

**THE EFFECT OF SAE'S CHILDHOOD TRAUMA ON HER LIFE IN
MINATO KANAE'S *PENANCE***

THESIS

By:

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**DEPARTMENT OF ENGLISH LITERATURE
FACULTY OF HUMANITIES
UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM
MALANG
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2024

STATEMENT OF AUTHORSHIP

I state that the thesis entitled **The Effect of Sae's Childhood Trauma on Her Life in Minato Kanae's *Penance*** is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the list of references. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

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APPROVAL SHEET

This is to certify that Davina Winie Aisyiyah's thesis entitled **The Effect of Sae's Childhood Trauma on Her Life in Minato Kanae's *Penance*** has been approved for thesis examination at Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang, as one of the requirements for the degree of Sarjana Sastra (S.S)

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MOTTO

“Selalu memintalah pertolongan pada Allah Swt.”

- Me -

DEDICATION

This thesis is proudly dedicated to:

Myself,

Davina Winie Aisyiyah

My beloved parents,

Papa Erwin Windaryatmo and *Mama* Eni Suratminingsih

My beloved lil sister,

Louriane Winie Azzahra

And my lovely partner,

Erlangga Agung

ACKNOWLEDGEMENTS

In the name of Allah, the Most Gracious, the Most Merciful.

May Allah always bestow blessings and safety on all of us. Aamiin.

First of all I say Alhamdulillahirabbil 'alamin, all praise and thanks go to the presence of Allah SWT because with His mercy and grace, the researcher was able to complete the thesis entitled **The Effect of Sae's Childhood Trauma on Her Life in Minato Kanae's *Penance***. Sholawat and salam don't forget to go to our beloved Prophet, Prophet Muhammad SAW, may we all get his intercession at the end of the day. Aamiin.

During the process of writing this thesis, the researcher realized that this thesis could be completed because of the help, guidance, support, and prayers from various parties. So with that, the author would like to thank humbly to: The rector of Islamic State University of Maulana Malik Ibrahim Malang, Prof. Dr. M. Zainuddin, M. A, Dean of the Faculty of Humanities, Dr. M. Faisol, M. Ag with the permission of this thesis, also to the Head of the Department of English Literature, Mr. Ribut Wahyudi, M. Ed., Ph. D., as well as my academic supervisor, Mr. Dr. Muzakki Afifuddin, M.Pd., my thesis advisor who patiently provided advice, direction, and guidance to me, Ms. Dr. Siti Masitoh, M. Hum., and all lecturers majoring in English Literature for the knowledge they imparted during college.

Then, I would like to express my deepest gratitude to my parents, *Papa* Erwin Windaryatmo and *Mama* Eni Suratminingsih, as well as my lil sister who patiently and sincerely always pray for, provide encouragement and motivation to be able to complete this thesis. Also, I thank my lovely partner, Erlangga Agung,

who always motivates and supports the smooth completion of this thesis. Furthermore, thanks to my friends, Dina and Fifi, who have helped me in completing this thesis. Last but not least, thanks to my friends in the English Department class of 2019 for their support and great memories over the past few years.

Lastly, the researcher realizes that this thesis is not perfect. However, it is hoped that it will be useful for readers who can provide new insights for research in the field of linguistics and students majoring in English literature in particular.

Malang, May 18, 2024
The researcher

Davina Winie Aisyiyah
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ABSTRACT

Aisyiyah, Davina Winie. (2024). **The Effect of Sae's Childhood Trauma on Her Life in Minato Kanae's *Penance*.** Undergraduate Thesis. Department of English literature, Faculty of Humanities, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Siti Mashithoh, M. Hum.

Keywords: Trauma, Childhood, PTSD

Psychological trauma is a type of psychological damage that occurs as a result of a traumatic event. It usually occurs in people who have experienced a very sad, scary, or life-threatening event. When dealing with a traumatic experience, it is important to realize that everyone experiences trauma symptoms and reactions that need to be addressed. If not, sufferer will experience post-traumatic disorder, or what is called PTSD. The purpose of this study is to look into the four primary mechanisms that Sae went through during the trauma process. These include the horrific experiences, trauma symptoms, stress responses to trauma, and PTSD symptoms. Trauma theory by Mendato (2010) and literary criticism method is applied in this study. Findings show that Sae's traumatic experiences included seeing Emily's corpse alone herself and receiving threats from Emily's mother, who was thought to be a threat to her. Ever since that occurrence, Emily has displayed a number of trauma-related symptoms, such as paranoia, hallucinations, and terror. Sae's trauma responses in behavioral, emotional, cognitive, and physical reactions. When Sae's trauma was not appropriately addressed, post-traumatic stress disorder (PTSD) developed. Sae exhibits the recalling a traumatic events, avoidance, and physical disorder-the three core symptoms of post-traumatic stress disorder. It is advised that further research look into further Mendato trauma theories, like trauma healing.

ستخلص البحث

عائشة، دافينا ويني. (2024) استراتيجيات عدم الأدب في تعليقات مستخدمي الإنترنت على بي بي سي نيوز فيديو تيك توك . أطروحة . قسم الأدب الإنجليزي ، كلية العلوم الإنسانية ، جامعة الدولة الإسلامية مولانا مالك إبراهيم مالانج . المشرف دكتور. ستي مشيتوه، م. هوم.

الكلمات الرئيسية: الصدمة، الطفولة، اضطراب ما بعد الصدمة

الصدمة النفسية هي نوع من الضرر النفسي الذي يحدث نتيجة لحدث صادم. يحدث هذا عادةً عند الأشخاص الذين تعرضوا لحدث حزين جدًا أو مخيف أو يهدد حياتهم. عند التعامل مع تجربة مؤلمة، من المهم أن ندرك أن كل شخص يعاني من أعراض الصدمة وردود أفعالها التي يجب معالجتها. إذا لم يكن الأمر كذلك، فسيعاني المصاب من اضطراب ما بعد الصدمة، أو ما يسمى باضطراب ما بعد الصدمة. الغرض من هذه الدراسة هو النظر في الآليات الأساسية الأربعة التي مر بها ساي أثناء عملية الصدمة. وتشمل هذه التجارب المروعة، وأعراض الصدمة، واستجابات التوتر للصدمة، وأعراض اضطراب ما بعد الصدمة. يتم تطبيق نظرية الصدمة التي كتبها مينداتو (2010) في هذه الدراسة. ويتم تطبيق منهج النقد الأدبي في هذه الدراسة. تظهر النتائج أن تجارب ساي المؤلمة شملت رؤية جثة إيميلي بمفردها وتلقي تهديدات من والده إيميلي، التي كان يعتقد أنها تشكل تهديدًا لها. منذ ذلك الحين، ظهرت على إيميلي عددًا من الأعراض المرتبطة بالصدمة، مثل جنون العظمة والهلوسة والرعب. استجابات ساي للصدمة في ردود الفعل السلوكية والعاطفية والمعرفية والجسدية. عندما لم تتم معالجة صدمة ساي بشكل مناسب، تطور اضطراب ما بعد الصدمة (PTSD). يعرض ساي تذكّر الأحداث الصادمة، وتجنبها، والاضطراب الجسدي - الأعراض الأساسية الثلاثة لاضطراب ما بعد الصدمة. يُنصح بإجراء المزيد من الأبحاث للنظر في المزيد من نظريات مينداتو للصدمة، مثل علاج الصدمات.

ABSTRAK

Aisyiyah, Davina Winie. (2024). Pengaruh Trauma Masa Kecil terhadap Kehidupan Tokoh Sae dalam Novel *Penance* karya Minato Kanae. Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr. Siti Mashithoh, M.Hum.

