD, because it is not considered as mental health disorder, but a mental injury caused by living with racist system or racism experience. Although RBTS is not included in the group of disorders, the effect of RBTS cannot be underestimated. The effect of RBTS cumulative and ultimately contribute to reduced quality of life for sufferers (Burt et al., 2012).

Even though RBTS unlike PTSD but RBTS have some effect that mostly similar with PTSD such as hypervigilance, arousal, depression, anger, anxiety and etc. Beside the psychological effect, RBTS can cause some of physic effect such

as headaches, chest pains, insomnia, and etc. RBTS not only has negative effect, according to (Carter, 2007) an effect of RBTS can be classified in positive sides (e.g. increased vigilance, spiritual, activism, and commitment to being strong). Those effects depend on the ability from the sufferer to manage their emotional and physical condition from experiencing racism event. Furthermore, RBTS must be handled properly to decrease the worst possibility for the sufferer. Some scholars mention that white supremacy becomes the vulnerable cause of racism that result RBTS. In U.S racism is cultural systems that harm minorities and give unforgettable effect done by white racial superiority (Causadias & Korous, 2019).

1. Causes

As already mentioned in the notion of Race-Based Traumatic Stress, Race-Based Traumatic Stress is an effect of racism or discrimination against minorities. Traumatic experiences of racism in any form that are experienced continuously affect a person's psychological condition. Especially in today's modern times, technological advances also have a role in creating an act of racism. Previously, the factors that most influenced the occurrence of Race-Based Traumatic Stress in someone were forms of discrimination, stereotypes, prejudice, or other forms of racism experienced directly in verbal or non-verbal forms. The media also has an important role in causing Race-Based Traumatic Stress for minorities. Any racial stress or anxiety can trigger Race-Based Traumatic Stress, including:

- a) Direct or indirect exposure to racist abuse or discrimination.
- b) Media depictions of racism, such as police violence against unarmed Black people.

- c) Exposure to racial or ethnic stereotypes.
- d) Racist abuse of loved ones.
- e) Witnessing members of a person's group receive abuse.
- f) Others are not taking experiences of racism seriously.
- g) Several factors have an important role in the occurrence of racism.

a. Discrimination

According to Theodorson & Theodorson in (Fulthoni et al., 2009), discrimination is unequal treatment of people, or companies, primarily based on something, generally express, or particular attributes, consisting of race, ethnicity, faith, or class membership. The term is commonly used to explain an action by using the dominant majority regarding a weak minority to mention that their behavior is immoral and undemocratic.

In other explanation, discrimination is an unbalanced treatment by one race or social group against another social group or race. The emergence of discrimination originated in the colonial era, which still exists today. Although there have been many attempts or calls and even regulations governing acts of discrimination, many discrimination cases still occur. Especially in America, there are so many racial discrimination cases, especially against blacks perpetrated by whites.

b. Stereotype

The terms stereotype refers to the typical picture that comes to mind when thinking about a particular social group. Stereotypes enter into cognitive

behavior, which will later affect other behaviors. Stereotypes are not always negative; sometimes, stereotypes are positive. Barker in (Murdianto, 2018) stereotypes as overt but simple representations that reduce people to an exaggerated and usually negative set of character traits. The term gives meaning to others through the operation of power.

However, Stereotypes can also be an obstacle in intercultural communication. Because of this, people of different cultures will feel unwilling to interact with people of different cultures. Stereotypes are present, such as inheritance, hereditary, categorization, failure to think logically, and because of in-group and out-group bias, where one group values their group more and does not respect other groups. The negative stereotype commonly referred as prejudice.

Prejudice is a (usually negative) attitude towards certain group members, all based on their membership in the group (Baron and Byrne 1987in (John .F. Dovidio, 2017). Prejudice can be said to be an opinion that is too hasty, based on generalizations that are too fast, one-sided in nature, and accompanied by a process of simplification (too simplistic) of a reality. The prejudice shows the existence of social distance between the in-group and out-group. Prejudice can be interpreted as a rigid attitude towards other groups based on deviations that the individual cannot accept. Prejudice can develop into an irrational hatred of social groups based on a particular race or ethnicity, gender, sexual orientation, or religion can become victims of prejudice.

2. Symptoms

According to Carter (2007), although it looks similar to PTSD, Race-Based Stress Traumatic or Race-Based Traumatic Stress still cannot be categorized as one of the consequences of PTSD. Some of the factors that influence this are such as the fact that the subjectivity of others is not included in the criteria, and the triggering reaction must be physical and life-threatening. Another factor is that if it is categorized as PTSD, it can conclude that the target of racism is mental disorders; race-based trauma cannot be fulfilled. So from the several criteria that are why someone is diagnosed with PTSD, in the case of racism, only physical violence can apply in these criteria. Race-Based Traumatic Stress cannot include in the branch of PTSD because of the narrow criteria. While in traumatic stress, several measures can make race-based trauma can classified into it. According to Carlson (1997) in Carter(2007), "The use of traumatic stress to recognize race-based stress and trauma fits the goals of the model in that race-based events are often not physical, they occur across the life span, and they usually reoccur in different situations and contexts. There is also likely a wide range of reactions, coping responses, and adaptation efforts to race-based encounters. A more specific model for recognizing and assessing race-based trauma would allow for more research to be conducted and would aid mental health professionals to understand better and more effectively treat people who are subjected to such experiences"(Carter, 2007)

