

**TRAUMA SUFFERED BY RACHEL KELLY IN MAYA  
BANK'S *THE DARKEST HOURS***

**THESIS**

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

**TRAUMA SUFFERED BY RACHEL KELLY A CHARACTER  
IN MAYA BANKS'S *THE DARKEST HOURS***

**THESIS**

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Sastra* (S.S)

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2022**

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Malang, 17 Maret 2023



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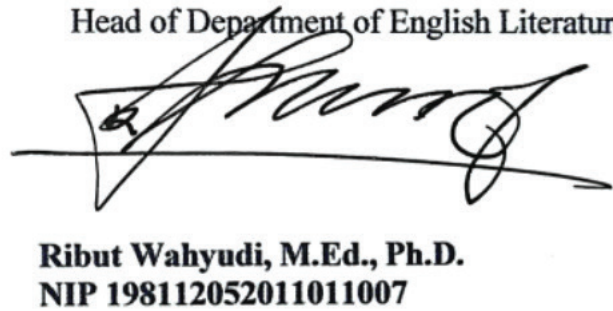
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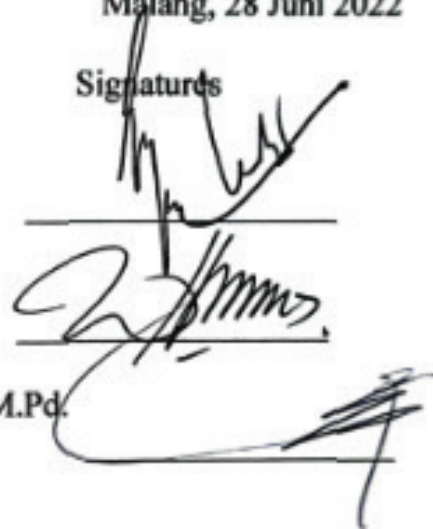
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**MOTTO**

“Stay Calm and Keep Studying”

**SYAHRIZAL FIRDAUS AINULLOH**

## **DEDICATION**

This thesis is proudly dedicated to

My Beloved Family: My father Noor Alamsjah, My friends Gading Jati, Gigih

Bella Wicaksono.

My Thesis Advisor: Mr. Dr. Muzakki Afifuddin, M. Pd.

Myself: Syahrizal Firdaus A

All of the people who have contributed to this thesis.

Thank you from my deepest heart and I'm Grateful to have some amazing people  
who always love and support me.

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This thesis is far from perfect and it still lacks many aspects. Criticism and suggestions will be accepted to improve this thesis. Hopefully, this thesis will give the benefits for writers and readers in general for the present and the future.

Syahrizal Firdaus Ainulloh  
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## ABSTRACT

Firdaus.Syahrizal 2022. **Trauma Suffered by Rachel Kelly Maya Bank's *The Darkest Hours***. English Literature Department, Faculty of Humanities, Maulana Malik Ibrahim State Islamic University Malang.

Advisor: Dr. Muzakki Afifuddin, M. Pd.

**Keywords: Trauma, Psychology, linguistic features**

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This study focuses on examining trauma. Trauma is a condition in the form of oddities in behavior. A female patient of Sigmund Freud experienced muteness, choking, and convulsions. Humans live by obeying the existing rules. However, sometimes there are some people who do not comply with these rules. The impact of these violations is that victims of deprivation of rights can be traumatized. Negative thoughts keep coming and it's hard to forget. This study investigates the trauma phenomenon experienced by Rachel after being a prisoner in the novel *The Darkest Hours*. The researcher uses a literary criticism approach in researching the novel. There are two parts that are presented, among others, (1) the form of psychological trauma of drug abuse on Rachel's psychology (2) General responses to the trauma experienced by Rachel recovering after experiencing trauma and severe stress due to mental abuse she suffered in Maya Bank's *The Darkest Hours*. The results of the existing research are then presented in tabular form, which consists of three tables which include: The impact of drug abuse includes dizziness, amnesia, hysteria, muteness. Rachel became a woman of avoidance. Avoiding contact with others due to trauma and severe stress. When Ethan Kelly intends to initiate by trying to touch and communicate, Rachel suddenly screams and she gets frightened. Rachel ways to recover from trauma of drug abuse are divided in 3 stages such as; medical check up, Ethan phase and family phase.

## ABSTRAK

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Penelitian ini berfokus pada pemeriksaan trauma. Trauma adalah suatu kondisi berupa keanehan dalam tingkah laku. Seorang pasien wanita Sigmund Freud mengalami kebisuan, tersedak, dan kejang-kejang. Manusia hidup dengan mentaati aturan yang ada. Namun, terkadang ada beberapa orang yang tidak mematuhi aturan tersebut. Dampak dari pelanggaran tersebut adalah korban perampasan hak dapat mengalami trauma. Pikiran negative terus dating dan sulit untuk dilupakan. Penelitian ini menginvestigasi fenomena trauma yang dialami Rachel setelah menjadi narapidana dalam novel *The Darkest Hours*. Peneliti menggunakan pendekatan kritik sastra dalam meneliti novel tersebut. Ada dua bagian yang disajikan antara lain (1) bentuk trauma psikologis penyalahgunaan narkoba pada psikologi Rachel (2) Respon umum trauma yang dialami Rachel pulih setelah mengalami trauma dan stress berat akibat kekerasan mental yang dideritanya di Maya Banks, *The Darkest Hours* Hasil penelitian yang ada kemudian disajikan dalam bentuk tabel, yang terdiri dari tiga tabel yang meliputi: Efek dari penyalahgunaan narkoba termasuk pusing, amnesia, histeria, bisu. Rachel menjadi wanita yang menghindar. Menghindari kontak dengan orang lain karena trauma dan stres berat. Ketika Ethan Kelly berniat untuk memulai dengan mencoba menyentuh dan berkomunikasi, Rachel tiba-tiba berteriak dan dia ketakutan. Cara Rachel untuk pulih dari trauma penyalahgunaan narkoba dibagi menjadi 3 tahap yaitu; pemeriksaan Kesehatan oleh medis, fase peran Ethan dan fase peran bersama keluarga.

## ABSTRAK

الصدمة هي حالة نية شكل شذوذ نية السلوك. حسب تجربة مريضة سيغموند فرويد نية عام 1896. نعانى المبرصات من سلوكيات غير معتادة مثل البكم والخبزاق والذوبان المرضية (أندرسون ، 2012). لكل إنسان نية هذا العالم الحق والرغبة نية الحصول على ما يريد بطريقة مشروعة. ومع ذلك ، يوجد أحياناً بعض الأشخاص الذين ال يلزمون بالأنواع المختلفة. وتأثير هذه التغيرات هو أن ضحايا الحرمان من الحقوق يُصابون بالصدمة. وقد لَمَّا أوردته نناة كومباس التلنزيونية الإخبارية ، تعرضت أم بالحراف الأولى من اسمها (F 29) لصدمة بعد أن تعرضت للمضايقة من قبل ممرضة (NJ 30). الآن نشعر الضحية بالقلق ونريد دائماً أن نرانا نية المزل. يمكن أن يكون هذا مثالاً لكثير سيء للصدمة. الانفجار السلبية ال نزال نادمة ويصعب نسيانها (فضلي ، 2016). تبحث هذه الدراسة نية ظاهرة الصدمة النية عانت منها راشيل بعد أن كانت أسيرة نية رواية أحلك الساعات. لتحويل البيانات ، استخدم الباحث المنهج الوصفي

النوعي ، وُدمت ننتائج البحث عن الصدمات النفسية نية رواية " أحلك الساعات " نية مايا بانكس نية نالتة أجزاء ، منها: 1) شكل الصدمة النفسية نية ناطي المخدرات على نسية راشيل بعد عام من كونها سجين لكار المخدرات نية رواية مايا بانكس *The Darkest Hours* ، 2) استجابة عامة للصدمة النية عانت منها راشيل بعد تعرضها لصدمة وضغوط شديدة بسبب الإساءة العنصرية النية عانت منها نية مايا رواية بانكس أحلك الساعات. ثم يتم عرض ننتائج البحث الحالي نية شكل جدول ، والذي يتكون من نالتة جداول (شمل: 1) جدول أشكال الصدمات النفسية نية الرواية كيف أثر ناطي المخدرات على نسية راشيل بعد عام. سجين لكار المخدرات نية رواية مايا بانكس *The Darkest Hours* ، 2) جدول الردود العامة على الصدمة النية عانت منها الشخصية الرئيسية نية الرواية كيف تأثر ناطي المخدرات على نسية راشيل بعد عام لطفل. سجين لكار مخدرات نية رواية مايا بانكس *The Darkest Hours* ، 3) يصف الجدول النية للمؤلف الصدمة النفسية للشخصية الرئيسية نية الرواية كيف تؤثر على ناطي المخدرات النفسية راشيل بعد عام من عملها لكار مخدرات أسير نية رواية مايا بانكس " أحلك الساعات. ثم وصف ننتائج البحث نية فصل المناقشة ، بينما يرد وصف البيانات الكامل نية القائمة على أساس ننتائج البحث ومن أنشئة رواية Maya Banks بعنوان *The Darkest Hours* كما هو مروض نية الفصل الرابع أعلاه ، يمكن استخلاص الاستنتاجات التالية . أولاً ، يُؤسّم شكل الصدمة النفسية نية شخصية راشيل إلى نسيين ، وهما اضطراب ما بعد الصدمة (PTSD) أو اضطراب ما بعد الصدمة واضطرابات الذاكرة. يُؤسّم اضطراب ما بعد الصدمة إلى نالتة منغترات ، وهي استدعاء الحدث الصادم ونجن به والظهور باضطراب جسدي.

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## CHAPTER I

### INTRODUCTION

This study discusses trauma based on the main character, Rachel, in Maya Bank's fictional novel *The Darkest Hours*. In this discussion, the researcher has limited the focus to Rachel rather than the other main characters. For a more accurate study, the researcher uses the theory proposed by Sigmund Freud.

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

Trauma is a condition in the form of oddities in behavior. As experienced by the female patient of Sigmund Freud in 1896. Female patients experience unusual behaviors such as muteness, choking, and seizures (Anderson, 2012). Every human being in this world has the right and desire to get what he wants in a lawful way. However, sometimes there are some people who do not obey the existing rules. The impact of these violations is that the victims of the deprivation of rights may become traumatized. As reported by Kompas tv news, a mother with the initials F(29) experienced trauma after being harassed by a nurse NJ(30). Now the victim feels anxious and always wants to be accompanied at home. This can be an example as a bad impact of trauma. A negative thoughts keep coming and it's difficult to forget (Fadli, 2016).