Kata Kunci: Trauma, Masa Kecil, PTSD

Trauma psikologis adalah jenis kerusakan psikologis yang terjadi akibat peristiwa traumatis. Biasanya terjadi pada orang yang pernah mengalami peristiwa yang sangat menyedihkan, menakutkan, atau mengancam nyawa. Saat menghadapi pengalaman traumatis, penting untuk disadari bahwa setiap orang mengalami gejala dan reaksi trauma yang perlu diatasi. Jika tidak, penderitanya akan mengalami gangguan pasca trauma atau yang disebut PTSD. Tujuan dari penelitian ini adalah untuk melihat empat mekanisme utama yang dialami Sae selama proses trauma. Ini termasuk pengalaman traumatis, gejala trauma, respons stres terhadap trauma, dan gejala PTSD. Teori trauma Mendato (2010) diterapkan dalam penelitian ini. Metode kritik sastra diterapkan dalam penelitian ini. Temuan menunjukkan bahwa pengalaman traumatis Sae diantaranya melihat sendiri mayat Emily dan menerima ancaman dari ibu Emily, yang dianggap sebagai ancaman baginya. Sejak kejadian itu, Emily menunjukkan sejumlah gejala terkait trauma, seperti paranoia, halusinasi, dan teror. Respons trauma Sae dalam reaksi perilaku, emosional, kognitif, dan fisik. Ketika trauma Sae tidak ditangani dengan tepat, gangguan stres pasca-trauma (PTSD) berkembang. Sae menunjukkan ingatan akan peristiwa traumatis, penghindaran, dan gangguan fisik—tiga gejala inti gangguan stres pascatrauma. Disarankan agar penelitian lebih lanjut melihat teori trauma Mendato lebih lanjut, seperti penyembuhan trauma.

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CHAPTER I

INTRODUCTION

This chapter explains the background of study, problem of the study, significance of the research, scope and limitation and also definition of key terms.

A. Background of the Study

An experience is an event that happened to an individual in the past in life. A good experience can make people feel happy and cheerful. It feels like repeating themselves. In contrast, bad experiences usually make people feel sad, sorry, miserable, and depressed about life and want to get rid of that bad experience. When they grow up, bad things experienced in the past will impact the future. It will traumatize them and make them experience depression and lack self-confidence. Therefore, the process of recovering from trauma usually requires a fairly long and painful process. Each person will experience their own reaction in dealing with the trauma that attacks them (Christianson, 2014).

Trauma is a clinical condition that occurs in human psychology due to the impact of extreme events in the past that leave experiences and memories that will continue to be remembered. Trauma is described as an abnormal state of mind and behavior caused by mental stress or severe physical injury. This mental pressure or physical injury ultimately has a negative impact on a person's soul, causing abnormal conditions which in turn can also have an impact on a person's behavior. According to Caruth (1991), trauma is described as an extraordinary experience of

an unexpected event or disaster which causes a response in the form of recurrent and uncontrollable hallucinations along with other intrusive phenomena.

Furthermore, Racine et. al. (2020) describes some of the symptoms that can arise when a person experiences trauma. The symptoms that arise due to trauma are divided into 4 categories, namely emotional symptoms, cognitive symptoms, behavioral symptoms, and physical symptoms. Emotional symptoms may appear, including feelings of depression, hopelessness, anxiety, panic attacks, and fear. While cognitive symptoms that can appear such as memory lapses, difficulty making decisions and decreased ability to concentrate. Furthermore, behavioral symptoms are characterized by hyperactivity, impulsivity, and difficulty paying attention. Lastly, physical symptoms are characterized by eating disorders, sleep disturbances, and sexual dysfunction.

Another form of disorder caused by trauma is also known as Post Traumatic Stress Disorder (PTSD). According to the American Psychiatric Association in Nurdayana & Saraswati (2020), PTSD is a mental trauma that occurs due to panic attacks that occur in high frequency originating from memories of extreme experiences in the past. According to Hatta in Ramadhani and Nurwati (2022), people who experience PTSD are unable to withstand the negative impacts caused by psychological trauma that they have experienced so that it has an influence on their behavior in the aftermath of the traumatic event. Based on the Diagnostic and Statistical Manual of Mental Disorders (2013), PTSD causes 4 types of symptoms, which include intrusive re-experiencing, avoidance, negative interactions in mood and cognition, and arousal.

In the context of literature, trauma has become a subject developed by experts. This subject is called trauma studies. The branch of science that studies this subject is psychoanalysis. This theory that developed as a branch of psychology; focuses on the human personality which is influenced by aspects of human psychology itself. This psychological aspect is said to be very vulnerable to external influences that have an impact both consciously and unconsciously. The development of psychoanalysis cannot be separated by a renowned figure named Sigmund Freud. He was the first figure who vocal to put forward his theory of personality that is also called the Freudian theory. Freud himself stated that his theory is an evolving theory. It is evident that several of his colleagues had developed other theories that are derived from Freudian theory but have basic ideas that are contrary to the Freudian theory itself.

The discussion of trauma studies in the context of literary has also become a developing idea. The forms of literary used are usually novels, short stories, and film scenarios which are developed with characters with interesting personalities to analyze. One of the novel writers who are able to develop stories with unique characters is Minato Kanae. She is Japanese writer who have written a lot of fiction with the themes of crime and mystery. One of her works is a psychological thriller novel entitled *Penance*. The characters in this novel are described as having psychological trauma that occurred 15 years before the story in the novel began. This happened because Sae's best friend, Emily, who was very young, was raped and killed by an unknown person. The impact of this psychological trauma is described by Kanae's in the novel *Penance*.

Based on the explanation above, the researcher is interested in investigating further the psychological trauma and PTSD experienced by the main characters in Kanae's novel. Sae herself experienced trauma in her childhood. Elaborating literary psychoanalysis of the main characters of Kanae's Novel *Penance* and giving insights on the influence of literary psychoanalysis in the development of the main characters of Kanae's Novel *Penance*. The main character in this novel is traumatized as a child because of seeing his own friend die by a stranger and getting threats, insults and pressure from Emily's mother. She couldn't overcome the trauma and it eventually developed PTSD.

Many previous studies have explored trauma. Some of them examine childhood trauma as in researchs (Liyah, 2021; Fitria, 2018; Dorresteijn et al., 2019; Zhang et al., 2021). Trauma is a condition that arises as a result of a bad experience or event experienced by a person. Like the main character in Kuni's research (2021), Cadence experienced physical trauma due to an accident of her head hit on a rock at the bottom of the island and psychological trauma caused by divorce from her parents, family conflicts, denial of the death of his friends. Similar research was carried out by Fitria (2018) focuses on the Megan's trauma and the way she tries to accept her trauma. The mental and emotional problems of adolescents who had childhood trauma concerns of the whole system and environment (Zhang et al., 2021). Childhood trauma provides adult life with symptoms such as anxiety, depression, and interpersonal sensitivity problems that arise in the form of self-blame (Dorresteijn et al., 2019).

Even, there is another study describing the relationship between childhood trauma, mental disorders, and criminal behavior. Helena et al., (2020) concluded that childhood trauma, which was closely related to mental illnesses, was found to be significant in the research object. This research does focus on a limited object of research, namely women, but it can also be concluded that this may also be compatible with criminals in general regardless of gender identity.

Trauma has a tremendous impact and effect on the sufferer's life. As in Rodan's research (2017) through the selected research object reveals signs of childhood trauma that have an impact on the character's characteristics in adulthood. This study concludes that the impact that occurs on the influence of childhood trauma is the quiet and anti-social behavior of the character who is the object of research. Next, Suhartanti, D. M and Christinawati (2017) focuses on the effects of traumatic experiences on childhood. The findings show that Martin, as a victim of his father's sexual abuse, developed a strong impulse to rape and kill women.

In the literary context, another research have explored how trauma is represented in the characterization and structure of literary works. Sue Joseph (2019) with title *Bolivian Ghosts Exorcised Through Literary Journalism: Discussing First-Person Trauma Narrative*, explained that the trauma even haunted the writer of literary works for 16 years because of guilt over someone's death. Next Joseph reveals the pieces of trauma that underlie the incident occurred.