According to Carlson (1997) in Carter(2007) found that people with severe stress will experience three core reactions such as :

a. Intrusion or Re-experience

Re-experience is shown in feeling upset about something related to the traumatic event, both in pictures, events, and atmosphere. Re-experienced events take two forms: flashback or recalling the traumatic events in mind, and nightmare as a subconscious effect (Linda Gea, 2018). Another effects that will be experienced from the re-experience experienced can also be in the form of feelings of anger and anxiety (Carter, 2007).Symptoms of re-experience can interfere with daily routines because they can suddenly arise from the thoughts and feelings of the person who experienced the traumatic event. It can come from certain words, objects, or situations that can remind the person of a bad experience that has been shared, also triggering the symptoms above.

b. Avoidance of Numbing

People with severe traumatic stress also experience avoidance and numbing. These include blocking the traumatic event from anything related to the traumatic event, closing off memories of painful moments, and significant parts of the loss or trauma. These symptoms could be including by having difficulty remembering and losing interest. In this symptom, the changes experienced by the sufferer are related to avoiding activities that can remind them of the traumatic event, such as staying away from places, occurrences, or objects that remind them of the traumatic event and avoiding thoughts or feelings associated with the traumatic event (Schiraldi, 2009). People who show avoidance symptoms as a symptom of racial trauma will usually display denial behavior to avoid the traumatic event. This way is usually due to the feeling of being helpless to deal with the racial trauma they experienced, so they try to deny the trauma they experienced as a

form of avoidance (Carter, 2007). In addition, other signs shown in this section are sufferers will lose interest in positive things, feel isolated from the surrounding environment, and have a prejudice that their life will worsen.

c. Arousal and Hyperactivity

These symptoms arise because of the contribution of the two previously mentioned elements, namely re-experience and avoidance. If people who are indicated to have experienced trauma have experienced two previous symptoms, then they will then be in the arousal phase. Arousal is an overreaction created to things that trigger the traumatic experience and is a continuation of the symptoms that will experience after the person has experienced the traumatic experience. It will make people who experience it feel stressed and angry. They will also have difficulty performing daily activities, such as sleeping, eating, or concentrating. Several signs can characterize arousal: difficulty sleeping, irritability, shame, difficulty concentrating, even causing increased alertness and sensitivity of the five senses.

3. Coping with Trauma

Race-Based Traumatic Stress harms the sufferer. It affects a person's psychological condition and causes the sufferer to have problems with his social environment. Therefore, people with Race-Based Traumatic Stress need several ways to heal their traumatic selves. There are several ways that people with Race-Based Traumatic Stress can do to overcome the trauma:

a. Communicating with Others

People who have problems with Race-Based Traumatic Stress need other people who make them feel safe. It is also useful in restoring self-confidence to socialize with other people. So, people with Race-Based Traumatic Stress can again have a place to tell stories and go back to living a good life.

b. Avoid Media Coverage.

Along with the times, technology has an important role in human life. It's just that technological sophistication often has some bad effects. As for people with Race-Based Traumatic Stress, media can be the factor that worsens the psychological condition of people with Race-Based Traumatic Stress. For example, sufferers often see violence or discrimination against race. So it is very necessary to limit media use for people with Race-Based Traumatic Stress.

c. Self-Care

Practicing self-care can dramatically increase a person's sense of well-being. Forms of self-care that people with Race-Based Traumatic Stress can do are things that can make them feel valued and loved. Self-care measures can be simple and independent or complex and complex. Patients can take the time to take a vacation to enjoy nature, write in a journal, or do their favorite hobby. Anything that makes him feel cared for is good for their health and psychological state

CHAPTER III

FINDING AND DISCUSSION

This chapter contains an analysis of data findings and a discussion on research problems. The finding and discussion based on cause, symptoms, and the way to coping of Race-Based Stress Traumatic which reflected on the main character in novel *Dear Martin*.

1. Cause of Race-Based Stress Traumatic Reflected by The Main Character in Novel *Dear Martin*

The researcher found that Justyce's Race-Based Stress Traumatic is caused by negative stereotypes (prejudice) that led to the act of discrimination experienced by Justyce. The prejudice and discrimination experienced by Justyce comes from several things, either directly through Justyce's personal experience that he gets through the environment and the people around him or indirect actions he gets through watching news about cases of racism around him.

a. Stereotype

As previously explain, stereotypes have positive and negative sides. Here, the source of the problem that makes stereotypes one of the causes of acts of racism will cause sufferers to experience trauma is negative stereotypes, commonly referred as prejudice. In this novel, there is some evidence from the main character. Justyce's experiences negative stereotypes or prejudice, which is the

basis for racial discrimination against him, a black person, become the cause of the trauma to Justyce.

