

**POST-TRAUMATIC STRESS DISORDER EXPERIENCED BY  
NORA IN ANNA QUINN'S THE NIGHT CHILD**

**THESIS**

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

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**THESIS**

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

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2021**

## STATEMENT OF AUTHORSHIP

I state that the thesis entitled “**Post-Traumatic Stress Disorder Experienced by Nora in Anna Quinn’s The Night Child**” 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, January 29<sup>th</sup> 2021  
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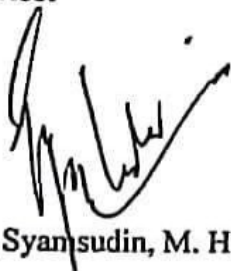
## APPROVAL SHEET

This to certify that Devina Dwi Nurjayanti's thesis entitled **Post-traumatic Stress Disorder Experienced By Nora in Anna Quinn's The Night Child** has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of Sarjana Sastra (S.S.).

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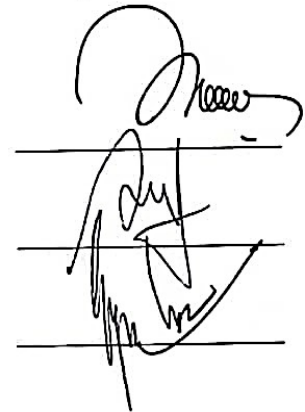
This is to certify that Devin Dwi Nurjayanti's thesis entitled **Post-Traumatic Stress Disorder Experienced by Nora in Anna Quinn's "The Night Child"** has been approved by the board of examiners as one of the requirements of the degree of Sarjana Sastra (S.S.) in Department of English Literature.

Malang, January 29<sup>th</sup> 2021

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## **MOTTO**

So, (verily) with every difficulty, there is a relief, (Verily), with every difficulty  
there is a relief.

*(Al-Inshirah 92:5-6)*

## **DEDICATION**

I decided on this thesis for my beloved parents, my lovely mother and my father, who always love me endlessly, support me with their prayers, and motivate me to finish my thesis

## ACKNOWLEDGEMENT

In the Name of Allah, the Most Beneficent, the Most Merciful. All the praise and gratitude belong to Almighty Allah, the Lord of the universe. Under the Great Lord's guidance, with tremendous blessing and gracious mercy, I can finish my thesis. May peace and God's blessing also convey to Prophet Muhammad, who has bought the light of righteousness for followers into the world.

This thesis is intended to be required for achieving a degree from *Sarjana Sastra* (S.S) at University Islam Maulana Malik Ibrahim Malang. The presence of this thesis entitled “Post-Traumatic Stress Disorder Experienced by Nora in Anna Quinn's *The Night Child*” may be impossible to complete without the contribution and support of many people. The whole special gratitude is offered to my advisor, Dr. Syamsudin, M. Hum., for spending his time giving advice, correct guidance, and criticism towards accessing my thesis. The researcher also wishes to express the deepest gratitude to the academic advisor, Denny Efita Nur Rakhmawati, M. Pd., and all lectures from English Department who always provided insightful thoughts related to literature study and also advice during my studies at the university. My gratitude also conveys to Anna Quinn, the author of the novel *The Night Child* subject of this research.

. Further, my gratitude also presents to my dearest parents; my mother, *Ibuk* Sudjiati and my father, *Ayah* Kamari, also, my precious big brother and his



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Lastly, all forms in this thesis still have flaws and errors in write. I expect all constructive criticism and suggestions are expected to improve the research. I hope this research can be helpful to me, the next researcher, and the readers.

Malang, January 29<sup>th</sup> 2021



Devina Dwi Nurjayanti



## ABSTRACT

Nurjayanti, Devina Dwi 2020. **Post-Traumatic Stress Disorder Experienced by Nora in Anna Quinn's *The Night Child*** Department of English Literature, Faculty of Humanities. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor: Dr. Dr. Syamsudin, M.Hum

**Keywords:** Trauma, Post-Traumatic Stress Disorder, and Child Abuse

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Parents who fail to deal with terms with circumstances have a form of impingement against their children, which is violence. Violence against children is a form of abuse committed by caregivers or parents, including physical, emotional, and sexual violence. The consequences of this violence caused great fear in the memory of the individuals involved. Considering the background of violence committed by caregivers or parents against children, child abuse issues always arise continuously because it occurs in the realm of privacy. This is what makes researchers interested in analyzing this novel.

This study aims to find the effects of trauma in the form of Post-Traumatic Stress Disorder on the character Nora Brown using the novel *The Night Child* by Anna Quinn, published in 2018. Researchers used a literary criticism design to achieve this goal in this study. The researcher also uses interpretation, analysis, clarification, and identifying data in words, quotes, and conversational texts contained in *The Night Child* novel. The researcher used a psychological approach using the researcher's interpretation, using the Post-Traumatic Stress Disorder theory by Judith Lewis Herman. Researchers answered questions using the theory of symptoms and the causes of trauma experiences.

The results of this study's two findings can be clarified as a statement of the problem. First, a sign of post-traumatic stress symptoms was experienced by Nora Brown. This study sheds light on Nora Brown's changing behaviour as she becomes a mother and deals with conflicting memories of her childhood. This study found three main categories of post-traumatic stress symptoms: hyper-arousal, intrusion, and constriction. Hyper-arousal symptoms include changes in her behavior in which she becomes very easily irritated at the slightest provocation and has excessive fears about her father. Intrusion symptoms in Nora include memories in the form of flashbacks about the abuse of her mother and father when she was little, followed by nightmares that disturb her sleep, and disturbed memories of her father. The last symptom of the constriction experienced by Nora is dissociation. Researchers found one factor causing Nora Brown to get post-traumatic stress, the factor of childhood trauma resulting from child abuse. The form of maltreatment that Nora Brown received was physical, sexual, and emotional abuse.

## ABSTRAK

Nurjayanti, Devina Dwi. 2021. **Post-Traumatic Stress Disorder Experienced by Nora in Anna Quinn's *The Night Child*** Jurusan Sastra Inggris, Fakultas Humaniora. Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing : Dr. Syamsudin, M.Hum

**Kata Kunci :** Trauma, Post-Traumatic Stress Disorder, dan Pelecehan Anak

---

Orang tua yang mengalami kegagalan untuk berdamai dengan keadaan memiliki bentuk pelampiasan terhadap anak yang mana berupa kekerasan. Kekerasan terhadap anak adalah bentuk tindak penganiayaan yang dilakukan oleh pengasuh atau orang tua pada anak, yang mana meliputi kekerasan fisik, kekerasan emosional, dan kekerasan seksual. Imbas dari kekerasan ini menyebabkan ketakutan yang luar biasa diingatan individu yang terlibat. Menilik latar kekerasan yang dilakukan pengasuh atau orang tua terhadap anak, masalah tentang kekerasan anak selalu timbul terus menerus karena terjadi dalam ranah privasi. Hal ini lah yang membuat peneliti tertarik untuk menganalisis novel ini.

Penelitian ini bertujuan untuk menemukan efek trauma yang berupa Post-Traumatic Stress Disorder pada tokoh Nora Brown menggunakan novel *The Night Child* karya Anna Quinn yang diterbitkan pada tahun 2018. Dalam penelitian ini, untuk mencapai tujuan, peneliti menggunakan desain kritik sastra. Peneliti juga menggunakan interpretasi, analisis, klarifikasi, dan mengidentifikasi data pada teks berupa kata, kutipan, dan percakapan yang terdapat pada novel *The Night Child*. Peneliti menggunakan pendekatan psikologis dengan menggunakan interpretasi peneliti, dengan menggunakan teori Post-Traumatic Stress Disorder oleh Judith Lewis Herman. Peneliti menjawab pertanyaan dengan menggunakan teori gejala, dan sebab dari pengalaman trauma.

Hasil penelitian ini, dua temuan dapat diklarifikasi sebagai pernyataan permasalahan. Yang pertama, tanda pada gejala-gejala stress pasca trauma yang dialami oleh Nora Brown. Studi ini menyoroti perubahan perilaku Nora Brown saat ia menjadi seorang ibu dan menghadapi kekacauan ingatan tentang masa kecilnya. Penelitian ini menemukan tiga kategori utama gejala stress pasca trauma yaitu gejala rangsangan, gejala pengacauan, dan gejala penyempitan. Gejala rangsangan berupa perubahan pada prilakunya yang mana ia menjadi sangat mudah terganggu dengan provokasi kecil dan memiliki ketakutan yang berlebihan tentang ayahnya. Gejala pengacauan pada Nora meliputi ingatan berupa flashback tentang penganiayaan ibu dan ayahnya semasa ia kecil, diikuti mimpi buruk yang mengganggu tidurnya, dan ingatan yang terganggu tentang ayahnya. Terakhir gejala penyempitan yang dialami Nora ialah disosiasi. Peneliti menemukan satu faktor penyebab Nora Brown mendapatkan stress pasca trauma yaitu faktor dari trauma pada masa kanak-kanak yang diakibatkan dari pelecehan anak. Bentuk pelecehan yang diterima Nora Brown berupa kekerasan fisik, seksual, dan emosi.

## خلاصة

نورجينة، ديفينا دوي. 2021. اضطراب الإجهاد اللاحق للصدمة التي عانت منها نورا في فيلم الطفل الليلي للمخرج أنا كوين  
قسم الأدب الإنجليزي بكلية العلوم الإنسانية. الجامعة الإسلامية الحكومية مولانا مالك إبراهيم مالانج. مستشار: دكتور شمس الدين، M.Hum.

الكلمات المفتاحية: الصدمة ، اضطراب ما بعد الصدمة ، إساءة معاملة الأطفال

الآباء والأمهات الذين يعانون من الفشل في التصالح مع الظروف لديهم شكل من أشكال متنفس للأطفال في شكل من أشكال العنف. العنف على الأطفال هو شكل من أشكال الإساءة التي يرتكبها خادم الرعاية أو الآباء على الأطفال ، والتي تشمل العنف الجسدي والعنف العاطفي والعنف الجنسي. يتسبب تأثير هذا العنف في خوف عظيم في ذاكرة الأفراد المتورطين. انطلاقًا من خلفية العنف الذي يرتكبه خادم الرعاية أو الآباء على الأطفال ، تظهر دائمًا المشاكل المتعلقة بإساءة معاملة الأطفال باستمرار لأنها تحدث في مجال الخصوصية. وهذا ما يجعل الباحثين مهتمين بتحليل هذه الرواية.

تهدف هذه الدراسة إلى اكتشاف آثار الصدمة على شكل اضطراب ما بعد الصدمة على شخصية نورا براون باستخدام رواية الطفل الليلي التي كتبها أنا كوين والتي نُشرت في عام ٢٠١٨. ولتحقيق هذا الهدف استخدم الباحثون تصميم النقد الأدبي. كما تستخدم الباحثة بيانات التفسير والتحليل والتوضيح والتعريف في النصوص الوصفية والمحادثة الواردة في رواية الطفل الليلي. استخدم الباحث مقارنة نفسية باستخدام تفسير الباحث ، باستخدام نظرية اضطراب ما بعد الصدمة لجوديث لويس هيرمان. أجاب الباحثون على الأسئلة باستخدام نظرية الأعراض وأسباب تجارب الصدمة.