Several previous studies used different theories. There is one journal article related to the object research but using different theories. Kanae's Parenting

Narrative in the Novel *Penance* by Dari (2022) was conducted using Sigmund Freud's literary psychology approach. This article discusses analyzing the other side of parenting in Japan. Parenting patterns are shown through two discourses, the influence of families on children's behavior and perceptions and differences in the living environment that can affect parenting. Parenting discourse is expressed through qualitative research methods. This study found two narratives about parenting expressed by Kanae's. Mei (2017) was conducted using Sigmund Freud's theory of Psychoanalysis Criticism. Meanwhile, Fitria (2018) uses a literary psychology approach with the theory of trauma, Post-Traumatic Stress Disorder (PTSD), and the unconscious mind by Michael Scott and Stephen Palmer.

There is one article journal used a different method. Zarse, et al (2019) used a method called Adverse Childhood Experiences-Questionnaire (ACE-Q) which became an instrument to reveal the relationship between childhood trauma and mental and physical health as adults. This study concludes that childhood trauma can cause mental illness, addiction, and multi-organ disease. Thus, childhood trauma in general can hinder the health of individuals in their adulthood.

Thus, based on earlier researches, this study employs a distinct theory. Most earlier researches employed Sigmund Freud's trauma theory; this study employs Mendato's (2010) trauma theory. Even though the object is the same, the subject is obviously different. This study examines the major character Sae in the novel *Penance*, which few have researched in depth. This study looks into what events caused Sae to experience trauma, what categories of trauma she experienced, how she responded to trauma, and what her main PTSD symptoms are.

B. Problems of the study

According to the background of the study above, the researcher arranges some problems study as follows:

1. What traumatic events does experience by Sae during her childhood described in Minato Kanae *Penance*?
2. What are the symptoms of Sae's trauma described in the novel?
3. What are the stress responses of trauma experience by Sae?
4. What are the effects of the Sae's childhood trauma on her life?

C. Significances of the study

This research is expected to give contributors both academically and practically. Academically, this research aims to contribute in giving a comprehensive understanding of literary psychology theory, particularly about abnormal psychology. This research is also helpful to be a reference for understanding and analyzing literary works using a literary psychology perspective. Practically, this research is expected to provide more knowledge and information about trauma depicted in novels to the readers. Therefore, the readers are encouraged to be more aware about the importance of trauma issues.

D. Scope and limitation

Based on the identification of the problem, in this study the following problem limitation were carried out. In the novel *Penance*, there are many interesting topics to be studied further. However, this study focuses on the causes of the trauma experienced by Sae, the symptoms of the childhood trauma

experienced by Sae, the effects of Sae's childhood trauma on her adulthood and this research is limited to the character Sae in the novel *Penance* by Kanae's.

E. Definition of Key Terms

To avoid differences between researchers and readers in understanding the terms used in this study, it is necessary to limit the terms:

1. Trauma: a person is exposed to or experiences a situation or series of circumstances experienced by a person that are hazardous to their physical and mental health and make them feel unsafe and powerless (Mendato, 2010).
2. Childhood: the first stage of the human life cycle that is formally acknowledged, socially accepted, and scientifically distinguished from maturity (James and James, 2012).
3. Post-Traumatic Stress Disorder (PTSD): it is a true traumatic disorder. As the term means, PTSD is no longer normal. It develops when trauma is not appropriately addressed three months after the traumatic occurrence. (Mendato, 2010)

CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter includes general insight into the theories related to this research. First, the researcher will explain the psychological approach and Mendato's theory of trauma.

A. Psychological Approach

This approach focuses on the psychological components of literary works. It investigates character motivations, emotions, and internal problems. This technique uses Freudian psychoanalytic theory to investigate how characters' inner wants, fears, and repressed memories influence their actions. Literature is an expression of the author's personal neurosis. Dreams and other literary pieces indicate the author's subconscious wishes (Wilbur, 1986). The characters are supposed to be projections of the author's soul. This notion inspired novelists to examine the human mind. Thus, the best literary works achieve a balance of competing mental impulses.

In general, applying psychological knowledge to art might result in three different sorts of illumination (Wilbur, 1986). First, this field offers a more specific language for discussing the creative process. In *Principles of Literary Criticism* (1924), Richards studies the elements of aesthetic perception, defining beauty as "that which is conducive to synthetic balance," or that which is unique and harmonious. The second application, psychology, permits biographers to hypothesize about the "interior" of a life. Critics who take this approach believe that

an important aspect of the link between the artist and art is corresponding to the relationship between the patient and dreams. Third, psychology can be utilized to describe fictional characters. Critics who are interested in literature become psychoanalysts, searching for psychological patterns that drive characters.

Literature is an expression of oral or written works which are based on human experiences, opinions, feelings and ideas. Apart from that, literature is considered as a branch of science related to aspects of human life. According to Noam Chomsky in Logde (2002), literature is a science that is significantly related to information about humans and their lives, such as the unique stories they experience and the values they hold. Therefore, literary works and humans are inseparable because literature itself is a reflection of human life which describes human feelings, behavior, thoughts, traits, responses, knowledge and imagination.

Literary psychology, which is developing as a new branch of science in literary criticism, assesses literary objects as a psychological activity. According to Hardjana (1994), the author realizes his thoughts well so that he can unite the author's self-psychology with the literary work he creates. Therefore, the author's psychology in presenting a fictional shop that is involved in mental problems is an important thing that needs to be understood when studying literary psychology. It is not surprising that a literary work represents the author's identity because there are psychological elements that naturally appear in a literary work.

Therefore, the writer carries out a psychological analysis using psychological approach with theory of trauma which links it to the content of the story in a literary work. The use of a psychological approach to literature provides

a more appropriate language for discussing the main character's traumatic experience. On the other hand, it helps to grasp the author's literature. Most importantly, this study examines the main character, and psychological approach can be applied to understand fictional characters. Furthermore, there are two ways to analyze literary psychology, namely: first, the critic first understands psychological theory and explores the work's objectives. Second, first determine the literary work and choose several related ideas..

B. Mendato's Theory of Trauma

Trauma is a term used to describe a distressing incident or condition that someone has experienced. Trauma occurs when an individual experiences an overwhelming event or situation that exceeds their capacity to cope. During a traumatic event, the body's natural physiological response is to enter a state of "fight or flight," which involves the release of stress hormones such as cortisol and adrenaline. However, trauma can happen by several mechanisms. Mendato (2010, p.11) states that there are four process mechanisms of trauma. Those mechanisms are interconnected with one another that is the occurrence of events, trauma, stress response to traumatic events, PTSD (Post-traumatic stress disorder). To help the reader comprehend, the researcher presents instances of each as follows:

1. Traumatic Event

In the very first stage, a trauma might occur because of an event. A harmless event will not trigger any trauma, yet an event that is considered dangerous can trigger trauma. There are many events that can

trigger psychological trauma. According to Mendato (2010, p. 22-25) traumatic events that involve an individual directly can be divided into three, that are impersonal trauma, interpersonal trauma, and attachment trauma.

a. Impersonal Trauma

Patients who experience impersonal trauma do not involve their feelings with other people (Mendato, 2010, p. 22). Rather, they have personal attachment to the events they experience such as natural disasters, tsunamis, earthquakes, floods, storms and other natural disasters. Other than that, disasters that have human involvement are also counted, such as gas stove explosions, nuclear power plant radiation leaks and others, and accidents, such as almost drowning, collisions, and falling from trees. Any other forms that cause trauma without individual interactions with other individuals is considered as impersonal trauma.

b. Interpersonal Trauma

Interpersonal trauma is associated with the patient's feelings (Mendato, 2010, p. 23). Whether it is because the patient is the victim, has a strong relationship with the sufferer, as an eyewitness, or perpetrator of an event. According to Mendato (2010, p. 23), this kind of trauma has several forms, namely violence in all its forms, illness or chronic or harming injury, betrayal committed by people who have been given trust, crime and war, death of friends or loss.

c. Attachment Trauma

According to Mendato (2010) attachment trauma or that also can be called as developmental trauma is the most emotional type of trauma. This kind of trauma might occur when the incident is perceived by the patient as a form of threat to their desire to have relationships with others. This type of trauma affects the most children throughout their childhood (Mendato, 2010, p. 24). This trauma can appear because a victim got the wrong treatment from the victim's closest person. According to Mendato (2010) there are several incidents that trigger attachment trauma, namely violence against children or children who are treated cruelly, psychological and physical violence by those closest to the victim, neglect of their physical and emotional needs by those closest to them, being forced to separate from people who are considered very close to the victim.