It started from the stereotype that caused him to be arrested by the police because the police have the stereotype that Justyce, a black person, is considered to do something terrible to his girlfriend, Melo. Justyce, who was trying to help his girlfriend, who was drunk and intended to take his girlfriend home, had to abandon his intention because he experienced an unexpected incident. Suddenly, the police who were patrolling around the place arrested him without any reason. The police arrest him only because of the color of Justyce's skin and the clothes he was wearing especially as black people. Without hearing an explanation from Justyce, the police officer, is very sure of his prejudice against Justyce that he will commit a crime against Melo.

*“Officer, this is a big misundersta—” he starts to say, but he doesn't get to finish because the officer hits him in the face.
“Don't you say shit to me, you son of a bitch. I knew your punk ass was up to no good when I saw you walking down the road with that goddamn hood on.” (Chapter 1, Page 9, in Stone, 2017).*

The evidence above shows that Justyce was arrested by the police on him did not occur because Justyce was proven guilty of committing a crime. But, the arrest happened because of the police's prejudice against black people, which showed that black people were identical to criminal acts.

After the incident, Justyce's arrest was caused by the stereotype that the police had about him, it was enough to make him shy about what happened to him. Justyce also experienced another stereotypes from his school environment, which

made Justyce increasingly feel that his existence as a black person was not safe. He got this when the debate class that day brought up the topic of equality. One of Justyce's classmates, Jared, gave a statement about black people that leads to negative stereotypes. Justyce, who heard Jared's word, was distraught, even though Justyce did not comment on the statement. Another friend named Sarah Jane, who disagreed with Jared's statement about his stereotype against black people, made her argue with Jared and caused the debate class that day become heated. Increase, Justyce initially did not believe that in modern times racism still exists. After several experiences, he changes his mind about that.

Jared: Dude, Manny drives a Range Rover.

Manny: What does that have to do with anything?

Jared: No beef, dude. I'm just saying your folks make way more money than mine.

Manny: Okay. They worked really hard to get to where they are, so—

Jared: I'm not saying they didn't, dude. You just proved my point. Black people have the same opportunities as white people in this country if they're willing to work hard enough. Manny's parents are a perfect example.

SJ: Seriously? You really think one example proves things are equal?

What about Justyce? His mom works sixty hours a week, but she doesn't make a tenth of what your dad ma—

Justyce: S, chill with that, man.

SJ: Sorry, Jus. What I'm saying is Manny's parents are an exception.

Have you not noticed there are only eight black kids in our whole school?

Jared: Well, maybe if more people were like Manny's parents, that wouldn't be the case (Chapter 3, Page 15).

The evidence above shows how Jared's stereotypes about current inequality have nothing to do with racism. Jared assumes that black people's lives are not economically good enough are caused of their laziness. Jared reinforces his statement by giving an example of Manny's parents, who are friends of Justyce, as proof that black people can also have a good life as long as they are willing to put in the effort. But Jared's statement is proof that Jared is an unconscious form of

racism caused by his stereotype against black people whose lives are not so good. Of course, that was quite painful for Justyce and added to his insecurities as a black person

Not yet finished with Justyce's traumatic experience of racism, Justyce must re-examine the harmful stereotypes made by white people against black people. In that time when he experienced a traumatic act of racism through an indirect incident, Justyce witnessed the news of a black man who was shot dead for committing a crime which caused quite a stir in his country. Justyce starts to find out about the information, finding some oddities about the case.

SJ: Oh my god. Do you watch the news at all? The name Shemar Carson ring a bell, maybe?

Jared: Ah, here we go. Not every white person who kills a black person is guilty of a crime. Pretty sure the courts proved that yesterday.

SJ: All the courts "proved" yesterday was that a white guy can kill an unarmed teenager and get away with it if the kid is black.

Jared: Dude, the kid attacked the cop and tried to take his gun. And he had a criminal record.

Justyce: Hold up, man. The attack was alleged. There weren't any witnesses—

SJ: Maybe if you actually followed the case instead of getting your information from social media—

Jared: Doesn't change the fact that the guy'd been arrested before. You don't get arrested if you're not doing anything wrong. Bottom line, he was a criminal.

SJ: The charge on his record—which is public, so you can go look it up—was a misdemeanor possession of marijuana.

Jared: So? Do the crime, do the time. (Chapter 3, Page 16 and 17).

According to the conversation above, between, Sarah Jane, Jared and Justyce, he increasingly believes that racism still exists through his knowledge of the case. Through the prejudice that he has seen and experienced directly and indirectly, which have harmful effects on black people, Justyce is increasingly worried that

his identity as a black person will put him in danger. So, Justyce has a trauma to racism and it will change some of Justyce's behavior.

b. Discrimination

Discrimination is an unequal action or treatment by one group against another. Usually, this is done by the majority against the minority. In this novel, several acts of discrimination experienced by the main character are described, either directly or indirectly. The depiction of discrimination in this novel is racial discrimination that occurs in America between white people and black people. This act of racial discrimination also has an important role as the cause of Race-Based Stress Traumatic experienced by victims of racism.

