

**BETRAYAL TRAUMA OF ELEANOR IN HONEYMAN'S  
*ELEANOR OLIPHANT IS COMPLETELY FINE***

**THESIS**

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FACULTY OF HUMANITIES  
UNIVERSITAS ISLAM NEGERI MAULANA MALIK  
IBRAHIM MALANG**

**2023**

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**THESIS**

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

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**2023**

### STATEMENT OF AUTHORSHIP

I state that thesis entitled "**Betrayal Trauma of Eleanor In Honeyman's Eleanor Oliphant Is Completely Fine**" is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in bibliographu. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

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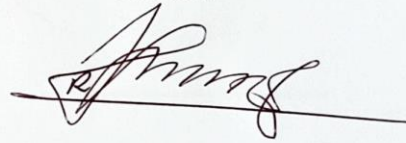
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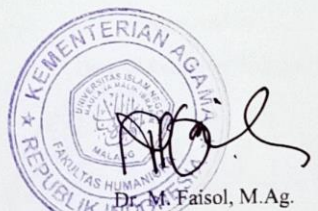
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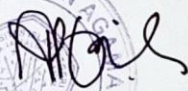


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## **MOTTO**

“We all need a safe place to return to that allows us to learn from failure without our worthiness as a human being coming into question. That place has to be our mind.”

Dr Julie Smith

## **DEDICATION**

My sincere gratitude and warmest respect are I dedicate this work to my mother and father who always support and believe in me.

This thesis also I dedicate to myself. Thank you love for being survived and enjoy every process, sadness and happiness. I proud of myself.

All people who had supported the researcher, all of my friends, especially Novia Brielliani Mahfudloh and Dewi Wardah who had willed listening my discomfort and fear while I was crying, and my families.

## ACKNOWLEDGEMENTS

*Ahamdulillahirabbil'aalamiin.*

The researcher expresses deep gratitude for the abundant blessings and profound qualities bestowed upon them by Allah SWT. Therefore, the researcher is capable of successfully completing this thesis. The researcher also extends their prayers and greetings to the Prophet Muhammad (SAW), who serves as their role model.

The researcher also would like to express their sincere gratitude for the invaluable love and support received, which played a crucial role in the successful completion of the research project. Therefore, the researcher is able to occupy the present post. They are:

The Rector of UIN Maulana Malik Ibrahim Malang, Mr. Prof. Dr. M. Zainuddin, M.A., and the Dean of the Faculty of Humanities, Mr. Dr. M. Faisol, M. Ag., and also the head of the Department of English Literature, Mr. Ribut Wahyudi, M. Ed, Ph. D.

The Research thesis supervisor, Mr. Dr. Muzakki Afifuddin, M.Pd., who has given so much helpful direction and input to the researcher from the beginning to the end, for the purpose of finishing the thesis. And all lecturers of English Literature Department.

Mr. Kaptar & Mrs. Susri Wahyulin (my beloved parents) and Muhammad Ahyar Rosyid (my precious brother) who are the biggest motivation for the researcher.



Also, my big family, especially mbak Zakiyatur Rohmah, cacak Faruq, Bulek Ety, who took the time to supply the needs and support to the researcher.

All my beloved friends: Novia Brielliani Mahfudloh, Rif'atul Fauziah, Dewi Wardah, Syaima Anami, Maulidiah Nur Cholisah Hafshah, and so many more. Thank you for being my Avengers. Your presence is so much precious.

The researcher acknowledges that the thesis still exhibits certain limitations. Consequently, the researcher will really appreciate receiving any criticism and advice. There is an optimistic expectation that both the researcher and their research will exhibit improvement in the future. The researcher is also expecting that this thesis will yield advantages and generate interest among the broader population.

The Researcher

Anggrahita Niken Pratiwi

## ABSTRACT

**Pratiwi, Anggrahita Niken** (2023) *Betrayal Trauma of Eleanor in Honeyman's Eleanor Oliphant Is Completely Fine*. Undergraduate Thesis. Department of English Literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Muzakki Afifuddin, M.Pd

*Keywords: betrayal trauma, characterization and plot, literary criticism, literary trauma studies, mental health issues.*

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Betrayal trauma is trauma interpersonal which occurs when an individual's well-being and trust are threatened by an important person, the one depending on or being not able to live without. Honeyman's *Eleanor Oliphant Is Completely Fine* is one of the novels which present the concept of betrayal trauma. This novel is the main source of the data in this research, which focuses analyzing the betrayal trauma of the main character in the novel. The aim of this research is to find out the way Eleanor's betrayal trauma is characterized and how the plot further brings the story in presenting the resolution of the trauma. In conducting this research, the researcher uses psychological approach and literary trauma studies by using literary theory, characterization and plot, for taking and collecting the data. The data is analysed using the application of the theory of betrayal trauma and mental health issues. The research further finds out that Eleanor's betrayal trauma is characterized through direct and indirect characterization. These characterizations are presented through Eleanor mental health issues in living her present life. In the resolution part, after getting the climax of the story, the plot turns out calming down in presenting the falling action and resolution. The falling action starts as the existence of another character, Raymond, shows all of his efforts, convincing and delivering persuasive argument for Eleanor to conduct therapy as seeing how chaotic Eleanor's condition. The resolution part follows as Eleanor agreeing to conduct consultation and therapy with another character, Dr Temple, and ultimately successful being survived from the her trauma.

## ABSTRAK

**Pratiwi, Anggrahita Niken** (2023) Trauma Pengkhianatan pada Eleanor dalam Novel *Eleanor Oliphant Is Completely Fine* karya Honeyman. Jurusan Sastra Inggris. Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr. Muzakki Afifuddin, M.Pd

*Kata kunci: trauma pengkhianatan, karakterisasi dan plot, kritik sastra, studi trauma sastra, isu kesehatan mental.*

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Trauma pengkhianatan adalah trauma antarpribadi yang terjadi ketika kesejahteraan dan kepercayaan seseorang terancam oleh seorang pendeta penting, orang yang bergantung atau tidak dapat hidup tanpanya. *Eleanor Oliphant Is Completely Fine* karya Honeyman merupakan salah satu novel yang mengangkat konsep trauma pengkhianatan. Novel ini menjadi sumber data utama dalam penelitian ini, yang berfokus pada analisis trauma pengkhianatan yang dialami oleh karakter utama dalam novel. Tujuannya adalah untuk mengetahui bagaimana trauma pengkhianatan yang dialami Eleanor itu dikarakterisasikan dan bagaimana alur dalam cerita tersebut selanjutnya menunjukkan penyelesaian dari trauma yang dialami oleh karakter utama tersebut. Dalam melakukan penelitian ini, penelitian ini menggunakan pendekatan psikologi dan studi trauma sastra dengan menggunakan teori sastra, penokohan dan alur, untuk mengambil dan mengumpulkan data. Data dianalisis menggunakan penerapan teori trauma pengkhianatan dan masalah kesehatan mental. Penelitian lebih lanjut menemukan bahwa trauma pengkhianatan Eleanor dikarakterisasikan melalui karakterisasi langsung dan tidak langsung. Karakterisasi ini digambarkan melalui isu kesehatan mental yang dialami Eleanor selama menjalani kehidupannya saat ini. Pada bagian resolusi, setelah mencapai klimaks cerita, alur cerita selanjutnya mengarah menuju bagian *falling action* dan *resolution*. *Fallingaction* dimulai saat keberadaan karakter lain, Raymoond, yang berusaha menunjukkan segala upayanya, meyakinkan dan memberikan argument persuasive kepada Eleanor untuk melakukan terapi melihat betapa kacaunya kondisi Eleanor. Diikuti selanjutnya pada bagian *Rasolusi* yang dimulai ketika Eleanor setuju untuk melakukan konsultasi dan terapi dengan karakter lain, Dr Temple, yang kemudian pada akhirnya membantunya berhasil selamat dan berdamai dengan trauma dan masa lalunya bersama ibunya.

## مستخلص البحث

فراثوي ، أنجراهيتا نيكين (٢٠٢٣) صدمة خيانة إيانور في هانيمان إيانور أوليفانت بخير تمامًا. أطروحة البكالوريوس. قسم الآداب الإنجليزية، كلية العلوم الإنسانية، جامعة مولان مالك إبراهيم الإسلامية الحكومية ممالانج. ملشرف: الدكتور مركي عفيف الدين، املاجستر.

الكلمات المفتاحية: النقد الأدبي ، التحليل النفسي ، تركيب الشخصية ، تنمية الشخصية.

صدمة الخيانة هي صدمة شخصية التي تحدث عندما تتعرض رفاهية الفرد وثقته للملا، الشخص الذي يعتمد عليه أو لا يستطيع العيش بدونه. إيانور أوليفانت بخير تمامًا (Eleanor Oliphant Is Completely Fine) هي إحدى الروايات التي تطرح مفهوم صدمة الخيانة. ستكون هذه الرواية المصدر الرئيسي للبيانات في هذا البحث، والذي يركز على تحليل الخليفة الرئيسية التي يتميز ان يمتلك صدمة الخيانة. يستخدم الباحثة في إجراء هذا البحث المنهج النفسي ودراسة الصدمة الأدبية من خلال استخدام الدراسة النصية لتحليل البيانات وتطبيق نظرية صدمة الخيانة ومسألة الصحة النفسية. يكتشف البحث أيضًا أن تجربة صدمة الخيانة في إيانور تم تصويرها من خلال مرض صحتها العقلية أثناء عيشها لحياتها الحالية. تجلب هذا القصة أيضًا الحكمة لتقديم انهاء الصدمة الخيانة التي تعرضت لها من خلال تعاون الشخصيات الأخرى من خلال بناء علاقة جديدة التي تدرج النمو. إيانور (Eleanor) هي الشخصي الرئيسي التي تتميز بأنها تعاني من صدمة الخيانة. تأتي هذه الصدمة من حياتها الماضية والتي تتعلق بوالدتها باعتبارها الشخص الذي ارتكب الشدة وتسبب في الصدمة نفسها. إن الظلم الذي يعمل لوالدته جسديًا وعاطفيًا تجلب لها مثل هذا الألم والحزن العميق، علاوة على ذلك، فإن وفاة أختها تجعلها أيضًا تشعر بمزيد من الذنب ولا تستحق أن تحصل أي شيء جيد. حقيقة هذه العلاقة البارزة التي تربط بين إيانور ووالدتها تجعلها تواجه صعوبة في عيش حياتها الحالية.

## TABLE OF CONTENTS

<b>STATEMENT OF AUTHORSHIP</b> .....	Error! Bookmark not defined.
<b>APPROVAL SHEET</b> .....	<b>i</b>
<b>LEGITIMATION SHEET</b> .....	Error! Bookmark not defined.
<b>MOTTO</b> .....	<b>iv</b>
<b>DEDICATION</b> .....	<b>v</b>
<b>ACKNOWLEDGEMENTS</b> .....	<b>vi</b>
<b>ABSTRACT</b> .....	<b>viii</b>
<b>ABSTRAK</b> .....	<b>ix</b>
مستخلص البحث .....	<b>x</b>
<b>TABLE OF CONTENTS</b> .....	<b>xi</b>
<b>CHAPTER 1</b> .....	<b>i</b>
<b>INTRODUCTION</b> .....	<b>i</b>
A. Background of the Study .....	<b>i</b>
B. Problems of The Study .....	<b>5</b>
C. Significance of Study .....	<b>6</b>
D. Scope and Limitations .....	<b>6</b>
E. Definition of Key Terms .....	<b>6</b>
<b>CHAPTER II</b> .....	<b>8</b>
<b>REVIEW ON RELATED LITERATURE</b> .....	<b>8</b>
A. Psychological Approach in Literature .....	<b>8</b>
C. Betrayal Trauma Theory .....	<b>13</b>
D. Mental Health Issues .....	<b>18</b>
E. Characterization .....	<b>23</b>
F. Plot .....	<b>25</b>
<b>CHAPTER III</b> .....	<b>20</b>
<b>RESEARCH METHODOLOGY</b> .....	<b>20</b>
A. Research Design .....	<b>29</b>

B.	Data Source .....	30
C.	Data Collection .....	30
D.	Data Analysis .....	30
<b>CHAPTER IV</b>	.....	<b>33</b>
<b>FINDINGS AND DISCUSSION</b>	.....	<b>33</b>
A.	Eleanor’s Characterization as Having Betrayal Trauma .....	33
B.	The Resolution of Eleanor’s Betrayal Trauma Based on The Plot .....	51
<b>CHAPTER V</b>	.....	<b>66</b>
<b>CONCLUSION AND SUGGESTION</b>	.....	<b>66</b>
A.	Conclusion .....	66
B.	Suggestion .....	67
<b>Bibliography</b>	.....	<b>68</b>
<b>CUIRRICULUM VITAE</b>	.....	<b>73</b>

## CHAPTER 1

### INTRODUCTION

This chapter discusses the background of the study, the problems of study, significance of study, scope and limitations, and definition of key terms.