2. Trauma

In the second stage, trauma will arise if someone cannot solve and deal with a dangerous event that someone has experienced. Trauma arises only when someone is confronted with a potentially risky circumstances (Mendato, 2010, p. 8). For example, if someone crashes and it is perceived as dangerous, it might result in trauma. However, trauma can result from circumstances other than physical risk. Psychologically harmful events can potentially result in trauma (Mendato, 2010, p. 9). For example, a person gets deceived by a friend in whom he/she placed complete trust. It is seen as a threat to someone's confidence, which

causes distress for them. Trauma happens when a person perceives an experience as threatening to himself/herself or others around him/her.

According to Mendato (2010, p. 9-10), multiple types of risk are divided into two broad categories: direct and indirect risk. Direct risk refers to danger that one can directly experience. For example, being hit by a car, being stabbed with a knife, being shot, being burned by fire, being struck by a tree, being abandoned by a spouse, being raped, and so on. Meanwhile, indirect risk refers to danger that is felt rather than immediately experienced. For example, an eyewitness to murder and violence, a buddy had an accident and suffered a concussion while riding a motorbike, a partner experienced fast food poisoning and became frightened to consume fast food, and a hotel bombing incident caused them to be afraid to spend the night in a hotel.

Furthermore, Mendato (2010, p. 13-14) divided trauma into three categories, that is physical trauma, post-cult trauma, and psychological trauma.

a. Physical Trauma

Physical trauma refers to any type of physical injury or harm that can occur to an individual's body. It can lead to a dangerous condition because it happens physically such as broken bones, severed hands, kidney removal, severe bleeding, and others. This kind of trauma serves just a limited use in the medical field and is rarely heard by the general public (Mendato, 2010). Mendato (2010) states that this kind of trauma is divided into two types, namely penetrating trauma and blunt trauma. Penetrating trauma is a type of trauma such as cutting a body part or skin due to an object, such as knives, arrows

pierced, bullets shot, and others. Meanwhile, blunt trauma is a type of trauma that requires a blunt object, such as getting hit by a motorbike, getting hit by a car, being punched or punched.

b. Post-Cult Trauma

Post cult trauma is a psychological disorder that can affect individuals who have left a cult or high-control group. According to Mendato (2010). Post-cult trauma is related to heavy emotions and arises when cult groups or cults feel never involved or not involved. This trauma occurs when someone joins a cult group and there is no sense of involvement. Post-cult trauma might occur when someone joins a cult group and there is no sense of involvement as a member of the group, there is a feeling of indecision between believing in the group or leaving because they feel that they are not in harmony with their way of thinking.

c. Psychological Trauma

Psychological trauma refers to an emotional or psychological response to a traumatic event or series of events that are experienced as overwhelming, frightening, or life-threatening. This trauma is a psychological injury that is caused by an amazing or stressful event that poses a threat to the soul. Psychological trauma is the most popular and known kind of trauma because there are many patients who suffer from psychological trauma. Mendato (2010) states that the word of trauma is generally known as psychological trauma.

3. Stress Response to Traumatic Events

In the third stage, the emergence of a stress response to traumatic events will occur. It means that there will be some stress responses that will occur in response to the traumatic event. When trauma occurs, a person will give a total response, both emotionally, cognitively, behaviorally and physiologically (Mendato, 2010, p. 28-33). The following are possible responses a person may give when facing a traumatic event.

a. Emotional Response

Emotional response is a reaction or feeling experienced by someone in response to a stimulus or event. In his book, Mendato (2010) said that someone who experiences trauma will give an emotional response in the form of: difficulty controlling emotions, more irritable and angry, easy to agitate and easy to heat, mood changes easily, from good to bad and vice versa, panic, anxiety, nervousness, depression, sadness, grief, feeling rejected and ignored. The most common is fear and worry. It is packaged in the form of fear and worry about the impact, fear that the traumatic event will happen again, and worry that it will happen to someone close to you. In addition, some trauma sufferers also tend to give inappropriate emotional responses, for example when a child dies, he/she even laughs out loud.

b. Cognitive/Thought Response

Cognitive responses to trauma are changes in the mind. It can affect memory, attention, and thought processes and cause difficulties and interfere with daily life. Some symptoms of cognitive responses to trauma according to

Mendato's book (2010) include: often experience flashbacks, remember traumatic events every time you encounter things related to the traumatic event, nightmares, difficulty remembering and forcing to forget events, difficulty trusting other people, viewing yourself negatively, feeling alone and lonely, feeling weak and helpless, feeling without hope, want to hide yourself, etc.

c. Behavior Response

Behavioral response is a change in an organism's activity in response to external stimuli. In this case, it is a reaction carried out by a person's body and mind to cope with events that are felt to be sad and heavy. Mendato (2010) in his book has listed several symptoms of behavioral responses to trauma shown by trauma sufferers. Among them are difficulty controlling actions, difficulty working or studying, avoiding people, places, or things related to the traumatic event, and being reluctant to talk about it, isolating yourself from others, difficulty carrying out daily activities, being super cautious or paranoid.

It is also often seen in sleep disorders, eating disorders, and sexual dysfunction. First, some sleep disorders experienced by trauma sufferers include insomnia or difficulty sleeping, frequent or sudden awakening, disturbed sleep patterns (sleeping very late and waking up late), and oversleeping. Second are eating disorders such as loss of appetite, always feel hungry so eat too much, change in taste. In addition, some sexual dysfunctions include temporary impotence, decreased sexual desire, difficulty achieving orgasm, and others.

d. Physiological/Physical Response

Physical responses are body movements and physical actions in response to stimuli. Trauma responses can vary from person to person and can occur immediately or be delayed. Mendato (2010) provides several symptoms of physical responses to trauma. Among them are headache, painful, chest pain or chest tightness, difficulty breathing, tired, female menstrual disorders, feeling shaky, excessive activity or hyperactivity.

4. Post-Traumatic Stress Disorder (PTSD)

The stress responses of someone that happened after a traumatic event is still considered normal. However, a stress disorder might arise if the stress responses that arise cannot be handled properly. According to Mendato (2010), the stress response to trauma will be referred to as post-traumatic stress disorder or PTSD if it is not managed properly then PTSD can appear years after the traumatic event has passed. PTSD that stands for Post-traumatic Stress Disorder is a mental health condition that can develop after an individual experiences or witnesses a traumatic event. Someone with PTSD can be considered abnormal as it can significantly impact daily life and overall well-being.

Post-Traumatic Stress Disorder or usually known as PTSD is a condition when stress responses that arise because of traumatic events cannot be handled properly. According to Mendato (2010), PTSD has three symptoms namely remembering traumatic events, avoidance and physical disorder.

a. Recalling a Traumatic Event

There are two forms of recalling a traumatic event, namely: having dreams and flashbacks. Recalling a traumatic event is usually followed by a strong emotional and physical response. An example of an emotional response at the time of the incident is the appearance of excessive fear and loss of feeling (Mendato, 2010). Meanwhile, physical responses when remembering can include headaches, uncontrolled shaking, increased heart rate, feeling cold, and others.

b. Avoidance

Avoidance means avoiding memories or thoughts that have a connection with the trauma experienced by the victim (Mendato, 2010). Mendato (2010) states that avoidance has two kinds. First, the victim always avoids anything related to the traumatic event, such as places, people, objects and activities. Second, the victim avoids any thought and feeling related traumatic events they have experienced.

c. Physical Disorder

According to Mendato (2010) an individual body has automatically responded to dangers that are not real. It is usually triggered by a traumatic event that they have, the form of physical disorder is varied, such as being easily startled, irritable, cold body, lack of concentration, very fast heart rate and others.