Evidence of racial discrimination experienced by Justyce was first described when Justyce was considered a criminal by a white man simply because he wears clothes that according to the white police supposed to reflect criminals. Another reason for this prejudice was that Justyce was a black person.

The cop shoves him to the ground beside the police cruiser as he asks if Justyce understands his rights. Justyce doesn't remember hearing any rights, but his ears had been ringing from the two blows to the head, so maybe he missed them. He swallows more blood.

"Now, if you know what's good for you, you won't move or speak. Resistance will only land you in deeper shit. Got it?"

"Look at me when I'm talking to you, boy." He grabs Justyce's chin. "I asked you a question." Justyce swallows. Meets the cold blue of Officer Castillo's eyes. Clears his throat.

"Yes sir," he says. "I got it." (Chapter 1, Page 9).

On the conversation above, proofed that the treatment did by the police is form of discrimination. Due to the prejudice from the police, Justyce had to experience persecution and was forced to admit that he was indeed guilty. As a

result, Justyce had to be detained at the police station for several hours. This case also becomes the beginning of Justyce's traumatic form of racism.

In addition to the direct discrimination experienced by Justyce, this novel also shows the discrimination experienced by Justyce's closest people, which also plays a role in Justyce's mindset about racism. The act of discrimination that was experienced by Mr. Julian, the father of his own best friend. Even though Mr. Julian has a perfect job, Mr. Julian recounts that his efforts in getting it are not as easy as the efforts of white people to get a job as he currently has. Mr. Julian must try harder and get discriminatory treatment from people who look down on him because of his racial status. Even though he has become a person who has a perfect position where he works, there are still subordinates who think that he is not worthy of getting the job he currently has.

“Both of you know what I do for a living,” he went on, but very few know my struggle to get there. It took me four years longer than average to secure my position because I was continuously overlooked for promotions. I worked much harder than many of my Caucasian colleagues but rarely received a fraction of the recognition”
“There are still people in that office who refuse to look me in the eye, fellas. They’ll show cursory respect for the sake of keeping their jobs, but a good majority of my subordinates resent having to answer to a black man. I was reminded of that today” (Chapter 12, Page 50).

Through the story described by Mr. Julian above, Justyce understands better that to get what white people have, black people, have to work harder than white people. The inequality between white and black people itself categorize as discrimination.

Another discriminatory treatment that Justyce experienced was when he was accepted at one of the top universities in his country. One of his friends, Jared, who also enrolled at the same university like him, felt that Justyce did not deserve to be accepted. Jared thought that he was more worthy of being accepted as a student at the university.

Jared: Dude, there's no way he got a thirty-four.

Justyce: What reason do I have to lie, man?

Jared: It just doesn't make sense—

Justyce: Why doesn't it?

SJ: Because it negates his assumption that because he's white and you're black, he's more intelligent than you are.

Jared: Why don't you stay out of it, SJ?

Jared: Whatever. All I know is that no matter what college I end up at, when I see a minority, I'm gonna wonder if they're qualified to be there. (Chapter 7, Page 29 and 31).

The statement from Jared is the evidence that Jared as white people has an unequal mindset about black people. He thought that none of black people can be better than white people. This is act of verbal discrimination for black people. The act of discrimination around Justyce's environment in this novel has an important role in built the Race-Based Stress Traumatic within Justyce. Whereas, the discrimination experience give Justyce's on difficulty and dangerous positions. So that, the trauma that he got become the injury on his psychological which is in the next part it will be the foundation of his Race-based Traumatic Stress. In the next that feeling will be more complicated and affect his life. One of them is feeling that his existence as a black person is in an insecure zone and could be in danger at any time.

2. Symptoms of Race-Based Stress Traumatic Reflected by The Main Character in Novel *Dear Martin*.

a. Re-experience

One of the signs of re-experience shown in the novel "*Dear Martin*" is Justyce's flashback. This feeling happened when Justyce and his best friend Manny played a game at Manny's house. At that time, the game being played was about a shootout between police and criminals. However, it turns out that Justyce, who recently experienced acts of racism by a police officer against her, felt again the horror she experienced on that night.

*Manny's avatar switches weapons in quick succession, tossing everything he's got at the enemy troops.
Grenade: BOOM.
Glock 26: POP POP POP.
Flamethrower: FWHOOSH.
Bazooka: FWUUUUMP...BOOOOOOM.
So many guns. Just like the one Castillo kept his hand on while treating Jus like a criminal. One wrong move, and Jus might've been the next Shemar Carson.
He shudders. "Hey, you mind if we play something a little less...violent?"
Manny pauses the game. Turns to his best friend.
"Sorry." Justyce drops his head. "Can't really handle the gunshots and stuff right now." (Chapter 2, Page 12).*

The text above, shows that the sound of the gun in their game brought Justyce flashback to his experience with a policeman who arrested him for no apparent reason a few days ago. Justyce's fantasy imagined the terrible things that could have happened to him if he made the slightest mistake at that time. Following the understanding of flashback, namely the feeling of repeating the event that caused the traumatic sensation (Linda Gea, 2018).