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

Having someone we can trust and keep maintaining our trust is certainly another kind of happiness in itself. Even though close partners frequently treat one another well and with considerate manner, still negative encounters are almost always unavoidable (Finkel, E. J., Rusbult, C. E., Kumashiro, M., & Hannon, P. A. 2002). In case they betray our trust in the future, forgiveness will be one that is highly difficult to do. Returning our trust, for them, as intact before will be something improbable. As the result, people may have difficulty in recognizing the true of themselves, what actually happened to them, and ending with isolating themselves.

In many cases, betrayal happens in the form of destroying their partner's trust, in which Fitness (2001) stated that it is "integral to betrayal" due to its close connection with relational expectancy. In a close relationship, betrayal is when one person acts in a certain manner to further their own interests by harming those of the other person in the relationship (Fitness, 2001). It denotes a strong belief that one's wants are more prominent than those of others. Moreover, it turns out

how little the perpetrator regards and/or loves their connections with the victim (Fitness, 2001).

In addition to leaving feelings of disappointment and hurt, betrayal also could bring trauma for the victim. Affairs have being one of the most painful betrayal, involving other in a primer relationship between one and another, and most places women as the victim. Wendy Walters is one of them. On Luna Maya's YouTube channels, she stated that her husband affair, which lasted four years without her awareness had left her such a deep trauma, building trust issue which causes difficulty for her to trust anyone, either male or female, no matter how close they are with her. At the time, she always claimed that her spouse would never go that far, but the fact turns out. Love, loyalty, and trust do not guarantee people will appreciate their connection with other.

This is a shameful condition, in which people insist to believe their beloved in order to defend their relationship, holding on their beloved not to leave them. This person's fear abandoned by the closest one might indicate a sign of fear abandonment. A condition which occurs as the result of bad experiences or heavy stress had in the past, for example betrayal trauma. Nothing matter with the reasons. However, staying out of the awareness and denying admitting that the relationship had already gone wrong are a big mistake. People with this condition are unlikely building a healthy relationship, since they are trapped in their fear, thoughts and emotions accompanying (Skeen, Michelle., & Behary, Wendy, T., 2014, p. 8).



As the previous example, both of couples come from broken-home family, which are both of their parents got divorce while they were still children. The impact of their betrayal trauma as the result of their parent divorce is really terrible, placing them in a relationship which full of suspicious, feeling of guilty, trust issues and fear of abandonment. This must be a concern for people that betrayal trauma carried out by the closest one brings significant impacts, even though with different reactions. Even so, this does not imply that they should be ignored or leaved. Giving the right actions like hugs, actual empathy and compassion, or listening, if could not bring the trauma off, will be able to reduce the feeling of fear and apprehensive.

As what happened in social life, this experience of betrayal, which, then, brings a trauma, is also not rare depicted in kinds of literary works, such as in Honeyman's novel *Eleanor Oliphant Is Completely Fine*. It is the debut novel in the year of 2017. The story is centred on the main character, Eleanor, a thirty-year-old woman, working in the same graphic design company for about nine-year. Eleanor had a traumatic childhood experience with her mother like emotional, physical abuse, and the attempt of suicide by fire altogether with her sister, and being the one who survived with the incident. Even the traumatic could not fully be remembered, she could not confute that the trauma has brought such a big scar in her life, bringing her to be an antisocial person, isolating herself from the other, and feeling unworthy. The existence of this betrayal and prominent relationship between her and her mother made Eleanor even feel more hopeless and helpless in facing this condition thus results such negative reactions and

mental health issues. Even being the debut novel, however, the novel has been the winner of the 2017 Costa Debut Novel Award.

To support research of the study, several previous studies are related. Tiansyah, Suharyati, & Ratih (2021), Azizah (2022), and Rahmadanty & Subiyanto (2021), these object-related studies analyse about the impact of psychological trauma in the main character and how defence mechanism working in the plot of story in the novel, by using Psychoanalysis of Sigmund Freud. Moreover, the object also was viewed in corpus linguistics, the lexicon that appears in determining the characterization. The other related to the used theory, Aulia, Purba, & Putri (2019), Kramer (2016), and Shaikh (2019), these are focusing on how betrayal trauma occurred as the result of the person they depend on betrayed them, and how the trauma influences and brings impact on characters' behaviours on novel *My Name is Venus Black*, selected Plays of Shakespeare, Racine, and the Corneilles, and *Kite Runner*.

Other-linked studies to psychological approach are also attached. Bilalia (2018) was conducting analysis on the main character personality, using psychological approach, applying concepts basic needs, psychological needs, and self-fulfilment need, Afifulloh (2019) describing the female characters of the analysed-novel, her conflicts and the causes, and the impacts she experienced, examined by psychological approach. Nursafira, Putri, Yunira, Gari & Hamuddin (2019) was analysing the psychological characterisation of the character, addressing how the current social media interaction badly affects one's mental health, using psychological approach, in line with the characterisation theory of

Nurgiyantoro (2007), thus, Fitriani (2019), using psychological approach in line with personality theory of Sigmund Freud, Id, Ego, And Superego, analysed the main character's personality on the movie "Joker" by Todd Phillips. After several elucidation regarding to the used previous studies, the researcher discover that there is a gap in the field of literary trauma studies in Honeyman's *Eleanor Oliphant Is Completely Fine* in the context of betrayal trauma.

For the purpose of adding the previous studies, the study also aims to enlighten the reader regarding how the novel introduces the characterization of the main character in depicting the experience of her betrayal trauma, either directly or indirectly. Illuminating other on how the storyline pictures the serious effects betrayal trauma brings to victims, especially women. This study will elucidate the way the main character is depicted as a person who experienced betrayal trauma. After all, through its plot, the study will discuss the way Eleanor deals with her betrayal trauma socially and psychologically.

## **B. Problems of The Study**

In accordance with the context of the study, the researcher formulates the problems below:

1. How does Eleanor characterize as having betrayal trauma in Honeyman's *Eleanor Oliphant Is Completely Fine*?
2. How does the plot present the resolution of Eleanor's betrayal trauma in Honeyman's *Eleanor Oliphant Is Completely Fine*?

### **C. Significance of Study**

Aside for adding the previous studies, theoretically, this study aims to provide benefits and insight in developing literary research. In addition, the research also provides the example of the application of the theory of betrayal trauma in literary texts. For practically, this research aims in giving other perspectives for escalating knowledge and a reference in understanding topic related to trauma in literary work, especially betrayal trauma.

### **D. Scope and Limitations**

The research of the study primarily focuses on the main character of the novel, Eleanor, analysing the way the main character is depicted as having betrayal trauma by involving betrayal trauma responses and mental health issues. Furthermore, through the plot the researcher will discuss the way the resolution of betrayal trauma in Eleanor is presented.

### **E. Definition of Key Terms**

1. **Betrayal Trauma:** Betrayal Trauma is trauma which occurs in the setting of interpersonal relationship, between one and another, being able to bring deep pain and hurt, since the trauma involves basic principle of one' trust or well-being to another, in which Freyd (1996) stated that is referring to a social dimension of psychological trauma, independent of post-traumatic stress reactions.
2. **Trauma Studies:** Trauma Studies is an approach which probes the impact of trauma in literature and society by analysing its psychological, rhetorical, and

cultural significance, more paying attention to how individual deal with their traumatic experience (Davis & Meretoja, 2020).

3. **Characterization:** Characterization is kind of literary device which is used in step-by-step in analyzing and explaining the detail about the story. It is a method a writer uses in revealing the character's values, traits, beliefs, and goals in the story, describing the characters' physical and mental state (Patmarinanta, 2008, p. 28), depicting a clear image built in the character (Jones, 1968, p. 84).
4. **Plot:** Plot is the sequence of interconnected event of the story that shapes a broader narrative, with every event causing or affecting each other.

## CHAPTER II

### REVIEW ON RELATED LITERATURE

In this chapter, the researcher will discuss Psychological Approach in Literature, Literary Trauma Studies, Betrayal Trauma Theory, and Characterization and Plot. Since the research apply Psychological Approach in Literature and Literary Trauma Studies, the researcher uses the Theory of Betrayal Trauma and Mental Health Issues as the concept of the research in analyzing the story, and Characterization and Plot for taking and collecting the data.

#### A. Psychological Approach in Literature

For a long time, psychology and literature have a strong connection in human life. Both of them have affairs on human behaviours, attitude, social environment, expression, thought, motivation, and all. Psychology could be used in exploring and enlightening things and phenomena in human life, while psychology in literature emphasizing on behaviours or any psychological activities of the fictional characters, as presented in literary works, by applying the principle of psychology in the literary work.

In their book, *Theory of Literature*, Wellek and Warren (1997, p. 81) explained that there are several definitions of psychology of literature based on its subject of research:

1. Psychology of literature that studies about the psychology of the author as an individual, exploring about how the author's passion or emotional background influence the creation of the literary works.
2. Psychology of literature that studies about the creativity process in creation, looking at the way, the whole process in creating literary work.
3. Psychology of literature that studies the types and principles of psychology which are applied in literary works, exploring about how the topics and cases in psychology are applied in the characters fictional of literary works.
4. Psychology of literature that studies the influence of literary works on the reader, seeing about the influence of literary works on the readers, whether in the way of thinking and the way of life or not.

Looking at those four domains, this literary research will apply the third type as the dominant domain used.

Gillespie (2010) explained that the aim of using studying psychology in the context of literature is to understand the highlighting forces and motivations in a literary works such as in the character parts, the author, or culture as what represented in the works, while Cohen (1972, p. 348) thought that the use of psychology in literature will assist in clarifying some literary issues, and the way it presents its values and insights to psychology.

Certainly, in order to gain a deeper understanding, it could be done by studying several approaches, including psychological approach. According to

Roekhan, explained in Endraswara (2013), there are three approaches in psychology of literature:

1. Textual approach

Textual approach is an approach which puts its concentration in studying psychological activities of the characters in the literary work.

2. Repressive-pragmatic approach

Repressive-pragmatic approach is an approach which focuses on psychological aspects of the reader as connoisseur of a work of literature, which raises as the result of read work, and reader's understanding process in savouring a work.

3. Expressive approach

Expressive approach is an approach which focuses on psychological aspects of the author while processing their creative writing through their literary works.

Looking at these three explanations, the study will use textual approach in doing a research.

Obviously, psychological approach in literature is a related discipline to a work of literature, which establishes the degree of relationship between a work of arts and what surrounds them, including the author, human mind, human behaviour and attitude, or belief.

The use of this approach, aside from getting deeper understanding regarding to the literary work, could also extend our knowledge about how the



science of psychology is applied in a work of literature. Thus, presenting a new perspective for people in order to understanding kinds of situation in their life, from many other positions or conditions, considering the existence of various kinds of beliefs, experiences and point of view.

## **B. Literary Trauma Studies**

The field of trauma studies in literary criticism gained significant attention in the year of 1996 altogether with the publications of Cathy Caruth's *Unclaimed Experience: Trauma, Narrative, and History* and Kali Tal's *World of Hurth: Reading the Literary of Trauma*. This early scholarship designed the initial course of literary trauma theory by popularizing the ideas of trauma as an unrepresentable event, "an overwhelming experience of sudden or catastrophic events in which the response to the event occurs in the often delayed, uncontrolled repetitive appearance of hallucination" (Caruth, 1996, p. 11). This condition became the dominant concept in criticism for imagining trauma's function in literature.

In this traditional trauma model introduced by scholars as Cathy Caruth, who pioneered a psychoanalytic post-structural approach, trauma is viewed as an unsolvable matter of the unconsciousness that fragments the unconscious mind, and highlights the fundamental inconsistencies of traumatic experience and words. The idea claimed that a traumatic experience could push the bounds of language, fractures the psyche, and even ruptures meaning totally, changing the emotional self's structure and perspectives of the external world (Balaev, 2018).

This trauma model, particularly, most takes from the interpretation of Freud's trauma theories in forwarding a larger post-structural concern with the referential limits of language and history. The analysis set the tone for the critical discussion of the role of trauma in literature and the relationship between individual and cultural trauma. By this, Caruth argues that trauma's latency and dissociation will disrupt the ability in fully understanding or representing a traumatic experience (Balaev, 2018 p. 363).

Dissociation and the inherent latency of trauma will create a temporal gap in which the meaning and value of the experience are determinate. Furthermore, Caruth stated that trauma is "a shock that appears to work very much like a bodily threat," (Caruth, 1996, p. 61). However, in fact, it only breaks in the mind's experience of time, in which that situation causing both emotional suffering and the inability to identify or locate the meaning of the event.

Eventually, the aim of trauma studies in literature seeks to examine the psychological, rhetorical, and cultural relevance of trauma in literature and society. This approach will guides scholars in analysing the complex psychological and social factors influencing the self's comprehension of the traumatic experience and the way those experiences form and are formed by language (Balaev, 2018, p. 360).