نتائج هذه الدراسة ، يمكن توضيح نتيجتين كيان للمشكلة. أولاً ، علامة على أعراض الإجهاد اللاحق للصدمة التي عانت منها نورا براون. تلقي هذه الدراسة الضوء على سلوك نورا براون المتغير عندما أصبحت أما وتتعامل مع ذكريات متضاربة عن طفولتها. وجدت هذه الدراسة ثلاث فئات رئيسية من أعراض الإجهاد اللاحق للصدمة ، وهي أعراض الاستثارة ، والأعراض التخريبية ، وأعراض الانقباض. تشمل أعراض الاستثارة تغيرات في سلوكه حيث يصبح من السهل جدًا غضبه عند أدنى استفزاز ولديه مخاوف مفرطة على والده. تشمل أعراض الاضطراب في نورا ذكريات لتعرض والدتها وأبيها للإيذاء عندما كانت طفلة، تليها كوايبس تزعج نومها ، وذكريات سيئة عن والدها. أخيرًا ، فإن عرض التصيق الذي تعاني منه نورا هو التفكك. وجد الباحثون عاملاً واحدًا يتسبب في إصابة نورا براون بضغط ما بعد الصدمة ، وهو عامل صدمة الطفولة الناتجة عن إساءة معاملة الأطفال. كان شكل المضايقات التي تلقتها نورا براون في شكل عنف جسدي وجنسي وعاطفي.

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# CHAPTER I

## INTRODUCTION

### **A. The Background of the Study**

The environment in which people spend their childhood is essential in developing a person's personality. Therefore, parents are responsible for facilitating a good education, integrity, and love for their children. Parental responsibility is not easy; one of the parents' responsibilities is disciplining their children. The problem is that many parents over-discipline their children. The over-discipline is born from a sense of being out of control. Sometimes, parents use children as targets for anger, which comes from other things. Several influencing factors for the maltreatment of their children are terrible frustration, failure to control themselves, and limited parenting knowledge.

Child maltreatment is the abuse and neglect that occurs to children under 18 years old. The maltreatment of children is all forms/acts of physical abuse, emotional abuse, sexual abuse, trafficking, neglect, and commercial sexual exploitation of children. The results are actual or potential injury/loss to the child's health, child development, or child dignity, carried out in a relationship of responsibility, trust, or power whether committed by biological parents, stepparents, caregivers, or those closest to them (World Health Organization, 2016).

Nowadays, various cases of child abuse from mass media. The data from the Indonesian Child Protection Commission (KPAI) show that complaints of



violence against children from 2017-2020 continued to soar, from 4,579 to 6,516 reports. The family environment is often a source of violence for some people, especially against children. Many times the violence that Wrightsman referred to the family as “The Cradle of Violence.” The manifestations of child abuse are varied, often disguised by both victims and perpetrators are often considered internal family problems.

Childhood maltreatment is one of the most widespread causes of stress in society and affects the lives of millions of children around the world (Sandberg et al., 1993; World Health Organization, 2016). Numerous studies have shown that childhood maltreatment, including emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical neglect, has devastating severe short- and long-term physical, sexual, and mental health consequences. These include injuries, including head injuries and severe disability, in particular in young children, post-traumatic stress, anxiety, and depression.

Childhood maltreatment causes stress-related disturbances in early brain development. These include structural and functional changes in brain development, decreased academic achievement, emotional problems, substance abuse, criminal behavior, suicidal behavior, and decreased overall health. Extreme stress can disrupt the development of the nervous and immune systems. As a result, adults from abused children are at increased risk of developing behavioral, physical, and mental health problems (Hussey, Chang, & Kotch, 2006; Malinosky-Rummell & Hansen, 1993; Teicher et al., 2003).

The variety of frightening events and experiences, both directly and indirectly in the short and long term, can make an impression and cause injury to some individuals. It can refer as trauma. Traumatic events are terrific, not because they occur rarely but rather because they overwhelm ordinary human adaptations to life (Herman,1993). The definition of trauma is based on Willey & Sons (2008); psychological trauma is a condition that occurs as a result of an event which are shocking also frightening. The situation puts somebody in danger, threatens their physical, and even almost causes death. Based on this opinion, trauma can be interpreted as a catastrophic event that can destroy someone's sense of secure, causing a sense of vulnerability and helplessness, such as living in a dystopia.

Exposure to violence has imposed trauma states. The trauma received as an effect of an event, series of events, or set of circumstances that individual experiences; as physically or emotionally harmful or threatening and that has lasting adverse effects can be in the form of a physical wound as well as a psychological and emotional wound (SAMHSA'S concept of trauma,2014). Consequently, adverse effects of the wound can trigger a response to acute stress creating a negative on the individual's functioning in a physical, social, and emotional reaction that then becomes a PTSD (Post-traumatic Stress Disorder) condition.

This novel has been chosen as the main source of the study because it contains the issues of Post-traumatic stress disorder and trauma resulting from child abuse that will be analyzed deeply. The author, Anna Quinn, was born in

Illinois, United States. *The Night Child* was her debut novel that has genre fiction. Anna is staging an English teacher in junior high school who has a settled life with her husband and her six years old daughter Viona—the moment when Nora, in the school, finds apparitions of a girl in her class. The apparitions follow her; twice after having a break at Thanksgiving, she feels the hallucinations of the girl with a numinous wild face whispering, "Do you remember Valentine's dress?". The child's presence spurred Nora's memory, where is she begun to feel restless, raging thoughts and had difficulty guessing her childhood memory.

Nora asked for psychiatric help, and it was there that she slowly opened up about her childhood memory becoming a mark of a wound in her mind and then trauma in her life. It is a story of resilience, hope, and the capacity of the mind, body, and spirit to save itself despite all obstacles. The meaning of *The Night Child* is a drawing of the main character's memory of a horrible event, the night when she was six years old.

The novels portrayed the impact of traumatic childhood experiences and the fragile line between past and present. This examination of the literature and the topic aims to provide an overview of the understanding of child abuse; the present work associates full personality development that ultimately impacts mental stability. The traumatic experiences the children characters have gone through in the novel and their long-term effects on their psychological well-being. The theory used to analyze this novel is the psychoanalysis theory. The writer wants to focus on the study's object

research, the protagonist's traumatic experience as a victim of child abuse reflected in the story using Cynthia Crosson Tower research to determine the kinds of child abuse.

Afterward, the impact of receiving a traumatic experience using Herman's theory explains the effect of trauma, precisely the symptom resulting from post-traumatic stress disorder (PTSD). The writer wants to focus on the study's object in research, which is the traumatic experience of the protagonist reflected in the story. This study aims to show the kinds of childhood abuse and the effect of expertise that appear in character.

The aspects of the theory correlated for research, it is essential to review the previous study, which inspires the research that uses the same approach written by Desy Eka Fatmawati (2014) from Surabaya States University. The title *Revealing Charlie Gordon's Trauma in Daniel Keyes's Flower for Algernon*; This study has a similar object to the main character for analysis. The novel's a story about a person named Charlie; when he was a child who was developmentally disabled and experienced abuse from his mother, it impacted Charlie in adulthood, so he was afraid of women. The authors find two effects of the trauma Charlie experienced; when he was a child with mental retardation, he only showed hyper-arousal symptoms because his thinking and memory abilities had not yet developed. Then when he got older and intelligent, the trauma experienced in his childhood appeared worse with all three signs of hyper-arousal, intrusion, and constriction. This study uses the

theory of Judith L. Herman, mental retardation from WHO, and also adds the concept of gifted from Sword and Silverman.

The second one is Sara Ramtani (2017) from Abdurrahman Mira University of Bejaia, entitled *Childhood Trauma in Toni Morrison's God Help the Child*. It tells about the life of childhood trauma experienced by the characters in the story that are still attached until they grow up, characters Bride, Brooklyn, Rain, and Hannah. In this research, she discovers a form of trauma experienced by The story has a background with the childhood abuse experienced by the character and how society treats Bride racism because of her skin color. This study uses this theory of Herman to find the effect of trauma between Bride and Booker, who have intrusion symptoms that appear when they are adults and also have borderline personality disorder as a form of prolonged trauma.

The selection in this research came from a personal interest in trauma study. The chosen novel by Anna Quinn is very relatable to the theory about women who experience childhood abuse and start struggling when dealing with themselves and their childhood memory. Furthermore, researchers believe literature can educate society because childhood trauma is hard to realize. After all, it happened in an intimate and closed way; this has a purpose: childhood trauma is a medium of awakening us to discover and salvage a child from persecution.

The research uses psychoanalysis to provide details of the novel from the author about the childhood abuse experience that wants to deliver the audience

and also describes the character's condition. This research aims to describe the trauma experienced by the main character and elaborate on several symptoms after getting trauma experience. The author will apply Judith Lewis Herman's theory about trauma and PTSD (post-traumatic stress disorder) in this study.

### **B. Research questions:**

According to the background of the study, the writer formulates the problem into:

1. What are the symptoms of post-traumatic stress disorder experienced by Nora in Anna Quinn's *The Night Child*?
2. What are the cause of Nora's trauma in Anna Quinn's *The Night Child*?

### **C. The Objective of the study:**

From the research question above, the aim of the study is:

1. The researcher needed to find out the symptoms after receiving the trauma experience can be determined as PTSD (Post-Traumatic Stress Disorder) signs in the portrayed condition of Nora in the novel *The Night Child*.
2. To find out the kinds of child abuse experienced in the novel *The Night Child* and identify the events in the main character.

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

This research is conducted to study literature, especially in a novel with the same term of psychoanalysis issues, to give the reader more information about it. This research also provides a new gap between the object and the theory based on the previous research to be a better understanding for another researcher.

Theoretically, the result of this study provides new preferences to other researchers for their studies, gives them more detailed information about the term, also for the sake of enriching the knowledge about the same term of child abuse, trauma theory, and a better understanding of child abuse form and the outcome PTSD (Post-Traumatic Stress Disorder) through the using trauma theory from Judith Lewis Herman.

Secondly, for practical purposes, this research examines types of abuse and PTSD (Post-Traumatic Stress Disorder). Also, this research will provide the reader with a more complete and understandable explanation of the term child abuse and PTSD. For the writer, this research can be a tool to develop a more profound psychological knowledge, especially regarding PTSD and child abuse, to be applied in other kinds of literature like poems and drama.

#### **E. Scope and Limitations**

The focus of research for analysis of Anna Quinn's *The Night Child* the researcher only focuses on case suffered conditions of the character

from child abuse to observe the trauma experience that appears; it uses a psychological approach to consider the trauma experience that appears. The researcher's limitation is analyzing what trauma is using Herman's theory to find the symptoms of PTSD (Post-traumatic stress disorder) in the novel's main character and Cynthia Crosson Tower to determine the kinds of child abuse. The limitation is the main character in the novel *The Night Child*.

#### **F. Definition of Key terms**

In this study In this study, some words are rarely encountered; there are several key terms to define:

1. Trauma; renders a person helpless and powerless due to the overwhelming force of the events. The events or situations destroy the individual's sense of control, connection, and meaning (Herman, 1992)
2. Post-Traumatic Stress Disorder: a disorder that can develop following after experiencing a highly stressful event that threatens the safety and makes an individual feel helpless (Smith & Segal,2008)
3. Child Abuse: when a parent or caregiver, whether through action or failing to act, causes injury, death, emotional harm, or risk of severe negative impact on the child's development. (Utami, 2018)



## G. Previous Study

The application of the psychoanalysis theory shows that sharing knowledge in novels should be observed as an element to improve analytical skills in terms of what is implied. Such activities support efforts to be improved, while the previous research of the analysis offers tangible results. Therefore, researchers found several studies related to research problems and differences focused on the object.

The first, Muizzu Nurhadi (2019) from the University of August 17th, 1945 Surabaya, with the journal-title *Traumatic Neurosis of War in Collin's Mockingjay*, chooses the object of four characters in the novel, namely Katniss, Peeta, Finnick, and Johanna. This novel tells about the trauma from the physical combat they received when they were sent to war in Hunger Games. Hunger Games is an annual event held by the government to commemorate the rebellion of district 13 against the government, followed by children aged 12-18 through a lottery, in which they must compete in a deadly battle broadcast on television shows. This study uses Judith Lewis Herman to find the kind of trauma and PTSD for the character starting with Katniss, who has three symptoms: hyperarousal, intrusion, and constriction; Peeta gets hyperarousal and intrusion. Finnick and Johanna suffer from hyperarousal and constriction. Then he also found recovery in this novel in every character.