Furthermore, Mendato (2010) also states that diagnosis of PTSD cannot be given easily to the victim. In order to be considered to have PTSD, the three symptoms above must meet some requirements. First, at least two symptoms must be present. Second, specific symptoms of each cluster have occurred for at least 1

month or more. Lastly, symptoms that occur cause problems in everyday life that affect all aspects of an individual's life.

CHAPTER III

RESEARCH METHOD

In this chapter explains the methodology used by the researcher and the steps to identify and analyze the data. There are provides research design, data and data sources, data collection, and data analysis.

A. Research Design

This study uses literary criticism as its research design because the researcher analysis trauma experience by Sae character of the trauma. It used by researcher to analyze psychological aspects related to the experience of trauma experience by the main character in the novel *Penance*. In order to achieve the goal, researcher used Mendato's (2010) trauma theory and used a psychological approach. It primarily focuses on the traumatized psychological state of the novel *Penance*'s main character, Sae.

B. Data Source

The data source used in the research is a novel entitled *Penance*. It published by Emily St. John Mandel Publisher in 2020. It has 210 pages and was written by Kanae Minato. The *Penance* novel has versions in Japanese, English and Indonesian. What the researcher used was the English version.

C. Data Collection

Textual observation is the technique of data gathering employed in this study. This strategy involves observing the condition or behavior of the research

object while also documenting it. When gathering data over time, researcher takes the following actions. The researcher thoroughly studies the *Penance* novel to grasp the plot's main points and develop a sense of how Sae felt as a result of the experienced she had. The trauma and its causes that Sae had experienced were then noted by researcher through statements, acts, and other data. Additionally, information regarding Sae's signs of childhood trauma logged. The researcher not alter the direct quotations when collecting the data. The researcher then arrange the data and only choose the information that is significant and worth analyzing.

D. Data Analysis

The researcher creates a number of data processing steps for data analysis. The researcher verify that the information gathered relates to this research topic. It is simpler for the researcher to choose data that are significant and deserving of investigation thanks to the list of data used in data collecting. The researcher analyzes main character using a literary psychology technique. Because it centers on the trauma that the main character, Sae, experienced as a child and how it affected her life, researcher frequently refer to Mendato's (2010) Trauma theory. The researcher's next step is to classify the data in accordance with the problem of the study. Finally, the researcher draw conclusion based on the findings and outcomes of the conducted research.

CHAPTER IV

FINDINGS AND DISCUSSION

This chapter presents the findings and discussion of the research. The first is to present research findings, which are intended to answer problem of the study. Second, the discussion presented the results of data analysis.

A. Sae's Childhood Traumatic Events

Events that are perceived as harmful and cannot be overcome might cause trauma. Even seemingly insignificant events can be stressful for someone. Trauma can strike at anytime, anywhere, and from anyone. Sae is an innocent girl who has no notion what menstruation or sex are. She is unexpectedly drawn into a spectacular difficult that will traumatize her for the rest of her life. The horrible story passionately and in detail. There were two instances that caused Sae to suffer trauma. The first was being left alone to see her friend Emily die in the school pool changing room. The second was being threatened by Emily's mother, Asako.

1. Left alone to witness Emily's murder

The murder occurred on August 14th, which is Obon Day. Sae, Emily, Yuka, Maki, and Akiko chose to spend their time playing volleyball at school. Suddenly, a man approached and begged for assistance in repairing the exhaust fan in the men's pool changing area. Except for Emily, all four of them voluntarily submitted. Surprisingly, the stranger man pointed to Emily and led her inside the changing area. The four of them did not doubt the stranger and resumed playing volleyball.

However, a long period had passed, and Emily had not returned. They finally decided to look into the pool change area and discovered something surprising. They saw Emily lying unconscious on the floor.

Emily, head pointed toward the entrance, lay on the drainboards in the middle of the floor. Then all of us called out her name. But Emily lay there, unmoving, eyes wide open. (p 10)

In this quotation, Sae describes Emily's condition when she was first discovered. Emily was displayed in the center of the floor, her head facing the entryway. She's not sure what happened, but one thing is certain: Emily didn't move or respond when her name was called. This occurrence terrified Sae. Emily was still playing with them a few hours ago, so it happened unexpectedly. As a result, Sae's friend died unexpectedly. Losing someone close to you can be difficult.

Acting on this emergency situation, Maki immediately gave orders to her friends to seek help. Meanwhile, Sae was asked to remain at the scene. It was because based on Maki's statement, Sae looked calm unlike the others. Thus, without thinking about the consequences, Sae was asked to look after Emily's body alone.

Sae, who was the quietest among us, I had stay with the body. (p 37)

This data is Maki's words, stating that she asked Sae to stay and watch over Emily's body. It is because Sae looks calmer than the others. Actually, Sae's calm demeanor was not due to her bravery; rather, she had no idea what had happened with Emily. Nobody knew what was on her thoughts or how she felt at that time.

Her friends were gone. They left her alone at that location with Emily's body. At her age, which is known to be in the 4th grade of elementary school, she looked after her alone. She clearly expressed this in the following quote.

Alone in the changing room after the other girls left, I looked over again at Emily. (p 10)

In this data, it is explained that Sae was left alone without a companion. There was nothing she could do but stare at Emily's body. Being left alone to observe a buddy in that scenario can result in distress and lasting memories of being actively involved. As quoted below, she fixed her gaze on Emily. Her lovely companion from Tokyo was really sorry, and her clothes were a mess.

She had on a black T-shirt with a pink Barbie logo written across the chest, but the shirt was rolled up high you could barely make it out. I could see her white stomach and the slight swell of her breasts. Her red checked pleated skirt was rolled up, too, and the bottom half of her body, with no panties on, was exposed. (p 10)

Sae's description of Emily's state with her disheveled clothes is based on this quote. Emily's black t-shirt was pulled up high on her chest, making her stomach exposed. Her skirt was also lifted, revealing the lower half of her body, which was not wearing panties. Emily's condition did not worry her because she had no idea what had happened to Sae. She has not found anything that she (the children) considers to be unsafe. Instead of being terrified, Sae was concerned that she would be reprimanded for allowing her buddy to be naked like that.

As a result, Sae helped tidy up Emily's messy clothes. At the same time, she could see more and more clearly every detail on Emily's face and body.

The first thing I did was use my handkerchief to cover up her open eyes and mouth, which had liquid dripping out. And, avoiding looking at Emily, I held the T-shirt with my fingers and rolled it down. There was white, sticky stuff all over her stomach, though at the time I had no idea what it was. I rearranged her skin, too. As I crouched down I saw her panties, all crumpled up and tossed aside at the lowest row of lockers. (p 10)

The data explains how Sae helps Emily. She wiped the liquid from her eyes, open mouth, and stomach. She adjusted her t-shirt and skirt, which had previously been lifted. She also found crumpled underwear discarded in the bottom locker. Here, Sae still feels safe; there is no danger that threatens her physically or

psychologically, so she is not afraid. Therefore, she dared to approach Emily's body and even adjusted her clothes.

However, she felt confused about Emily's underpants. She thought about how to fix the pants. It is because it's different from shirt and skirt. At the same time, she saw something at Emily's feet that made her very scared.