In doing so, there are several aspects must be determined in by the critic of literary trauma in criticising trauma literature: the composition of trauma survivors, the nature of the trauma inflicted upon members of the community, the

composition of the community of perpetrators, the connection between the communities of the victims and perpetrators, and the cotemporary social, political, and cultural location of the community survivors (Tal, 1996, p. 17). Since, the analysis will about identifying and explicating literature by members of survivor groups or individuals, and deconstructing the process in which the dominant culture codifies their traumatic experiences.

### **C. Betrayal Trauma Theory**

Betrayal Trauma Theory is a theory proposed by Jennifer J. Freyd (1996). It is a theory which focuses on the basic ethics or meta ethics of human relationship, corresponding to betrayal trauma, which occurs when the people or the institution in which the person depends on for survival violate that person in a significant way. Betrayal trauma theory focuses on the internalised information distortion in particular, in which knowledge of abuse is isolated from the victim's conscious memory and awareness, referring to a social dimension of psychological trauma, independent of post-traumatic stress reactions (Freyd, 1996).

The theory claimed that "The degree to which a trauma involves a sense of having been fundamentally cheated or betrayed by another person may significantly influence the individual's cognitive encoding of the experience of trauma, the degree to which the event is easily accessible to awareness, and the psychological as well as behavioural responses." (Freyd, 1994, p. 308). Childhood

physical, emotional, or sexual abuse perpetrated by caregiver or person depend on are example of betrayal trauma.

In this part, Freyd explained that when betrayal involves a caregiver (betrayed by the caregiver) the betrayal victim may be less aware, not being able to fully remember and recognize the traumatic experience, since the condition leading to confrontation, and threatening a necessary connection with the perpetrator, in which the victim survives.

In a presentation at Langley Porter Psychiatric Institute, University of California, San Francisco, August 21-22, 1991, Freyd stated that the core issue of this trauma is betrayal, a betrayal of trust, which causes tension between external reality and a requires system of social reliance. In fact, a certain occurrence might be both a betrayal trauma and a life-threatening situation. Rape is one example of such occurrence. The majority of childhood traumas are likely the result of such incidents.

Furthermore, she explained that if the psychic pain involved in identifying betrayal, like detecting a cheater, is an evolved, adaptive driving for altering social relationship. Thus, generally, there is not consent or reason, either for survival or reproductive beneficial, for further engaged with folks who have betrayed them. Yet, if the person who has betrayed is someone with whom the person must continue in associating despite the betrayal, then, it is not the best interest in responding the betrayal in the normal way, as what it should be responded. Instead, they must effectively disregard the betrayal.

When the betrayed is a child and the betrayer is their parent itself, it is critical that the child does not cease acting in a way that inspires attachment. Withdrawing from parents on whom the child is reliant might endanger their life, either physically and emotionally. As the result, the trauma of child abuse necessitates that knowledge about the abuse to be suppressed and blocked from the mental mechanism, “the very mechanism that normally protects us” (Freyd, 2001, p. 160), in which will control the attachment and attachment behaviour. There is no need to hypothesize any specific avoidance of psychological anguish; rather, how, functionally significant, social behaviour of the victim is managed or controlled.

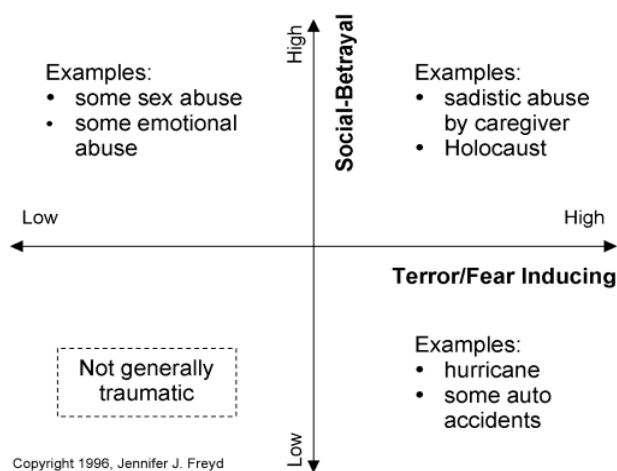


Figure 1 source: Freyd, J. J. (2020). *What Is Betrayal Trauma? What Is Betrayal Trauma Theory*.

Betrayal trauma theory propose two-dimension model of trauma, which are dimension of betrayal and threat in social relationship, and another is terror, or fear inducing. According to the figure, some traumatic events involved in betrayal and social threatening are high in terrorizing and fear, while another are particularly not causing terror, “at least at the time that it’s occurring” (Freyd,

2001). Some terrorizing and fear events, yet, do not involve in betrayal (low in betrayal).

Betrayal trauma theory drives to specific predictions about the factor related to betrayal and social interactions that will make amnesia most probable. The fore and foremost factor is “the most directly relevant to the nature of the relationship and betrayal” (Freyd, 2001, p. 153) as abuse by parent or prominent caregiver. If one is not allowed talking about the trauma experienced and is treated in certain way, then, terrorizing traumatic event could be high in the social betrayal, “depending on how people respond to you after you’ve had that trauma” (Freyd, 2001, p. 156).

At the time, the core of Betrayal Trauma Theory was on the response of unawareness or forgetting of the experience of betrayal. Freyd explained it as “Betrayal Blindness,” in which the unawareness the victim has is ignored in order to preserve the dependent relationship. However, as the theory has evolved, thus, other responses such as alexithymia, depression, and anxiety have been considered (Goldsmith & Freyd, 2005). Freyd, Klest, & Allard (2005) also stated that betrayal trauma may be connected to other problems such as physical illness, alexithymia, depression, and anxiety.

a. Depression

Depression is a hazardous disorder that causes people to feel apathetic and lose interest or enjoyment in their lives. It might be characterized as a state of fluctuating emotions or mood swings, in which people may experience fear,

melancholy, loneliness, and self-punishment at times. People who suffer from these disorder might endure drastically mood swings from day to day, week to week (Supratiknya, 1995).

b. Anxiety

Anxiety is a sensation of being extremely concerned about something that might or might not occur, causing people to worry about it constantly, a situation which appears as a result of reaction to a particular situation of danger (Freud, 1926) obviated by the ego's in doing something to avoid that situation or withdrawing from it.

c. Alexithymia

Alexithymia is a mental condition, characterized by difficulty expressing one's emotions. Several experts like Nemiah, Freyberger, & Sifneos (1976) describe alexithymia as a difficulty in differentiating emotion and body sensation in the emotion impulse, lack of fantasy and imagination, as well as associated with the external thought, style of thinking which is characterized by individual focus on the specific details in every external experience, like frustrating, linked to social and interpersonal relationship accidentally.

d. Physical Illness

Physical illness is a health condition which influences one's bodily reactions, affecting weakening bodily functions, thus, triggering one's emotional condition. Having physical illness is a very stressful condition (Guthrie & Nayak, 2018) in which people have to go through a dozen of treatment series, managing their emotions, and making changes, adjustments in their family life and social

situation. Still, there are lots of treatment in curing could be done based on the condition needed, and the most needed is supporting from the loved ones like family, parents, or best friends.

As the four explained responses of betrayal trauma in betrayal trauma theory above, the study will dig two of those responds, as the specific discussion of the study, which are depression, and physical illness. So, the study will not step out of the limitation of the discussion.

#### **D. Mental Health Issues**

Experiencing confinement within a very distressing emotional state is undeniably a profound sorrow that poses challenges for individuals to articulate. Consequently, the individual affected by this phenomenon undergoes an adverse psychological state, encompassing both physical and emotional aspects, sometimes referred to as mental health issues. Mental health issues encompass a range of conditions in which individuals experience challenges in their cognitive and emotional functioning, leading to difficulties in regulating emotions and exhibiting atypical behaviours. These disturbances subsequently have an impact on their overall physical well-being.

The cause of the arise of mental health issue may vary, the linkages between one factor to another factor such as losing someone we love, psychology, and so on. The causes of mental health issues in a person's life also vary greatly, ranging from death, neglect, to trauma they experience that is difficult to overcome or deal with. "Over the last decade, research evidence has increasingly supported the notion that trauma is linked to adult psychosis and a wide range of



other forms of mental distress (Sweeney, Clemeent, Filson, and Kennedy, 2016, p. 175). There exists a comprehensive range of over 200 distinct classifications of mental health issues. Several prevalent forms of them will further discuss in the research.

a. Toxic Positivity

Toxic positivity refers to a recurring behavioral pattern happened in individuals or work environments and friendship, wherein an excessive emphasis is placed on positive perceptions, while negative emotions, stress, and problems are disregarded or dismissed. Characterized as the conviction that despite the hardships and challenges encountered in life, toxic positivity makes individuals should persist in maintaining an optimistic mindset (Cherry, 2021). Toxic positivity entails the practice of selectively emphasizing good aspects while disregarding any factors that may elicit negative feelings (Quintero & Long, 2019). Despite its initial appearance as a positive mindset, this toxic positivity can exert a substantial adverse influence on one's atmosphere and further affecting their mental well-being.

It occurs when an individual of the cultural, environment or the culture inside an organization places undue emphasis on the imperative of maintaining a constant state of happiness and positivity when confronted with various circumstances. This phenomenon of toxic positivity further brings one-self into the tendency to deny, minimize, and invalidate genuine human emotional experiences (Quintero and Long, 2019), dismissing or invalidating the existence

of negative emotions. This condition Lead Linehan (Hall & Cook, 2012) believes that “invalidation of one’s feeling and thoughts can cause more problems in emotional development than we can imagine.”

b. Delusional

Delusions are persistent, erroneous convictions that are incongruous with objective reality, signifying an anomaly in the individual’s cognitive processes. Individuals experiencing a delusional condition exhibit a persistent adherence to false beliefs, even when confronted with contradictory facts (Eterović, Marija., & Kozarić-Kovačić, Dragica, 2015, p. 870). In the article What Are Delusions, posted on August 23, 2022, Morin, LCSW explained that delusion frequently receive reinforcement through the misreading of various occurrences. As an illustration, an individual exhibiting delusional tendencies may assert that governmental entities exert pervasive control over human actions through the utilization of radio waves, notwithstanding the absence of substantiating evidence for such a claim.

Furthermore, Morin explained that it is imperative to acknowledge that delusions exhibit considerable heterogeneity. Certain delusions may encompass non bizarre ideas that possess a plausible basis in reality, such as the conviction that one’s spouse is engaging in infidelity. Another delusion can e characterized as weird, imaginative, or implausible, such as the belief that one bears responsibility for the destiny of the entire universe.

### c. Self-Sabotaging

As individuals, we universally desire intimacy and social connection. However, certain individuals may experience dread and trauma in relation to intimacy. Consequently, this apprehension could potentially give rise to self-sabotaging actions that have detrimental effects on, or even dismantle, close interpersonal connections. Failure to address and rectify these tendencies may result in the development of toxic interpersonal connections, feelings of loneliness, and eventual social isolation.

The phenomenon of individuals engaging in self-sabotaging behaviours within relationships can be attributed to various factors, with a prominent underlying cause being trauma. Individual who have a past characterized by insecure partnerships may possess a tendency to automatically presume that forthcoming relationships are destined for failure (Anwar, Bisma, 2023, from the article *Self-Sabotaging in a Relationship: Signs, Causes, & How to Stop It*, clinically reviewed by Meaghan Rice PsyD., LPC).

### d. Physical Health Issues

Physical health issues is a health condition which influences one's bodily reactions, affecting weakening bodily functions, thus, triggering one's emotional condition. It is happened when one's health does not stand in the normal way. While it is common to think of the mind and body as distinct entities, there is actually strong relationship between the two. An individual with positive mental

health can grow with good physical health. In return, unhealthy mental health can lead one into having poor physical health or harmful behaviour.

Averina (2005) stated that people with depression and sleeping disorder were associated with smoking, hazardous level of alcohol drinking and alcohol dependence. Many factors could trigger it such as poor healthy lifestyle, descent, and social problems like stress, trauma, and so on. Kessler et al., 1997; Flett et al., 2002; Holman et al., 2008; Koren et al., 2001; Ullman & Siegel, 1996 (cited from Doan, Ha, Strazdins & Chateau, Healthy minds live in healthy bodies – effect of physical health on mental health: Evidence from Australian longitudinal data) stated that “Another potential pathway is via adverse shocks or events such as accidents or traumatic injuries, which might worsen physical and mental health simultaneously or through the distress caused by the physical injuries or conditions and functional impairments”. Still and all, there are lots of treatments in curing could be done based on the condition needed, and the most needed is supporting from the loved ones like family, parents, or best friends.