The second is Suhair Hajo (2019) from University Garmian, Iraq. The Study of Frank Money's Chronic Trauma and Complex Post-traumatic

Stress Disorder in Toni Morrison's *Home*. The setting of the story of the novel is America 1950s, Frank African people were portrayed as lower-class people, in which discrimination against minorities was a crucial issue. Frank's childhood several causes chronic trauma; Frank is neglected by their parents, accidentally witnesses the murder and burial of a black man, and stays with his abusive grandmother for escapes from the situation by joining the military for Korean War. The analysis employs the complex post-traumatic stress disorder concept by prolonged, repeated trauma introduced in Judith Herman's. The complex post-traumatic stress disorder signifies that the extended roots of slavery still function so influentially that they deprive his personality. Frank has emotional dysregulation and is unable to control his mood response when he comes upon any form of an incident that provokes an insecure feeling. The researcher also found intrusive symptoms in the form of flashbacks in nightmares, daydreams, and extreme reminders of his childhood experiences.

Thirdly, in the same research discussion from Desi, Putri (2018) entitled *Domestic Violence and Child Abuse as The Result of Male Domination in Gayle Sanders' Mummy Witness*. This novel depicts the figure of Gayle Sanders, who lives in a Domestic Violence environment where her father is a perpetrator who uses man domination in his family. Gayle's mother was often brutally tortured when her father was angry, and so was Gayle too. When Gayle was four years old, her father also sexually

abused her until she was eight years old. Later when her mother divorced her father, her mother was killed by her father, who was dissatisfied with the trial's outcome by hanging her mother in front of Gayle. After being the only witness to her mother's death, Gayle was traumatized and lived in terror. Gayle then went to psychiatry for mental health treatment and started therapy. However, she was raped by a male nurse who worked there. In this case study, researchers used the feminist theory of patriarchy and found that the forms of domestic violence Gayle experienced were physical violence, psychological violence, and economic abuse. For experiences of child abuse, there is physical abuse, sexual abuse, and emotional abuse.

The previous study already assumes advances in the study of child abuse and psychoanalytic analysis from Judith Lewis Herman and Post-traumatic Stress Disorder to discover the functions and rules in observing the existence in the novel.

## **H. Research Method**

This section is a scientific way to obtain data, namely determining research methods. This section is a scientific way to obtain data and find the research methods' conclusion. For a clear information collection framework, several research plans range from research design, data sources, data collection, and data analysis techniques.

## **1. Research Design**

This research design is a form of literary criticism research using a psychological approach. This research analyzes, clarifies, and identifies the data in novels such as narrative script and conversations in Anna Quinn's *The Night Child* novel. The author explores the intricate relationship between the character and their society through these study delivers a better understanding of psychoanalysis in the novella. This research will use the theory of trauma and Post-Traumatic Stress Disorder (PTSD) by Judith Lewis Herman. Also, to prove the novel's main character's trauma results from experiencing child abuse.

## **2. Data Source**

The data of this study is from the novel, *The Night Child*, published in 2018 by Anna Quinn, a writer, instructor, author, and founder of Imprint Bookstore and The Writers Workshope in Washington. The novel *The Night Child* was published on Blackstone Publishing, United States, in 2018 with thirty one chapter in 200 pages. *The Night Child* is Quinn's debutant novel, Goodreads have listed it as #1 Best Real Psychological Fiction, selected as Ingram's 2018 Best Book Club Book, and listed on Pop-Sugar (an online network of the website from America) as Best-Books-Book-Clubs (*booksbywomen.org*, 2018).

## **3. Data collection**

The data collection techniques used in this study were literary

criticism. The research process involves identifying, finding relevant information, analyzing the material, and developing. First is thoroughly reading the novel *The Night Child* by Anna Quinn to understand the story. The second step is for the researcher to highlight the required data related to the topic to discuss the psychological approach and child abuse. The third is to identify the due symptoms and causes of the research objects and obtain data from quotations from the dialogue, narrative paragraph, and descriptive paragraph of Anna Quinn's *The Night Child*.

#### **4. Data Analysis**

After collecting the data, the researcher analyzes data with the following procedures. Classifying the data in this research focus on two points; post-traumatic stress disorder symptoms and causes of trauma resulting from child abuse. Then interpret the data to relate to the Post-traumatic Stress Disorder symptoms according to Herman's and trauma caused by child abuse. According to McGee (2001: 21), literary analysis is making a detailed argument about a text and supporting that claim with evidence; the last step is concluding; the findings from the data analysis are described and explained briefly related to the study.

## CHAPTER II

### REVIEW OF THE RELATED LITERATURE

This research analyzes the post-traumatic stress disorder of Nora Brown in the novel *The Night Child*. The character experienced trauma when she was a child as a victim of Child Abuse. The researcher analysis the problem by using psychoanalysis.

#### A. Literature and Psychology

Literary work is a pouring secondary life in the real world where the author lives, and primary life is the author's imaginative world in the form of writing with aesthetic value inside. Bachrudin Mustafa (2008), the quality of aesthetic values is related to the purpose of a literary work, which is to express significant ideas and feelings of the author and the desire to entertain through the story. Inside literary works is a reflection of life in which the writer creates a character with a psyche that emerges from the projection of actors from society in literary works.

The definition of psychology is the science that talks about the psyche. Considering the psychological aspect, there incarnates a behaviour that is a visible and observable manifestation of psychological life occurs (Walginto, 2004:9-10). Both these studies have the same happens that study about humans. The difference is that literature talks about humans the author creates; even though human characteristics in literary works are imaginary, they describe the character and soul of the persons who live in

the real world as models in their creation. Meanwhile, psychology discusses the behavior and psyche of humans created by God, who lives in the real world (Wiyatmi, 2011: 19)

According to Wiyatmi (2011), psychological analysis of literary works like fiction and drama does not seem too exaggerated because literature and psychology talk about humans. Recognizing the element of the human psyche by combining these two approaches can deliver a new understanding of imaginary humans in literature and consider psychological conditions through a psychological approach. Psychoanalysis is a term in literature psychology research. Psychoanalysis can be able to interpret in every literary study that takes only parts that are useful and appropriate, especially those related to the discussion of human behaviour and characteristics (Suwardi Endraswara, 2008:46)

Rene Wellek & Austin Warren (1993:78) state that literature psychology has four possible meanings. The first is the study of the author's psychology as a person or type; the second is the quest for the creative process, the application of laws or types of psychology into literature, and the last is the study of the impact of literature on the reader. The first and second notions discuss the author's psychological aspects that relate to the literary work's birth process. The third application of the law or types of psychology into literature can be a definition that focuses on literary works and story facts in fiction or drama to examine the types and laws of psychology applied to literary works. The fourth can be interpreted

by readers when reading and interpreting literary works to experience various psychological situations.

Based on the description above, it can be concluded that this study uses the second statement, which makes a literary work an object of research using relevant psychological theory for conducting the analysis. The concept of the psychological approach to revealing the novel using Judith Lewis Herman in her books *Trauma and Recovery: The Aftermath of Violence from Domestic Abuse to Political Terror*.

## **B. Psychoanalysis-Judith Lewis Herman**

Recognize the contemporary trauma founder Judith Lewis Herman. She was born in 1942, a psychiatrist, trauma specialist, professor, and author. The pioneer of the study that investigated a twenty-year practice at the clinic based on her understanding of *Father-Daughter Incest* in 1981 mainly focuses on the role of childhood trauma in causing the breakdown of adult relationships.

The book she wrote about trauma theory originated from the development of Sigmund Freud's study of Hysteria, in which Herman introduced a detailed understanding and insight into the long-term phenomena it caused. Diagnosed cases of female Hysteria and child abuse are addressed in her theory of seduction, which she initially abandoned, then supplemented by an analysis of male patients from her World War I and Vietnam war experiences.



According to Herman, recent research on sexual and domestic violence developed along with the second wave of the Western feminist movement (Herman 5). Judith Harman disagrees with the American Psychiatric Association Diagnostic Manual's definition of a traumatic event as "beyond the normal range of human experience" (24). She argues that sexual abuse, domestic violence, and military trauma are uncommon in people's lives. The study is about the trauma theory Judith Lewis Herman elaborated in the book *Trauma and Recovery*, published in 1992. this book, the writer can find a definition of trauma, the impact of trauma, and also the handling of traumatic experiences, as the title indicates.

### **C. Trauma**

Herman divides the variety of psychological trauma as a disaster when the force from nature and later from human beings as atrocities. Trauma arises or occurs in a person who has experienced a traumatic event and witnessed the event that makes them soul-shaking, accompanied by difficulty accepting the bad incident as a part of their life. According to Herman state, Traumatic events are extraordinary not because they occur rarely but because they cause inundation of ordinary human adaptations to life. Unlike misfortunes, traumatic events generally involve threats to life / bodily integrity or close personal encounters with violence and death. (Herman,1993: 33).

Derived from the historical analysis studies conducted by Herman, various types of trauma flourished in affiliation with a political movement that emerged in public awareness at different times. The first is the psychological disorder Hysteria in women introduced by Sigmund Freud's study grew out of the Anti-clericalism movements of the late 19th century in France. Then the second is combat neurosis (shell shock), which occurs due to the war that began in the First World War until the Vietnam War. The last is a recent study of sexual and domestic violence stemming from the feminist movement in Western Europe and North America (Herman,1993: 8-9). The revolutionary movement becomes a path influence of political and social activism as a dimension to recognize the phenomenon of trauma ensures that mental anomalies are visibility as an illness, not as a weakness.

The ordinary human response to danger is complex and integrated reaction system that includes the body and mind. The threat initially awakens the sympathetic nervous system, causing the person in danger to feel the adrenaline and become alert. One potential exposure to traumatic events of the victim is rendered stressor formation that has links to the ordinary system, such as a sense of control, connection, and meaning in traumatic events; the outcome is psychological trauma is an affliction of powerlessness (Herman, 1993: 33).

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

A traumatic event's severity cannot easily measure in any single dimension; a simple attempt to determine the event is ultimately the human response to the danger of helplessness and terror. Herman delivers the traumatic reactions that occur when measures are unsuccessful and resistance or escape is impossible. The human self-defence system becomes overwhelmed and disorganized. Each component of the usual response to danger, having lost its usefulness, tends to persist in an altered and exaggerated state long after the actual danger has ended.

The traumatic reaction can focus on perception, passion, attention, and emotions as a normal adaptive reaction. The response to the event then manifests as a feeling of fear, becoming angry, forming self-defence, or possible escape. The impact of a traumatic event also depends, to a certain degree, on the resilience of the person affected. Although the person under threat cannot respond to the conditions or tends to survive in an overly altered state long after the real danger is over, this kind of fragmentation where trauma destroys the self-protection system (1992: 33-34).

Traumatized people suffer damage to their basic structure of themselves. Their pride tears apart by experiences of humiliation, guilt, and helplessness. Bassel A. van der Klok state that the suffering of people overwhelmed by horror and helplessness often isolates trauma events. The results are often in a psyche and behavioural response conditioned

separately to recall a trauma, as described in the diagnosis of Post-Traumatic Stress Disorder (2005: 402).

Based Davidson et al. on *Psikologi Abnormal; ninth editions*, Post-Traumatic Stress Disorder, experienced or witnessed directly by a person in the form of death, serious injury, and the threat of physical iteration from a person that creates extreme fear, horror, or a sense of helplessness. Post-Traumatic Stress Disorder is a diagnosis in the DSM-III as an extreme response to a severe stressor, increased anxiety, blunt emotions, and avoidance of stimuli associated with trauma (Davidson et al. 2014: 223).