Trauma is an object that is often discussed in literary. This topic began to attract the attention of readers in the 1990s. In literature, trauma theory is a discipline that developed in examining the extreme conditions of a person's emotions. In terms of changes in deep perception by using psychological theories about trauma and memory (Balaev, 2014). In the novel entitled *The Darkest*

*Hours* tells how trauma changed Rachel Kelly's personality after being held captive for a year by the drug cartel. After her husband Ethan Kelly's rescue, Rachel exhibited strange behavior such as silence, moodiness, choking, and hysteria. This story is written by Maya Banks that has written over fifty novels. She was born in US and now she lives in Texas with her husband and 3 children. Her other novel *No Place to Run* landed on The New York Times Best Seller list in December 2010, while many others have been ranked on the USA Today's Best-Selling Books list.

This research aims to uncover trauma in Maya Banks' novel *The Darkest Hours*, which underlies the behavior of the wife of main character, Rachel Kelly. In a situation of confinement and being a prisoner for a year makes a Rachel Kelly who was told before that a strong woman changed completely into a different personality. A bad environment is a factor forming a sense of trauma in individuals (Anwar, 2013). This experience is something of a nightmare for everyone in the Drug Cartel Containment Camp. She is often silent and suddenly becomes hysterical when he sees an object that reminds her of when she was captivate. She also needs time to remember her husband. In addition, she is also afraid of Ethan Kelly's older brother.

In this study the researcher will use trauma theory by Freud to analyze the object of research. In theoretical studies, Trauma refers to an individual's emotional response to an experience that usually interferes with pre-existing beliefs about themselves and others (Michelle Balaev, 2012). The study of trauma was first studied in the early 1860s, when doctors began to pay attention to

victims of train accidents. The victims had a prolonged and unusual reaction. The thing that is in the spotlight is that the physical injury has healed but psychologically still feels as if the incident had just happened. In the 1880s psychological examinations began to be carried out by experts (Hatta, 2016). Women have strange behavior for no apparent reason. "Hysteria" in women at that time considered a weakening of the female self-features (Yohana, 2012). Rachel's hysteria is proof that women are more prone to prolonged trauma than men.

This research is based on the analysis of the main character in a literary novel. Literature is a creative activity and also a work of art. One of literary works are novels which has a long story and plot. Literary work is also a fictional story or not based on reality (Sulaeman, 2014). A work of fiction that is artistic in its entirety requires elements which are interrelated and interdependent (Wardhani, 2014). Forming Elements Fiction works include intrinsic elements and extrinsic elements. The two elements are together form a totality that builds a work of fiction (Nurdayana & Saraswati, 2020).

The trauma genre is one of the common topics to be discussed in novels. This topic attracts a lot of readers' interest. In general, everyone has at least a sense of anxiety when remembering unwanted events in the past and this is called memorizing or trauma (Hapsari, 2016). Rachel could be the example of our reality. The past could continuously give a nightmare and resulting anxiety (Bulut, 2019). Experiences such as war represent a continuous pattern of suffering without any explanation for an individual's life (Caruth, 1996). Survivors of war



are usually confused by realistic nightmares of recurring battlefields or people who have experienced painful experiences. Freud thought that it was extraordinary that catastrophic events repeatedly came back to haunt the minds of their victims (Caruth, 1996).

In reviewing research, I as a researcher try to find a blank side or gap to give my opinion as a fellow researcher. The first study of trauma psychology research from (Wardhani, 2004) stated that a sense of mental trauma caused memory disturbances to amnesia. However, a study (Yohana, 2012) says that trauma is more likely to make the lives of people who suffer experience changes in character or psychological disorders. The third study by (Dewiana, 2011) shows that trauma can cause psychological changes in a man. In the highest point a man is able to transform into a psychopathic killer. This change in personality indicates aggression towards a bitter past experience.

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

Based on the background above, several problems related to research can be formulated as follows:

1. What is the impact of drug abuse on Rachel's psychology in Maya Bank's *The Darkest Hours*?
2. How does Rachel recover after experiencing trauma and severe stress due to the mental abuse she suffered in Maya Bank's *The Darkest Hours*?

### **C. Scope and Limitations**

Based on the topic, there are purposes determined by the author. The researchers assured that this analysis would be theoretically and practically useful.

1. This research contribute theoretically will be useful for the development of literary studies in the future. The researcher likely wants to contribute to the literary understanding that is associated Trauma Theory by Sigmund Freud.
2. Practically, this research is intended to this research is also expected to serve as a model or reference for researchers interested in doing a psychological analysis of the novel *The Darkest Hours*. This study may provide useful data and motivation for other researchers conducting literary work research, especially in case of trauma.

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

To explain this analysis in this study, the researcher will show the scope and limitations. The researcher basically used the novel of *The Darkest Hours*. Published in 2010. The writer only discusses the novel from the psychological aspect of the characters. The writers focused on the one character which found in this novel is Sensitive, Traumatic, Muteness, Hyperarousal, Re-Experiencing. The writers analyze the novel using Trauma Theory

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

In revealing the problem frameworks, this thesis applies the psychoanalytic method. These certain words are used, such as Trauma, symptoms, stress, Muteness, seizure

- Stress medical illness which refers to strong external stimuli. Usually people with stress experience panic, which is called the general adaptation syndrome (Winter, 2006).
- Trauma is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea (Aswandi, 2021).
- Muteness is defined as absence of speech while conserving or maintaining the ability to hear the speech of others (Caruth, 1996).
- Seizure is a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in your behavior, movements or feelings, and in levels of consciousness (Winter, 2006).

## CHAPTER II

### REVIEW OF RELATED OF LITERATURE

In this chapter, the researcher explains the theory related to the research topic as well as the theory of trauma literature. The literature reviewed contains an explanation of the types of oppression and forms of resistance.

#### **A. Psychology of Literature**

Literature is also called as work of art. Mostly literary works are created by the imagination of the authors. They are arranged with the authors' style as the authors are acquitted to write their works in their style and it makes the literary works to have artistic point and uniqueness. That is why; literary works are always appreciated by people around the world in looking at the artistic side and looking for the interesting issues. Many messages can be found from those works, but these messages can be known usually by reading and comprehending the work. It cannot be caught easily and directly. Even, the style of the authors itself in writing should be understood so the main theme and important information can be found by the readers. It is about the background of the writer and the setting of place and time that should be known to support the comprehension of certain works.

Psychology and literature has deep connection in human life. Both deals with the human behaviors, expression, thought, and motivation. Kartono describes psychology as the science of human behavior (Kartono, 1980:94). "Psychology, broadly defined, is the scientific study of behavior, both external observable action and internal thought. Psychology can be used to explore and explain things

and phenomena of human life by applying the principle of psychology in the literary work. For some conscious artist, psychology may have tightened their sense of reality, sharpened their powers of observation or allowed them to fall into hithertoun discovered patterns. However, in itself, psychology is only preparatory to the act of creation, and in the work itself, psychological truth is an artistic value only if it enhances coherence complexity, in short; it is art. Literature art can be defined by knowing the psychological background f an expression of the writer.

The expression is influenced by the feeling of the writer when he is writing it. This feeling is formed by the situation around the writer and the writer's individual experience. Psychology always connected with the human life. People cannot separate psychology from their life. Psychology explains and describes the basic thing that moves human next life that is motivation. Motivation is the most important thing in achieving and continuing the life that people expected. All things that people already achieve and will achieve are derived from motivation. Like psychology, literature especially novel also has a relationship with human life. Novels are works of art that contain value in life. This is the feeling of encouragement and expression of the author. Novels have a real-life relationship. Typically, authors take events in real life as a basic idea to express their feelings in a novel. The novel is a representation or mirror of life, then psychology has a deep connection with the novel.

Psychology can be used to understand more deeply about message, characterization and other elements of the novel. Psychology can help reveal the reasons for character behavior. It reveals the basis of human behavior and

motivation. There is a close relationship between literature and psychology. Cohen thought that psychology helps to clarify some literary problems, and literature presents insights to psychology. To gain deeper understanding, Literature can be studied by various approach includes psychological approach. Conversely, Cohen assumes that the psychologist's manner of conceiving and representing the personality is supported by the intuitive re presentations made by novelists, dramatists, and other creative writers. It can be seen that there is mutual relationship between literature and psychology.

### **B. Trauma Theory in Literary Criticism**

The theory of trauma psychology was discovered by Sigmund Freud. The theory of this approach comes from the assumption of observing a person's psychological state in certain events (Freud). We can see and understand the human psychic condition more deeply through this theory. In psychology, trauma is an emotional response to a horrific event such as an accident, rape or natural disaster. Immediately following the event, shock and rejection are typical. Long-term reactions include unexpected emotions, flashbacks, strained relationships and even physical symptoms such as headaches or nausea. As mentioned in chapter one, victims of this horrific event can easily be triggered by seeing, touching, or remembering something that alerts them to their uncomfortable situation. Trauma in literary works can describe real life situations, especially in this Bank Maya novel. Rachel describes a woman's response when she is held captive in a life-and-death situation.

According to Freud experiences such as war, disaster and on the verge of death trigger our mental sense of survival. When these feelings arise, our psychology will unconsciously form a barrier that limits feelings to be buried deep in the heart. However, if there is a visual or auditory trigger, it can make the victim suddenly have cold sweats and other symptoms. Literary/Trauma Theory is a new discipline that examines extreme emotional states and profound perceptual changes in a text by utilizing psychological theories of trauma and memory.

Respecting what has been sacrificed in different trauma theories begins with a brief return to the original researcher. The researcher's point of interest in the concept of late modern trauma has its origins in the world of 19th century research. Psychological models of trauma and memory can be found in the work of John Eric Erichsen, Sir James Paget, J. M. Charcot, and Hermann Oppenheim. Sources cited by most literary critics include the work of Sigmund Freud, Josef Breuer, Morton Prince, Abram Kardiner, and Pierre Janet, all of whom have published extensively on trauma. Charcot, a French neurologist, published research on so-called traumatic hysteria, which he defined it as a physical symptom arising from intense fear. The German neurologist Oppenheim rejected understanding with Charcot's conception of trauma and his partner's hysteria with trauma cases. Oppenheim defines "traumatic neurosis" as a condition of somatic and psychogenic origin. Later, the neurologist Sigmund Freud developed a theory of psychological trauma which is the main source of traditional literary trauma theory practice.