#### e. Depression

Depression is a hazardous disorder that causes people to feel apathetic and lose interest or enjoyment in their lives. It might be characterized as a state of fluctuating emotions or mood swings, in which people may experience fear, melancholy, loneliness, and self-punishment at times. People who suffer from these disorder might endure drastically mood swings from day to day, week to week (Supratiknya, 1995).

## **E. Characterization**

Characterization is kind of literary device which is used in step-by-step in analyzing and explaining the detail about the story. It is a technique used by writers to convey a clear image built in the character (Jones, 1968, p. 84), the values, characteristics, beliefs and motivations of their characters, as well as describing their physical and mental state (Patmarinanta, 2008, p. 28). Through the process of characterization, readers are able to discern the distinct personality traits of a character, hence allowing for a deeper understanding of their individuality. In brief, the concept of characterization can be compared to a specific approach employed, with the resulting character being the outcome of the approach (Aquino, 1976).

The use of characterization gives a story new life by making the imaginary characters more lively and intriguing. Characters in good characterisation are depicted in a realistic manner, which means they act in ways that are true to the human experience. How the character makes a decision, expresses feelings, and reacts in real life. These human expressions make the tale more fascinating and accessible for the reader. Commonly, for the purpose of presenting and determining the characterizations, the authors usually use two methods of characterizations:

### **1. Direct Characterization**

Direct characterization is most effectively method employed for the purpose of analyzing the fundamental traits and qualities of an individual. Direct

characterisation is clear and typically performed through description and dialogue, in which the narrator or one character expressly imparts features or qualities to another. Florman (2017) posits that direct characterization involves the author explicitly delineating the attributes of the character. The aforementioned explicit depiction can originate from a narrator, from another character, or from the character in question of their self-description.

The author's intention in portraying a fictional character can be influenced by various factors such as their writing style, genre, form, and period. One technique commonly employed by authors is direct characterisation, which serves the objective of expressing the author's desired portrayal of the character. Furthermore, it is also utilized to furnish the reader with unequivocal information regarding a character, hence minimizing any potential for ambiguity.

## 2. Indirect Characterization

While direct characterization is portrayed through conversation or description, indirect characterization is suggested, in which requires readers to deduce the characters on their own based on contextual cues such as thoughts, actions, speech patterns, appearance, mannerisms, attire, and more. All of these factors might influence the characteristic of the fictitious character.

The author's utilization of indirect characterization to convey comprehension to the reader is notably intricate. Characters that are portrayed through the indirect approach are depicted in diverse manners. The conveyance of understanding by the author is achieved by various subtle means, including the

portrayal of actions, thoughts, reactions, speeches, and situations experienced by the characters (Burroway & Royle, 1976). The author elucidates the manner in which one element interacts with other elements to establish a cohesive whole. The central focus of comprehension lies in the coherence between the character's portrayal crafted by the author and the mental impressions formed within the readers' consciousness (Rimmon-Kenan, 1994).

In aim to convey the intricate nature of indirect characterization, the author also will employ multiple instances of descriptive repetition, which will facilitate the reader's comprehension of a particular character. That repetition was conducted as a means to indirectly communicate certain sensitive matters. Thus, the author consistently transmits it, adjusting to the temporal and contextual aspect of the story (Rimmon-Kenan, 1994).

## **F. Plot**

Aside from expressing real-life experience and emotion, the use of characterisation also tries to show narrative progression in the story. As a protagonist or antagonist of a fictional character moves through the story, encountering and responding to other characters, thus, the location and events of the story will vary. This reflects on how a person might evolve in the actual world, stressing the idea of growth from the beginning of a story.

Plot is the sequence of interrelated events that build a larger narrative, with one event causing or impacting the others. The presence of plot in literary works requires the presentation of an event, action, or turning point that produces

conflict or raises a dramatic issue, leading to following occurrences that are linked to one another as a method of “answering” the dramatic question and conflict.

In 1863, Gustav Freytag (a German novelist) published a book that expanded Aristotle’s concept of plot, which is known as Freytag’s Pyramid. In this concept, Freytag added two components which are rising action and falling action. This dramatic arc of plot structure is the most prevalent depiction of plot as a literary device. Here are the elements of plot:

1. Exposition: Exposition is a literary device designed to deliver crucial information to the reader inside a short story or novel. The use of exposition provides necessary background/backstory for characters, plot, and other narrative elements, as well as allowing the reader to emotionally invest in the narrative’s arc, character, and action, and enhancing their understanding of the story, as well as encouraging their connection to it.
2. Rising Action: Rising action is a succession of prominent occurrences in the plot which build suspense, intrigue, and tension in a narrative. Rising action in a literary work involves all decisions, character faults, and background conditions that, when it is combined, will generate turns and twists leading to a climax.
3. Climax: Climax is a structural aspect in a plot, a state in a literary work which is referred to as a ‘crisis.’ It is a pivotal moment or turning point in a story arc when rising action transform into falling action.



4. **Falling Action/Denouement:** According to Freytag, falling action is a phase which is consisted of events that lead to the end of the story. In this phase, the story's conflict is lessened, or the main character finds a solution to the problem.
5. **Resolution:** Resolution means the unfolding or solution from a complicated issue in a story. The majority examples of resolution are offered in the story's last sections or chapters, following the climax and the falling action.

While Freytag categorized plot based on the process of the story happened, William Foster Harris categorized those into basic parts of Plot:

6. **Happy Ending:** Plot will indicate in a happy ending only when the central character makes a sacrifice or resolve conflict in the story. There is also a positive and light-hearted ending to the story.
7. **Unhappy Ending:** In this part, the central character acts logically the seems right, but fails to completely resolve conflict of the story. Thus, the story might end-up with resolution, but the other characters can lose or sacrifice something.
8. **Tragedy:** Different from the second before, tragedy is distinguished from an un happy ending partly by the magnitude of the outcome but mostly in that the lead character attempts to do something marked by excessive pride, overweening ambition, or another character flaw and that the outcome seems pre-ordained by fate.

The use of Characterization and Plot, thus, will assist the researcher in taking and collecting the data properly, on how the experience of betrayal trauma is depicted in the main character, which, later, lead to the resolution, answering problem faced by the main character, and either the ending will happy, unhappy, or tragedy.

## CHAPTER III

### RESEARCH METHODOLOGY

In this chapter, the researcher examines research methodology which consists of research design, data source, data collection and data analysis.

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

The form of research design applied in this study is literary criticism. Literary criticism is an activity conducted by critics in finding understanding, intrinsic value in a literary text, which is literary work (Asriningsari & Umay, 2016). It could be known as a disciplines which practically and theoretically being able to applied in any forms of texts, using theory and principle explanations as a background of the practice which connect between ideology, structure, politics, economics, and anything, realm and focus on the history construction to be delivered to other people (Habib, 2005, p. 2).

In this study, the data of the research are explored and supported by applying the concept of the used literary approach and theory. The approach applies in this research is psychological approach in literature. For taking and collecting the data, the research uses theory of characterization and plot. Thus, in conducting the analysis, the researcher applies the concept of the theory of betrayal trauma and mental health issues.

**B. Data Source**

In this study, the researcher uses *Eleanor Oliphant Is Completely Fine* by Gail Honeyman. This is a debut novel in the year of 2017, and being the winner of the year in Costa Debut Novel Award. The novel consists about 383 pages, and published by HarperCollins (UK), Pamela Dorman Books (US) on 18<sup>th</sup> May, 2017. The researcher uses the hard-file-type of the novel.

**C. Data Collection**

There are a number of steps the researcher uses for the purpose of collecting data of the study. Fore and foremost was reading the novel, finding and catching deep comprehension of the storyline of the novel. Thus, through characterization and plot in the story, the researcher highlights or make notes of particular parts or scenes, which are considered as the way the character is characterized as having betrayal trauma, all of things involved or categorized as betrayal trauma. Thus, the characterization brings the story transforms the plot in conveying the resolution of Eleanor's betrayal trauma. The researcher solicits the data which only have connection to the aim of the study, focusing on the way Eleanor is depicted as having betrayal trauma and how the plot of the story brings further in showing the resolution of Eleanor's betrayal trauma.

**D. Data Analysis**

After getting the data collection, the researcher classifies those based on the problems of the research. The Data which are categorized as the way Eleanor's betrayal trauma is characterized is analyzed using the concept of the

used theory. Later, this be in line with the plot of the narrative in presenting the resolution of Eleanor's betrayal trauma..

## **CHAPTER IV**

### **FINDINGS AND DISCUSSION**

In this chapter, the researcher discusses the occurrence of Betrayal Trauma in the main character, including but not limited to the trauma experienced, and such mental health illness which rises up as the result of the trauma, through the characterization of Eleanor, as the main character. Afterwards, the plot assists the researcher in discussing the way Eleanor deals with her betrayal trauma.

Firstly, for the first part, the researcher discusses and presents Eleanor's characterization as having betrayal trauma which is depicted through her mental health issues. The discussion starts from brief introduction of the main character, Eleanor, which characterizes as a woman nearly her thirty years old working as a finance clerk in the graphic design company since graduated from college. Eleanor's character which adheres to a stringent schedule that both accommodates and perpetuates her state of solitude, not voluntarily invited another human, or just doing conversation through a phone with her colleagues, thus further presenting the condition of her present life and how those are related to the trauma she has.

Secondly, after presenting the climax of Eleanor's condition in the chapter 26 which is characterized by presenting Eleanor condition which full of wish in doing suicide and emptying bottles of vodka, the discussion further explains about the way it assist the story to turn into presenting the way Eleanor deals with her trauma in the falling action and resolution part.

### **A. Eleanor's Characterization as Having Betrayal Trauma**

Residing in close proximity with parents, particularly mothers, is widely regarded as an environment that offers children a sense of tranquility and security. However, it does not stand on Eleanor and Marianne life. Living and growing with her mother has being the saddest and the worst difficulty ever. Kinds of abuses conducted by her mother, both physically and emotionally, make her taking a pity on her own life. A facial scar that extends along the right side of her visage, attributing it to the fire she experienced when she was in ten years old. The saddest fact is that her mother is the one who did the fire which had killed her mother and only sister, Marianne. Other more manipulated verbal and emotional abuses her mother did also taking contribution as the reason of her trauma.

The betrayal experienced by Eleanor from toxic parenting carried out by her mother significantly left such a quite deep scars in her life, causing endless feelings of guilt, fear, and a pervasive sense of obligation to comply with her mother's entire demands. Subsequently, this trauma of betrayal precipitated in rising up such mental health illness in Eleanor and impending the entire process in living her life. This condition is exactly in line as what Oktariani (2021, p. 216) stated that parental behaviour will be categorized in toxic parenting when parents fail to provide adequate care for their own children and leading their life into adverse outcomes. One of the these is the appearance of mental health issues. In the subsequent discussion, the research will delve into further mental health issues encountered by Eleanor consequent to the betrayal trauma she endured through the characterization.

### a. Toxic Positivity

As a character who had experienced such a traumatic events and result trauma in the following life, Eleanor shows such a respond who always feels ‘fine’ and ‘perfectly fine’ even in the worst condition. This definitely contrasts from what she is supposed to do. She further denies kinds of emotions that will lead her into negative reactions. The evidence of this assertion could be seen in the indirect characterization as in this Datum 1 below .

#### Datum 1.

*“WHY HIM? WHY NOW? On Monday morning, waiting at the bus stop, I tried to work it out. It was a tricky one. Who can understand the workings of fate, after all? Far greater minds than mine had tried, and failed, to arrive at a conclusion. There he was, a gift from the gods – handsome, elegant and talented. I was fine, perfectly fine on my own, but I need to keep Mummy happy, keep her calm so she would leave me in peace. A boyfriend – a husband? – might just do the trick. It wasn’t that I needed anyone. I was, as previously stated, perfectly fine.” (Honeyman, 2017, p. 27).*

This indirect characterization above presents the way Eleanor covering up all of her negative emotions by claiming that she is always ‘fine’ and ‘perfectly fine’. Eleanor believes that she does not need anyone else, everything she need is just keeping her mother happy, so that she would leave her in peace. Generally, as the victim of betrayal, there is no consent or reason for further engaged with people who had betrayed us. But Freyd continually illuminated that this case will be different when the perpetrator of the betrayal is the one the victim relies on, in which in this case mother is the only one what Eleanor has after all.

The fact that Eleanor could not withdraw from her mother after everything bad she had done to her and her sister makes her doing such a toxic positivity in herself, denying that she is in pain, and necessitating that knowledge about the



abuse to be suppressed and blocked from her mental mechanism. The existence of this toxic positivity is “expected to minimize or eliminate painful emotions, creating pressure to be unrealistically optimistic without considering the circumstances of the situation,” said Reynold, PhD, in Anxiety & Depression Association of America (ADAA).

Through indirect characterization Eleanor also shows her behaviour of toxic positivity by the way she spends her daily activities for about twenty years after the traumatic events which are most spent for working, working, and working, as the Datum 2 below.