Herman's exposure to the constraints of the traumatized person's inner life and outer spaces is a negative symptom. Post-traumatic Stress Disorder is physical, emotional, and mental changes arising after witnessing a horrible event, rape, part of war combat, or natural disaster. The suffering from Post-traumatic Stress Disorder based on the moments that can chase victims long after the danger has passed could be mistaken for characterization of long-lasting victim personalities, tormented by memory, constrained by helplessness, and fear (1992: 47-50).

The emergence of durations Post-Traumatic Stress Disorder, according to DSM-IV-TR, is described as acute, chronic, and delayed Post-Traumatic Stress Disorder. Acute Post-Traumatic Stress Disorder is a term when the duration of symptoms is less than three months and then considered chronic when the symptoms are more than the "acute"

durations. Delayed-onset Post-traumatic Stress Disorder rare type durations of the symptoms do not start until six months or longer after a trauma occurs (Dan J. Stein, MD, Ph.D., Matthew J. Friedman MD, Carlos Blanco MD, Ph.D., 2011). According to Herman, the symptoms of post-traumatic stress disorder have three categories:

**a) Hyper-arousal Symptom**

The first cardinal symptom after experiencing a traumatic event is a transformed form of behavior with disruption called hyper-arousal. The basic self-systems in the brain stem and limbic system are massively activated when people face the threat of annihilation, which generates an overwhelming sense of fear and terror accompanied by intense physiological stimuli. Nothing makes sense to people who relive trauma; The self-defense system becomes permanently alert after an event. They are trapped in a life-or-death situation, a crippling state of fear or blinding anger. The mind and body are constantly aroused as if in imminent danger. They have a baseline of high arousal: their bodies are always alert for danger. The result of the body is surprised in response to the slightest sounds and frustrated by minor provocations. Their sleep is greatly disturbed, and they wake up more frequently at night (Herman,1993:35-36).

Physiological arousal refers to activity in the body originating from the autonomic nervous system. This results in unconsciousness of self-

control and a body pattern of "fight or flight," which results in easily shocked, headaches, irregular breathing, loss of appetite, difficulty sleeping, lack of enthusiasm, and muscle tension. The arousal can appear in victims who have experienced sexually abused, have been on the battlefield, or the victims of domestic violence. The soldiers of the Second World War were observed by John Spiegel and Roy Grinker, who still showed a response to the nervous system, which became prepared (aware) continued even though he had moved to a safe place. (Herman,1993: 36)

#### **b) Intrusion Symptom**

Traumatized individuals often relive events repeatedly, making emotional pain disrupt their normal life, where it seems as if the events that pass keep repeating all the time. The second from PTSD symptoms: long after the danger has passed, the event is revived as if it continues to occur in the present, interfering with current life. Abnormal memory spontaneously and through small reminders breaks into consciousness. The seemingly insignificant stimuli reminders can also evoke memories because they overwhelm the ordinary capacity to bear feelings.

Trauma memories are not encoded like normal memories in verbal and linear narratives but are encoded and remembered with vivid sensations and images. It may be based on the Central Nervous System when memory traces the original sound, images, and sensations are reactivated. The frontal lobe shuts down, including the region necessary to

put feeling into words, which creates a sense of location in time. The thalamus was not under conscious control. Memory traces are imprinted deep when high adrenaline levels and other stress hormones circulate. In a state of high sympathetic nervous system arousal, the linguistic coding of memory is inactive. The central nervous system returns to a form of sensory and iconic memory common early in life.

Dreams of trauma have many unusual features of traumatic memories that occur in a waking state and occur as if happening at the moment. Small and insignificant environmental stimuli during a dream can be interpreted as an attack and cause a violent reaction. Reenactment: adults and children (through play) feel the urge to relive the event either metaphorically or literally, as it happened exactly, or alter the outcome. It may be a spontaneous and unsuccessful attempt at healing or integrating trauma.

Reliving a traumatic experience provokes intense emotional distress encoded in sensations, and an image gives the memory a heightened reality. The characteristic of intrusion reactions spontaneously breaks into consciousness as flashbacks, becomes disturbing acts during conscious states, and trauma is displayed as a nightmare. (Herman,1993: 37- 41).

**c) Constriction Symptom**

The past lives go on in the form of gnawing interior discomfort. Profound warning signs constantly bombard their bodies. In an attempt to control these processes, they often become experts at ignoring their gut feelings and feelings, numbing awareness of what is playing inside. The helpless victim who cannot escape the moment only accepts and submits the condition. Herman illustrated the analogue when the animal froze when attacked. The numbing response in perception is combined with a deep feeling of indifference, emotional release, and passivity in which the person surrenders to the struggle.

The last symptom of changes in consciousness is the heart's construction or numbness. Sometimes paradoxically, a calm state is born where terror, anger, and pain disappear. This is a form of self-defence system that paralyzes. The dissociation occurs on a continuum. In trauma, the self-system breaks down, and parts of the self become polarized at war with each other. Self-loathing coexists (and fights) with greatness; loving care with hatred; numbness and passivity with anger and aggression. These outer parts bear the brunt of the trauma. The survivor may feel as if the event is not truly happening, or they like observing from outside their body, or as if the whole experience is a nightmare is about to awake. (42-44)



## **2. Child Abuse**

A family is a group of people who live together or cohabitation without legal sanction; they are expected to perform specific functions, especially when the child is involved. The function of the family is that parental responsibilities are primarily not recorded in a book. However, mores and customs are passed down from generation to generation and are now considered by popular opinion as duties and roles that parents should perform.

The family prepares the child to take his place as a functional adult in society. Therefore, parent-child relationships are expected to provide stability and integrity, which means parents must provide a secure, stable, and constant relationship on which their children can base their expectations and model their future relationships. Parents are expected to understand and adapt to developmental needs and to explain the rules they impose. They must guide and control the children's minds; the parents also provide models of behavior and the use of authority.

Delegating or assuming roles and rules can be very complex. Parents who cannot live their roles well cause family members to be unclear in communication or inadequate, yet expect others to understand their meaning and perceive their needs; the result is often frustration, resentment, and anger. This condition is what makes children often play dysfunctional roles. For example, children can become a scapegoat for

family pressure and, thus, sometimes become a victim of abuse.  
(Tower:1989 : 19)

Child abuse is used for acts of commission-things a parent or caretaker does to an inappropriate child. Child abuse can include such diverse acts as beating, sexually assaulting, or verbally abusing a child. In each case, the adult is doing something to the child, defined as maltreatment. (McCoy, M. L., & Keen, S. M., 2014). Childhood abuse or maltreatment has become a significant issue in literary and psychological discourse and has been the subject of study by many physicians, psychoanalysts, and authors. Through the study and insight into this matter, the pioneering psychoanalyst Sigmund Freud and, after, Judith Herman capitalized on the necessity of having a sane childhood for full development and mature identity.

According to Hatta (2016), two stages of age are most susceptible to trauma: The first, in childhood age there is a very high risk of trauma symptoms due to helplessness in depending on, differentiating, and understanding events, and the second, in adolescence the vulnerability caused is much higher because at this time there is a transition where children begin to detach themselves from their parents and begin to be independent. The criteria for experiencing trauma in an individual are combining objective events and subjective responses that indicate the existence of actual and threatened physical injury accompanied by intense fear, helplessness, or horror. These imply a significant event and a lasting

negative response to the experience different from a horrific event not accompanied by unwanted side effects (Trauma and Recovery, 1993: p19-20).

Children depend on their families not only for their early existence but also for their later survival. Herman states in normal development, a child achieves a secure sense of autonomy by forming inner representations of a caregiver who can be trusted and relied on, representations that can be mentally elicited in times of distress. Adult prisoners rely heavily on these internalized images to maintain their sense of independence (p: 78). In this notion, Herman compares a healthy childhood to an abused childhood, explaining that in the past, a child builds a good self-image and gains self-confidence, which helps them maintain independent adulthood and react well in times of trauma.

In sum, this abused child develops an unstable identity as Judith Herman says: In the setting of chronic childhood abuse, fragmentation becomes the central organizing principle of personality. Fragmentation in consciousness prevents the usual integration of knowledge, memory, emotional states, and bodily experiences. - in the inner representation of the self prevents identity integration. The inner representation of others prevents the development of a reliable sense of independence within the connection ( 78).

### **a) Physical Abuse**

Finding a definition, therefore, depends mainly on the source culture or the prevailing sentiment. It is agreed, however, that physical abuse of children refers to a non-accidental injury inflicted by a caregiver. The medical community sees abused children by virtue of the bruises, welts, broken bones, and burns they present in a hospital or other medical setting. Spurred on by the adoption of the term battered-child syndrome, medical professionals define abuse in light of the child's ailments, which must be healed, and the parent's illness, which must be treated (Reece, 2009, 2011).

Searching for the underlying causes of physical abuse has been arduous. In the 1970s, 1980s, and 1990s, a variety of models evolved that might be loosely categorized into the following categories: the psychodynamic or character-trait models, both of which attribute the abuse to characteristics of the abusive parent; the interactional models, which consider how the interactions between the victim and the abuser or the dynamics within the family give rise to an abusive situation; and the environmental/ sociological/ culturally based models, which focus on the part that the environment and stressors within it play in the abuse.

Physical abuse is behavior that results from a complex web of attitudes, variables, and factors. It is difficult to predict accurately which families might be abusive and which might re-offend. For some families, that one last stress tips the scale and results in violent behavior. In

addition, bruises, fractures, head injuries, and burns provide primary physical indicators of abuse. Children's behavior demonstrates various symptoms, such as passive watchfulness or hyper vigilance, developmental delay, passivity, enuresis, encopresis, aggression, compulsiveness, regression, and fear of failure. ( Tower,1989: 87-99)

**b) Sexual Abuse**

Christiane Sexual abuse refers to the use of a child for the sexual gratification of an adult. Other authors say sexual abuse is any sexual activity with a child under the legal age of consent (Berliner, 2011). Numerous other words are used synonymously with sexual abuse. Sexual exploitation, for example, can be not only the actual genital manipulation of a child and the request to touch an adult but also compelling the child to observe sexual acts or have pictures taken for pornographic purposes. Some authors use various terms, including assault, molestation, victimization, and child rape (Finkelhor, 1981, 2008; Jones, 1997).

Rape, in the commonly understood sense, denotes sexual intercourse usually undertaken with violence to the victim. However, the laws of many states define child rape as the intrusion of any part of the perpetrator's body (e.g., penis, fingers, tongue) into an orifice of the child's body.

Intrafamilial abuse, or incest, is sexual abuse by a blood relative who is assumed to be part of the child's nuclear family. An individual assuming the role of a surrogate parent, such as a stepfather or live-in boyfriend, may be included in a functional definition of incest. Older siblings, who differ significantly in age or by virtue of their power and resources, may also be considered abusive. Intrafamilial abuse may also encompass

members of a child's extended family, such as uncles, aunts, grandfathers, cousins, etc.

Extrafamilial abuse, perpetrated by someone outside of the child's family, represents, according to many authors, a small proportion of sexual abuse. Bolen (2007) disagrees, arguing that there is much more sexual abuse perpetrated outside the family than previously believed. For example, if one compares statistics of the number of boys molested by perpetrators who target boys outside the home (Coxe and Holmes, 2001; Durham, 2006; Finkelhor, 1984a; Flora, 2001; Gartner, 2005), it becomes obvious that this is a highly underreported form of abuse. And this type of abuse is much less studied than incest for several important reasons (Tower, 1989: 112-118)

The first real theories postulated about child sexual abuse came from Freud, who saw women abused within the family. Therefore, sexual abuse became synonymous with incest. When, in the later 1970s, survivors began to tell their stories, most were also victims of incestuous abuse. In an attempt to help the public recognize that abuse could be perpetrated by someone known and loved by the child, reports of abuse by strangers and acquaintances were minimized (Bolen, 2007).