I glanced at Emily's long, white legs, spread apart, and saw blood flowing down her thighs from her crotch. That's when I got scared and ran out of the changing room. (p 11)

The quote explains that Sae saw blood from Emily's crotch. It scared her so much she ran out of the changing room. Initially, she felt calm because she believed Emily had been strangled because she had found no apparent evidence of rape. But Emily was raped and then murdered. Emily's description of her state clearly indicates that she has been raped. Regardless of how Emily was slain, the awful fact that she is no longer alive cannot be denied. Aside from that, it is evident that Emily is the victim, and Sae, who observed the tragedy develop in front of her eyes, traumatized her.

Sae's horrific occurrence was watching her friend, Emily, being murdered in the pool changing room. Apart from that, Sae was left alone to observe Emily's condition at the time. She couldn't forget the dreadful experience. After the incident, Sae became depressed as her anxiety deepened. Losing friends and witnessing those painful memories caused her to suffer and fear.

2. Pressured and threatened by Asako, Emily's mother, to find the murderer or take revenge

The second event that caused Sae to be traumatized was due to pressure and threats from Asako, Emily's mother. She gets bad words from Asako. Asako

pressures her to provide accurate testimony so that the murderer will be caught quickly. But, Neither Sae nor her companions still not remember the killer's face. To his horror, Emily's mother accused her of being a murderer.

“Enough already! You keep repeating the same stupid thing over and over: I can't remember his face, I can't remember his face. Because you're such idiots, three years have passed and they haven't arrested the murderer. Emily was killed because she played with idiots like you. It's your fault. You're all murderers!” (p 42)

The data is Asako's words to the four of them, Sae, Maki, Yuka, and Akiko. Asako says that Emily died because of them. It was because of their stupidity that they let Emily be taken by a stranger. Asako vents her emotions on an innocent child. Worse, she even told them that they were murderers. For Asako, maybe those words were just to vent her emotions for a moment. However, unexpectedly, her words turned out to have a big impact on their mental health, especially Sae. She live with terror and enormous responsibilities all her lives.

“I will never forgive you, unless you find the murderer before the statute of limitations is up. If you can't do that, then atone for what you've done, in a way I'll accept. If you don't do either one, I'm telling you here and now — I will have revenge on each and every one of you. I have far more money and power than your parents, and I'll make you suffer far worse than Emily ever did. I'm the parent, and I'm the only one who has that right.” (p 42)

The data is Asako's words about hows he pressured and threatened the children involved in the incident, specifically as witnesses. She says that she will not forgive them until the murderer is caught before the case expires. She also threatened to take revenge on them if they did not fulfill their promise, namely to catch the perpetrator or make amends in a way that was acceptable to her.

As a result, Sae is always terrified because she is burdened with more than she can carry, causing her to undergo trauma. Even though Asako went to Tokyo, her words left an imprint on the hearts and minds of children. The fearful girl, like Sae, listened carefully and internalized Asako's comments.

Leaving behind that terrible promise she had made to the four of us children. (p 43)

The data shows that Asako left a frightening promise and imposed it on Sae, Maki, Yuka, and Akiko. Three years after the murder, Asako went to Tokyo with her husband. However, that doesn't mean the four of them are free, not at all. Asako's promises and threats will always be remembered, especially by Sae.

Sae remembers her promise to Asako and never forgets it. Asako once said that the four of them, Sae, Maki, Yuka, Akiko must be responsible for Emily's death. They have to catch the murderer, otherwise they have to bail her out. Therefore, after that incident, Sae continued to be afraid because she had not been able to fulfill her promise to Asako.

The murder left Sae with scars and bad memories. However, Asako is far more terrifying and dangerous than that. Sae was afraid of the killer, afraid of being killed too. But Asako, she made threats and left promises, all of which made Sae's life full of stress. Mentally, it was very disturbed. Therefore, instead of hoping that the murderer would be caught, Sae was much more hopeful about being freed from her, Asako.

I didn't hope so much that the murderer would be arrested, and the murder brought up all over again, but more that the statute of limitations would come quickly and I would finally be freed from the past. This had nothing to do with the promise I made to you, Asako. (p 14)

The data above are Sae's words which show that she was so depressed throughout her life that she hoped for freedom. Sae felt tired of the suffering of her life, always afraid, never feeling calm. Therefore, she began to hope that the case would be resolved soon. However, instead of hoping for the killer to be caught, she hopes to be freed from her promise to Asako.

In other words, Asako's words caused greater emotional pain than the murder itself. It is in line with what Maki said that Sae suffered because of Asako, as in the following quote.

Sae and I remained in the clutches of that murder all these years not because of the murderer, but because of you, Asako-san. (p 50)

The data above are Maki's words, saying that Sae was overcome by fear, not because of the murderer, but because of Asako. It is because Asako's terrible words made Sae feel depressed to the point of depression. Asako's words hurt and threatened her life. Here, Sae's mind was hit by threatening words. Therefore, Sae experienced trauma because it was very dangerous psychologically.

As stated by Asako herself, the words she said out of emotion dozens of years ago actually had a huge impact on the life of a child, namely Sae. As a result, Sae experienced trauma which had an impact on her physical and psychological health. It is as quoted below.

Sae took the words I told you all that day as a firm promise. That's why she couldn't forget the murder, why her mind and body both were held in thrall to it. (p 122)

This data is Asako's words which shows that Sae accepted all Asako's words in the past as promises. Asako never have guessed that her words, spoken in the heat of the moment, would be greeted so cruelly by Sae. As a result, Sae is unable to forget the murder because of a promise she made to Asako. Therefore, she suffered trauma since she was unable to bear it all. The trauma ultimately had an impact on her mental and physical health because she restricted herself from real or perceived threats of danger.

B. Sae's Trauma Symptoms

This section contains an analysis of Sae's trauma symptoms. There are at least three symptoms that must be shown for someone to be said to have experienced trauma. First, feeling threatened by danger, both physical and psychological danger; both real threats and those that only exist in the mind. Second, it makes you feel insecure and helpless. Third, feel unable to bear it. In this case, these three symptoms are shown by Sae in Penance.

First, someone who experiences trauma is vulnerable to feeling threatened by events that are considered dangerous, both physical and psychological dangers. Physical dangers are conditions that can cause physical injury, such as electricity and extreme temperatures. While psychological dangers are threats that can disrupt mental well-being, such as harassment, traumatic events, and bullying. The threat itself can be a real threat that is certain to happen and will happen, or a threat that only exists in the mind that is not certain to happen.

Second, traumatic events make someone feel unsafe and helpless. This is influenced by the emotional response that arises due to psychological trauma. Things that make you feel unsafe include fear, stress, and loss of trust. Things that make you feel helpless include anxiety, guilt, and loneliness.

Third, someone can be said to have experienced trauma if they feel unable to bear it. This condition is usually experienced by someone who has experienced psychological trauma. Emotionally and mentally they cannot bear the burden they bear. This can be influenced by several factors, such as difficulty avoiding

disturbing thoughts, extreme threats, constantly remembering traumatic events, and being too sensitive.

Sae experienced unusually traumatic or life-threatening circumstances as a child. It was watching Emily die in the school's pool locker room. This occurrence caused Sae to suffer psychological distress. In addition, her friends left her amid the distressing incident. She observed, stared, and adjusted Emily's clothing pieces until she became alarmed when she noticed blood running from Emily's crotch.

I glanced at Emily's long, white legs, spread apart, and saw blood flowing down her thighs from her crotch. That's when I got scared and ran out of the changing room. (p 11)

According to this quote, Sae was so afraid that she left the changing room. It happened because she saw something scary, specifically blood. Sae was initially brave enough to approach Emily's corpse since she assumed she had died from strangulation, but when she saw the blood, she became terrified. Mendato (2010) explains that this is a typical response of children to distressing circumstances. She struggled to control her emotions because she was alone and had no one to support her. In other words, Sae interpreted blood as something dangerous. Therefore, she immediately ran and left the changing room because she felt the situation was unsafe. Because Emily was not killed by strangulation, but by another method so that there was blood.