#### Datum 2.

*“On top all this, I was trying to find a new routine, but it wasn’t easy. For more than nine years, I’d got up, gone to work, come home.” (Honeyman, 2017, p. 311).*

Thus, the activity she claimed as a work routine is depicted through indirect characterization in the Datum 3 below.

#### Datum 3.

*“From Monday to Friday, I come in at 8.30. I take an hour for lunch. I used to bring in my own sandwiches, but the food at home always went off before I could use it up, so now I get something from the high street. I always finish with a trip to Marks and Spencer on a Friday, which rounds off the week nicely. I sit in the staffroom with my sandwich and I read the newspaper from cover to cover, and then I do the crosswords. I take the Daily Telegraph, not because I like it particularly, but because it has the best cryptic crossword. I don’t talk to anyone – by the time I’ve bought my Meal Deal, read the paper and finished both crosswords, the hour is almost up. I go back to my desk and work till 5.30. The bus home takes half an hour.” (Honeyman, 2017, p. 4).*

The indirect characterization as presented in the Datum 2 and 3 shows Eleanor’s effort to put aside her negative emotions by doing such a static activity for about more than 20 years, or at least nine-year after she has been working in

the office, by working, working and go home. This Eleanor's indirect characterization elucidates how betrayal trauma from her mother's toxic parenting goes to be one of the reasons which causes Eleanor having difficulty in getting social interaction, this including the difficulty of conveying her emotions, hence covering those by feeling 'fine' and 'perfectly fine,' this condition is also represented when Eleanor was talked behind by her colleagues in the office, as presented through direct characterization in the Datum 4 below.

#### Datum 4.

*'She's mental,' he said*

*'Well, we know she's mental,' Janey said, 'that was never in doubt. The question is, what did she do this time?'*

*Billy snorted. 'You know she won those tickets and ask me to go to that stupid gig with her?'*

*Janey smiled. 'Bob's annual raffle of crap client freebies. First prize, two free tickets. Second prize, four free tickets . . .'*

*Billy sighed. 'Exactly. Total embarrassment of a Thursday night out – a charity gig in a pub, starring the marketing team of our their friends and family? And, to make it worse, with her?' Everyone laughed. I couldn't disagree with his assessment; it was hardly a Gatsbyesque night of glamor and excess.*

*'Anyway,' said Billy – he did not like being interrupted, I'd noticed – 'she absolutely hated that band. She just sat there frozen; didn't move, didn't clap, anything. Soon as they finished, she said she needed to go home. So she didn't even make it to the interval, and I had to sit there on my own for the rest of the gig, like, literally, Billy No-Mates.'* (Honeyman, 2017, p. 9-10).

This indirect characterization of the Datum 4 presents how Eleanor shows no expression or statement which told that she felt bad about him, Billy, or the other. Eleanor prefers to keep shut up, and listen it till the end of the conversation, while at the same time realizing that these people were talking behind her. Quintero & Long (cited from Kojongian & Wibowo, 2021, p. 12) explained that the process of toxic positivity will result such a denial feeling, minimizing and

invalidating the nature of human emotions. It is because most people do not want to look "bad," so when a problem comes, there will be two options taken : Being honest and transparent about the problems or pretending that everything is fine (Kojongian & Wibowo, 2021, p. 2). Through this indirect characterization, Eleanor shows that she chooses to claim that she is fine. This behaviour subsequently brings Eleanor to attribute responsibility in herself, and believes that she was solely right to blame for all this.

Eleanor's tendency to avoid and reject all of her problems by toxic positivity depicted in the indirect characterization of the Datum 4 above does not truly make her feeling 'fine' as what it should be or assist her in dealing with the trauma she has. Instead of getting better condition, this behaviour of toxic positivity which is occurred to Eleanor leads her into having other mental health illness.

#### **b. Delusional**

Delusion refers to untrue, fixed and inflexible set of ideas that an individual become fascinated with and firmly adheres to, even in the face of logical inconsistencies and a dearth of corroborating evidence. Kiran & Chaudhury (2015, p. 3) demonstrated that "a person with a delusion will hold firmly to the belief regardless of evidence to the contrary," moreover, they said that this people who lived with delusion will believe that their belief or idea is real.

Through indirect characterization from the previous data 1 to data 5 Eleanor shows that the behaviour of toxic positivity she experienced had affected her though by having delusion that her mother is still alive. After having being experiencing fire which had been killing her mother and sister, Eleanor still could not leave herself from being thinking and believing that her mother is still alive and accompanying her. The evidence of this assertion could be seen in the following indirect characterization of the Datum 5 below.

#### Datum 5.

*“After I’ve washed up, I read a book, or sometimes I watch television if there’s a programme the Telegraph has recommended that day. I usually (well, always) talk to Mummy on a Wednesday evening for fifteen minutes or so. I go to bed around ten, read for half an hour and then put the light out. I don’t have trouble sleeping, as a rule.”*  
(Honeyman, 2017, p. 5)

Through indirect characterization as presented in the Datum 5 above, Eleanor presents herself as a character who still thinks and believes that her mother is still alive by confirming that on every Wednesday evening she will have such an intense communication with her mother. The traumatic experiences and betrayal her mother did places Eleanor in a such feeling of helpless and inability to escape the attachment she had with her mother, despite the fact that her mother had died. This condition is in line with the statement that the development of delusions has been theorized to be influenced by childhood trauma, namely through the formation of biased threat beliefs. These views are thought to originate from negative beliefs about oneself and others that are associated with the traumatic experience (Bailey, Jimenez, Sanchez, Hulbert, Barlow, and Bentall, 2018, p. 1111).

Through this indirect characterization, Eleanor shows that she is attempting to preserve and maintain her relationship with her mother as a means of concealing her feelings of sadness and the negative aspects of their relationship. This situation is substantiated by a specific dialogue, where Eleanor's delusions take place, between Eleanor and her mother, as indicated in the provided direct characterization of the Datum 6 below.

#### Datum 6.

*“Hello?” I said, somewhat tentatively.*

*‘Oh, so it’s “Hello”, is it? “Hello” – that’s all you’ve got to say to me? And where the hell were you last night, lady? Hmm?’ She was playing to the gallery again.*

*‘Mummy,’ I said. ‘How are you?’ I tried my best to steady myself.*

*‘Never mind how I am. Where were you?’*

*‘I’m sorry, Mummy,’ I said, trying to keep my voice even. ‘I was ... I was with a friend, visiting another friend in hospital, actually.’*

*‘Oh, Eleanor,’ she said, her voice oozingly oleaginous, ‘you don’t have friends, darling. Now come on, tell me where you really were, and I want the truth this time. Were you doing something naughty? Tell Mummy, there’s a good girl.’*

*‘Honestly, Mummy, I was out with Raymond’ – there was a snort – ‘visiting this nice old man in hospital. He fell in the street and we helped him and –’*

*‘SHUT YOUR LYING LITTLE CAKEHOLE!’ I flinched, dropped the book, picked it up again.*

*‘You know what happens to liars, don’t you, Eleanor? You remember?’ Her voice was back to sickly sweet. ‘I don’t mind how bad the truth is, but I won’t tolerate lies, Eleanor. You of all people should know that, even after all this time.’ . . .*

*‘Don’t you go getting sidetracked, now, Eleanor – dot go ignoring Mummy, will you? Oh, you think you’re so smart now, don’t you, with your job and your new friends. But you’re not smart, Eleanor. You’re someone who lets people down. Someone who can’t be trusted. Someone who failed. Oh yes, I know exactly what you are. And I know how you’ll end up. Listen, the past isn’t over. The past is a living thing. Those lovely scars of yours – they’re from the past, aren’t they? And yet they still live on your plain little face. Do they still hurt?’*

*I shook my head, but said nothing.*

*'Oh, they do – I know they do. Remember how you got them, Eleanor. Was it worth it? For her? Oh, there's room on your cheek for a bit more hurt, isn't there? turn the other cheek for Mummy, Eleanor, there's a good girl.'*" (Honeyman, 2017, p. 130)

This direct characterization of the Datum 6 presents a situation in which Eleanor engages such intense communication with her mother. For Eleanor, talking and communicating with her mother was something that be both daunting and exhausting, as she perceived the frequency of communication of once a week to be excessive. In this occasional situation, Eleanor indicates such a severe helplessness demonstrated through her attitude and acts, as she exhibits a lack of resistance and instead opts to passively endure the verbal abuse inflicted upon by her mother.

This delusional condition showed in the direct characterization of the Datum 6 above further brings Eleanor getting more difficulty in cutting off her relationship and stop having a contact with her Mummy. Kiran & Chaudhury (2015, p. 3) stated that "a person with a delusion will hold firmly to the belief regardless of evidence to the contrary," her mother's saying which stated that she could not be separated by her past puts her in difficulty in differentiating whether her belief is real or not, regardless of how real the evidence given, as shown in the direct characterization of the Datum 7 below.

#### Datum 7.

*"'You're still of the view that you don't want to know anything else about the incident, or about your mother, I understand?' No smiling this time.*

*'That's right,' I said. 'There's no need – I speak to her once a week, on a Wednesday evening, regular as clockwork.'*

*'Really? After all this time, that's still happening? Interesting ... Are you keen to ... maintain this contact?'*

*'Why wouldn't I be?' I said, incredulous. Where on earth does the Social Work department find these people?*

*She deliberately allowed the silence to linger, and, although I recognized the technique, I could not stop myself from filling it, eventually.*

*'I think Mummy would like it if I tried to find out more about ... the incident ... but I've no intention of doing so.'*

*'No,' she said, nodding. 'Well, how much you want to know about what happened is entirely up to you, isn't it? The courts were very clear, back then, that anything like that was to be entirely at your discretion?'*

*'That's correct.' I said, 'that's exactly what they said.'*

*She looked closely at me, as so many people had done before, scrutinizing my face for any traces of Mummy, enjoying some strange thrill at being this close to a blood relative of the woman the newspapers still occasionally referred to, all these years later, as the pretty face of evil. I watched her eyes run over my scars. Her mouth hung slightly open, and it became apparent that the suit and the bob were an inadequate disguise for this particular slack-jawed yokel." (Honeyman, 2017, p. 53-54)*

Through direct characterization, this Datum 7 directly presents how surprised June is, through her communication with Eleanor, knowing that she still, persistently, conducts communication and contact with her mother. June Mullen is characterized as the first and last visitor of her home, aside from Social Worker, service professional, and before Raymond, about November one year ago. This reaction appears as she acknowledges about what had happened to Eleanor in the past. Still, back then Eleanor is adamant that she had no intention to know or talk about her past, how hard June explained that it is entirely her decision.

Delusional Eleanor experiences be more serious and critical as she doing unhealthy coping mechanism in covering up all of her stress by living in solitude life and drinking vodka, as shown indirectly in the indirect characterization of this Datum 8 below.

Datum 8.

*“Raymond, I simply had a bit too much vodka after a stressful evening, that’s all. It’s hardly symptomatic of an illness.”*

*‘Where had you been that night?’ he said. ‘What’s been going on since then?’*

*I shrugged. ‘I went to a gig,’ I said. ‘It wasn’t very good.’*

*Neither of us spoke for a while.*

*‘Eleanor,’ he said eventually, ‘this is serious. If I hadn’t come over when I did, you might be dead by now, either from the booze or from chocking on the pills or whatever.’*

*I put my head on one side and pondered this.*

*‘All right,’ I said. ‘I concede that I was feeling very unhappy. But doesn’t everyone feel sad from time to time?’” (Honeyman, 2017, p. 279)*

Cleveland Clinic in their article *Alcohol Use Disorder* stated that such traumatic or early childhood experiences might contribute to the existence of alcohol use behaviour, furthermore, in article *Delusional Disorder* that this “Environmental and Psychological factors. . . suggests that delusional disorder can be triggered by stress. Alcohol use disorder and substance use disorder might contribute to the condition . . . reaction formation, projection, and denial are some for the development psychodynamic theories for the development of delusional disorder.” As a serious mental health issue, it could trigger another and more mental health illness which could be more dangerous for Eleanor.

### **c. Self-Sabotaging**

Self-Sabotaging is a harmful behaviour, in which someone does dangerous activities by themselves which place them into a condition getting difficulty in achieving or doing something as what they hope or would like to achieve. The failure relationship between her and her mother and, thus, the experience of betrayal she had is also involved in this behaviour, in which put Eleanor in a



feeling of undeserving to be loved or receiving good treatment. In fact, for Eleanor, these are the greatest failure she has, which not only destroy her life but made her losing her only sister, Marianne. This though then made Eleanor justifies all her actions and the bad actions of other people towards her, as presented in the direct characterization of the Datum 9 below.