### **c) Emotional Abuse**

Emotional abuse is the sustained, repetitive, inappropriate emotional response to the child's expression of emotion and its

accompanying expressive behavior. Psychological abuse is the sustained, repetitive, inappropriate behavior that damages or substantially reduces the creative and developmental potential of a child's crucially important mental faculties and mental processes, including intelligence, memory, recognition, perception, attention, language, and language moral development.

Children in alcoholic and drug-addicted families are subject to possible emotional abuse by their parents and suffer secondhand emotional abuse in the form of shame and humiliation. Emotional abuse is often expertly hidden amid our culture's child-rearing practices. It is, therefore very difficult to recognize what is abusive. Emotional abuse is difficult to prove or document and thus may go unnoticed or untreated. However, states and protective agencies are increasingly developing statutes or policies that address emotional abuse.

#### **d) Neglect**

Neglect is usually included in general descriptions of abuse, such as “child abuse and neglect”. Although neglect can underlie not only physical and sexual abuse but also domestic violence, it has unique characteristics. The abandonment issue is less obvious and, therefore, more challenging to determine because there are no bruises from physical violence or the thought of a father having sexual relations with his child. In addition, the necessary intervention in negligent situations is not a cessation of assault



but rather a gradual process that teaches the negligent parent how to meet his or his child's needs (Garbarino and Collins:1999).

Neglect is divided into three categories; emotional, physical, and educational. Physical neglect includes nonorganic failure to struggle, inadequate supervision, neglect, and failure to meet a child's basic physical needs. Emotional neglect involves a lack of attention to a child's emotional needs and mental health neglect, in which caregivers refuse to care for a child's severe emotional or behavioral disorders. Educational neglect involves truancy of permits, failure to send a child to school or enroll them, and lack of attention to special educational needs.

The factor causes are all grouped into three categories; there is economic, ecological, and individual personality. Poverty deleteriously affects the parent's ability to care for their children. It cannot be denied that these families facing down economic status are among a stress response, and poverty is an all-pervasive stress. The ecological perspective is how cultural differences and value factors in individuals affect the achievement of competence and adaptation. The society contributes to neglect, where they have difficulty accepting that their values and institutions stimulate neglectful situations. Individual personality causes the roots of neglect to lie deep in a parent's development and how he or she has learned to process information. How individuals process the information they receive from the world significantly influences how they relate to that world and how they behave. (Tower, 1998:61-67)

## CHAPTER III

### FINDING AND DISCUSSION

Before arriving at this chapter, previously explained that this study aims to discover the kinds of traumatic experiences suffered by the main character in the novel *The Night Child*; the researcher also reveals symptoms after experiencing trauma and the effects that make an impression on the main character. In this chapter, the discussion focused on two divisions there are 1) The symptoms of PTSD (Post-Traumatic Stress Disorder) experienced by Nora Brown and 2) The cause of PTSD experienced in the form of Child Abuse by Nora Brown

#### **A) The Symptoms of Trauma Experienced by Nora Brown**

In this section, the researcher discusses the symptoms of experiencing the trauma Nora suffered in the novel *The Night Child*. Through the preceding chapter, Judith Herman has formulated a theoretical framework that provides limits and recognition of survivors about the rec all of the emergence of a traumatic event, difficulties living in normally after experiencing trauma, and finding out the survivor became separate from the body during trauma happen. The occurrence of several symptoms is categorized as Post-traumatic Stress Disorder.

Based on previous data and discussion, there found that Nora, who was six years old, experienced abuse from her parents, including emotional, physical, and sexual abuse. A person has experienced several traumatic it creates responses to Post-Traumatic Stress Disorder. This

condition can include experiencing Post-traumatic Stress Disorder symptoms in the delay-onset types, where the symptoms only appear in the survivor after more than one year after experiencing a traumatic event. The symptoms occurred when she was an adult; when she became a mother and teacher, she had significant difficulty living a normal life. Based on Herman's theory, she divided post-traumatic disorders into hyperarousal, intrusion, and constriction symptoms. In this study, researchers found three symptoms in the main character Nora Brown.

### **1. Hyper-arousal Symptom**

Hyperarousal symptoms are the first signs of someone who has Post-Traumatic Stress Disorder, which appears in changes in the human reaction system that has been traumatized. The effects of trauma experienced by Nora Brown in this study were due to physiological arousal. The physiological arousal experienced by Nora resulted in the act is startling easily, reacting irritably to minor provocations, explosively aggressive behaviour, and sleep disturbances.

*Paul's spoken these words, "my little princess," to Fiona before, and Nora had heard them as an endearment, but in this moment the words send a shudder through her body which startles her (Chapter 8)*

The setting where is the Christmas event at Nora's house. Nora invites her only relative, James, and his boyfriends to celebrate Christmas at her house. There was a moment when the family gathered and opened a

gift for each other in the middle of the night; Fiona (Nora's daughter) got a wand as a present from a mystery person. Because there is no name on the boxes, Fiona asks if her father is the mystery man behind the gift. Then the father, Paul, explains he is not the person who gives the wand, but her father gives her a tiara to complete her appearance. Later, Paul praises his daughter that she will always be his little princess without the tiara. The words "my little princess" made Nora respond in surprise. The words little princess does not have an implied meaning but rather as a compliment, but her body reacts to words. Compliments words used by the father towards his daughter as closeness boundaries. At those times, she had not correctly remembered what was behind the darling nickname.

The cause of Nora's body alerts her father and calls her "my little princess" as the lure phrase brings her to her father's seduction in the past. This is part of the symptoms of hyper-arousal. The elevation of the adrenaline hormone is thought to be behind the hyper-arousal symptoms, such as the startle response. The traumatized individuals become alert because catecholamine, a group of hormones that have catechol groups secreted by the adrenal glands in response to stress, become sensitized to trauma cues and over-generalization in arousal to situations or events outside of the trauma itself (Bremner, 2005).

*She opens the wrapping slowly, exposing a child's picture book: The Crabapple Fairy. Her face heats up, and panic seizes her. It's the book her father read to her every night before bed. She nearly faints (Chapter 8)*

Nora's family continued to open gifts and found a mysterious gift that read on the box "for The Brown Family," which contained a gift book for each family member. Nora finds a children's book of bedtime stories for her, "The Crapable Fairy" She overreacts and almost faints with the book of the same title when it becomes her childhood bedtime book that her father always reads. Her memory does not show what happened when her father sexualized her. All that appears is the object that reminds him of her father, making her overreact.

This is a symptom of the Post-traumatic Stress Disorder reaction that appears on objects that are stimuli of the traumatic event. This model explains the tendency to initially notice a threat before this stimulus is avoided in subsequent reactions. Individuals show hyper-reaction to threatening stimuli in the prefrontal cortex of the forebrain, which has the ability to plan something, make decisions, solve problems, weigh consequences, and control themselves.(Catani et al., 2009)

*"I ... just feel so tense all the time. And the smallest thing, things that don't seem to bother anyone else, make me feel like I want to break something, and lately it seems worse, and I get these strange headaches that no one seems to be able to explain, and—" she is suddenly aware of her quick acceleration of thoughts and stops abruptly. She does not want to fail at appearing normal.  
"Do you remember when the first strange headache began?"  
She closes her eyes. She remembers when it started—three weeks ago at Fiona's birthday party. (Chapter 3)*

This quotes shows headaches also appeared when she finished celebrating Fiona's birthday, who was then six years old. Nora constantly feels uncomfortable with herself because she can not reveal what disturbs her, and she continues guessing the dots about her childhood memories.

Based on trauma researcher Bassel van der Kolk (1996), the individual body expresses what cannot be said or verbalized, so traumatic memories are transformed into physical outcomes. The headache was a trigger because of an unclear event by his body's reaction more honest into things related to her memory. A biological system that constantly pumps stress hormones in the face of real or imagined threats causes physical problems: sleep disturbances, headaches, unexplained pain, and hypersensitivity to touch or sound. Being very restless or introverted makes them unable to focus their attention and concentration.

The small thing stimuli her body's alert response not only in the books but also in a candy shape heart and the words Kiss Me:

*"Mommy," Fiona giggles, jumping up and down on her bed, pushing a candy heart into Nora's face, "you still haven't done what the heart says!" And she begins to chant loudly in a singsong voice, "Kiss me! Kiss me! Kiss me!" Something ugly and huge pushes and thrashes inside Nora's head and fury forces its way out and the enormous hand of it slaps the heart from Fiona's tiny hand and the heart flies across the room, hits the closet, and drops to the floor. The fury can see that the heart is still alive—the KISS ME gapes mockingly. The fury leaps at it. Dares it to continue gaping, but the KISS ME doesn't stop and the abominable feet of the fury pounds the cursed heart to pieces, again and again and again, using all its strength to kill it, to smash it to dust, to death, to silence (Chapter 18)*

This part happened at night when Nora was talking with Fiona when she was sorting sweets in preparation for the upcoming Valentine's Day to be shared with her classmates. Fiona got the candy from Elisa, a woman who was with her father. In a frantic state, thinking about her sanity, Nora realizes that her husband is having an affair. Nora was already aware of her husband's signs, which always excused him from working

overtime, Paul also cared less about her condition when Nora started seeing the appearance of a girl's face, and felt that the relationship had become strained. However, not her husband's infidelities that made her angry and restless, but the shape of the candy that written kiss me. After destroying the candy, Fiona was scared of her mother's action and hid under the blanket, making Nora shocked and ashamed by her behavior. In the quote above, we can see that Nora, who acts suddenly and destroys the candy handed over to her, has a horrible perception in her memory that leads her to act explosively aggressively.

*James acting as if everything is fine now, Daddy's fine now, and then on the phone: her father's deep voice—"Nora? Nora?" His voice stops her blood. How close he sounds, how familiar, as though he's never been gone, as though nothing has happened. Her only thought is to run. She drops the phone and runs down the stairs, runs out the front door, runs down the sidewalk, runs across the bridge. ... She is drowning, has fallen overboard, swallowed by an omnipotent, lightless sea. Lungs burn, water surges through her, heart closing. She is screaming, "No! No! No!" when the car slams into her. Slams into her body, slams her to the pavement hard. (Chapter 20)*

This quote also happened when Nora experienced excessive fear when James called her father, who had disappeared back home. The remembrance voice of his father's calling her name scared her, she started to run without direction until she crashed into a passing car. Excessive behaviors are expressions of underlying difficulties that often co-occur with other psychological difficulties, and behaviors may accompany or replace each other (Punzi, 2016). The amygdala is a gray substance found in the cerebrum, its function is to associate with guards against aggressive

behaviour. It acts as a warning signal that causes humans to issue their defence response through evasive or resistance. If the amygdala is aroused too quickly, then humans become too alert, fearful, or aggressive (Chaplin, 2001; Jarnawi, 2007)

*....at first, in between Fiona's words, Nora remembers to breathe, she's fine. But now, a slight quickening of her heart, and when Fiona begins to recite the words on each heart, "I like you!" and "You're fun!" and "Kiss me!"*

*..*  
*Nora lies in bed listening to carol whisper, " \_and she kept screaming "let me go home, let me go home go home", in child's voice , so out control—a code gray—Tve aides to subdue her, scared the hell out of her little one. And ever since then, oh God, the screaming. ..*

*Her heart thumping shame. She'd let Fiona talk about the hearts, believed she could handle it, but she couldn't. (Chapter 31)*

The quote also found hyperarousal symptoms when Nora was hospitalized after an accident. Fiona visits Nora's ward with James. Nora felt that she was getting better because a psychiatrist accompanied her during her stay at the hospital. Nora asks Fiona about the excitement of Valentine's event at her school. Those words trigger Nora's trauma causing her body to return to "fight or flight" in physical and verbal resistance. The distress returns the survivor to a full-blown traumatic response, from mild discomfort to acute distress.