Freud began to understand thought as an organism that has a "Protective Barrier" in "Beyond the Pleasure". Freud argued "I think one might dare (temporarily) to regard ordinary traumatic neuroses as the result of the breakdown of extensive barriers to stimulation". emotional shock This sudden shock causes the individual to repeat the event to master feelings of surprise, fear, and worry. Freud suggested several possible mental mechanisms that cause the traumatic response and forms of treatment to reduce debilitating symptoms. explained that the patient must dispel a traumatic experience in hypnosis or talk to a therapist in order to achieve cathartic recovery. However, Freud questioned whether all external events in a person's life leave a permanent imprint on the mind, which forms the foundation of memory records that can be retrieved through healing speaking and "working through" (Breuer 272; Freud [1914] 1955:150).

Pierre Janet, a French psychologist and neurologist, wrote extensively on traumatic responses, but was equally ambiguous about the origins and effects of trauma (672-74). Even with the contradictions and uncertainties in their research, both Freud and Janet are important to our understanding of trauma, especially because of their view that trauma "infects" the individual. For Janet, the focus remains on the lasting effects of the traumatic event on the individual. Janet argues that traumatic symptoms are governed by "ideas remain unconscious" (13). He argues that traumatic events produce traumatic memories, which are different from ordinary memories: "Then, really, a person who maintains a fixed idea of an event cannot be said to have a 'memory' of that event. Just for convenience we refer to it as 'traumatic memory'. Subjects are often unable to recall the events we



speak of as memory. . ." (663). Janet claims that trauma is stored differently in the brain and separated from the quotidian experience in which it persists and returns repeatedly to "haunt" the individual (661).

An interesting overview of the historical antecedents of traditional models of trauma in our contemporary is found in Ruth Leys' study *Trauma: A Genealogy* (2000). Leys documents the historical development of the concept of trauma, a concept which, according to him, has alternated between mimetic and anti-mimetic models. The mimetic model suggests that trauma can only be understood as involving "imitation or identification in which, precisely because the victim is unable to remember the original traumatic event, he or she is destined to act out or otherwise imitate it" (298). The anti-mimetic model suggests that "the notion of trauma is a purely external event that befalls a subject who is wholly the subject" (299). Leys examines the psychological and theoretical limitations of the traditional mimetic/anti-mimetic model which results in a highly unstable concept of trauma.

The model exemplified by Caruth defines trauma in terms of an abnormal division of consciousness that leads to an unrepresentable nature of trauma, and considers all responses to extreme experiences as pathological and fundamentally divisive. This view is supported by the idea that there is a causal relationship between trauma and dissociation, namely that trauma directly induces dissociation. The position does not make it possible to distinguish between experiences of distraction which may or may not produce a temporal gap and experiences of destruction which erase knowledge. Moreover, the view that all

responses to any kind of extreme experience result in epistemological fragmentation and erasure perpetuates the notion of the inherent pathology of traumatic experiences and responses.

Trauma and Recovery Judith Herman (1992) is an important analysis in many ways because it examines the evolution of the psychological definition of trauma and the stages of recovery. Although Herman does not discuss the social dimensions of trauma, he does rely on neurobiological models to assert that there is a direct causal relationship between trauma and dissociation, a claim that psychiatrists and psychologists strongly dispute. Herman argues: Traumatic exposure can produce lasting changes in the endocrine, autonomic, and central nervous systems. Dissociation appears to be a mechanism by which intense sensory and emotional experiences are disconnected from the social domains of language and memory, an internal mechanism by which the terrorized person is silenced. (238–39) Herman took the neuro-hormonal premise to examine memory function and the effects of trauma in individuals to show that female rape victims respond to trauma similar if not the same as male combat veterans. The movement to link trauma experiences across genders based on biological brain function appears to be on the larger agenda of this book to raise public awareness about female rape and domestic violence against women in the United States.

### **C. Defense Mechanism**

Defense Mechanism is a school of psychoanalysis developed by Sigmund Freud, this mechanism is a psychological strategy carried out by a person or even a nation when in the end they have to face reality and maintain their self-image

(Freud). Normally, people will do anything for their defense mechanism in their life. Strategies can help put distance between themselves and unwanted threats or feelings, such as guilt or shame (Freud). And theories have evolved over time and argue that behavior, such as a defense mechanism, is uncontrollable. In fact, most people do it without realizing the strategy they are using. I think it's natural and also a part of psychology where we can identify which type you are, your love, your enemy.

Furthermore, according to (Freud) that rejection is actually a mechanism of self-defense action that refers to a person's subconscious process so that he survives in the face of problems. Actions such as isolating oneself, pretending of ignore the problem are also examples of actions that show self-defense mechanisms. Problems related to human self-defense are also often raised in literary works, for example in the novel *The Darkest Hours*.

In this study, to analyze *The Darkest Hours*, the writer needs a tool to analyze the literary work, and focuses on the representation of the Defense Mechanism perspective. This study uses the novel Maya Bank to find moments when Rachel feels bad and she suddenly tries to get defensive after being a prisoner. *The Darkest Hours* is a literary work that tells readers about the importance of education to change the way they view trauma and mental health.

In this novel, there are many gender injustices. Then through feminist criticism, women try to get equal rights with men. Therefore, through a liberal feminism approach, the researcher tries to analyze a literary work entitled I am Malala. The researcher tries to reveal the role of the main character in fighting

oppression. So, according to the liberal feminist movement, women are done to get their rights or to equalize gender between women and men. Liberal feminism is appropriate because it refers to a woman with equal education, employment, property rights, etc.

#### **D. Psychological Trauma in the Perspective of Abnormal Psychology**

Abnormal psychology is sometimes called psychopathology. The term in English is called Abnormal Psychology. What is meant by abnormal psychology according to Kartono (2000: 25) is a branch of psychology that investigates all forms of mental disorders and mental abnormalities. This is because the habits of normal behavior between one community group may be different from other community groups. So what is considered normal in one group of people is not necessarily the same in another. Symptoms and signs of mental disorders, including phenomena such as depressed moods, panic attacks, and odd beliefs, are known as psychopathology. If translated literally, the term means pathology of the mind (Oltmanns and Emery, 2013: 2).

Fausiah and Widuri (2005: 75), divide various types of disorders. These disorders are somatoform disorders and artificial disorders, dissociative disorders, gender identity disorders and sexual disorders, anxiety disorders, effective disorders, schizophrenia disorders, and others. In anxiety disorders, there are topics of discussion of phobias, panic disorders, generalized anxiety disorder (overall anxiety disorder), obsessive compulsive disorder, post-traumatic stress disorder, and acute stress disorder (Fausiah and Widury, 2005: 75).

Trauma is an experience that destroys a sense of security, ability, and self-esteem, causing psychological wounds that are difficult to heal completely (Supratika, 1995: 27). So that if someone is traumatized by something, the sense of security and comfort becomes disturbed or even disappears in living daily life. Trauma can also be a psychological wound that is difficult to completely remove, which means that even if the trauma level has subsided, it will continue for a lifetime.

Mendatu divides the mechanism into four main processes of trauma, namely (1) the occurrence of events, (2) trauma, (3) stress response to traumatic events, (4) PTSD (Post-traumatic stress disorder) (Mendatu, 2010: 11-12). First, the mechanism of trauma begins with the event. Events interpreted as harmless will not trigger trauma. Events that are interpreted as dangerous and cannot be resolved can trigger trauma. Second, if the event is interpreted as dangerous, it will cause trauma. Trauma arises when a person is unable to cope with the events that occurred. Third, the emergence of a stress response to a traumatic event. If trauma occurs, stress responses will appear as a form of adaptation to the traumatic event experienced. In general, the response that appears will still be considered normal. However, if these responses are not handled properly, they can lead to a disorder called PTSD.

Fourth, there is PTSD (Post-traumatic stress disorder). Post-traumatic disorder or PTSD is a true disorder of trauma. As the name implies, PTSD is not normal. Usually the stress response to trauma will be referred to as post-traumatic disorder or PTSD if it is not managed properly after three months of the traumatic

event. PTSD can appear after years of the traumatic event has passed (Mendatu, 2010: 11-12). In general, Mendatu (2010: 13-14) divides trauma into three groups, namely (1) physical trauma, (2) post-cult trauma, and (3) psychological trauma.

After the trauma, stress responses will appear as an adaptation to the traumatic event experienced. The following general responses to trauma are divided into four general responses. When trauma occurs, the patient will give four responses, namely (1) emotional response, (2) cognitive response, (3) behavior, and (4) physiological response (Mendatu, 2010: 28), which are as follows:

### **1. Emotional Respond**

Emotional responses that occur when sufferers experience trauma include difficulty controlling emotions, more irritably and anger, easily agitated and easily provoked, mood swings easily, panic, anxiety nervousness and depression, sadness, grief and depression. This emotional response is easily visible to others and has an impact on everyday life. The existence of this emotional response affects thinking and inhibits activities so that sufferers cannot live peacefully.

### **2. Cognitive Respond and Thoughts**

Cognitive responses or thoughts include frequent flashbacks, or recalling traumatic events. When experiencing trauma, it is as if the incident was re-experienced in real life, so that it is not uncommon for the heart rate to increase and sweating, having nightmares, difficulty concentrating, making decisions, and

solving problems, having trouble remembering and forcing to forget the incident, easily confused and blaming yourself or vacillating. blacken others, often blame and criticize everyone, see oneself negatively, feel alone and lonely, have difficulty establishing intimacy and suddenly feel distant from others, have difficulty trusting others, lose attention to others, want to hide self, suicidal thoughts, feeling completely uncertain, feeling hopeless, feeling hopeless about the future, feeling weak and helpless, losing interest in usual activities. Shock resulting in disorientation of time and place, and sometimes people (forgetting people, places, and times), difficulty in recognizing objects or other people, recalling traumatic events every time they encounter things that have to do with the traumatic event (Mendatu , 2010: 29-30).