Kyle: See, things really are equal nowadays, bro. A white kid can play a famous black dude in a play, and it's no big deal.

Jared: Exactly! This is a color-blind society, my brethren...people are judged by the content of their character instead of the color of their skin.

Kyle: Right, dude. Like I totally don't even see you as black, Manny!

[Manny laughs at this, but Justyce can tell his heart isn't in it. The statement makes Justyce think about those handcuffs...

these fools might not "see" Manny "as black," but Justyce knows damn well the police would.]

*Jared: My brothers, let us raise our Perrier bottles to EQUALITY!
(Chapter 4, Page 19).*

Flashback to what happened that night, Justyce felt again. This time the trigger for the flashback was Jared's words. Jared gave a statement about equality which, of course, Justyce didn't agree. Justyce, who recently experienced acts of racism, felt that what could not fully justify Jared's statement. Justyce was flashback to his memory immediately, where her hands were handcuffed. He had to be detained for several hours in the police station because of her identity as a black person and the prejudice of a white police officer being racially discriminatory.

In addition, this novel also shows that Justyce's re-experience as the main character this novel is not only about events that make it a flashback. However, it is also aimed at how the consequences of the racism that he experienced caused Justyce to experience anxiety at several moments often.

Trey: Yeah, Jared. You should really shut ya mouth right now. Your boy has made me and my dudes upset coming in here dressed like that.

Justyce: Trey, he didn't mean anything by it, dawg. We were doing this satire thing with stereotypes, and it went too far. Lesson learned.

Trey smiles at Justyce then. Well, more like sneers. It makes Jus feel like cockroaches are walking all over him. "You ain't changed a bit, Justyce. Still Mr. Smarty-Pants," Trey says, and then one of the others pipes up: "Y'all know he goes to that rich-ass white school out in Oak Ridge now."

"It's called Braselton Prep," Jared corrects.

Justyce really wants Jared to shut the hell up.

“Ooooh.” The white dude—Brad, Jus believes—raises his hands in mock adoration.

Trey looks back and forth between Jus and Manny. “Don’t get it twisted, my dawgs. These white boys might be standing here next to y’all, but y’all still ain’t nothin’ but niggas to them, ya heard me?” he says. “Ain’t no amount of money nor intelligence can change that shit. (Chapter 5, Page 23).

The evidence above is one of the narratives show that Justyce experienced anxiety when he was dealing with a group of black teenagers who didn't seem to like him and his friends at a Halloween party. Especially, in the moment the teenager just punched to the one of his friends. Justyce was worried that a fight or something terrible would happen to them if they didn't leave the party as soon as possible. Since there was some commotion around him related to racism, Justyce often felt anxious if he was in a place or moment that he thought was dangerous between the two races.

The anxiety experienced by Justyce is also depicted at the moment when Justyce and Manny are dealing with another driver who is angry because of Manny's actions and who listens to music loudly. Appear. Justyce was worried that it would be bad for Manny and himself.

“Man, please. This is my car,” Manny says. “I’m done bending over backwards to appease whitepeople.” He pushes a button on the steering wheel, and the music gets louder.

“YOU WORTHLESS NIGGER SONS OF BITCHES!” the guy shouts.

“I know that muthafucka didn’t just say what I think he did,” Manny says.

Jus’s heart jumps up between his ears.

What would Martin do what would Martin do what would Martin—?

“Forget that guy, Manny. Let’s just stay calm—”

“Naw, man. Screw that.” Manny leans over Jus. “Hey, fuck you, man!” he shouts out the window, giving the guy the finger.

“Manny, chill.” Why is this damn light so long? “Let’s just turn it down till we get away from this guy, all right?”

From the evidence above, it can be seen the way Justyce ask Manny to leave is one of the expression of anxiety to the white people. He feel anxious on that situation because he afraid if they still pay attention to the white people, it will be dangerous for them. Those feeling come from his traumatic experience. It is one of the effect from re-experience as the symptoms of Race-Based Traumatic Stress

b. Avoidance

The avoidance symptoms shown in this novel include several things, including losing interest, staying away from anything that refers to the trauma, negative prejudices about his life, and also feelings of denial. Staying away is a sign that Justyce has symptoms that indicate that he is experiencing race-based stress. Staying away in question is trying to avoid something related to the traumatic event. The form of staying away comes from avoiding conversations, feelings, or even places related to the traumatic event.

Jared: Anyway, to those unfamiliar with the US Constitution, thanks to the Fourteenth Amendment, every person in this

country has the right to life, liberty, and the pursuit of happiness—

SJ: Bullshit.

Doc: SJ!

SJ: It's true!

Justyce: You need to chill, S.

SJ: Are you serious?

Justyce: Yeah, I am.

SJ: You of all people know I'm right, Jus—

Justyce: Leave me outta this. (Chapter 3, Page 16).

The evidence above shows that his traumatic experience made Justyce begin to withdraw from discussions related to equality, especially those that lead to race. Given that the traumatic event he experienced was related to racial discrimination.