In the course of the victim maintains alertness and sharpens focus during a fight or flight state. The amygdala signals the locus coeruleus, which functions to respond physiologically to stress and fear in the brainstem for the firing of norepinephrine-containing neurons that contain sensory information when regulating activation, attention, and certain memory functions. This process is adaptive when facing a temporary



threat. However, the norepinephrine system becomes sensitive from repeated activation under conditions of chronic traumatic stress. (McEwen & Lupien, 2002; Southwick, Rasmussen, Barron, & Arnsten, 2005).

## 2. Intrusion Symptom

According to Judith Herman, disturbing memories of the traumatic event hinder the survivor's normal development of life. The effects of trauma are not immediately felt at the time of the incident or experience but months or years afterward. The symptoms of intrusion, "long after the danger has passed, the traumatized person relives the event as if it is replaying in the present"(26). This is the case in Quinn's text, *The Night Child*, present where the impact of a past traumatic experience haunts the life of the character, Nora. Nora's memories as an adult are still stuck in her traumatic childhood experiences, and refusing to forget her mother's physical abuse of her. Following the quotes below:

*She should have told him how her mother pulled her hair out..... Instead she says, "She was sick. She was sad." (Chapter 5)*

After some time, Nora visited a psychiatrist named David when she encountered the flying face of the little girl who spoke to her. To stop the thought from echoing the apparition, she went to psychiatry. At the first meeting, she had questions about the description of her family and the relationships between family members. When talking about her mother, she put off describing her mother until the second meeting. When she

started talking about his mother at the second meeting, she repeatedly changed her subject to the books in David's room. Then David reversed his original theme, making Nora feel tremendously uncomfortable discussing her mother, which was found in the chapter because her mother had abused her. This is partly due to the minor provocation that triggers the offensive part of the signs of Post-Traumatic Stress Disorder.

The memory of her mother, who tormented her when she was a child, also remains in her memory. Nora received her mother's treatment of physical abuse when she was a child. Her drunken mother went out of control every time she disciplined her. Little Nora, who at that time was in a position not to have the power to enable her to stop her mother's abuse towards her. The untold truth turned into a flashback that she kept remembering as an adult. This is the same as Bride in Ramtani's study (2017), where her memory is stuck in her childhood trauma because her mother neglected her because she had black skin.

Through the mother's abusive treatment, something else made a mark on her memory, is witnessing her mother's death. This happened after Nora was slapped when she came home late and escorted by a nun. Her mother was drunk and still scolding Nora, trying to stop Nora from venting her frustration with her mother's treatment by beating the keys of the piano when her mother tried to go to her room and slid off the stairs. Nora, who witnessed Maeve die at a young age, remembered her stay as an adult and all the abuse that occurred. The experience of witnessing the loss

of her mother is not only traumatic but also shows her guilt, such as because her mother fell for chasing her. Following the quotes:

*For a long while, Nora waits stack-still in the dead silence, staring at the motionless body, the belly and breasts flattened, the head turned unnaturally to the side, tangled auburn hair obscuring the eyes, nothing moving at all. Finally, Nora stands up and steps over the green olive and walks to the phone and dials "0." She gaps in the operator, "My mother, it's my mother.".... Nora standing tight and hunched, in the hush of church, staring with bare eyes into the casket, holding her father's big hand, the red heat of her guilt eclipsing her bruises, now gone violet on her cheeks (Chapter 4)*

...

Herman quotes about traumatic events when they confront human beings with the extremities of helplessness, terror, and evoke the responses of catastrophe (40). Points about this helplessness and the helplessness that comes with death, they learn about death from loved ones. Such feelings only arise in intensity when considering traumatic cases where the victim was present when the death of a loved one occurred.

*"I don't know." She can feel herself struggling for something more to say about her mother. She hadn't felt a thing when telling of the accident. She'd long ago buried any feelings for her mother.(Chapter 5)*

The quote above as a victim of violence from her mother, Nora reveals the events she experienced in a contradictory way. Ranging from anger or pain towards his parents is often met with guilt. As a victim, this message is accidentally perpetuated by her internal shame that arises when thinking about her past history. However, keeping secrecy about horrible events too often will emerge slowly, not as a verbal narrative but as a symptom. According to Herman, the central dialectics of psychological trauma is the conflict between the desire to deny a horrible event and the desire to proclaim it aloud. (10)

*“Did you feel lucky?” Heat creeps into her face and crouches there“ until he disappeared. I love him more than anyone- until he disappeared” it is difficult to say this aloud, (Chapter 10);*

Another quote during session, Nora talked about her father; she described her father's family background and his feature from her point of view. Nora really loves his father; it mentions, while Nora is talking about her father feeling uncomfortable, her body reacts to a sequence of an unresolved problem. Nora suddenly fell unconscious and had time to turn on her new personality in the form of the children who guarded her when she was a child. It was there that her childhood memories that disappeared slowly found a reconnecting point. Nora, who doesn't believe in any other personality in her, refuses to trust and avoids psychiatry. She starting has a nightmare during asleep.

*That night Nora awakens from a recurring bad dream—the one where she runs through a dangerous neighborhood at night looking for her car. She runs past junkies and barred windows and pimps who shout things at her: "Hey baby, come to Daddy."....Nora scans the street, and when she's sure they're gone, she makes herself walk to the stripped car. She stands near the heap of red metal, sickened by trespass, her entire body trembling in the silence and confusion. (Chapter 16)*

That night Nora dreamed of herself running to a road to find her car; she ran across the pimps and addicts who were catcalling at her by adding the word dad made her walk fast. When she suddenly arrived, she saw the car smashed all over the glass, the tires torn apart, and the stereo taken. Nora watched and approached, standing, then interpreted that seeing her car that had been ruined look naked made her uncomfortable,

speechless, and confused. Herman mentions the traumatic moment becomes encoded in an abnormal form of memory, which break spontaneously into consciousness, both as flashbacks and as traumatic nightmares during sleep (p 38).

*She's had a nightmarish sleep, images of long fingers, purplish and hard, filling up spaces, making it hard to breathe, waking her in a sweat, the cries and screams of other patients in the background, and she hadn't known then what was real or what was imagined or if someone was dying or not.(Chapter 26)*

Then another nightmare emerged after she recalled two incidents of her father sexual harrasing her as a child. In her dream, she saw long, purple hands, making it hard for her to breathe, and she was confused hearing the dying screams of whether they came from his dream or the patient next door. Hartmann (1984) found in his analysis that some sufferers of nightmares can be free from trauma and that many horrific dream images can become pure metaphors.

The flashback is about the memory of his father; previously, there was no clear memory of her father's treatment. The flashback trigger started when Nora faced Fiona, handed her a heart-shaped candy with Kiss Me has written on it, and when contacted by James, told her to call her father, who had been missing and had returned home. Herman states that small or seemingly insignificant reminders can evoke memories, which often come back with all the clarity and emotional power of the original event (1993: 37). Nora, already remembrance about her father's memories, suddenly felt unprepared to meet or contact her father. When

she had treatment in the hospital, she reached her childhood portraits. This is seen in the following quotation when Nora starts to remember:

*She holds the photo with both hands. A little girl with blue eyes looks out at her. The girl wearing the Valentine's dress. Nora gasps as if she's just had the wind knocked out of her. She has never seen this picture before. .... Her father had taken this picture the day she'd received the Valentine's dress from her grandmother. Taken the picture a week before he ruined the dress. Taken the picture when she'd been a good girl. (Chapter 26)*

The flashback is about his father, who sexually molestation when she was a child. At that time, she received a red Valentine's dress from her grandmother, who lives in Ireland. When she showed up wearing a dress in front of her father, she received a compliment too, and then her father asked her to read the candy that reads kiss me like a plea. Nora realized that there was something wrong with her father's spoiling, but she could decide for herself, then the sexual molestation interpreted as attachment happened to Nora. The changes in feelings experienced by Nora Brown are anger, hate, and excessive fear. This is due to the events she experienced while being a victim of abused parents. Walker, P.M (2013) mentions emotional flashbacks are a sudden and often prolonged regression to a state of overwhelming feeling as an abused/abandoned child. These feeling states can include intense fear, shame, alienation, anger, sadness, and depression. It also includes unnecessary triggers of our fight/flight instincts.

### 3. Constriction Symptom

The third symptom describes a person who is helplessly running away from an inevitable dangerous situation, making changes to his state of consciousness. Herman states this change in consciousness resulted from constriction in the heart or numbness. The survivor may feel the incident did not happen to him, as if being an observer outside his body, and the event was a nightmare he needed to wake up (p: 43)

The traumatic experience of Nora's childhood, many occurrences are repeatedly exposed to her. Memories of her trauma revived, and she separated her body and became forgotten into traumatic events. Herman (1993) states that the horrible manifestation of events in the form of repeated events in adult life erodes already formed personality structures, but repeated trauma in childhood destroys the personality.

During the event of her mother's abuse, she faced the torture clearly on her body by her mother, as well as the feelings she endured when she was called a liar and stupid. However, her small body and defensive strength are not always as brave as when facing her mother. When it comes to her father, a trusted person, sexually harassing her, she awakens another personality to become her protector, namely Margaret. Margaret is another Nora personality six years old girl.

*... but now she is going away, her legs, her arms and hands and fingers, her face, and now there is no color and now there are no sounds and now there is—  
—nothing at all.*

*Margaret's heart is banging, banging.  
"Nora, is that you?"  
"I am Margaret."*

"Margaret?"

....

*He ask softly "Margaret, why are you here?"*

*Silence.*

*She wants to talk to him. She wants to tell him things.*

*"How old are you, Margaret?"*

*"Six." (Chapter 10)*

Herman notes that this third symptom includes a modification of "one small mercy from nature, is protection against unbearable pain." (1993: 43). The name Margaret is a legendary saint taken from the Catholic religious beliefs that Nora adheres to. St. Margaret was introduced by the nun at school, namely Rosa, when Nora was in trouble and had to rely upon all the problems of St. Margaret, who offers powerful indulgences to anyone who writes or reads her story. The horrible events look like they did not happen to Nora because her memories of his father abusing her had disappeared. The cause she didn't remembers this was that her personality took over the role when the incident occurred; hence her memory of the incident did not occur. The incident is discovered when David asks what Nora has forgotten about. This is seen in the following quote:

*"Do you remember how your father's eyes looked when he hurt you?"*

*His eyes. His blue eyes.*

***It was as if he didn't see me. As if I wasn't there.***

*David takes the note and reads it. "You weren't," he says. "In short, you didn't exist while he hurt you. As profoundly sad as it is, you were invisible to him." Invisible. To the man most important to her. Her father (Chapter 26)*

The memory was missing for Nora, resulting in her mother getting angry and making her mother yell at her as a liar. Nora is unclear about what happened then; Margaret carried out all of these events. Nora



experiences one of the criteria of the symptoms is that she *feels the event is not happening to her*. People who have experienced severe and prolonged trauma. Dissociation is the failure to maintain one's primary personality and identity. Scropo et al. expressed a dissociative tendency to describe and imaginatively transform their experiences. In contrast, borderline personality is a response in an effectively driven manner and relief upon a complex cognitive response (p.281).

The presence of dissociation is an indicator of incomplete emotional processing trauma. Nemiah (1981) has proposed two characteristics of pathological dissociation. The first is an alteration in one's sense of identity, as in multiple personality disorder, and the second is a disturbance in the memory of the specific experience during a dissociative period. Depersonalization is characterized by the persistent or recurrent experience of feeling detached from one's self and mental processes; subjectively, it is a highly distressing experience.