### **3. Behavior Respond**

Behavioral responses include difficulty controlling actions. More conflict with others, avoids old habits, avoids people, places, or things related to the traumatic event, and is reluctant to talk about it, isolates oneself from others, daydreaming, pays less attention to oneself, has difficulty performing daily activities, acts aggressively towards others or themselves, frequent crying suddenly, a drastic increase in the consumption of cigarettes or alcohol, drug abuse, difficulty working or studying, having sleep disorders, which include insomnia or difficulty sleeping, frequent awakenings or sudden awakenings, pattern disturbances sleep, for example sleeping very late and getting up late, sleeping too much, having eating disorders, which include; loss of appetite, always feeling hungry so that you eat too much, taste changes, changes in the way

you communicate with others, easily startled, excessive humor or silence at all, being super cautious or paranoid, trouble resting, impaired sexual function, which includes: temporary impotence, decreased sexual desire, difficulty reaching orgasm, and others (Mendatu, 2010: 31-32).

#### **4. Physiological Or Physical Response**

Physical responses include headache, pain, chest pain or chest tightness, difficulty breathing, stomach pain, excessive sweating, shaking, weakness and lethargy, fatigue, muscle tension or cold skin, menstrual disturbances in women, loss of balance or feeling shaken, increased activity excessive or hyperactivity, paralysis or loss of body strength so that it cannot move (Mendatu, 2010: 32-33).

If the four responses are not handled properly, it can cause a disorder called Post-Traumatic Stress Disorder (PTSD) or Post-Traumatic Stress Disorder. PTSD is divided into three forms or three main symptom clusters, namely, (1) recalling traumatic events, (2) avoidance (3) the body automatically reacts by itself to threats that are not real (Mendatu, 2010: 46-47), fourth the response with the following description:

##### **a. Recalling a traumatic event**

Recalling a traumatic event has two forms, namely recalling in thoughts or flashbacks and experiencing nightmares. Usually the recall process is accompanied by a strong physical and emotional response. Physical responses when remembering can include headaches, shaking uncontrollably, increased



heart rate, feeling cold, and others. Emotional responses during events can be in the form of extreme fear and numbness (Mendatu, 2010: 46-47).

**b. Avoidance**

Avoidance is divided into two forms, namely the first form of avoiding places, activities, people, objects that have associations with traumatic events. The second form is to keep thoughts, memories, or feelings related to trauma or a sense of separation from others (Mendatu, 2010: 46-47).

**c. The body automatically reacts by itself to threats that are not real.**

The body reacts automatically to the threat of danger, which is characterized by very high alertness, irritability, cold sweats, easily startled, difficulty sleeping, lack of concentration, body cools, increased heart rate, rapid breathing, urge to urinate, and others (Mendatu, 2010: 46-47). Mendatu (2010: 47) believes that in order to be considered post-traumatic disorder or PTSD, the three above symptoms must meet the following requirements, (1) at least 2 symptom clusters must be present, (2) special symptoms from each cluster occur for at least 1 month or more, (3) the symptoms that occur cause disturbances or problems in daily life, both in relationships with other people, work, and all other aspects. King (2010: 307) reveals the emotional disorder that follows a trauma is called post-traumatic stress disorder (PSTD) or post-traumatic stress disorder. PSTD is exposure to a traumatic event in which the person feels fear, helplessness, or horror. After that, the victim feels like re-experiencing the incident through her memories and nightmares.

PSTD is an emotional disorder that causes distress, which is persistent, which occurs after settling down, which occurs after facing the threat of circumstances that make the individual feel completely helpless or afraid (King, 2010: 307). In psychoanalytic therapy reliving emotional trauma to release emotional suffering is called catharsis. By designing the trauma re-exposure in such a way that it provides a therapeutic effect and is not traumatic (again) (Durand & Barlow, 2006: 201-209).

#### **E. Trauma Recovery**

The definition of recovery according to Sondang Irene E. Sidabutar (2003), states that in English there are two words that can be interpreted as recovery in Indonesian, namely recovery and healing. The two words are often used interchangeably even though they are not actually correct, or have the same meaning. Both can be defined separately according to represent the meaning in Indonesian related to recovering, recovering or recovering.

**Healing** interpreted "to make whole" or a process to restore again into a single unit which has the roots of the words health and whole in English which means to make good or healthy again, to close the wound, to return to the original situation, to free from grief, trouble. from bad things, making differences leads to reconciliation.

**Recovery** interpreted as the return of something lost, the return to health, consciousness, regaining balance and control. The situation returns to a normal

condition, after suffering from an illness, mental disorder or injury, or returning to a previous state of function.

The two words above, indicate that although the human condition will not be the same after being faced with a traumatic experience, but it can still restore its balance, its strength is integrated into a single unit (whole), so that it functions optimally (functional) and is ready to move through the past. suffering (suffering) and negative traumatic experiences leading to a good growth, it is very appropriate that the two words are used as a word of recovery or recovery.

Tri Kurnia Nurhayati (2005), states that recovering is defined as the original state, or recovered or well again. Restoring means returning to all conditions, returning or returning. So recovery can be interpreted as returning something to its original state.

Rothbaum (2012), stated that treatment for prolonged trauma (prolonged exposure) through cognitive therapy is more effective than selected drugs such as serotonin reuptake or no treatment in preventing post-traumatic stress disorder. In addition, he also stated that treatment and prevention PTSD can be done by eliminating fear, from traumatic stimuli by replacing it with other stimuli.

Baranowsky & Lauer (2012) states 3 steps for trauma healing for anyone who has experienced a major life event that has disrupted life, written in language, It is a great guide to helping people who are not living fully, because they are haunted by the experience or rheumatic events. Strategies that can build attention to everyone's activities are even more important to help them become present

again in their world, and live with confidence and a sense of well-being. As a therapist, working with people who have lived through traumatic experiences every day, I will find this book very useful for people who are no longer willing to seek counselling.

## CHAPTER III

### RESEARCH METHOD

The research method was presented in this chapter. Research methodology is a method used in solving problems in research methodically. Furthermore, this chapter presents five sub-chapters containing research design, data and data source, research instrument, data collecting, and data analysis.

#### **A. Research Design**

This study uses psychoanalysis and trauma theory because it will be considered that leads to analysis, interpretation, and evaluation in the uses of literary works. Because this study aims to analyze Rachel's severe trauma toward her events being a captive in the novel *The Darkest Hour*, so it uses trauma theory. Therefore, it is this psychoanalysis that works from Rachel's point of view, the researcher analyzes by interpreting the data that has to do with the trauma theory according to Freud that people who suffers trauma always shows such symptoms such as dizziness, hysteria and also muteness.

#### **B. Data Source**

The data source is *The Darkest Hour* novel written by Maya Banks. This novel is released on September, 7th, 2010 in English version. This novel consists of 350 pages published in 2010. All words, phrases, sentences, and paragraphs related to the research objectives.

### **C. Data Collections**

The steps of data collection in the study were carried out as follows; first, the researcher read all the contents of the novel accurately 20 and thoroughly to get a better understanding of the plot, characters, and roles in the story. Then, the researcher re-read the story comprehensively to get a deeper understanding of the novel. Finally, the researcher paid attention to every detail of the datum in the form of words, sentences, and paragraphs.

### **D. Data Analysis**

The following steps conducted the data analysis:

1. The researcher makes notes in the form of words, phrases, sentences, and paragraphs of data related to the research objectives, namely the description of Rachel who has a severe trauma.
2. The researcher reads and rereads all relevant data and analyzes them into categories to the research objectives.
3. To make it more specific, the researcher can classify the data for the first and second purposes according to trauma theory.
4. The researcher tries to use the necessary data and filter out unnecessary data regarding the research objectives.
5. The researcher examines and interprets relevant data based on an understanding of trauma to obtain results and answer research objectives.



## **CHAPTER IV**

### **FINDINGS AND DISCUSSION**

In the novel the darkest hours, it is important to know that the topics raised by author Maya Banks are sensitive. Maya raises a topic about abusive behaviour, kidnapping and drug abuse. Drugs are one of the elements mentioned. The use of drugs is first introduced in the novel when Ethan's wife Rachel is in captivity. The specific type of drug used is heroin. Heroin is a type of narcotic drug. This drug, which is often abused, can cause hallucinations, loss of consciousness, and cause addiction. What Rachel experienced was similar. She experienced addiction and hallucinations. Like when she didn't get heroine on time she became hysterical. The author has collected some data which is divided into two main discussions. Firstly, a discussion of the impact of Rachel's drug use. Second, how and what Rachel did to recover from the trauma and severe stress she experienced.

The author uses two theoretical approaches, namely trauma psychology and defence mechanisms. The limitation for this research focuses on Rachel with reference to the two main issues presented. The discussion about Rachel is the main focus of this study. The data collected became one part of analysing what made Rachel traumatized. This was discovered when Rachel was held captive by drug dwellers. During the confinement, Rachel was often mistreated by the drug dwellers. The analysis of Rachel's psychology is categorized as psychoanalysis and defense mechanism because it describes the characteristics, impact, and effects of Rachel's psychosis. because it describes the psychological characteristics, effects, and symptoms based on Sigmund Freud's theory of



psychoanalysis. psychological symptoms based on Sigmund Freud's theory. This data is a discussion of Rachel's ways to regain herself or recover after getting traumatized and severely stressed.

The main character Rachel, is said to have been traumatized after being captured by the drug cartel. It is mentioned that Rachel's relatives are the main source of therapy to cure her stress including Dr. Maren Schofield as Rachel's psychiatrist as well. Starting from her husband Ethan Kelly to all her siblings and parents helped to normalize Rachel's psychological condition. Ethan Kelly's efforts such as inviting her to talk when Rachel experienced Hysteria was one of the healing processes. Military doctors also provided therapy and tranquilizers when Rachel was experiencing hysteria. With the help of Ethan's siblings, Sam Kelly, Ethan's older brother, was the closest. Sam's method of memory recovery was to take Rachel to her favorite place. Donovan, as the younger sibling, used visuals such as memorable photos to reinforce Rachel's memory. This chapter presents the results of research and discussion of Maya Banks' novel *The Darkest Hours*. The results of research on psychological trauma in the novel *The Darkest Hour*, using abnormal psychology are displayed in tabular form. The discussion of the research's results is adjusted to the formulation of the problem and research objectives.

#### **A. The Impact of Drug Abuse to Rachel's Psychology**

We can recognize the effect of drug abuse on Rachel by looking at the impact it has on her. There are several affects that we can see that make Rachel a

victim. The effects of drug abuse include Dizziness, Amnesia, mute and excessive fear. As a result, Rachel had to undergo a series of memory retrievals and ventured to reinvent herself. When Ethan Kelly seeks to initiate touching and communication, Rachel starts screaming and she is terrified. This is reasonable because Rachel was locked up in a confined cell. Hence, what Rachel sees is a reflection of her deep trauma. The resulting trauma also caused Rachel to experience amnesia. Individuals who suffer from amnesia may suddenly lose their ability to remember information about themselves or information that was previously in their conscious memory.