As seen in the conversation above Justyce tried not to participate in responding to Jared's statement, which made him argue with Sarah Jane. Justyce's choice to remain silent is one way to control himself so that he no longer remembers the traumatic event he experienced. It also shows that one of the consequences for people who experience RBTS is the feeling of losing interest in things they used to do before.

In this novel, it is also described that Justyce is not just trying to stay away from talking about the traumatic events he has experienced. However, he is also staying away from places that he thinks can remind him of the traumatic event he has experienced.

When Jus steps inside and the fragrance of chicken cacciatore assaults his senses, he's one hundred percent sure he doesn't wanna be here. He doesn't wanna sit down at the antique oak table to eat from the "special-occasion" dishes. Dr. Rivers has taken from her china cabinet. He doesn't wanna make small talk with his dead best friend's parents as they eat his favorite meal and not their son's. All of this is way too much, and he wants to leave and never come back (Chapter 16, Page 61).

In the narration above, Justyce is depicted as hesitant to attend the dinner invitation from Manny's parents. Justyce hesitated to attend the invitation because when he came back to Manny's house, he thought back to the incident where his best friend was shot and killed, which also left him quite severely injured. This suggests that people with traumatic experiences try to avoid dealing with things that cause them to recall unwanted traumatic events.

Another avoidance sign shown in this book is to have a prejudice that their life will worsen due to a traumatic experience related to Justyce's race. Justice, who at that time lived and studied in a predominantly white place, began to worry about his life. Justyce is starting to be wary of white people, especially those who think that equality has already happened in America and that racism is just part of America's history. Justyce thought it was these people who would make things worse. Below is evidence that Justyce was beginning to worry about his life as a black person.

“ And then Trey.... Why does this guy insist on trying to keep me down ? On the real, he’s just as bad as Jared! It’s like I’m trying to climb mountain, but I’ve got one fool trying to shove me down so I won’t be on his level, and another fool tugging at my leg, trying to pull me to the ground he refuses to leave. Jared and Trey are only two people, but after today I know that when I head to Yale next fall (because I am going there), I’m gonna be paranoid about people looking at me and wondering if I’m qualified to be there.How do I work against this, Martin? Getting real with you , I feel a little defeated. Knowing there are people who don’t want me to succeed is depressing, Especially coming from two directions”(Chapter 7, page 35).

The signs of avoidance shown are denial. According to (Carter, 2007), denial is also one of the signs of avoidance shown by people who experience RBTS. People who experience RBT will usually be in denial when they are in a helpless state about the trauma they experienced. The person is in denial of the things that he considers as triggers for the return of the traumatic feeling in the hope that this can help him avoid traumatic feelings in certain things related to the traumatic event he experienced.

*“Well, I’m thinking we could do an argument on racial profiling.”
Jus stopped. “You’re not serious.”
“I am.”*

“So you’ve lost it, is what you’re really telling me.”

“Oh come on. What do we have to lose?”

“Uhh, the tournament?”

“Screw the tournament.” She shut her laptop and came over to where he was. “This is something people need to hear about, Jus. It’s an argumentation gold mine!”

“Mmmm...” It wasn’t that he didn’t believe they could form a solid argument—she was right: the numbers spoke for themselves. The real issue? He didn’t want to be the black guy accused of “playing the race card” at a state tournament. (Chapter 9, Page 37)

Justice, a person who experienced symptoms of RBTS after the act of racism he experienced either directly or seen through the experiences of others, has also shown a denial attitude as an effort to avoid traumatic events. The denial made by Justyce was shown when he agreed to the topic that Sarah Jane proposed as the material they would discuss in the debate competition they were participating. Although previously Justyce doubted that this would cause any problems for them, Justyce tried to follow Sarah Jane's advice.

c. Arousal

Arousal is a symptom of RBTS which is said to result from the contribution of the two previous symptoms, namely re-experience and avoidance. Arousal is a direct or indirect overreaction to the traumatic cause, a continuation or sequel of the trauma experienced. Signs and symptoms in this group are usually one way to deal with the trauma that is felt. For example, people experience sleep disorders because that person always has nightmares related to the trigger of a traumatic event. In this novel, arousal occurs in Justyce with several symptoms: feelings of irritability, being enveloped by feelings of restlessness, difficulty concentrating, feeling in danger, and difficulty controlling emotions. Justyce became easily

offended by sensitive matters related to race. Especially the relationship between the white race and the black race. Since that unpleasant experience, Justyce has been provoked by anger several times because of several way that talking about race.

“Hell nah, I’m not ‘bouta chill. Ya boy’s got racist lawn gnomes and white people in blackface hanging on the walls, now he pulls this shit, and you want me to chill?”

*Justyce: It’s already outta hand, Manny. Your boy Blake is a racist.
(Chapter 10, Page 41)*

The incident that occurred at Blake's birthday party, where Justyce was provoked by his emotions that caused him to hit Jared unconsciously, is one example of Justyce's inability to contain his anger from the words Jared said that offended him. On the other hand, Jared did not feel that his words were sensitive sentences that could offend black people. Jared assumes that racial equality in America has been appropriately implemented, though his words were just a joke. But for Justyce, who understands that racism still exists and is dangerous, what Jared did was very offensive to him as a black person.