The second characteristic is a disturbance in the memory of the specific experience during a dissociative period. Nora did not remember that she collected rosary beads that were scattered after her mother broke them, did not remember that she ate the cookies in the room, and did not remember well why she spit in the priest's face. Howell (2011) traumatic bonds, which to me by definition are dissociative, are motivational forces at work. This means that "normal" psychodynamically motivated failure

stems from a dissociated state of self that holds feelings that are not integrated with the rest of the personality.

*"Mommy broke our rosary and I tried to find all the beads but I couldn't find them all and it was me who spit in the priest's face," she says. She cannot stop shaking. His hands are wrapped around his coffee mug, and he stays looking at the blinds when he talks. It could be a trick, but she doesn't think so because his body is leaning back.*

*"And I'm the one who ate the cookies in bed," she says watching him, watching the door. "I ate the cookies because Daddy tasted yucky and I'm really, really sorry." (Chapter 15)*

Herman conveys from Janet's notes that post-traumatic amnesia is caused by a "*constriction of the field of consciousness*" that keeps painful memories separate from ordinary consciousness. Furthermore, Nora's coping mechanism creates personality when she is unable to bear a traumatic event. Putnam (1997) describes the presence of dissociative amnesia; important personal information that is too basic to forget is not available for recall. In a dissociative fugue, amnesia may be accompanied by the adoption of a secondary identity, which often conflicts with the primary identity.

This evidence shows that Nora does not really remember in detail what her father did to her. The alternate personality can also help Nora describe what happened without reliving painful memories directly; it allows Nora to survive and maintain her sanity until she overcomes the abuser's control over her life. While a secondary personality exists, there is usually amnesia for the details of the primary identity. When the primary personality identity returns, mutual amnesia often results from incidents related to the secondary identity.

### **A. The Kinds of Child Abuse Experienced by Nora Brown**

Before uncovering the types of maltreatment against children in the Nora case, these studies cannot just look at the child or family to really understand the problem. These findings must consider the wider social context in which these families exist. Researchers must examine the roles played by communities, local and federal governments, the media, and even the time they live (Bronfenbrenner, 2000). Factors that increase the risk of child abuse have been identified in this context. Although none of the factors discussed in this chapter means that a child will be abused, each increases the likelihood of mistreatment. The following is a discussion of the factors that influence child abuse, one of which comes from family, child, and extrafamilial factors.

The finding of this problem was that the factors underlying child abuse in Nora came from intrafamilial factors. This comes from parental factors in Nora's mother, Maeve. Maeve is from Ireland and migrated to America. Young Maeve she had a pretty tough life experience in adolescence. At the age of fifteen, Maeve became pregnant, this unwanted pregnancy that brought her story back to Ireland. The background is around 1967, marked in the novel's sub-chapter. Here we look back at one of Irish history's most controversial legal issues. Access from *irishstatutebook.ie* passed the law on Abortion law was first banned in Ireland in 1861 by the Offenses Against Persons Act and remained in effect after Irish independence. The Eighth Amendment to the Republican Constitution, or Article 40.3.3, was

introduced after the 1983 referendum, which stated that the life of women and fetuses is equal. Following the quote below

*Hush!" her grandmother says. "She was fifteen. What would ye have had us do? Would ye rather all of us be called out in contempt every Sunday in church? Would ye have had those damned nuns pounding on our door, day after day demanding we put her in those evil homes or burn in hell?they'd have her washing laundry until her finger were raw"... "sending her to America was the best we could do. She's lucky my sister took her in aye, and was willing to take her to that doctor"*

*... Caroline is crying now "sure 'n' I hope I never have a girl in this damned country" (Chapter 5)*

This proof of Maeve's condition can be seen in the conversations between Nora's grandmother and aunts who remembering her death. Nora, entrusted to her grandmother in Ireland after her mother's death, overhears the conversation. Considering her age at that time, not too far from his mother, who had an abortion at a young age, she felt sad. With the existence of a legal policy at that time, Maeve, who had to abort her fetus, went to America because the abortionist was declared a criminal.

Abortion associated with morality policies is delegitimized by two mechanisms: 'vote', in which social movements and social mobilizations emerge to challenge the policy, and 'out', when people stop complying with a policy (Hirschman, 1970). The conversation mentioned interference from the surrounding religion regarding Maeve's pregnancy. The Catholic church has a role in regulating the daily policies of society. The existence of an abortion ban is inseparable from the continued political influence of the Catholic, where the church has an effective veto over policies that

hinder the liberalization of abortion, which must be considered. This component is essential in countries such as Ireland and Poland, where the church has historically wielded enormous political and cultural influence because of its connection to national identity and its claim to be the 'protector of the nation' (Grzymala-Busse, 2015, 2016).

*She refolds her hands. "I guess it's important that she was fifteen when she emigrated to America. And seventeen when she married my father." (chapter 5)*

Early marriage is associated with early childbearing and higher fertility. Women who marry early are also more likely to have less say in marriage decision-making. Increased risk of domestic violence is also associated with early marriage Bruce and Carlk (2004). Parents who marry at a young age are closely related to the lack of preparation; the mother's age and level of education are risk factors for child abuse. Younger mothers with a low history of education are more likely to abuse their children than older and more educated women (J. Brown et al., 1998; Duboiwitz et al., 2011; Paavilainen, Astedt-Kurki, Paunonen-Ilmonen, & Laippala, 2001). Sidebotham, Heron, and the ALSPAC study team (2006) reported that young parents were three times more likely to abuse their child by the time the child was six years old and that parents with low academic achievement were five times more likely to abuse their child. These findings show how important it is to have a good education and reach a level of maturity before deciding to marry and give birth to children.

As explained in the previous chapter, Herman states that if trauma occurs from natural forces, it is called a disaster. However, if forced from humans, it is called atrocities. In the novel, *The Night Child* Quinn's performance, the main character, Nora, has been traumatized. The factor she suffers from trauma due to a form of childhood maltreatment from her parents. Detailed by Tower's findings, the types of Child abuse are divided into Physical Abuse, Sexual Abuse, Emotional Abuse, and Neglect. In this section, the researcher will discuss the types of trauma based on the finding there can deliver to discover traumatic events that cause the main character to be traumatized.

### **1. Physical Abuse**

Attachment is a particular type of social relationship, paradigmatically between child and caregiver, which involves affective bonding (Bowlby, 1980). The previous chapter already described the impact of post-traumatic stress disorder as exposure to adverse events in the attachment relationship, including the impersonal part of the trauma but more conical on a relationship between the child and the caregiver. This trauma is based on a betrayal of trust represented in abuse by a trusted family member or caregiver. The most important environment for shaping self-concept in children is the focus on relationships within the family. Childhood abuse occurs in terror-ridden family conditions, where the usual parenting relationships have been severely disturbed. Syufri (2009) wrote that households are fertile ground for violence against

women and children. This is continually happening because the general perception of society still considers violence in the house to be a private matter.

Set in the 1960s, in the early stages of the background family reveal, the text reveals the complications that arise from Chicago's south side to its outskirts because now her father is the vice president of the Bank of Chicago, moving to Chicago. Nora's father is German-American, and her mother is Irish who immigrated to America. The year's backdrop marked that racial and ethnic diversity has increased dramatically in America from the end 19<sup>th</sup> until the early 20<sup>th</sup>. With increasing immigrants to America, high fertility rates, a population structure dominated by a young age, and other demographic advantages fueled the rise of minorities so that people of colour were projected to outnumber the white race before mid-century (Colby, L.S & Ortman, J.M., 2015).

The caregiver abuse that occurred to Nora resulted from a change of residence where her mother felt uncomfortable living there. Immigration history has shown that those designated as 'white' have consistently been favoured regarding ease of movement and acculturation outcomes (Garner 2006, Webster 2008)—Maeve's survival as an Irish catholic in a white American world. Peatling's journal (2005), *The Whiteness of Ireland Under and After the Union*, explained that Irish descent living in America is equivalent to the African race. Nevertheless, they realized their social class position quickly to gain acceptance as good

citizens at the same time that collaborating with the dominant culture and fighting the Nativist movement meant working together on the continuing discrimination against black people. The protagonist's mother, Maeve, was less able to face the crisis of environmental adaptations. These are described in the narrative:

*Nora is seven, and they've just moved from Chicago's south side to its outskirts ... because the colored people made her mother hysterical made her shriek. "I won't be raising me children around niggers," made her threaten to take Nora and James back to Ireland for good (Chapter 9)*

From Maeve's viewpoint, she is hysterical when surrounded by black people, making her feel white supremacist. It is in the interest of many 'off-white' people to be recognized as wholly white in order to gain acceptance and status in their new society (Allen 1994, Barrett and Roediger 2004, Ignatiev 1995, Luibheid 1997, Roediger 2007). Ignatiev (1995) argues that while 'Irish' people were initially aligned with 'black' people, sharing the same environment and experiences of poverty, criminalization, and racism. Irish immigrants did not develop a sense of community with African Americans but focused on winning over 'nativism', which they perceived by asserting their whiteness and white supremacy against 'black people.'

Tower (1989) divides family problems and dysfunction into four categories of failure to complete basic family tasks, to handle changes related to developmental tasks, to face crises, and failure to deal with societal pressures (which may include pressure from cultural differences).



In the Nora family, including facing the fourth category where a minority family is faced with a constant need to overcome the stigma of colour, race, or nationality imposed by society, it may have difficulty functioning. There is also described of Maeve's past, who experienced unpleasant actions from the view of her husband.

*"He'd told her once that her mother couldn't help when her Irish came up because a long time ago the Irish people were treated fairly, and since then most Irish children, especially the red headed ones (like her mother" were born with a tempered." (chapter 9)*

Maeve finds herself surrounded by black people, resents what she sees as her family's demotion in social status, and is frustrated educating her child, who mixes with her stigma and faces house chores that she seems compelled to accept. This description of Maeve's past life is also less than pleasant. This is the basis for tolerating if she acts angrily toward family members.

*"I don't know. She stopped being pretty. I don't remember exactly when. I only remember that her lips tightened into a hard line, and she stopped wearing lipstick. And she had a shot or two of gin every day around three." Nora hears her speech become more agitated (Chapter 5)*

Parents have the same responsibility in caring for and educating children; often, the task of caring for them is more dominantly given to the mother. The quotes above explain that her mother was facing stress; from Nora's point of view, as a child, she realized the changes in her mother. Although it was not specified where the problems her mother had come from, her mother started drinking was the beginning of her mother doing

excessive physical punishment. Smith and Straus (1990) found that women are more likely to abuse their children because they spend more time raising their children, which underlies their experience of more stress and frustration due to caring for them. Interestingly, in his study found that stress in the family can increase the risk of violent behaviour toward children.

Performing physical violence as a form of disciplining the child in the mother's treatment is unnecessary because it hurts the children physically. The beatings that were unwarranted as a discipline also occurred following the quote:

*She knows what she should say, she should tell David that sometimes her mother would shriek at her and how if she tried to run her mother would grab her, throw her down, bring her hand hard across her cheek, how the force of the slap sent her reeling against walls and furniture, how sharp and shocking those things felt against her body. (Chapter 5)*

Following the previous statement was discovered. When Nora, with her therapist David, was in the question and answer session about her mother. From Nora's memory, the truth untold about Maeve's treatment of Nora can be inscribed as physical abuse. Weihe and Herring (1991) in Tower (1989) state that physical abuse is a repeated action that causes injury or damage, including slapping, kicking, hitting, punching, choking, pushing, biting, smothering, threatening with sharp objects, grabbing, and spitting. The quotes can be seen; the mother committed physical violence in repeated actions like throwing her, slapping her hard, and grabbing her daughter's hair.

As previously discussed, the background data of Maeve when she was a teenager, she had an abortion, separated from her family as an immigrant to America, and married Nora's father when she was young. Because the parenting process is an action that involves the ability to love, educate, and direct children continuously. Feelings of inadequacy, and lack of skills in adaptation or parenting, coupled with life stressors, can lead to acts of violence against children. Berns (2004) argues that parents with emotional problems, in stressful conditions, immature in age, and lack knowledge about child development are more likely to develop a supportive attitude towards maltreatment to educate and become perpetrators of abuse against children.