After finding that Emily had not been strangled, Sae departed the dressing room. She went to the front of the pool, still terrified. She was terrified and could not control herself.

The second I was out of the changing room, though, the pool in front of me frightened me, and I froze. (p 11)

According to the quote, Sae was so afraid that her legs wavered. It happened because she was unwilling to confront the risk head on. This indicates that Sae underwent psychological trauma. She cannot tolerate experiences that push her psychological boundaries. Most youngsters are terrified of witnessing blood, but it can be even more dangerous and horrifying because the blood was found on the corpse of her friend, Emily, alone. Sae was obviously terrified and helpless in those circumstances. This is an emotional response that occurs as a result of trauma.

In front of the pool, she examined the surface of the water, which was slightly undulating owing to the breeze. Then she felt as if her body was being sucked into the pool. The quote below contains another answer to Sae's psychological suffering.

I had sudden illusion that Emily was going to arise and, to take me with her to the land of the dead, push me into the pool. (p 11)

This data indicates that Sae is feeling paranoia. She interpreted the event as a dangerous event, but only in her mind. That's called a hallucination. She was having a hallucination that Emily would suddenly wake up. The hallucinations progressed into paranoia. Paranoia is a mental illness in which the individual believes that others intend to harm them. In this scenario, the youngsters aged 6-11 years frequently assume foolishly, which exacerbates trauma. It is natural for the ocean surface to be slightly wavy, but because of psychological considerations, Sae felt dragged in by the waves. Emily will also shove her into the pool, leading to his death.

It is, of course, terrified Sae. She didn't want that to actually happen. She attempted to protect herself by expressing the pressure she felt as follows:

I close my eyes and crouched down, head in hands to stop up my ears, and kept on shrieking so loud it felt as if my throat would burst. (p 11)

This quote describes Sae's fearful and gloomy state. She attempted to defend herself by closing her eyes and cowering. She tried not to look around to alleviate her worry. Apart from that, her hands were placed on her head, as if to hide her ears. From here, you can see how helpless Sae is. She was alone, and there was no one to help her. She also continued to scream so loudly that her throat felt like it was about to rupture. The children who have experienced trauma typically respond by screaming out. This response showed that she couldn't bear it, so she vented by screaming.

In other words, she was helpless. Obviously because she was alone, scared. There was nothing he could do but scream, cry, and crouch down covering her head with both hands. Yuka also expressed this about how she saw Sae's helpless condition.

There was one more person there, Sae, but she was crouched down outside the changing room, eyes shut, hands held tight over her ears, and she didn't respond when we called her. (p 87)

The data is Yuka's words that Sae was alone at the scene and looked helpless and scared. Yuka explained that Sae was squatting outside the dressing room, closing her eyes, covering her ears with both hands, and she didn't even respond when her name was called. It was because she was so scared. Therefore, she doesn't respond when her name is called because her mind is full of anxiety or something that she can't bear alone.

Sae previously stated that she witnessed fresh red blood gushing from Emily's crotch. That eventually turned into trauma. Even after that incident, Sae

often had memories of that fresh red blood. She didn't know why that memory was the only thing playing in her head. It turned out that the blood was a clue to the cause of Emily's death.

It was because, of the five of us, she was the only one who'd reached adulthood. It was because she was a grown-up that that man did awful things to her and murdered her. (p 12)

The data showed that Sae eventually discovered the cause of Emily's death. The killer targets girls who are growing up. That's why Emily was killed. Among the four of them, only Emily had menstruated at that time. There are special physical characteristics that indicate that a woman has menstruated. Therefore, it is not surprising that the killer hit the target. She treated Emily lewdly and then killed her. This suspicion made Sae think that menstruation was something dangerous for her that could threaten her life. As a result, she who was scared of being slain discovered a means to defend herself from harm.

I was terrified, absolutely petrified. I didn't want to be killed. And in order not to be, there was one thing I had to avoid at all costs. I could never grow up. (p 13)

This phrase explains Sae's fear of being killed by the criminal who killed Emily. As a result, she had to avoid situations that could lead to her death, such as Emily. Emily was killed solely because she was about to become adulthood. Because she was an adult, the man treated her lewdly. As a result, she subconsciously tells herself not to grow up. That way, she'll be safe from crooks looking to kill her. She thinks becoming an adult is something dangerous for her. The proof is that when Emily became an adult, she was murdered. So she thought becoming an adult could lead to someone being murdered. Therefore, Sae decided not to become an adult because of the dangers that threatened her.

C. Sae's Trauma Responses

In this section, researcher found several responses to trauma shown by Sae in *Penance*, including emotional, cognitive, behavioral and physical responses. The following is a list of findings and analysis.

1. Emotional Responses

In *Penance*, the emotional responses that often appear in Sae are feelings of worry, feeling watched, and fear. It has something to do with Emily's murder. She was worried that an uncaught killer could wander around and find her. She was very worried that the killer would kill her.

For me, though, it was all I could do to worry about myself. (p 12)

The data above is Sae's words which show that she is worried about herself. It was Sae's emotional response to trauma. She was traumatized because she felt in danger. It was an unreal threat of danger. It came from her own mind. She thought that the assassin would suddenly come and kill her. The reason is, the killer has not been caught and may be wandering around looking for her. So emotionally, she was afraid and worried that the murder would happen again.

In another quote, Sae also explains that the killer who thought he remembered his face would kill another girl. To be precise, the four of them were eyewitnesses.

Even if I didn't remember the murderer's face, he might remember mine. He might think we knew his face and come to murder me and the others girls. (p 13)

This data indicates that Sae was scared the killer would recall her face, even if she did not. The killer who recognizes her face may look for her, especially since Sae is a witness and Emily's friend. So she was scared that the criminal would

approach her and murder her and her pals. Even though grownups are observing her, it is possible that the criminal is waiting for her to carry out his activities alone. She couldn't remember the perpetrator's face or any other indications. As a result, she became overwhelmed with worry and uncomfortable since she felt as if she was constantly being watched.

She felt panicked and worried that the incident would happen again. It was because of information from the public that the killer was a man who was targeting little girls. Sae has the face of a little girl. Therefore she was afraid that the murderer would come to her. Moreover, the killer probably knew her because she was at the scene as an eyewitness.

Still, as time passed, even though I'd occasionally sense someone watching me, the murder faded from my mind a little, too. (p 13)

This data demonstrates that Sae believes she is constantly being observed by someone. Nothing else, it's because criminals who haven't been apprehended are likely seeking for her. The adversary posed a threat to her. She was overcome with fear and distrust. She had the impression that the villain was constantly keeping an eye on her. She assumed that the killer who could remember her face would also kill her. In this scenario, Sae's trauma left her more susceptible to harm. Sae's anxiety and skepticism are symptoms of psychological trauma, as she is frightened that past incidents may occur again.

After the murder incident, Sae was always afraid. It was witnessed by her friend, Maki. Maki also understood very well why Sae was experiencing acute fear. It is because Sae was left alone with Emily's corpse. She was the one who ordered

Sae to stay at the location looking after Emily. It's no wonder Sae seems to suffer the most compared to the others because she experienced it alone.

My thoughtless order to her to guard Emily's dead body had produced a life of fear I could never have imagine. (p 48)

The data above is Maki's words that Sae is always afraid. Sae's fear is her emotional response to trauma. Maki also explained that what scared Sae was the bad memory that occurred when she was left alone with Emily. Maki herself couldn't imagine how Sae spent her days filled with fear.

Emotional response is a common response following a traumatic occurrence especially afraid and worry. It was influenced by concern, as the presence of the killer could risk her life. Trauma survivors tend to be optimistic about their own perceptions. As a result, she becomes extremely sensitive; wherever she goes, she feels as if she is constantly being watched. She will constantly feel alert because she is afraid that other dangers will befall her.