Ethan who is looking after Rachel's condition stated that the impact of being a captive made Rachel suffered a psychology trauma. It leads to something horrible. She is frustrated because she always trembling on way back home when Ethan tried to carry her return to all his brother on the jungle.

*“Angry tears burned her eyelids. She would not go back there. She would die first” (Maya Banks's, 2010:50).*

It is also stated that the way Rachel behaves doesn't look normal. She could not control her calmness. She gets panic easily as like her surrounding want to hurt her. She scared out of her life, she did not recognized Sam which is her own brother/Ethan's big brother

*“She didn't trust him. But he knew her name, though. Would he take her back to the hut now that Ethan was dead? Would he help her or want to be rid of her?” (Maya Banks's, 2010:58).*

No matter how she frightened, she still remembered all those men who tortured her and caged her. Those guys are the bad guy that really want to hurt her. What can be inferred from this situation that Rachel is unstable. She did not

know whom to trust and believe. She knew that when she awakes there is nothing good will happen. But this situation is different from her daily activity as a captive. Someone is trying to take her, but she does not know what is the purpose of this man in front of her going to do with her.

*“She was taking a gamble. With Ethan gone, this Sam person might not care what happened to her. But he hadn’t tried to harm her, and she couldn’t say the same for her captors. Desperate fear nearly paralyzed her, but she rose on shaky feet anyway. She had to warn him—had Sam seen the threat? “Sam behind you” He dropped like a stone, Gunfire erupted, She saw one of the men fall. A sense of savage satisfaction gripped her. Then more gunfire, this time from behind her.” (Maya Banks’s, 2010:61-62).*

This section is trying to tell us the reader that in some condition Rachel still can sense the bad and the good guy. She tried to give her trust even just a little bit to Sam by warning him a presence of enemies behind him. She was very terrified she thought that Sam was shot and dead. She was too afraid, she crawled faster her breath ripping out her chest. We can assume about Rachel’s psychology is not something good. She could not stand this situation anymore. With no love for a year and treated as a garbage made her a strong woman to very weak person.

Horrible events are always traumatizing. No matter how far we run away from those memories, it is always still come to haunt us. Especially Rachel, she was too tired and want to have a little rest. In the deepen forest, she suddenly heard her name was called by someone. She might think she went totally insane. Yes, she was on runaway. But the voice of someone calling her name is getting closer and real. She must be confused, because when she was caged, nobody called her own name.

*“She flinched but refused to look up. They never called by name. “Rachel” Too close this time. Her head came up, and she grabbed for her rifle. A strange man stared at her, his expression blank. His ice blue eyes were unreadable as he surveyed her calmly. He did not seem bothered by the fact she was pointing a gun at him. She tried to scoot away, but she was tangled in ground cover. She thrust the gun forward, trying to at least keep her*

*on the trigger. From behind the man, another man appeared. Sam. He said nothing put himself between her and the other guy. "Back off, Steele," he murmured." (Maya Banks's, 2010:71).*

At this moment her feelings are mixed between confused, happy, and terrified. She didn't know whom to trust. All these drugs effects are too severe to her brain. That she could not remember and differ who is the enemy and who is the ally. The impacts of drug abuse suffered by Rachel are divided into several points. Which are including effects such as:

### **1. Stress**

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is our body's reaction to a challenge or demand. In Rachel's case, the amount of pressure she got after being a captive is numerous. She was frustatrated during her rescue by Ethan and his brothers. She felt like she knew them but at the same time she was nervous that these men are the same men who held her in a narrow cage and abuse her. She was too terrified that she took a riffle and almost shot Ethan's brother. This situation is luckily found its way to the safety end by Sam. This is evidences for me as a researcher to show an short event on the novel that shows how stress affected people not just in novel but also as a prove in daily life.

### **2. Muteness**

Mutism, defined as an inability or unwillingness to speak, resulting in an absence or marked paucity of verbal output, is a common clinical symptom seen in psychiatric as well as neurology outpatient department. After she gets rescued by Ethan's brother, Rachel suddenly became silent. She does not speak to

anybody. The researcher is assuming the cause of Rachel being silenced that she was too stunned to speak.

### **3. Seizure**

A seizure is a sudden, uncontrolled burst of electrical activity in the brain. It can cause changes in behavior, movements, feelings and levels of consciousness. The way Rachel recalling her main event trauma triggered that makes her behaves uncontrollable. Marlen gives her a sedative to make her relax. This is the only option if everyone wants to keep Rachel resting.

### **4. Addict**

Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful. From this statement, Rachel can be taken example. She was given a heroine for a year by the guy who captives her. Sticking a needle through her skin. That was all they did almost everyday to Rachel during her captivity.

*“No overwhelming need for the poison that pricked her skin and crawled insidiously through her veins. For the space of few moments there was no pain. But only left is sweet silence.” (Maya Banks’s, 2010:71).*

Based on this data quotation, Rachel was a heroine addict. The addiction happened because the drug lords gave Rachel heroine to calm her down. The attitude Rachel showed was more of a preventive one. She understood that she would feel panicky and hysterical if she had not taken the drug. Therefore, her heroine addiction is a preventive measure against panic. Although negative, that is what she did during her captivity.

## 5. Memories Disorders

Rachel's memory problems include amnesia and *jamais vu*. The amnesia and *jamais vu* disorders experienced by Rachel are as follows.

### a) Amnesia

Rachel's trauma also causes Rachel to experience *amnesia*. Individuals who experience amnesia can suddenly lose the ability to recall information about themselves or various information that was previously in memory. Usually this occurs after a stressful event such as witnessing the death of a loved one. Information that is lost or unable to be remembered by individuals usually involves traumatic and stressful events that occur in an individual's life (Fusiah and Widury, 2005: 42-43).

*"Yeah, I mean how long have you lost your memory like this?" "Umm... about half a year." "Half year?" Rachel rolled her eyes. "So all that time you didn't know where your parents were?" Rachel shook her head. "Didn't they try to contact you?" Rachel sighed, "No. It seems they have simply disappeared from this life." . Ethan carried Rachel onto the bed and held her there while she kicked and punched non-stop. His eyes were filled with fear, his pupils vacantly dilated. Sweat dripped down his face and hair, his face was very pale (Maya Banks's, 2010: 117).*

Based on the quote above, Rachel can't remember her parents' whereabouts nor her life. Rachel's memory loss or amnesia is due to the trauma of the effect of drug abuse. Prolonged sadness as well as prolonged grief made Rachel psychologically shaken. Rachel then could not remember her past and all her family members. However, Rachel's case was different. The impact of drug use affects the brain of the user. The human brain is unique in many ways that are difficult to understand, says Dr. Marlen. Dr. Marlen also said that she does not know whether Rachel's brain is able to heal quickly, is able to recover completely or the impact of drugs on her brain is permanent.

**b) *Jamais Vu***

*Jamais vu* is a memory disorder that makes the sufferer feel as if they have never seen something, even though they have. Memory denial. (Baihaqi, 2007:84). Rachel experienced memory loss. She couldn't remember Ethan's brother but she remembered the traumatic experience of being held captive. She asked herself if she was dreaming. It was too good to be true and a bit of denial in her mind.

*“Am I still dreaming now? But why is Ethan here? “The real world will disappear... you will no longer have dreams... you are already in it.” Those words just seemed to pop into her head. Has my dream world started to merge with the real world? Think about it again. Where am I right now? Garrett touched her cheek and ruffled the hair on her face. You're not crazy, Rachel. You'll be back, there's a difference. You've been through some tough times. Most people won't survive, but you can. Don't underestimate yourself” (Maya Banks, 2008: 136-137)*

*“Rachel shook her head. His ears were ringing loudly, filled with screams that were not clear what it meant. Everything is wrong! He screamed in his heart. Then he winced again. You are afraid of something that is not clear, once your memory returns, you will remember how comfortable you were with all of us (Maya Banks's, 2010: 140)*

**c) *Short Memories***

Based on the novel, Rachel was unable to remember what had just happened. In times of panic, she is unable to control her mind and body. Thus, hallucinations occur.

*“Why do I have blood on my clothes?” She asked when the laughter died away. “Just an accident with the IV,” Garret replied” (Maya Banks's, 2010: 120)*

*Based on the quote above, the psychological pressure experienced by Rachel makes her unable to think clearly. This leads to her unstable memory. She has not been able to remember an event that just happened. The researcher assumes that the impact of the drug distracted Rachel's mind to other things, thus breaking the focus of Rachel's main consciousness.*

## 6. Hysteria

Hysteria is an action where a person feels panic about something that provokes their emotions based on their memory and surroundings. During her recovery, Rachel was under the supervision of Ethan and Dr. Maren. This procedure was done out of concern that Rachel would suddenly become hysterical due to her fear of what had happened to her. During her detention she was given heroine to calm her down. On the other hand, now that she is free from detention she is not allowed to take heroine to calm herself down.

*“She yanked frantically at her arms, her chest, and her legs. Blood flew in all directions as she batted at invisible objects. He vaulted over the bed and grabbed her to him. He reached for her wrist trying to stop the flow of blood, but she fought relentlessly. She wasn’t even aware of his presence. “Rachel stop baby” Baby please stop” “It is me Ethan”. “Get them off!” She cried. “Oh god, please get them off me!”. He held her tightly, subduing her flailing arms and all the while trying to get his hand over the IV lock to stop the blood. Finally he held her helpless in his arms, her body locked to his, but still twitched and cried out in anguish” (Maya Banks's, 2010: 147)*

Based on this data, the researcher is giving a big proof and reason what makes Rachel become hysteria. All the traumatic events that had passed in a year still could not be forgotten. Mostly, people in the real world also feel the same thing. Take as example, we failed the exam test. The remedy that will be held in will tremble us. We are afraid that the traumatic event will be repeated again. In this case, our brain is trying to warn us to be more careful and aware what will happen in the future.