*"You told her something." Fear shakes Nora's body, and her skin pales. "No... no.. Mommy."  
 "Didn't you?" her mother says, coming closer. Shivering all over. Hard furious terrified woman hand bones against girlface-girlarm-girlback-girlbones. Again and again and again.. (Chapter 26)*

This quote depicts Maeve Nora's mother as an alcoholic; at that time, her appearance was very messy to meet a nun named sister Rosa who drove Nora home late. The situation made Maeve spurred to scold Nora for making her assume Nora was telling the nun about her mother's treatment and her condition. She also did not hesitate to insult and beat Nora. Maeve began as an abusive mother isolating her children, preventing Nora from participating in outside school hours activities and with peers because it can interfere with them, discovering their actual

appearance, and isolating her child to maintain what happens. In the family environment, exercising her mother's powers and rules changes erratically and arbitrarily, which is very unfair.

Maeve's personality turmoil is subtle and not immediately apparent because failure as an abusive parent stems from a pattern of low self-esteem causing personality changes resulting from alcoholism; this is combined with a failure in the bonding process. Smith and Hanson (2012) argue that parents who do spanking are found to use corporal punishment more easily than controlling parents. This indicates that the abusive parent is controlled rather than overly controlled. It is as if the barriers have not been internalized sufficiently for the abusive parent to monitor their behaviour at critical moments when a child appears to be obnoxious or is a ready target for aggression.

## **2. Emotional Abuse**

The data obtained show that the main character was exposed to trauma at an early six-year-old when she acquired direct maltreatment from her parent. Especially at that age, the child is still in the stage of being dependent on their caregivers. The traumatic event still entwined in Nora's memories started from an abusive mother towards her, followed by other events. That can be seen through the quotes from the novel:

*An imaginary entity within her, something she's invented in her mind, has called her a liar... Only one other person in her life had called her a liar. "Liar!" her mother shouted, snatching the rosary from Nora's six-year-old fist. "You want it*

*back? Here!" And then her mother's angry fingers wrenching the rosary apart until SNAP! The white thread breaks, and all fifty-nine blue beads pop into the air and clatter to the floor. .... "Liar" her mother shrieked the morning she'd found an empty package of lemon-crème cookies in Nora's bed. ... Lying there in the dark, Nora remembers these things. (Chapter 14).*

This quote describes the last time she was only six-years-old where she lived with her parents. Her memory of the past was of her mother shouting at her as a liar. The events are imprinted in Nora's memory when she becomes an adult. In an event like this, Nora's mother intended to discipline her child but did not even find out why her child did this. She only repeatedly called her child a liar. Her mother only thought that her child defended their action to her and that destroying Nora's rosary was excessive. Nora's mother shouting at her as a liar event was imprinted in his memory of when she was an adult because the memory of why she eats cookies is carried by Margaret, the duality of Nora's personality.

The event that happens to Nora can determine as emotional abuse. Emotional abuse can be interpreted as a rejection or, in some cases hindering a child's development of a positive self-concept. The matter can be verbal, which is repeated and varies between insulting, yelling, and belittling the children (Domestic Violence Act, 1998). The same events follow the quotes:

*Nora follows her mother through the doorway, and the door clunks closed. Her mother walks to the coffee table and picks up her glass of gin, takes a drink, the green olive touching her lips, then floating around the clear liquid again. She slams the glass back down. "What did you say to her?"  
 "Nothing." Nora steps back.  
 "You told her something."*

*.....  
 "You stupid girl! You've shamed us! Shamed us!" She stops, gulps more gin and Nora crawls away fast and slips downstairs to her piano. (Chapter 26)*

Emotional abuse can erode self-esteem, making the victim doubt perception and reality. Ultimately, the person will feel trapped as the power and control of the abuser makes it challenging to sustain the relationship longer and too scared to leave. Nora's admiration for her fathers and recognition of her powerlessness give the perpetrator the perfect opportunity. She became obedient and gave herself up to her father.

*Her father had taken this picture the day she'd received the Valentine's dress from her grandmother. Taken the picture a week before he ruined the dress. Taken the picture when she'd been a good girl. And now-her father's mouth, breathing heavy in her ear, whispering "If you tell you will be alone. All alone. No one will believe you. If you tell, no one will ever believe you."(Chapter 26)*

The perpetrator who started isolating the victim, such as threatening, will be alone and unable to be trusted by others, imprisoning the victim for asking for help. The event was not easy to express until she entered adulthood then she could mark the horrible event as a traumatic experience. Hatta (2014) state childhood who exposed to the types of traumatic events repeated episodes of time and prolonged leading to the appearance of disturbed symptom in survivor, such as the appearance of Post-traumatic Stress Disorder.

### **3. Sexual Abuse**

Nora's trauma events did not only occur from her mother but also from her father in the form of sexual abuse. Herman wrote in *Father-Daughter Incest* (1981), female children often become subject to sexual

abuse by adult men who are part of their intimate social world. The attackers were not strangers: they were uncles, cousins, stepfathers, and fathers. Sexual abuse is any sexual activity with a child under the legal age. Based on the perpetrator's identity, intra-familial abuse can be defined as incest as inappropriate sexual behaviour between adults and children within families. The basis for the emergence of the sexual assault from Nora's father causes the children to be too dependent and comfortable with the father because the mother has become a torturer and drunkard. Her mother rarely preened for her father and often fights as a sign of a relationship that is not harmonious.

*In her mind she is seven, hiding in the bathroom with James, her hands pressed over his ears, trying to block out the voices of their parents fighting and slamming doors, slamming each other (Chapter 5)*

The conversation was acquired when Nora described her mother in a question-and-answer session with David. Memories of her parents not getting along trapped her in a situation that underlies the abuse against her. This incident ultimately makes Nora more dependent on her father, who seems to give her affection without hurting her. The dependence on her daughter provided opportunities for her father to show affection that her daughter could not refuse. The evidence was found in Nora's remembrance. The events are quoted as follows:

*"Say it," he says.  
"Kiss me," she says, barely a whisper,  
and he leans in and kisses her softly on the lips.  
And he pops the candy in her mouth his hand on her leg  
stroking  
stroking  
stroking*

*"Your Valentine's dress is so pretty," he says.  
 "A princess in a fairy tale," he says.  
 When he lifts her on top of him things spin in her mind, his breathing goes deep,  
 and she drenches her hands, fingernails digging into her skin. Everything is  
 wrong.  
 "Say it again," her daddy whispers,  
 now moving her  
 back and forth  
 back and forth slow  
 back and forth fast  
 on his lap  
 Making sounds she doesn't know and when she doesn't speak.  
 can't speak  
 he says "say it. say. "Kiss me," (Chapter20)*

In her position at that time, she could not label her father's actions as sexual harassment or sexual abuse, but Nora realized that something was wrong with the mollycoddling her father had done on her. Early childhood to begin to understand the situation begins with preschool children. Lewis (1999) explained that at preschool, children are old enough to understand that something frightening happens from the age of six; they can remember it clearly in the form of a visual event.

Based on the quote above described that Karl Nora's father used Nora's hand to stimulate his genitals, which were masturbating. Masturbation is one of the stimulating sexual activities that can be done alone and using assistive media. In its progress, there is no form of maturation, only a persuasion related to praise phrases for their children. It is natural for children to participate in activities that they do not understand, under the caregiver's control, because there is a sense of dependence on and trust in them. In the development of sexual abuse, the offender can masturbate or encourage the child to masturbate. It happened



not only at that time it was repeated by her father, following the quote below:

*She remembers too how, except for the hours he worked and she attended school, she only wanted to be with him. A collage of images then: her in pajamas, sitting on the green porcelain bathtub watching him shave, so handsome in the mirror ..... as he dried her with a big white towel, him kneeling, then humming, humming into her ear, drying her back, her tummy, then breathing, breathing, loud breathing, the towel between her legs, then no towel only hands, his hands touching her. Her hands stiff at her side. She is him. Her eyes closing. Private. Protected. Her father's voice whispering, "Our secret, our secret, our secret," the hands rubbing between her legs, hard and fast (Chapter 25).*

The quotes captured the remembrance event when Nora bathed with Karl, and Nora did not refuse her father to rub her genitalia in, which is not on the part of drying the child after bathing. This is called grooming, which is the process by which the offender coaxes the victim into sexual relations and keeps the relationship secret. They made the victim a special person for him, and separating the victim to seek help also speaks up about what has been done slowly under his control and power. Tower (1989) wrote that the synonym for sexual abuse is sexual exploitation, a form of activity in which a child's genitals are manipulated or asked to touch an adult, forcing the child to observe sexual acts and also taking pictures for pornographic purposes. The victim's dependence provided opportunities for him as a form of showing inappropriate affection, which the victim could not refuse. The horror of incest is not in the sexual act but in the exploitation of children from the corruption of parental love.

## CHAPTER IV

### CONCLUSION AND SUGGESTION

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

#### A. Conclusion

Nora Brown has three categories of symptoms of post-traumatic stress disorder as a symptom of trauma experience. The first symptom is the Hyper-arousal symptom. The minor provocations that make her trigger memories when a traumatic event occurs. She became explosively aggressive behavior reacting irritably to minor provocations when things related to her parents. In changing physiological arousal, Nora turns into a woman who is easily startled when the things that make her remember the traumatic events, headaches, and lack of enthusiasm in disinterest in having sexual intercourse with her husband.

The second is intrusion symptoms. It can be concluded that Nora had flashbacks during waking states and traumatic nightmares during sleep. After Nora started the flashback memory, she had nightmares after her memory of her childhood occurred because of the traumatic events she experienced long from her parents. Nora also experiences hallucinations when a Valentine's Day event is coming and cannot control her intrusive though if it is related to her parents' memories. The last symptom is a

construction symptom. Whereas change of mind Nora has a cognitive error, hallucinations, and excessive and intrusive thoughts. Nora Brown felt the incident did not happen to her during the trauma event. From this symptom, Nora already split her identity to protect her during horrible treatment from her father.

The kind of traumatic experience Nora Brown is childhood trauma. The cause is the trauma event in the form of physical abuse, sexual abuse, and emotional abuse. The traumatic experience by Nora Brown made shaken psychologically. The first case is Nora Brown physically tortured as punishment by her mother. Secondly, her father sexually molestation although she trusted him. Thirdly, both her parent emotionally abused her in verbal ways, greatly affecting Nora Brown's life. Children who live in environmental abuse cannot seek help because they already bond with their dependents from their parents. These three things are originally the cause of Nora having post-traumatic stress disorder.

## **B. Suggestion**

In the writing of this research, the researcher realizes that there are still many weaknesses and limitations that researchers can cover. Researchers suggest that new researchers who feel drawn to the same object, the novel *The Night Child*, can see the perspectives of other theories and approaches. The researchers should further develop the scope of research, considering that this research has not been fully able to describe the fulfillment of satisfaction obtained from the theory of post-traumatic stress disorder. Data collection should use more optimal techniques to get the necessary data. In addition, researchers hope this research can be useful for future researchers interested in the same object or theory. It also can provide benefits to the reader.

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## CURRICULUM VITAE



Devina Dwi Nurjayanti was born in Bantur, a small town in South Malang, on December 13, 1997. She graduated from Man 1 Malang in 2016. During her studies at High School, she participated in extra-curricular theatre, actively participating in a choir for graduation, and as a member of the School Health Clinic (UKS) and PMR. She began her tertiary education in 2016 at the Department of English Literature at UIN Maulana Malik Ibrahim Malang and finished in 2021. During her studies at the university, she joined a Laskar Pujangga community.