#### Datum 9.

*“‘No, Raymond,’ I said. ‘You would never have done either of those things.’ I finished my cup of wine and poured some more. ‘I lived with a man called Declan for a couple of years. He used to punch me in the kidneys, slap me – he fractured twelve bones, all in all. He stayed out some nights and then came home and told me about the women he’d been with. It was my fault, all my fault. But still, I know he shouldn’t have done that. I know it now, anyway.’*

*Raymond stared at me. ‘Jesus, Eleanor. When was this?’*

*‘Several years ago,’ I said. ‘While I was still in university. He saw me in the Botanic Gardens one day, just came up and started talking to me. I know it sounds ridiculous, looking back. Back the end of the week, he’d moved in.’*

*‘Was he a student too?’ Raymond said.*

*‘No, he said reading books was a waste of time, boring. He didn’t work, ether; couldn’t find a job that suited him, he said. It’s not easy to find a job that suits you, I suppose, is it?’*

*Raymond was looking at me with a strange expression on his face.*

*‘Declan wanted to help me learn how to be a better person,’ I said. Raymond lit yet another cigarette.” (Honeyman, 2017, p. 168).*

From this direct characterization of the Datum 9, which is depicted through her communication with Raymond, Eleanor presents a situation in which she was running such a toxic relationship with her ex-boyfriend, Declan. In this direct characterization, Eleanor elucidating her toxic relationship, in which her ex-boyfriend had abused for brutally both in emotionally and physically. Instead of feeling sad of herself and realizing that she should ‘save’ herself, this condition is getting worse as looking Eleanor’s reaction in which she claimed to be purposed

that it was her fault, again, all was her fault, and believed that abuses her ex-boyfriend did was purposed to bring her being a better person.

In Betrayal Trauma theory, Freyd illuminated that, aside from the trauma itself, social behaviour is also a crucial part that should be considered. It is about how the betrayed victims control and managed their social interaction. This social interaction will help the victim to find the right way they should respond and whether they should accept or ignoring the past which result that trauma in themselves.

Her lack ability in this social interaction eventually brings Eleanor having difficulty in conveying her emotion while having a problem or a deep stress. Eleanor's decision which chooses to refuse and admit that she has trauma from the past where she lived made her having a difficulty in differentiating a bad and a good way, so that every time she was under pressure or stress came upon her life, especially when something remains her about her bad past, she will wreak it out to alcohol. Eleanor believed that this alcohol could assist her in losing that stress and all overthinking that stays in her brain. She believed that this alcohol could bring her stepping out and forgetting the past she experienced, as the presented in indirect characterization of the indirect characterization of the Datum 10 below.

Datum 10.

*“Vodka is, for me, merely a household necessity, like a loaf of bread or a packet of tea. The very best thing about it is that it helps me to sleep. Sometimes, when night comes, I lie there in the darkness and I can't prevent myself remembering; fear, and pressure, but mostly fear. On nights like those, Mummy's voice hisses inside my head, and another voice, a smaller, timid one, nestles in close to my ear, so close that I can feel her hot, panicky breath moving across the tiny hairs that transmit the sound, so close she barely*

*needs to whisper. That small voice; it breaks apart, pleading: Eleanor, please help me, Eleanor . . . over and over and over again. On those nights I need the vodka, or else I'd break apart too." (Honeyman, 2017, p. 153)*

In this indirect characterization of the Datum 10 above by saying vodka being able to help her getting to sleep, Eleanor indirectly presents that it is her most comfort zone that will assist escaping from that her troubled past memory, or else she will break apart. Eleanor shows how important vodka is, depicting it as a household necessities that she could not live with and should be fulfilled. This Eleanor's tendency thus ultimately pushed her further away from the conditions she always claims, being 'fine' and 'perfectly fine'. It is because alcoholics or addicts may experience sense of unworthiness regarding the positive occurrences in their lives, which can act as a fundamental catalyst for engaging in self-sabotage behaviour. Furthermore, "The expectation of other that they will "keep up the good work" can be a lot of pressure" (Carole Bennett M.A, in the article Psychology Today, The Alcoholic /Addicts Art of Self Sabotage).

#### **d. Physical Health Issue**

In the novel *Eleanor Oliphant Is Completely Fine*, Eleanor is characterized having physical illness. The most considerate reason as the cause of the arise of physical illness is the incapability in responding and expressing her trauma in her present live. One of the most tendencies in physical illness Eleanor exhibits is her sleep disorder. The evidence for this assertion is shown in the indirect characterization of the Datum 11 below.

Datum 11.

*"At the office, there was that palpable sense of Friday joy, everyone colluding with the lie that somehow the weekend would be amazing and that, next week, work would be*

*different, better. They never learn. For me, though, things had changed. I had not slept well, but despite that, I was feeling good, better, best. People say that when you come across 'the one', you just know. Everything about this was true, even the fact that fate had thrown him into my path on a Thursday night, and so now the weekend stretched ahead invitingly, full of time and promise.” (Honeyman, 2017, p. 9)*

The following indirect characterization of the Datum 12 also brightens Eleanor’s sleeping disorder which she always claims did not disturb her and still fully in ‘perfect fine’ condition.

Datum 12.

*“ON THE BUS TO work, I felt strangely calm. I hadn’t drunk vodka after the chat with Mummy, but only because I didn’t have any, and I didn’t want to go out alone in the dark to buy some Always alone, always dark. So, instead, I had made a cup of teas and read my book, distracted occasionally by my flashing green fingernails as I turned the pages. I’d had enough of tropical fruit for the time being, and needed something more conducive to matters of the heart. Sense and Sensibility. It’s another one of my favourites: top five, certainly. I love the story of Elinor and Marianne, how it unfolds so carefully. It all ends happily, which is highly unrealistic, but, I must admit, narratively satisfying and I understand why Ms Austen adhered to the convention. Interestingly, despite my wide-ranging literally tastes, I haven’t come across my heroines called Eleanor, in any of the variant spellings. Perhaps that’s why the name was chosen for me. After a few, familiar chapters, I went to bed and did not sleep at all. A night without repose, however, seemed to have no ill effects, surprisingly, and I felt bright and alert as the bus was made its way through the morning traffic. Perhaps I was one of those people, like the late Baroness Thatcher, who simply did not require sleep? I picked up a copy of the free newspaper that is always discarded on bus seats, and began to flick through it.”(Honeyman, 2017, p. 135)*

Through indirect characterization presented in the Datum 11 and 12 Eleanor shows a condition in which exhibits her having a sleeping disorder. It could be seen by her assertion which said that she had not sleep well and even did not sleep at all for the whole night. Instead of feeling that it will disturb her physical condition or emotional and concentration, Eleanor said that she still in her perfection, who did not require sleep as Baroness Thatcher.

This sleeping disorder which is experienced by Eleanor also in certainly contrast from what she had already stated that she has no trouble in sleeping, as shown directly in the direct characterization of the Datum 13 below.

Datum 13.

*“After I’ve washed up, I read a book, or sometimes I watch television if there’s a programme the Telegraph has recommended that day. I usually (well, always) talk to Mummy on a Wednesday evening for fifteen minutes or so. I go to bed around ten, read for half an hour and then put the light out. I don’t have trouble sleeping, as a rule.”*  
(Honeyman, 2017, p. 5)

Eleanor’s trauma and her routine communication with her mother, even though only occurs once a week, are the reason why Eleanor has trouble in her sleeping. Eleanor’s tendency to live in her solitude and always feeling ‘fine’ and ‘perfectly fine’ also for the further time made Eleanor normalize her bad behaviour, having vodka which she believed could assist her in having better sleep, which without her understanding any time could do harm to herself.

#### **e. Depression**

Depression is a condition encompassing a broader range of experiences beyond transient feelings of sadness or temporary negative moods. Comeau (cited from Cakir, Kocukoglu, & Adiguzel, 2023) stated that individuals with depression may encompass multiple factors, such as a decline in cognitive abilities, experiences of anxiety or social withdrawal, a sense of hopelessness and distress, a tendency towards pessimism, pervasive feelings of sadness, and a reduction in both mental and physical activities.

Eventually, Eleanor’s behaviours which always avoid and reject her deep pain and sadness by always feeling ‘fine’ and ‘perfectly fine’ could not truly deny and cover up the fact that she experiences quite severe betrayal trauma due to her mother’s toxic parenting. The peak from all of these is rising up the wish

and desire to suicide as shown in the indirect characterization of the Datum 14 below.

Datum 14.

*"I have been waiting for death all my life. I do not mean that I actively wish to die, just that I do not really want to be alive."* (Honeyman, 2017, p. 268)

Another indirect characterization of the Datum 15 below also shows how do wish Eleanor to die, after having drinking many vodka.

Datum 15.

*"I wanted to die – this time, in addition to actually wanting to die, I meant it in the metaphorical sense too. Oh, come on now, I thought to myself, almost amused; just how desperately, on how many levels, does a person have to wish to die before it's actually allowed to happen? Please?"* (Honeyman, 2017, p. 274)

Through indirect characterization presented in the Datum 14 and 15, Eleanor shows her inclination which prefers to wreak all of her sadness and stress out by consuming lots of vodka bringing her into the worst condition. Instead of assisting her for having a good sleep as she saying, this unhealthy coping mechanism further brings her into having a desire of doing suicide. It is because "Alcohol and mental health care are closely linked, . . . relying on alcohol to manage your mental well-being can become a problem in itself."

The indirect characterization from the above datum brings Eleanor rising up of her desire for doing suicide in the peak of her stress and sadness indicates that Eleanor save such a severe depression. The cause of the existence of this depression is not only about her suicidal ideation, but also the involvement from other mental health issues she experiences. McGinn (cited from Khan, Ibadat.,

2011, p. 127) stated that “When confronted with negative event, individuals with a negative thinking process are vulnerable to depression because they will infer that negative consequences will follow from this negative event and that occurrence of that event means that the individuals themselves are worthless or flawed,” and, for many individuals, a conviction to die by doing suicide would be preferable than continuing life (Khan, 2011, p. 127). This Eleanor’s depression is also confirmed by the doctor she visited after that alcoholic events she did, as presented in the direct characterization in the Datum 16 below.

#### Datum 16.

*“That first week, the week immediately after the incident with the vodka and the visit from Raymond, I slept a lot. I must have done other things, normal things too, like going out to buy milk or having a shower, but I can’t recall them now.*

*The doctor had somehow managed to deduce that I was suffering from depression, even with only a few scant details to go on. I managed to keep all of my most important secrets to myself. She suggested that medication and talking therapy combined was the most effective form of treatment, but I insisted that I did not wish to take any tablets, at least initially.” (Honeyman, 2017, p. 285)*

This direct characterization presented in the Datum 16 presents Eleanor’s condition which said by the doctor having depression. This condition is denoted a week after she having empty lots of vodka which leads her into suicidal ideation. Eleanor do realize that everything she has done is wrong, realizing that she different from her mother, but the relationship which is involved in the trauma made her confused and difficult to believe in anyone else. This assertion could be seen in the direct characterization as presented in the Datum 17 below.

#### Datum 17.

*“I’d thought I could solve the problem of myself so easily, as if the things that were done all those years ago could actually be put right. I knew that people weren’t supposed to exist as I did, work and vodka and sleep in a constant, static cycle in which I spun around on myself, into myself, silent and alone. Going nowhere. On some level, I realized that*

*this was wrong. I'd lifted my head up just high enough to see that, and, desperate to change, I'd clutched at a random straw, let myself get carried away, imagining some sort of .. future.*

*I cringed. No, that's wrong. Cringe denotes embarrassment, fleeting shame. This was soul curling into whiteness, an existential blank where a person had once been. Why did I start to allow myself to think I could live a normal life, a happy life, the kind other people had? Why did I think that the singer could be part of that, help bring it about? The answer stabs at me: Mummy. I wanted Mummy to love me. I'd been alone for so long. I needed someone by my side to help me manage Mummy. Why wasn't there someone, anyone, to help me manage Mummy?" (Honeyman, 2017, p. 267)*

Another direct characterization presented in the Datum 18 below also emphasizes again how desperate and helpless she is.

Datum 18.

*"My life, I realized, had gone wrong. Very, very wrong. I wasn't supposed to live like this. No one was supposed to live like this. The problem was that I simply didn't know how to make it right. Mummy's ways was wrong, I knew that. But no one had ever shown me the right way to live a life, and although I'd tried my best over the years, I simply didn't know how to make things better. I could not solve the puzzle of me. (Honeyman, 2017, p. 276)*

The direct characterization presented in the datum 17<sup>th</sup> and 18<sup>th</sup> eventually shows Eleanor's ultimate act of honesty, as she finally express the emotions she has been suppressing for an extended period of time. Through these direct characterization, Eleanor directly shows such an awareness that her actions and behaviour are fundamentally incorrect and have detrimental effects on her own well-being. This puts her in the realization that she has been lack in a sense of certainty, satisfaction, and fulfilment in the manner in which she leads her life, but she is cognizant of her limited agency and inability to effectively govern and maintain her self-control.