## 7 Hallucination

Hallucinations are false perceptions of objects or events that involve your senses: sight, sound, smell, touch and taste. Hallucinations appear real, but they are not. Chemical reactions and/or abnormalities in your brain cause hallucinations. Hallucinations are usually a symptom of disorders associated with psychosis, particularly schizophrenia, but can also be caused by substance use, neurological conditions, and some temporary situations. A person can experience hallucinations with or without the realization that what they are experiencing is not real. When a person thinks that their hallucinations are real, this is considered a psychotic symptom. The main cause of Rachel's hallucination disease was the brain damage from the abuse of heroine. It is stated by Dr Maren that human brain is unique. She cannot measure how long Rachel's brain will fully recover.

*"Hallucination," Maren said grimly. She deftly reattached the IV and then yanked the bottle of medication out of her pocket. With sure hands, she filled a syringe and then bent to inject it into the port. When she was done, she put her hand over Rachel's forehead and gently wiped away the sweat and tangle hair. "Listen to me you are now safe. It is just hallucination. Ethan is here. I am also here with you. We are not let anything happen to you. You will feel better in a minute. I promise". Rachel's wild eyes focused on Maren, her mouth opens in a silent scream. "That's it now you listen to me. (Maya Banks's, 2010: 163)*

Data collected through snippets of the novel confirms hallucinations caused by the effects of heroin. Causing excessive anxiety creates false visuals of the victim. In this case, the heroine's dependency is taken over by the sedative administered by Dr. Maren. Dr. Maren's function in this brief event confirms that the healing of the effects of heroine must be done gradually by providing substitutes in the form of sedatives. Not only that, the disturbance from the impact of heroine also became a form that haunted Rachel's psyche. The form is always a

man whose body size is not bigger than Ethan's character, but his presence is more threatening. This can be recognized by the reader through a series of events such as during the rescue. When Rachel meets Sam, Ethan, and Garret, she is shocked. She is afraid that she will be dragged back into the tight confinement she was held in. The thing that is pictured in Rachel's brain is that Ethan's brother is the man who held her captive. So the hallucinatory form is certainly the man of the drug dwellers.

Based on all the data above, all the forms of trauma that occurred to Rachel's psyche, and what kind of impact Rachel suffered during the recovery period. The types of trauma that result from drug abuse. Based on the novel, stress is one of the main factors that makes all of these effects compound. Because when humans experience stress, they will seek distraction. For example, looking for dopamine. The dopamine referred to by the researcher is heroine. With the stress and panic that exists, it is heroine that plays a role in calming her psychologically. Meanwhile, heroine has a very bad impact. Hence the complications such as amnesia, hysteria and seizures that Rachela fought back from.

#### **B. Rachel's ways to recover from her trauma**

Support from family is an important point. The role of each character in *The Darkest Hour* is integral to Rachel's psychological healing. At the moment, Rachel is in a terrible state. Seeing all the effects caused makes readers understand that it will not be quick to cure Rachel's psychology completely. The researcher will discuss ways to psychologically heal Rachel. The researcher will also list each character in their role in helping Rachel's character development.

## 1. Medical Therapy by Dr. Maren

This was the first step Ethan and company took once they landed the helicopter. Dr. Schofield, commonly known as Maren, is an expert working under the military.

*“Rachel Settled?” Sam asked Ethan while shook his hand. “Dr. Schofield is looking her over” Ethan replied.” (Maya Banks's, 2010: 152)*

Based on the brief conversation above, readers are expected to be able to assume what Dr. Schofield is doing after Ethan and friends are in the clinic. Even though there were other injured patients besides Rachel, Dr. Schofield still took the time to check on Rachel's health.

*“How is she?” He asked. “She is okay physically. There is something bruising around her shoulder, but it was not dislocated. It will be sore and still for a few days, but she should regain full use of it.” Maren replied. She took off her glasses and ran a hand through her shoulder length blond hair. “There is a lot you’re going to deal with. I won’t candy coat that for you. She is undernourished and fighting off infection. In short, she is run down and is going to need a while to recover properly”. (Maya Banks's, 2010: 158)*

Doctor Maren checked Rachel's body for any physical trauma. She promised to do blood tests to see if there was anything more to worry about. However, in the novel Dr. Marlen did not find any signs that Rachel had been sexually assaulted. She only suffered from malnutrition due to being a prisoner. She also mentioned that Rachel was severely stressed because she was a woman who had been held captive, locked up and given drugs such as heroine in a small cage. Data below will show the reader some evidence.

*“Dr Schofield said gently. “And as I said, there is not any recent evidence of sexual assault. My gravest concern is the evidence of drug abuse”. “They forced those on her,” Ethan said fiercely”. “I know, my concern is in not knowing what they gave her. The educated guess would obviously be cocaine given its accessibility in the geographic region where she was held captive. And indeed, some of her withdrawal symptoms match those of cocaine withdrawal. However, as odd as it may sounds, there is evidence that she was injected routinely with heroine” (Maya Banks's, 2010: 164).*

The root cause of Rachel's psychological problems according to Dr. Maren is the heroine. The vital part affected is the nerve in the brain that functions as a memory reservoir. The advice Dr. Schofield gave Ethan was rehab. Rachel should go to the clinic where Dr. Maren works so that she can monitor Rachel's progress. Normally in real life if someone is seriously ill or addicted to drugs, rehab is a significant solution to cure the addiction. The statement below will give the detail evidences

*“Ethan asked, “When I can take her back home?”. “She can’t go home as she is. Withdrawal is not something you can wave a magic wand at or give her a few days of IV fluids, good nutrition, and she will feel better. Normally, I’d recommended she stay in a rehab clinic until the worst of her withdrawal is over, but I recognize that this situation is different and you don’t want to draw attention to yourself in a foreign country. The next thing is for her to remain here where I can monitor her withdrawal and make sure she regains some of her strength. Going home will be traumatic for her so she shouldn’t be pushed into going too soon.”*

The character in the first novel who helps in Rachel's healing is none other than Dr. Maren. Especially when she said. Showing integrity as a doctor. “The next thing is for her to remain here where I can monitor her withdrawal and make sure she regains some of her strength. Going home will be traumatic for her so she shouldn’t be pushed into going too soon.”

*“Rachel! Stop. Baby stop! “They’re all over me” She wailed. “On the bed now” Maren ordered “I need to get that IV hooked back up”. “Hallucination” Maren said grimly. Maren put her hand over Rachel’s forehead and gently wiped away the sweat and tangled hair. “Listen to me Rachel. It is not real. Whatever you’re seeing, it is not real. “I’ll be out of your way for second. I left the soup on table. She might be sleeping for few hours, but when she awakes make sure that she eat the food”. Maren said. (Maya Banks's, 2010: 163-164).*

One of the effects mentioned by researchers is hysteria and hallucinations. Both of these are the effects of heroine use. The way Dr. Maren handled Rachel was appropriate. By having Ethan hold Rachel's body and calm her down so that she could sleep. Not only that, Dr. Maren also knew that after the recurrence of

Rachel's hysteria, her body would feel weak. Therefore, she prepared soup to replenish Rachel's nutrition and energy.

## **2. The role of family members during Rachel's recovery**

As Dr. Maren was the first to treat Rachel after the siege, the role of the family was not lost on Rachel's healing process. The emotional pressure Rachel was under was too much for her to bear alone. One of the best ways is to mingle with the family. Because the family are the ones who know who and how Rachel's personality is.

Rachel's amnesia will be a challenge when it comes to remembering the names and roles of each family member. Post-abduction, she became mentally unstable due to severe stress and trauma. This makes Ethan worried and wants Rachel to remain alone with Ethan at home. He also didn't want to startle the other family members. However, Rachel remained adamant because she knew she would be able to relieve stress and restore her memory through various ways, one of which was meeting with old family. The data below will summarize the role of each character in the family members in Rachel's mental healing process.

### **a). Ethan as her Husband**

Ethan and Rachel finally returned home after a few days of medical treatment at Dr. Maren's clinic. For the first time Rachel felt at peace and was not haunted by the fear and anxiety of someone wanting to hurt her. A feeling that Rachel hadn't felt in a long time. Going back to her old home with someone she

knew. With her husband who had fought to save her. The husband who fought a gun battle with the drug cartels that held her captive.

*“She walked almost mechanically, unable to process the bizarre feeling that this was all normal, or it should be. After months and months of fear and captivity, she finally free. Back in the regular world. She would assume as if it hadn’t been on hold for the last year. As if the people who loved her hadn’t gone on with their lives without her” (Maya Banks’s, 2010: 168).*

The quotation above describes a soothing happiness that Rachel has not felt for a long time. She thinks that this is not actually normal but it is. It is something that actually normal for people. A freedom to walk around, a freedom to see what they wanted to see and a freedom to choose the lovely ones. The quotation above also gives the reader a clue that Rachel has been scared that everyone who loved her will continue their lives without knowing that she was still alive.

*“Rachel leaned into curve of Ethan’s arms, and he immediately tightened his hold on her. Ethan asked “You okay baby?”. She nodded. She hadn’t completely shaken off the effect of her withdrawal. The last several days had been harrowing, an experience she never wanted to repeat. There was still an aching emptiness, a hollow void wanted to repeat. There was still an aching emptiness, a hollow void begging to be filled, but it was more bearable now. And she refused to give in. She wouldn’t be the only weak one amid these strong warriors. Ethan had stuck by her side—he and Garret. They’d taken turns holding her when she screamed and cried, when she begged for relief. At her most desperate hour, she’d pleaded with Ethan to get her the drugs.” (Maya Banks’s, 2010: 172).*

This quotation above shows the reader that Ethan is on a steady position whenever Rachel needs him, he always there for her. Even though Ethan is on her side, Rachel still could not forget yet all the experience she had felt. The horrible nightmare has finally reached the end. This nightmare leads to an empty hole that needs to be filled. And as we know it is Ethan’s responsibility to feel her heart with a warmness and love. The process of restoring Rachel's mental stability can be seen in small things like resting Rachel's head on Ethan's arm, holding her

when she is hysterically frightened, calming her with a soft voice. While in the midst of her hysteria, Rachel would occasionally beg for drugs. However, Ethan would always present options that Rachel couldn't accept but were the best solution for her.

*“We are going home. To our house, baby” Ethan said to her. She tried so hard to bring an image of their house to mind. Just a brief glimpse, something to tell her that she had a connection to the place she had lived with her husband. “I Cannot remember “She said in frustration”. (Maya Banks's, 2010: 175).*

Based on the quotation above and the short conversation between Ethan and Rachel, researchers can draw data and conclusions. That Rachel is not yet able to bring images to small memories like her home. This was an experiment conducted by Ethan to lure Rachel's memory back. In the sense that Ethan wants Rachel's brain to work more. The diction "Home" becomes an object for Rachel to be able to assume how Ethan and Rachel's personalities are at home, what they like to do together, the dishes they usually consume at home and memories related to home.