Justyce shed his feeling on his diary of letter to Martin which is full of contains about his journey on racism that he experienced. Furthermore, after Blake’s birthday party incident.

“I know I did the wrong thing tonight, but right now I can’t find it in me to be remorseful. Those assholes can’t seem to care about being offensive,so why should I give damn about being agreeable?” (Chapter 10, Page 44).

The evidence above also shows how Justyce does not regret his actions because he feels that what he did was right. He told Martin in his letter that his white

friends should be taught a lesson. It seemed that Justyce's emotions were already hard to control. Likewise, it can be seen in the quote that shows Justyce's anger over the injustice that occurred in the Manny shooting case. Justyce was seen venting her emotions in front of Doc after watching the news about the Manny shooting case, which seemed to corner Manny and Justyce.

*Doc throws an arm around Jus's shoulder and gives him a shake.
"Wanna talk about it?"
"This is some bullshit, Doc!" Jus kicks the desk beside him and it topples onto its side.
"Yep." Doc rights it.
"Is it not enough that Manny's dead, man? It's like these people want Garrett to get away with it." Jus shakes his head. "I knew I shoulda said no to Jared's idea. Definitely shouldn't've let him take that picture...But I ignored how I was feelin' about it because I was tryna be like—" He grits his teeth (Chapter 18, Page 67).*

Another sign was that Justyce became easily agitated and felt in danger. This sign is one of the reactions directed at when you are in a situation that he thinks could trigger the occurrence of events related to the traumatic event. So, to avoid this right, the vigilance shown is in the form of feeling restless when he feels he is in danger. The novel's example of this situation occurs when Justyce becomes restless when Jared and other friends meet and argue with Trey. According to Justyce, what Jared did could be dangerous for himself and his friends.

*Jared: Bro, this isn't even your party. You can't tell us to leave.
Trey laughs, and one of the other guys lifts his shirt to reveal the handgun grip sticking out of his waistband.
"I most certainly can, white boy," Trey says. "Now you and ya li'l crew getcha punk asses outta here before things escalate."
The guy with the gun smiles at Jus. "You and rich boy can stay with us if you want to." All the Black Jihad guys laugh.*

Trey: Bruh, you know these niggas don't wanna chill with us. They "goin places" and shit. Gotta stay connected to the white man for the ride to the top....
He nudges the white guy with them, and they both snicker (Chapter 5, Page 23).

Justyce's anxiety wasn't just about dealing with white people. However, Justyce also felt a sense of danger when she was among white people facing black people they were not meant to be. Even though Justyce is a black person, and in his position, he is a victim of white supremacy that leads to racism. However, on the other hand, there are indeed black people who need to be watched out for, like Trey and his friends, who are well known for their crimes.

3. The Main Character's Effort to Overcome with the Race-Based Traumatic Stress Experienced Reflected by The Main Character in Novel *Dear Martin*

Trauma coping is a person's effort to be free from the trauma he experienced. Like other traumas, what can do trauma dealing with the help, such as going to a psychiatrist, and some can be done by yourself. This coping depends on how severe the individual experiences the trauma. Several ways can be done to cope with trauma. Among them are trying to communicate with other people who are believed to be able to help him always feel safe, besides avoiding things that can remind him of the traumatic event is also needed in the healing period. Another is self-care by knowing ourselves better and instilling that we are people who have values and deserve to be treated well. In this novel, even though Justyce has

multiple experiences of racism that traumatized him, at least he doesn't have to need the help of a psychiatrist to make him heal from the trauma

a. Communicating With Others

One of the things Justyce done is communicate with the people he trusts, Justyce tries not to harbor fears himself, Justyce uses the people he trusts to help him survive the trauma as he did by writing a letter to Martin, an activist for equality in America who killed in 1968. Besides that, Justyce also has people around him, such as Manny, Sarah Jane, and Doc, who can help him in every problem..

Doc is sitting with his elbows on his knees and his hands clasped at the edge of Jus's perfectly made bed (which reminds Jus he didn't sleep in it. He shakes his head again). Doc smiles. Nods toward the desk chair. "Talk to me, Jus," he says once Justyce is seated. Jus runs his hands down his face. "What do you want me to say?" "Just wanna know what's up. I got a call from Manny a couple of hours ago. He's really worried about you." Jus snorts. Doc smiles. "He told me you'd do that." "Whatever. That dude don't know me." Doc's expression turns serious. "Tell me what happened, man." "You mean Manny didn't tell you when he called to tattle on me?" Doc doesn't say a word to that. Just stares at Justyce with his piercing green eyes. There's no judgment in them at all. With Doc eyeing him like that, last night floods Jus's memory, and the ache in his bruised knuckles seems to intensify. He drops his chin. "I messed up, Doc." (Chapter 11, Page 44 and 45).

The quotation above is one of the examples of communication with other by the way he shared his frustration with Doc, his teacher at Justyce's school, and his teacher tried to calm Justyce's emotions.

Beside Doc, He also has Sarah Jane his girlfriend to become his place to share his problem. Sarah Jane treat him better and it work for his psychology.