Eleanor's tendency which always feels perfectly fine in her own and rejecting to recalling her past in the long run in fact only will keep her trauma in a



bay and placed her in a full of desperate condition. Still, having being feeling alone for so long time also finally makes Eleanor be brave to utter her feeling that she need to be loved by her mother. Eleanor is aware that her mother is bad. Extremely bad. However, in the other time, she is also aware that having mother is better than no mother.

### **B. The Resolution of Eleanor's Betrayal Trauma Based on The Plot**

Eleanor's tendency of constantly rationalizing harmful and negative actions toward herself eventually leads her in experiencing such a chaotic condition. Kinds of bad behaviour she normalizes bringing her into the climax, in which the condition and situation are getting worse from day to day, as presented in the indirect characterization presented in the Datum 19 below.

Datum 19.

*"All of the empty vodka bottles are in my sightline, dropped on the floor when they were finished. I ought to feel ashamed that someone will find the place in this state, but I feel nothing. Eventually my body will be removed and industrial cleaners will be dispatched, I suppose. The flat will be re-let. I hope the new tenants will be happy here, leave some traces of love in the walls and the floors and the gaps around the windows for the next inhabitants. I have left nothing. I was never here."* (Honeyman, 2017, p. 260).

Another indirect characterization in the following Datum 20 also presented in depicted the chaos situation Eleanor experiences.

Datum 20.

*"I don't know how long I have been lying like this. I don't recall how I ended up on the floor of the kitchen, or why I am naked. I reach for the bottle beside me, anxious about how much remains, instantly relieved at its heaviness. This is the last one, however. When this bottle is done, I have two choices: get off this floor, get dressed and go and go and buy more; or kill myself. Actually, either way, I am going to kill myself. It's simply a case of how much vodka I drink before I do it. I take another big mouthful and wait for the pain to be released."* (Honeyman, 2017, p. 260).

Through indirect characterization presented in the Datum above, Eleanor indirectly shows how chaotic her life, by emptying many vodka, laying naked on the floor without being afraid or ashamed that someone might be come in into her house. At this time, Eleanor do ultimately realizes that she had failed in solving herself facing the problem as her tough thinks it so easily. These indirect characterizations further present how the climax get worse as she keeps continuing in drinking vodka more and more and planning for doing suicide.

This situation further getting calm and slowly down as the existence of Raymond concerns to Eleanor's condition as she did not show up in the office for more than couple of days. This situation further brings the story in presenting the resolution for Eleanor's betrayal trauma in the falling action and resolution part.

a. Falling Action

Regarding to the falling action, it is generally understood that the catastrophe cannot appears entirely or all of sudden and surprising the readers. The more intense the climax, the more violent the hero's fall, the more vividly the end must be felt beforehand; the less dramatic power the story has in the middle of the piece, the more pains they will take toward the end and the more they will try to use striking effects (Freytag, 1894).

In this study, the falling action is started as the existence of the other characters which are Raymond and Dr. Temple, who have brought such a big contribution in Eleanor's life. Characterized as an inelegant but friendly new IT guy at her office work, Raymond is characterized as a warm-hearted character. Unlike the others character which looked down at Eleanor, Raymond truly

welcomes by the existence of Eleanor and getting used to her personality and sense of humours. Even so, it still takes some times and efforts for Eleanor to become close enough with the other, as Raymond, and interacting comfortably and effortlessly.

After what she has been going through, the peak of her sadness and revealing all of her feeling, Eleanor started to open and relief her trauma bravely to Raymond, but, same as the way she get close with him, this condition needs some processes to make her sure and believe, because after all she keep on her belief that telling about her past to the other is useless, as the direct characterization presented in the Datum 21 below.

#### Datum 21.

*“Look, I know you’re a very private person, and that’s fine, but we’re pals, you know? You can talk to me about stuff. Don’t bottle things up.”*

*‘Why not?’ I asked. ‘How can telling someone how bad you’re feeling make it better? It’s not like they can fix it, can they?’*

*‘They probably can’t fix everything, Eleanor, no,’ he said, ‘but talking can help. Other people have problems too, you know. They understand what it feels like to be unhappy. A problem shared and all that ...’*

*‘I don’t think anyone on earth would understand what it feels like to be me,’ I said. ‘That’s just a fact. I don’t think anyone else has lived through precisely the set of circumstances I’ve lived through. And survived them, at any rate,’ I said. It was an important clarification.” (Honeyman, 2017, p. 278)*

Through direct characterization depicted from the conversation Raymond had with Eleanor, this Datum 23 presents he, by slowly, discloses and encourages Eleanor to keep on process, convincing herself that there is a ‘scar’ in her life that should be recovered. In this part, the role of Raymond is trying to be a good listener for Eleanor. “Listening in this way involves not only risking “personal

ordeal,” but also the risk of changing how we see and experience the world,” Freyd (2006, p. 55). Even so, it is not as easy as that, simply, Eleanor doubts that will not solve the problem. Eleanor asserted again that there is no one in the world that could understand her, even survived as the way she did. She feels that what had happened to her is the worst, something that no one would hope or even think about.

As a character which is characterized has been close and well-understanding her, Raymond is aware that what Eleanor has been doing is totally wrong, and as character which has suffered loneliness in a sole life, Raymond believes that a believed listener is everything she need. Raymond pulled out all of his efforts to show his empathy and making her sure that he is totally in care with her. The evidence for this assertion could be seen through indirect characterization presented in the Datum 22 below.

#### Datum 22.

*“Try me,” he said. He looked at me, and I looked at him. ‘OK, if not me, then try someone else. A counsellor, a therapist . . .’*

*I snorted – a most inelegant sound.*

*‘A counsellor!’ I said. “Let’s sit around and talk about our feelings and that’ll magically make everything better.” I don’t think so, Raymond.’*

*He smiled. ‘How will you know until you try, thought? What have you got to lose? There’s no shame, you know, no shame at all in being . . . depressed, or having a mental illness or whatever ...’ I almost choked on my tea.*

*‘Mental illness? What are you talking about, Raymond?’ I shook my head.*

*He held up both hands in a placatory movement.*

*‘Look, I’m not a doctor. It’s just ... well ... I don’t think that someone who gives themselves alcohol poisoning while they plan their suicide is, you know, in a very good place?’ (Honeyman, 2017, p. 278-279)*

In this indirect characterization presented in this Datum 22 Raymond shows how worried he is to Eleanor's condition, by staying on his opinion and struggles to convince her that she should meet or consult to the expert, like a counsellor. Mental illness is what Raymond categorizes for Eleanor's condition as what she has done by alcohol poisoning while she planned for suicide. Raymond's genuine openness for everything Eleanor's saying, somehow, made Eleanor feels that she has a voice to say what she have never been able to say before. Eventually, this Raymond's effort goes with a good impact. Eleanor agreed and thought that she should go for counsellor or therapist. The evidence of Eleanor's respond could be seen in the direct characterization presented in the Datum 23 below.

#### Datum 23.

*“Earlier in the week, after Raymond had delivered a persuasive argument about the importance of obtaining an expert, objective view of my emotional state, and of the efficacy of modern treatments should any mental health issues be diagnosed, I'd finally agreed to make an appointment at the surgery.*

*‘I'm going tomorrow,’ I said. ‘Half past eleven.’*

*He nodded. ‘That's good , Eleanor,’ he said. ‘Now, promise me you'll be completely honest with the doctor, tell her exactly what you've been feeling, what you've been going through.’*

*I thought about this. I would tell her almost everything, I'd decided, but I wasn't going to mention the little stockpile of pills (which no longer existed in any case – Raymond had, with scant concern for the environment, flushed them down the lavatory. I'd professed irritation but was secretly glad to be rid of them), and I had also decided to say nothing about the chats with Mummy or our ridiculous, abortive project.” (Honeyman, 2017, p. 283).*

Through direct characterization presented in the Datum 23 above shows how the continuity and persistence Raymond manifests ultimately made Eleanor

touched starting to be brave to open about herself, about emotional state she experienced, by agreeing to see professional expert.

Through indirect characterization of the Datum 23 above, Eleanor show that by agreeing to take work off and diagnosed as having depression indirectly had represented that she lived in a not fine condition. Even though she was still reluctant to reveal anything about her mother, still, Eleanor's decision to allow herself to consult or undergo therapy with a doctor ultimately had a very good impact on her. This condition far away brings the plot of the story in presenting the resolution of Eleanor's betrayal trauma.

b. Resolution

In his book, *Technique of the Drama*, Freytag (1894) ever said that the catastrophe of the drama is the final action or resolution; it is known as the exodus on the old stage. The shame of the main characters is alleviated by a magnificent deed in it. The more profound the battle that has progressed in the hero's spirit, and the more lofty its goal, the more rational the destruction of the yielding hero will be.

In this part, the resolution is started after Eleanor having been successfully conceived by Raymond for visiting an expert and conducting therapy was ultimately begun. She was assigned for meeting with Dr. Maria Temple. The therapy was going on a good flow. She gave all of the questions with a good but simple answer. Eleanor seems on purpose limited her responds, avoiding giving all of her important secret to the therapist, but it was not until she got a question

about her childhood, simply this also going to talk about her mother, in which the condition got triggered herself, either physically and emotionally, as shown in the direct characterization of the Datum 24 below.

Datum 24.

*“There are actually quite a number of issues I’d like to suggest we explore over the next few sessions,” she said. “We’ve been talking about recent events here today, but at some point I’d like to hear a bit about your childhood –”*

*‘Absolutely not,’ I said, folding my arms and staring at the carpet. The Lady does not need to know what goes on in this house.*

*‘I understand that it can be a very difficult thing to talk about,’ she said.*

*‘I don’t want to talk about any of that, Maria. Please, do not ask me to talk about Mummy.’*

*Damn, damn, damn. She leapt on that, of course. Mummy’s always the star turn, the big draw.*

*‘What sort of relationship do you have with your mother Eleanor? Are you close?’*

*‘Mummy’s in contact quite regularly. Too regularly,’ I said. The cat was out of the bag now.*

*‘You two don’t get on, then?’ she said.*

*‘It’s ... complicated.’ I noticed myself physically as well as metaphorically squirming in my seat.*

*‘Can you tell me why?’ Maria asked, bold as brass, nosy, intrusive. Shameless.*

*‘No,’ I said*

*There was a long pause.*

*‘I know that it’s difficult, really difficult, to talk about painful things, but, as I said, that’s the best route to helping us move forward. Let’s start very slowly. Can you tell me why you don’t feel comfortable talking about your mother?’*

*‘I ... she wouldn’t want me to,’ I said. That was true. I remembered the last – and only – time I’d done it, with a teacher. It wasn’t a mistake you made twice.*

*My left leg had begun to tremble; just a little quiver, but once it started, I couldn’t get it to stop. I threw my head back and made a noise, a sort of sigh mixed with a cough, to try to distract her eye from it. (Honeyman, 2017, p. 292-293)*

In this direct characterization presented in the Datum 24 Eleanor shows direct rejection for talking or discussing about her mother. She pulls out all of her

effort to reject and avoid anything and question about her mother. By simply, she just said that her mother would not want her, means as a daughter. Her physic also started to popping fidgetiness as a form of her uncomfortability by squirming on her chair, her left leg also began to tremble, and once it trembling it will difficult to be stopped. Talking about this topic ultimately, directly, had shaken her memory about the last time she telling her teacher about bruises she got which then was the last she promised not to do again. That was the last time, one week, she memorized before her mother set a fire for her and her sister.

Even so, the therapy did not stop at that time. Dr Temple understood that there is something Eleanor hold, to not open to her, and tried to change the method by the empty-chair exercise. Basically, it is a method in which there is an empty-chair and Eleanor could imagine that the one who sit the chair is her mother. Dr Temple tried to make her sure and remember that she is here to be a happy person. What got on Eleanor's mind is her fear that mother is here, hear, and will caught her up doing this treatment, which is a nightmare. Her legs are still trembling at the same time she is on effort to believe that she is in the safe place, and her mother would not about it, and once she felt, the simple sentence she popped up means all her fear, as the indirect characterization presented in the Datum 25 below.

Datum 25.

*"I turned to face the empty chair. My leg was still trembling, I cleared my throat. I was safe. She wasn't really here, she wasn't really listening. I thought back to that house, the cold, the damp smell, the wallpaper with the cornflowers and the brown carpet. I heard the cars passing by outside, all of them driving to nice places, safe places, while we were here, left all alone or – worse – left with her.*



*'Mummy ... please,' I said. I could hear my voice outside of my own head, disembodied in the room, floating. It was high and very, very quiet. I breathed in.*

*'Please don't hurt us.'*" (Honeyman, 2017, p. 294).