*“Anything familiar?” She shook her head, precariously close to running as hard and as fast from the house as she could. “What’s bothering you?” he asked gently. She turned in a tight circle. The walls, the furnishing seemed to close in on her and mock her. They called her a fraud and told her she didn’t belong. “Are you sure I belong here?” “Come here, “he asked as he pulled her into his arms. He held her tightly, resting his chin on top of her head. “You belong whenever I am. You belong with me, always. I know this has to be overwhelming for you, but we’ll get past it. Just promise me that when something frightens you that you will tell me so I can make it better” (Maya Banks's, 2010: 183).*

Based on the quotation above, it can be concluded that Rachel's worries based on the stress she was under appeared instantly. This worry is due to the unfamiliarity of the new atmosphere. She is used to being kept in a small cell, now she is in a house that is suitable for modern humans to live in.

Feelings that give delusional effects such as walls and appliances that seem to mock Rachel. Scorn in the form of a reproach that Rachel shouldn't be here. Luckily, Ethan's role makes all the negative thoughts of Rachel turn into a warm touch. The comfort provided was able to push the stress out of Rachel's mind. Something she should have gotten a long time ago. The discomfort she had gotten for a year slowly flowed out thanks to the gentle touch of her husband.

The language of affection expressed by Ethan through small gestures such as pulling Rachel into his arms, looking into her eyes, and resting his chin on her forehead shows an action that invites Rachel to enter the scope of intimacy between two couples who love each other. Ethan's gentle gestures also erased the memory of his captors' abusive behavior. Not only that, the small conversation between the two of them in the quotation also shows evidence that Ethan's words " Just promise me that when something frightens you that you will tell me so I can make it better" It indirectly signaled that Rachel did not need to fear that something would happen to her again. Ethan will always protect her. If there is something that scares her, Ethan will always try to eliminate the disturbance 100%.

As we know, Rachel's addiction to heroine is described. The drug has been consumed by Rachel for a year. With this period of time Rachel became dependent. Every time she felt panicky, her subconscious would call for heroine to be consumed. However, at this point we can conclude that Rachel's tranquilizer now is not heroine but Ethan's calming presence.



*“Finally, she pulled away and then reached for his hand, lacing her finger through his, “Show me around?” “I’d glad to.” As they wandered through her house, Rachel’s frustration grew. She felt no kinship to this place. “This is our bedroom and through that door is the master bath, “Ethan said as they walked into spacious room. The furnishing seemed feminine. Even the bed was a four-poster with a frilly bedspread. It was hard for her to imagine Ethan in such a setting. “It doesn’t look like you,” she said slowly. He smiled, “I have the decorating sense of mule.” But it doesn’t look like me either,” she said helplessly. “It’s exactly you. Calm, uncluttered. Feminine and beautiful.” (Maya Banks’s, 2010: 189).*

Based on the quote above, after getting welcoming from Ethan, Rachel began to explore their house. The exploration had an effect on the growth of frustration in her mind. Ethan as the guide of this little tour. With the hope that Rachel would be able to recall some memory of the furniture. However, Ethan's visual therapy did not go the way he wanted. There seems to be a rejection of what she sees. She denies that Ethan's taste in decorating her room is anything like hers. Rachel's denial is refuted by Ethan. On the contrary, all the decorations were Rachel's idea.

*“Will you take a bath with me?” she blurted. He blinked in surprise, and for a long moment he didn’t say anything. He seemed to struggle with exactly what to say, how to respond. “You used to wash my hair. I remember you touching me.” Fire built in his eyes, sparkling the blue until it resembled a storm front. “Are you sure baby? I don’t want to do anything to make you uncomfortable.” She shrugged, hating the awkwardness of asking her husband to be intimate with her again. “I just want you to hold me.” (Maya Banks’s, 2010: 191).*

Based on the quote above, it can be concluded that Ethan's efforts are slowly paying off. Ethan began to get Rachel back as his wife. He managed to make Rachel start to feel comfortable with the state of the house. Even though he really wanted intimacy, which had not been done with his wife for a long time, Ethan still tried to confirm so that Rachel's comfort was not disturbed. He didn't want his wife to feel re-traumatized or things that Rachel didn't want. Ethan was very careful in taking steps in treating Rachel. He realized that Rachel had not

fully recovered. A small mistake could result in Rachel relapsing into hallucinations and becoming hysterical.

*“He drew her into his arms, and to her surprise, he trembled against her. Was he as adrift as she was? In some ways this had to be even harder for him. He had memories that she didn’t. He could recall how it was between them and miss what they’d lost. “Have a seat on the bed, I’ll draw the water and then we’ll get undressed together, okay? Mom bought you some new clothes and left them on the bed, so you can pick out something to wear while the water is running.” (Maya Banks’s, 2010: 191).*

Based on the quote above, it can be concluded that Ethan is very careful about what he will do to Rachel. Ethan understands that Rachel has agreed that they will bathe together like a married couple. However, he realized that Rachel had not fully recovered from what had happened to her. In fact, he felt it was very difficult because Rachel had no more memories than Ethan.

Ethan gave Rachel an order to sit on the bed while he prepared everything. The researcher assumed that apart from preparing water for bathing, Ethan had a different intention. This was Ethan's mental preparation for the intimacy they were about to have. He also slightly diverted the topic about taking a bath together. Ethan told Rachel that mom bought Rachel a new dress. This can be interpreted that there is a family waiting for Rachel. Once they were done with their intimacy, Ethan wanted Rachel to meet the family. However, the decision still depends on whether Rachel is ready or not.

The clothes are also an important attribute. Not only is it an additional topic given by Ethan while waiting for the hot water but it also indicates that Rachel is now a free human being. She deserves a good and decent shirt and pants. Again, Ethan is instrumental in restoring Rachel's mental stability from the trauma and stress of being a captive.

*“The water is drawn. Are you ready?” She stood in his gaze. “Maybe I should go in first. Can... can you give me a few minutes to get into the tub before you come in?” “Absolutely baby. Take much time as you need.” He gestured for her to go in, and when she passed him, he quietly closed the door behind her. She walked over to the sinks and laid the clothing on the counter. Maya Banks's, 2010: 175).*

Based on the quote above, Ethan encourages Rachel to be intimate together. It may seem like Rachel is the one asking, but Ethan does provide psychological encouragement for Rachel to believe in him. Moreover, Ethan showed patience as stated in the conversation. He gave Rachel more time to prepare. Ethan understood that Rachel was not her usual self. Understanding and patience are Ethan's weapons in combating Rachel's trauma.

#### **b) Garret**

Garret is the brother of Ethan and Sam. Although not a main character like Ethan, Garret also has an important role. Because they all know each other for a long time. So, the researcher will also discuss Garret's role in Rachel's recovery aspect. Data presented in the form of quotations, conversations and situations that illustrate Garret's role to Rachel's psychology in the novel.

*“I Can't remember my home” she said in frustration. Garret turned in his seat, reached over to touch her knee, and as he'd done so many times over the last few days, he offered comfort with just few well-placed words. “You're trying too hard sweat pea. Relax and let it come to you. Even if you don't remember now, there is nothing to say that when you walk inside your own place, that it won't all come back, And if it doesn't? So what. You have all the time in world.” ”. (Maya Banks's, 2010: 178).*

The quotation above describes the situation where Rachel suddenly gets panic when she can't remember her own home. She tried so hard till she gets frustrated. Garret turned his seat to calm her by a gesture and smooth talking. He tried to comfort her by using approach method that does not seem aggressive. He convinced Rachel not to worry if she could not remember anything for now. The

recovery is not something instant, yet it takes more time than she expected. She has much time to just remembering all her memories.

*“I- The words choked her, and before she could try again. The knot in her throat grew bigger, as did her panic. Why did the idea of saying the words that had come so naturally just a moment before instill such gut wrenching fear? She broke away, twisting in her seat as she gulps for air. Ethan touched her shoulder, tentative and seeking, but she flinched away. She was going to be sick”. She shook from head to toe. She was simultaneously hot and cold. Thick sweat soaked her clothing and yet she shivered. Rapid images, harsh and unrelenting, hammered her mind.”. (Maya Banks's, 2010: 182).*

From this quotation the researcher is trying to show that sometimes even Rachel was already feeling okay, the hysteria still suddenly came up. In this moment, Garret was on the Rachel side with other brothers like Sam and Ethan. He was calling Rachel “Sweet pea, Sweet pea” and then Rachel gained her consciousness again. A little effort leads to great changes. This statement means that again, it is not instant to gain a full recover.

Garret is different than other brothers. Garret has a charisma where he makes Rachel feel like she has a best friend with the flavor of a boyfriend. His physical touch and speaking style made Rachel, who had forgotten who Garret was, comfortable around him. *“Sweet Pea”* is an example that illustrates that Garret has a special nickname for Rachel. That indicates Garret is the number 2 that close to Rachel after her own husband.

*“Garet hesitated a second then reached out to touch her shoulder. “Take care sweet pea”. She wrenched away from Ethan and threw her arms around Garret’s waist. He stepped back in surprise but then curled his arms around her and returned her hug. “You’ll be back, won’t you?” She whispered. “I’ll never be far” he murmured. “If you ever need me, I’ll be here, I promise.” (Maya Banks's, 2010: 186).*

Based on this quotation, the role of Garret has reached to the point that he wanted to reach. Rachel’s feeling has been becoming better than she was. The hug from Rachel is the evidence that she wrenched away from her husband just to hug

Garret. It can be assumed that Rachel wanted to say thank you to Garret by her gesture. A big improvement since the last time she lost her consciousness and started to scream hysterically. Rachel also wanted to know if anything happens out of control, will Garret come to help her? Gladly, Garret is always ready to help her and he also promise to Rachel.

### **c) Sam**

Of all the Ethan brothers, Sam is the oldest. In the novel he is portrayed as a decisive and decision-maker. Sam also contributes to Rachel's psychological development.