“I almost joined a gang.” He puts her down. “Remember the guys I told you about from the Halloween party?”

“You mean the ones who threatened to shoot you?”

“Yeah. I went to see their leader.”

“You what?”

“I was thinkin’ about, uhhh...well, joining their crew.”

She just gapes at him.

They both sit back on the bed, and he tells her about visiting Quan in juvie, and the sequence of events that led him to Martel’s doorstep. At some point he starts crying. Which he’d normally be embarrassed about. But he’s not because it’s the best he’s felt since...well, since before he can remember. Granted, part of feeling so good probably has to do with being wrapped in SJ’s arms with his head on her shoulder.

Jus has no idea when that happened, but here they are.

He can imagine Manny calling him a punk for letting her hold him while he cries like a big-ass baby, but instead of making him sad, the thought makes him smile—he can also imagine Manny saying Took you long enough, fool. (Chapter 20, Page 74).

A quotation shows Sarah Jane really cares about Justyce and always tries to stand up for Justyce when Justyce is in trouble. So that he doesn't feel alone in facing his problem and help him to heal from the Racial trauma.

b. Self-care

In the last few chapters of the novel, it is shown that Justyce gradually begins to understand himself more deeply. Thus, it has a good impact on the development of the trauma. Justyce started to come to terms with his complicated situation. This sign was shown when Justyce began to reorganize him life after the events of Manny case, which were quite emotionally draining.

“ Martin, I just it never ends, does it? No matter what I do, for the rest of my life I'm gonna find myself in situations like this, aren't I? It's exactly what Mr.Julian told Manny and me , but there's a part of me that still doesn't wanna believe it”

“ I keep coming back to something Doc said during “Thug-Gate” : if nothing ever changes, what type of man am I gonna be ? Chewig on that over the past few days, I've started to wonder if maybe my experiment failed because I was asking the wrong damn question.

Every challenge I've faced, it's been what would Martin do? And I could never come up with a real answer. But if I go with Doc's thinking who would Martin be ? Well that's easy : you'd be yourself. The eminent MLK : nonviolent, not easily discouraged, and firm in your beliefs.”

“At least I hope I do. If not , this is gonna be a long four years. Hell. A long rest of my life.” (Chapter 23, Page 88 and 89)

From the narration, It shown that he is fine and has been able to accept the reality of the bad things he has experienced before. The author wants to describe that his life is back to normal again.

CHAPTER IV

CONCLUSION AND SUGGESTIONS

This chapter will contain the conclusions obtained by the researcher after conducting research and analyzing the data obtained through the selected source, namely the novel *Dear Martin* and has suggestions given by the researcher for further research related to the same object.

A. CONCLUSIONS

The finding of this study is intended to answer the research question of this study using the theory of Race Based Stress Traumatic by Robert .T. Carter and the socio-psychological approach . The conclusion of the finding and discussion in this research is that the first cause of the Race-Based Stress Traumatic experienced by Justyce as the main character in the novel *Dear Martin* was caused by several factors, namely stereotype and discrimination based on racism experienced by Justyce. It had a pretty bad effect on Justyce.

Second, according to the data obtained through the research object and after being analyzed, Justyce has experienced Race-Based Stress Traumatic. It can be concluded after the data indicates that Justyce experiences signs that are usually obtained by people who experience RBST, including re-experience, avoidance, and arousal. It is proven by several effects that Justyce experienced, such as flashbacks, anger, anxiety, denial, etc., as shown in the finding and discussion chapter.

Finally, on his journey, Justyce overcame the RBST he experienced by doing several coping traumas, namely communicating with other people and self-care. The people around him helped Justyce survive the adversity he experienced after experiencing racism. Another thing that helped Justyce survive RBST was Justyce's efforts to understand himself, find his true self and rise again. Those way help him to coping the trauma and it works for him. In the end, even he cannot erase the racism system in his environment but he finally can accept it and know the way how to survive in that condition.

B. SUGGESTIONS

In this study, the researcher discusses the Traumatic Race-Based Stress experienced by Justyce in the novel *Dear Martin*, starting from the cause of the occurrence, the signs experienced by Justyce, and the way Justyce survived the Traumatic. Researchers realize that there are still many shortcomings in this study. There are still many aspects that can study in the *Dear Martin* novel, which raises the issue of racism in America. Moreover, racism in America is a problem that is still difficult to solve, and this novel is also a novel that is still rarely studied. Some aspects can be the focus of research for future researchers such as a discussion of the forms of racism experienced by black characters in the novel. Future researchers can also discuss about anxiety and defense mechanisms against the effects of racism, etc. In conclusion, this research can be a helpful reference for further research.

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CURRICULUM VITAE

Alifatin Ludzvia Zein was born in Malang on February, 23, 1998. She graduated from MAN 1 Kabupaten Malang on 2016. She started her higher education on 2017 at English Literature Department in UIN Maulana Malik Ibrahim Malang and finished her study on 2022. During her study at University, she became the chief of Faculty's traditional dance community in 2020 and also the member of Student Executive Council of the Faculty of Humanities.