Through indirect characterization, in this Datum 25 Eleanor puts all her efforts that she is the safe place, a place in which her Mummy could not find her. She also recalled her memory how hopeless she was left with someone who is bad but she could not live without or even leave. Even though has been giving out all her efforts to believe that she is very safe in this place, in fact, does not fully help Eleanor to feel that 'safe.' In the process of the therapy she is still being so frightened. It could be seen when she said 'Mummy' with the tone of very, very quiet, which shows that there is still solitudes in herself that her mother would find and hear that. This more emphasized her hopeless by saying to the chair she imagined as 'Mummy' to stop hurt her.

The indirect characterization above further presents how this first therapy had left such a bloody ridiculous for Eleanor. She has never been thinking that there is a person who could see the whole sadness and worried, a pain, in a person only by doing a conversation. She also has never been thinking that she will cry in front of the therapist and though that the doctor would put such pity and sympathy of her. While in her crying, the doctor instead ended the therapy session and would be continued next week, in which she tough that the doctor literally by purpose pushing her out onto the street and leaving her coping with it alone.

Through indirect characterization the resolution of Eleanor's betrayal trauma from the session therapy with Dr. Maria Temple, after several weeks, had become a natural part of her life. In the time going to Temple's office for the

purpose of doing therapy session, Eleanor shows such a different signs, being more attractive in living such a life she has never experiencing before, in which indirectly shows that Eleanor starts her new beautiful life with a new spirit. Eleanor also started to available and accept the world around her, happy when she is among crowd people and mingling with many people, as shown in the direct characterization of the Datum 26.

#### Datum 26.

*“A few weeks passed, and the session with Maria Temple had become a natural part of my routine. It was nice to be out, despite the wind, and I decided to walk instead of taking the bus, enjoying what remained of the sun. There were plenty of other people with the same idea. It felt good to be part of a throng, and I took gentle pleasure in mingling. I dropped twenty pence into the paper cup of a man sitting on the pavement with a very attractive dog. I bought a fudge doughnut from Greggs and ate it as I walked. I smiled at a spectacularly ugly baby who was shaking his fist at me from a garish pushchair. Noticing details, that was good. . . . I was pondering this as I waited for the lights to change. Someone tapped me on the arm, and I jumped.” (Honeyman, 2017, p. 303)*

Through direct characterization, this Datum 26 presents how Eleanor changes from her version in the past, person who always felt loneliness and unwilling to open herself, to one who wants such a positive emotional encouragement to be brave open up herself to the other for the purpose of being a happy person. Even though by slowly could change her look about the world around her, in fact, this therapy still need a long process, since Eleanor is adamant refusing talking everything about her mother. This rejection came from her fear and worried that it would again trigger her, either physically or emotionally, as what had happened in the first therapy.

Even so, this should not a serious and big problem for Dr. Temple as a professional therapist. As the previous when she changed the question to be the

empty-chair, in this opportunity she tried to use another way by changing the focus of the question from the object of ‘Mummy’ to another object, Father. Even though in the phase part the question offered Eleanor still rejected and resisted to answer the question, at the end she started to feel comfortable and enjoy the questions. The evidence of this assertion could be seen in the indirect characterization as presented in the Datum 27 below.

Datum 27.

*“I stated quite clearly on the first day I came here that I didn’t want to talk about her,” I said.*

*She spoke gently. ‘Of course. Don’t worry – we won’t talk about her, Eleanor, not if you don’t want to. I’m just asking in the context of your father, trying to find out more about him, your feelings about him, that’s all.’*

*I thought about it. ‘I don’t really have any feeling about him, Maria.’*

*‘Did you ever consider trying to find him?’ she said.*

*‘A rapist? I shouldn’t have thought so,’ I said.*

*‘A daughter’s relationship with her father can sometimes influence her subsequent relationships with men do you have any thoughts about that, Eleanor?’*

*I pondered. ‘Well,’ I said, ‘Mummy wasn’t particularly keen on men. But then, she wasn’t keen on anyone, really. She thought most people were unsuitable for us, regardless of their gender.’*

*‘What do you mean?’ Maria said.*

*Here, we were, talking about Mummy, after I’d expressly forbidden it. However, I found, much to my surprise, that I was actually starting to enjoy holding court like this, having Dr. Temple’s undivided attention. Perhaps it was the lack of eye contact. It felt relaxing, almost as though I was talking to myself.” (Honeyman, 2017, p. 306-307)*

This indirect characterization presented in the Datum 27 above shows that the question about Father does not stand as the topic of the therapy. Dr Temple indirectly would like to know how Eleanor will react it as she rejects to discuss about her mother. The relaxed and empathy respond Dr Temple exhibited made

Eleanor slowly enjoying the therapy process including talking about her mother, which herself had forbidden it from the first time.

At this time, there is a process of mutual empathy in the relationship between Dr Maria Temple and Eleanor. This mutual empathy occurred as the result of interest in one and another, Eleanor and Dr Temple, emotional availability, and responsiveness (Jordan, 1986, p. 3). In this relationship, “one feels heard, seen, understood and known . . . listening, seeing, understanding, and being emotionally available, are vitally important” (Jordan, 1989, p. 86). When mutual understanding arises, it fosters genuine dialogue among individuals. The role of Dr Temple as the therapist and Eleanor’s willingness to heal the depression as the result of trauma she had made stir such an authentic dialogue between them, which then made this process of the therapy is well-run. Since “this real relationship is the only way to healing for those who have suffered betrayal.” (Freyd, 2006, p. 57).

During the process, from the therapy started to the end, Eleanor realized that she had never been feeling particular emotion, the emotion of angry. She often felt bored, irritated, but Angry, she supposed it is the first time she know she was angry. The manner Dr Temple presented in every ending the therapy, in the time Eleanor still thought about what she had been forgetting and her sadness indicated that she would like to let Eleanor feels angry and point it out. Angry is somehow the emotion Eleanor always redirected the projection into having vodka. The emotion she current knew is good to be felt, but she not enjoying in feeling it, and understanding it should not be a habit.

All this eventually gave Eleanor one step closer finding and making such a positive change for her life. She started to finding a new routine. Realizing that for about nine years she was doing such a static daily routine, waking up, having a breakfast, working, coming home, and then having a vodka in every weekend, she know that it should not be easy. The evidence could be seen in the indirect characterization of the Datum 28 below.

Datum 28.

*“On top of all this, I was trying to find a new routine, but it wasn’t easy. For more than nine years, I’d got up, gone to work, come home. At the weekends, I had my vodka. None of that would work now. I decided to clean the flat from top to bottom. I saw how grubby it was, how tired. It looked like I felt – unloved, uncared for. I imagined inviting someone – Raymond, I supposed – for lunch. I tried to see it through his eyes. There were things I could do to make it nicer, I realized, things that didn’t cost much but which would make a big difference. Another houseplant, some brightly coloured cushions. I thought about Laura’s house, how elegant it was. She lived alone, had a job, her own business even. She certainly seemed to have a life, not just an existence. She seemed happy. It must be possible, then.”* (Honeyman, 2017, p. 311).

Through indirect characterization presented in the Datum 28 above Eleanor shows indirectly that dealing t with herself by finding a new routine, after nine years conducting such a static routine, is hard. After trying to keep having vodka in her first therapy, she continuously realized that it would not work now. Eleanor started to think that she would clean the flat of her house from the top to the bottom, and seeing how grubby it was made she though how unloved and uncared she was. Eleanor’s willpower which voluntarily would like to make a big difference, something colourful around her signified that she started to want something different in her life, something that can brighten her, bringing her being a happy person. This situation is also supported by her thought about Laura’s

house and her characteristics which she knew living alone, but certainly having a life, not just an existence, and happy person.

This Eleanor's positive change also had relieved such physical health issues and bad behaviour she had, in which she had a sleeping disorder, as shown in the indirect characterization of the Datum 29 below.

Datum 29.

*"Normally, I'd be at work, watching the hands tick round until five, waiting for pizza and vodka time and then Friday night and the three long sleeps until Monday. With the exception of the shot I'd in the pub, I hadn't drunk any vodka for some weeks now. I'd always thought that it helped me sleep, but in fact I'd been sleeping more deeply than ever before, untroubled by disturbing dreams." (Honeyman, 2017, p. 315)*

In this indirect characterization of the Datum 29, through Dr. Temple's help, Eleanor started to find herself, her happiness, not guilty for the past, the fire her mother set which had killed her sister. This indirect characterization further shows that the therapy is well-running for Eleanor from time to time, and now it is increased to twice a week. Instead of feeling bad or burdened, Eleanor seemed in a good mood and happy every time she arrived and ending the therapy in Dr Temple's office. She was getting used to talk to Dr Temple about her childhood, her past which her mother, Marianne, and the fire the past incident, everything she had been hiding from the past of twenty years. She knew that it is the right time to release all her pain and it might be very helpful, yet also very, very painful. The evidence for this assertion could be seen in the direct characterization of the Datum 30 below.

## Datum 30.

*“You were the child and she was the adult. It was her responsibility to look after you and your sister. Instead, there was neglect and violence and emotional abuse, and there were terrible, terrible consequences for everyone involved. And none of that is your fault, Eleanor, absolutely none of it. I don’t know if you need to forgive your mother, Eleanor,” she said. ‘But I’m certain of one thing: you need to forgive yourself.’ . . .*

*Blowing my nose, unembarrassed by the trumpeting, which was a nothing compared to the horrors I’d already laid before Dr Temple in this room, I made my decision. It was time to say a final goodbye to Mummy.” (Honeyman, 2017, p. 353)*

This direct characterization presented in the Datum 30 shows directly in which Eleanor ultimately comes to the decision that she would like and going to end her conversation and everything with her Mummy. After elucidating all of her pain and trying to expose to Dr Temple how very, very bad her mother is and realizing the full extent of her mother’s abuse to her, Dr Temple made her sure that everything had happened in the past exactly not her fault, she also convincing her that she is capable of moving forward with her life.

The peak of this resolution for Eleanor after few weeks of therapy, the increasing of her therapy into twice a week, she realized that she is about ready to take the stage and saying hello to her peace. Eleanor go back to her work, by her new personal look like smart, practical, and exactly normal person. And warm-welcomed by her work colleagues. And finally the time she is waiting for has come, Wednesday, the time to have conversation with mother, the time Eleanor had promised to end everything she had with her mother. It is still not as easy as it should be, and, even so, she make herself sure that she was not sad, very not sad, and do believe that it is the best for her. And just like that, her mother was gone.

## CHAPTER V

### CONCLUSION AND SUGGESTION

In this chapter, the researcher provides a conclusion contains in the Chapter IV as well as the result and the discussion of this study. There are two paragraphs that are presented. The first paragraph will explain about the first problem, about the way the main character is characterized as having betrayal trauma. Thus, the second one will further tell about how after all plot of the story assists in presenting Eleanor's betrayal trauma. Furthermore, the research also will provide suggestion in order to developing future research about the study.

#### A. Conclusion

The researcher finds out about the way the main character is characterized as having betrayal trauma in Honeyman's *Eleanor Oliphant Is Completely Fine*. The character of Eleanor which is characterized as having betrayal trauma is presented through indirect and direct characterization. This characterization is presented through Eleanor mental health issues as the result of the trauma itself. Several mental health issues involved in the discussion are about toxic positivity, delusional, self-sabotaging, physical health issues, which four of these further leads her into having depression.

After experiencing the climax of the story, the plot turns out in presenting the falling action and resolution part as the parts which present the way the resolution of Eleanor's betrayal trauma is characterized. The falling action starts



from the existence of Raymond in which he puts out all of his effort, convinces Eleanor, and delivers such persuasive argument about the important of obtaining an expert, objective views of her emotional state, and the efficacy of modern treatment of any mental health issues. In this part, through all of these, Eleanor finally agrees to visit a doctor and conduct significant therapy or consultation regarding to her trauma. Thus, the resolution starts as the new healthy relationship between Eleanor and Raymond results in good mutual empathy, in which brings a positive impact for Eleanor in conducting her new healthy relationship Dr Temple and appears such a good solution and change in the way she deals with the trauma. In this part, Eleanor slowly but sure is brave to be opened about the past that causes trauma in her present life. This condition also further brings Eleanor feel successfully survived from her trauma and having a better life with better behaviour and activities.

## **B. Suggestion**

While reading analyzing this Honeyman's novel Eleanor Oliphant Is Completely Fine, the researcher discovers dozens of prominent information regarding to the research. However, the researcher only concentrates on how the complexity of betrayal trauma is characterized in the main character in the story, from the beginning to the end, in which thus further leads it into the way the resolution of this betrayal trauma is presented as the way it should. For the future study, the research may conduct using the application of other approaches and/or theories such as sociology or another, which may expand the information and analysis.

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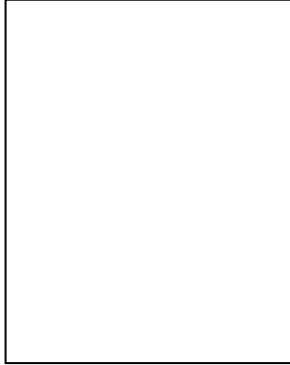
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