*“Sam stepped forward, and she willed herself not to flinch. “You remember him, Rachel?” Sam asked. She raised a hand to her brow and pressed over her right eye, suddenly aware of the slight throb.” (Maya Banks's, 2010: 173).*

From this short dialog, it can be assumed that Sam is trying to reintroduce each family member who is at their parents' house. This seems trivial, but the researcher provides a detail that Sam is deliberately provoking Rachel's brain to remember every face Rachel has ever known. The reaction given by Rachel indicates that Sam succeeded in giving a shock effect like Rachel's attempt to gesture as if she was trying hard to remember who was in front of her.

### **d) Rachel Herself**

Since Rachel finally returned home she has made significant progress. This development is supported by many characters around her. These characters also include Rachel. As the main object of discussion, Rachel also has a role in the process of healing herself from trauma and stress. All data will be presented

by the researcher in the form of quotations from conversations and events that occur in the novel.

*“She may not remember these people, but she couldn’t refute the love in their eyes. She stared up at Joe again, searching the vague images for something that made sense. “You were standing in front of me. You had your uniform on. And you were nervous.” Joe smiled. “Hell yeah. I was asking a gorgeous woman out.” She tilted her head. “Did I accept?” Joe adopted an exaggerated crestfallen expression. “No. You let me down easy, though.” He clutched his heart and staggered back a step. “I recovered eventually.” (Maya Banks’s, 2010: 173).*

Based on the quote above, it can be concluded that Rachel tried to twist her memory based on what she saw from Joe. Starting from his face, his eyes and his uniform and body stature. Joe said that he once tried to date Rachel. However, unfortunately Rachel rejected Joe easily. Joe also added that he was okay with it and he quickly recovered from the unpleasant feeling. Followed by a small laugh from Rachel, indicating that she was in a stable and good condition. This is also related to Rachel's efforts to try to blend in and learn their faces. These efforts resulted in her being in a good mood and more confident.

*“Got a hug for me?” She went willingly, her unease gone. His body shook with emotions, and she realized that despite his and Joe’s back-and forth, they were as affected as the rest of the family. When he let her go, she stepped back, putting enough distance between her and the rest so that she could study their faces. “I really do have a family,” she said in wonder. (Maya Banks’s, 2010: 173).*

Based on the quotation above, it can be concluded Rachel was surprised that she was not alone. So far, what Ethan, Sam and Garret had said was true. As she studied and memorized their faces, she felt relieved that there was a wait that happened after Rachel was rescued and brought home. A feeling that may not have been felt all this time. A relief that made her mentally stronger. A family is a home to return.

Domination prevailed in that incident. The researcher felt it was a good thing. Domination by Rachel who was surrounded by those closest to her. Rachel's calmness and curiosity were the absolute source of getting her memories back and escaping her stress and trauma.

*“She walked blindly toward the bathroom, just wanting an escape. The bathroom was large, with a jacuzzi tub and separate shower. The toilet was in its own tiny closet and there were his and her sinks lining the wall. But her gaze locked onto the tub. A distant memory floated by on a cloud, lazy and unhurried. The splash of water. Her sitting in the tub, the water up to her chest, Ethan, she blinked as the image came more sharply into focus. She was in his arms, leaning against his chest as the water lapped over her breasts. His hands cupped them, his thumbs brushing over the taut peaks. A shiver stole over her body. And then his fingers through hair as he soaped the long tresses. Her hands automatically went to her head, to her shorn locks, her hair had been much longer then.” (Maya Banks's, 2010: 191).*

Based on the quote above, it can be concluded that after Rachel's denial, she finally found something to remember. A flash of memory of the intimacy that had occurred between Ethan and herself. Again with the help of visuals from home sparked Rachel's memory. The description of intimacy indicates a harmonious household situation. The two complement each other between the desires of lust and love. In the medical world, sex is an alternative that can relieve headaches, stress and anxiety. Rachel knew she had not felt the intimate touch of a man for a long time. She knew her body wanted it but for some reason she felt she wasn't ready.

*“Donovan spoke up. “Hey, if she’s not hungry, I am.” Rachel turned in the direction of his voice. He smiled and nodded, but he kept his distance almost as if he knew how overwhelmed she was. “You’re the quiet one, aren’t you?” Donovan’s eyes widened a little, but his cheeks colored slightly. “If you’re asking me if I am an obnoxious loudmouth like all my siblings, the answer is no.” “I danced with you at the wedding.” She said, as the music danced in her head just as they had done. “I teased you and said you were the only one of your brothers who hadn’t bruise my toes. His smile lifted up his face. “Yeah, I always said they were uncouth mammoths.” (Maya Banks's, 2010: 198).*

Based on the quote above, it can be concluded that there is less conflict in Rachel's mind than before. The warmth provided by Ethan's family not only has

the potential to dig deeper into the memories buried in Rachel's mind. It also made Rachel a more open-minded person. Rachel was able to learn their faces quickly and accurately. She was able to recognize Donovan and relate him to specific events. Rachel's role in herself is recognized as very important to her healing from the trauma she underwent. Most traumatized people shut themselves off from the outside world in order to avoid anything that might trigger those painful memories. Visual, auditory and tactile stimuli can also trigger traumatic events. In contrast to Rachel, during this family talk, Rachel felt that she had developed psychologically.

In addition to the quote above, the researcher's interpretation of Donovan is that he is an additional character who does not play a major role but is also one of the characters who provides encouragement for Rachel's recovery. Analogously, fried noodles will taste better if you add a piece of egg. Donovan's position here is like an egg. His absence will not affect anything, but his presence is quite helpful to Rachel's psychological development.

*“This morning was no exception. She’d actually woken before Ethan, and she lay there watching him sleep. He looked almost vulnerable in this unguarded state, and she found the contrasts fascinating. He was so hard and tough, so very protective of her, and yet right now she wanted to touch him, ease the worry she often saw in his eyes. She wondered what he’d do if she kissed him. Though he was affectionate with her, and touched her frequently, he hadn’t made any effort to kiss her really kiss her. There were light kisses to her forehead. A peck on the lips. Sometimes a brush across her cheek. But he hadn’t kissed her like a lover. Part of her was curious to see if she’d remember the passion that once existed between them, but the other part of her was scared to death. What if she didn’t react appropriately? What if she couldn’t remember her feelings for him. Worse, what if she felt nothing if they tried to make love? (Maya Banks's, 2010: 202).*

Based on the quote above, we can observe that Rachel is starting to return to her normal life. She woke up next to a person who was both her protector and her husband. The first thing Rachel felt was a sense of comfort. She knew that this



was a normal thing that she should feel. Then she made an observation of the subject lying next to her, Ethan. Observations were made gradually, starting from analyzing his physique and then ending with the understanding that this man was not a threat but a protector. Ethan's treatment so far triggered Rachel's sympathy as did her desire to erase the worry that could be seen in Ethan's eyes.

From these events, researchers can draw evidence of Rachel's psychological development. She doesn't just think of herself anymore as wanting to protect herself from threats, fulfilling her daily dose of heroin and excessive anxiety. All of these things happen gradually not instantly. The researcher concluded that this was significant progress.

The quote above also provides an event where Rachel tries to experiment by using Ethan as a research subject. The experiment is in the form of what if she kissed Ethan. The quote above also provides an event where Rachel tries to experiment by using Ethan as a research subject. The experiment was what if Rachel kissed Ethan. What reaction would be caused by the action. Rachel's curiosity disturbed her own mind. Her mentality began to stabilize like a normal woman. She understood that Ethan had been very attentive to her. Often giving her a warm touch.

However, the road to recovery is not easy. Every character in the novel plays their part. In the discussion of how Rachel can recover from her stress and trauma, there are two characters who are considered to play a major role in Rachel's recovery. These characters are Ethan and Rachel herself. Ethan as a

husband is very close to Rachel compared to her siblings and parents. While Rachel is also able to cooperate in the sense that she is willing to open the gate for someone who wants to interact with her.

## CHAPTER V

### CONCLUSION AND SUGGESTIONS

Based on the results of the research and discussion of Maya Banks' *The Darkest Hours* as presented in chapter IV above, the following conclusions can be obtained. First, the form of mental trauma in Rachel's character is divided into two, namely post-traumatic stress disorder (PTSD) and trauma due to drug abuse. PTSD is divided into three variants, namely recollection of traumatic events, avoidance, and physical disturbances. Disorders due to trauma caused by drug abuse suffered by Rachel's character are amnesia and *jamais vu* (denial of memory) and hysteria.

#### **A. Conclusion**

The impact of drug abuse includes dizziness, amnesia, hysteria, muteness. Rachel became a woman of avoidance. Avoiding contact with others due to trauma and severe stress. When Ethan Kelly intends to initiate by trying to touch and communicate, Rachel suddenly screams and she gets frightened. This is natural because Rachel was locked up in a narrow cell. So what Rachel saw was a projection of deep trauma. Rachel's trauma also causes Rachel to experience *amnesia*. Individuals who experience amnesia can suddenly lose the ability to recall information about themselves or various information that was previously in memory. The Dizziness or extreme pain in the head was also an effect of Rachel after her rescue from the drug cartel group. Moreover, another effect of drug abuse is muteness. Rachel is reluctant to communicate with anyone.

Rachel ways to recover from trauma of drug abuse are divided in 3 stages. The first is medical assistance from the military. Doctor Marlen Schiefold, a psychiatrist, conducted regular checks on Rachel's condition. Doctor Marlen also provided mental and medical therapy in the form of tranquilizer injections. The second was to restore Rachel's mental stability. Rachel's mental unsteadiness made it difficult for her to communicate. Ethan Kelly's role is very important at this stage. With his patience, Ethan can slowly restore Rachel's mental stability so that she can communicate better. Third, is the recalling of old memories with methods such as looking at photos of old memories, taking Rachel to her favorite places, meeting several relatives for the re-approach process.

## **B. Suggestion**

In this part, the writer would like to contribute some suggestions for the author and the other researchers based on the research findings and discussion. It is suggested that the author should be more detail creative and innovative to write such a story. The complexity in the novel is very good but the plot is often used in other novels. Furthermore, the use Drug Abuse in a trauma literary work is able to reveal the form of character in *The Darkest Hours* novel which is related to psychological trauma that occurs due to drug dependence and has been detained. This knowledge can be used as additional knowledge and insight for readers to be able to evaluate themselves and develop positive forms of behavior.

The *Darkest Hours* novel still has various possibilities to be researched. Further research can be carried out with different perspectives such as literary reception or in terms of Maya Banks's creativity as an author. The results of this study are also expected to provide input in conducting research activities regarding the psychological trauma of characters in other novels.

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