2. Cognitive Responses

Researcher discovered seven pieces of data in *Penance* that represented cognitive responses to Sae. For example, despite vividly recalling the entire event, Sae cannot remember the murderer's face.

...but for some reason the one thing I can't recall is the man's face. (p 11)

The data above shows that Sae had difficulty remembering the perpetrator's face. That was Sae's cognitive response to trauma. The traumatic event was Emily's murder. She was killed by a man who targeted growing girls. She couldn't clearly remember the killer's face or even his physical characteristics. It was because the duration they met tended to be short so she only saw him for a moment. Besides,

Sae had no suspicions about him, so there was no reason for her to keep it in her memory. So she had difficulty integrating her memory of the killer's face.

On the other hand, she only remembers images that are scary and feel dangerous for her. Therefore, the deepest part of her memory was only filled with her and Emily when they were abandoned by their friends. So Emily's body always appeared in her mind because she kept remembering that event. It is as explained by Sae in the following quote.

Ever since the murder, if I let my attention wander I start to visualize Emily's dead body. It's a black-and-white image – only, the blood trickling down her thighs is bright red. (p 12)

This data explains that even after the case was over, the figure of Emily frequently came in her head. It is a cognitive response to trauma. It happened because Sae had a strong memory tied to her mind. It causes her to have flashbacks or recollect traumatic occurrences. She is haunted by the corpse of Emily, who she was guarding at that time. However, she could not forget the incident and continued to remember the incident. Seeing blood can make someone relive previous traumatic events. Not only recalling, she also felt real fear.

Despite the fact that everything else was black and white, Sae saw that the blood was a vibrant red. As if Emily's death sent a crucial message or clue. Sae also experiences paranoia, which is characterized by the emergence of excessive suspicion and fear.

And in my mind my face gets superimposed on Emily's. (p 12)

The data above are Sae's words which show that she got the picture when Emily's head changed to hers. It is a cognitive response to trauma. Sae felt as if the incident was being experienced again in real life. That is, Sae imagined herself in

Emily's position at that time. This response shows that Sae is afraid that this incident will happen to her. It happened because almost everyone thought that the criminal liked little girls. But if that was true, Sae thought she should be the one killed because she had a face worthy of being called a little girl. Meanwhile, the villain kills Emily. Thus, Sae felt grateful that she was not the one who was killed. Even so, she again felt excessively afraid.

Because of her anxiousness, Sae grows increasingly suspicious. She suspects that the as-yet-unapprehended killer is looking for her. As a result, Sae always feels that someone is observing her moves, as described in the following data.

I had the constant sensation that the murderer was watching me. Through gaps in the window, from the shadows of a building, from inside a car. (p 13)

The data above are Sae's remarks, indicating that she believes she is being followed everywhere. This attitude comes because the murderer has not been apprehended. Furthermore, Sae believes that the killer will come and kill her since he believes she recognizes his face. The killer poses a threat to Sae. She was frightened of getting killed. As a result, she is more likely to become suspicious. So she always felt like someone was watching her wherever she went, whether it was via the holes in the car, the shadows of the building, or the car itself. That feeling was the body's reaction to a threat that did not exist because it was just in Sae's mind.

She was too scared to think that the killer would come to kill her. Without thinking much about the effects in the future, Sae made a big decision in her life.

The only way that helped her deal with her anxiety a little was for her body not to mature.

I could never grow up. (p 13)

The data above are Sae's words which show that she refuses to become an adult. It shows a cognitive response to trauma, marked by her viewing herself negatively. She prevents her body from maturing, it must not mature. It was because she was afraid of the effects. Which if she becomes an adult she will be killed, just like Emily. She couldn't forget how the murder happened and how Emily's condition was right before her eyes. So she was afraid and couldn't imagine what it would be like if she were killed. She was very afraid of being killed, therefore she decided not to become an adult.

If I become an adult I'll get killed, I thought. If my periods starts, I'll get murdered. I had been suggesting this to my body all along, at first consciously, then gradually unconsciously. (p 14)

The data above are Sae's words which show that she is giving a signal to her body not to mature. This is a cognitive response to trauma, where she views herself negatively. Menstruation is normal for women which indicates that the woman is healthy. If woman doesn't menstruate, there will be several health problems in their body. However, she never thought about the effect it would have on her health. She was just thinking of a way to prevent the assassin from coming and killing her. She was too afraid of assassins, she was afraid of being killed. The only way is that her body must not mature.

After that incident, Sae was reportedly always afraid and shaking. She also felt like she was always being watched by someone when she was outside. So she

never played with her friends again. The four of them started to move away from each other. It is in line with what Yuka said.

After the murder the four of us didn't play together again and never once talked together about the murder. (p 92)

The data show that Sae gave a cognitive response to trauma in the form of losing interest in activities she usually did. Before that incident, the four of them always played together. However, after that incident, they never played together again. This response has a connection with Sae's cognitive. As is known, she was afraid to leave the house because she felt like she was always being watched from afar by someone. Addition, she had so many problems on her mind, both the murderer and Asako. In other words, she loses interest in previous activities because herself is overwhelmed with worry.

Trauma is portrayed as a highly harmful psychological wound that can impair cognitive abilities. She only remembers what happened after Emily was found dead. In other words, the image of the murderer's face was buried in the deepest memory, leaving only the remembrance of a bad experience. In addition, Sae is often afraid and concerned about the consequences. As a result, she becomes more sensitive in her responses, making her easily frightened and overly cautious. Also, Sae is discovered to have negative feelings stored in her soul and body. It regarded significant because she is expected to play an essential role in worsening.

3. Behavior Responses

In *Penance*, Sae highlights the behavioral response of being overly cautious, or paranoid, and avoiding people who are associated with the traumatic incident.

But my body, still not that of an adult, would keep me from harm. (p 14)

This data is Sae's words which show that her body, which has not matured, will protect her. It is a behavioral response to trauma shown by Sae's super-cautious or paranoid actions. She was too afraid of being killed by her killer when she became an adult. Therefore, she thought of something that would protect her and she found the answer. It is by not being mature. Sae acted too cautiously, even her decision was extreme. But she was willing to sacrifice her own body to protect herself. Most importantly, there was no reason for her to be killed because she was not a girl growing up.

In another quote, Sae also revealed that she did not want to see Asako again. It is as in the following data.

Still, I never dreamed I would ever see you again. (p 14)

The data above is Sae's words to Asako that he never dreamed of meeting her again. It is a behavioral response to trauma. As explained, Asako became a threat to Sae so Sae was traumatized by it. This response shows that Sae is avoiding Asako, who is the person related to her traumatic event. To be precise, Asako made threats to her that made her depressed.

She is willing to let her body deteriorate, rather than mature, as long as it can protect her from murderer. It was induced by her fear and anxiety. This disorder can range from mild to severe, depending on how strongly believe the negative ideas and how frequently think about it. In addition, Sae avoids Asako because she is aware of and has a connection to a tragic incident in her past, specifically Emily's mother.

4. Physical Responses

Penance produces many physical responses, including headache, shaking, hyperactivity, and menstruation abnormalities.

My head starts to ache. (p 12)

The data shows that Sae experienced a headache, namely, her head itched like it was being pricked. It was the response that emerged when she was frightened by the thought that she was the one who was killed at that time. She was terrified, believing that if the criminal genuinely liked the little girl at the moment, she would undoubtedly be the one slain. Her mind was so muddled that she recalled the past, but Emily's head had been swapped with her own, implying that she, not Emily, had been killed. She was depressed and frightened that something would happen to her. Physically, it caused her head to itch like it was prickling. This conduct is a cognitive response to trauma.

The fear Sae experienced was real. It can be seen from the physical response in the form of shaking. As Maki said, Sae looked scared and shaking.

Sae, always trembling in fear (p 41)

The data is Maki's words which reveal that Sae always looks scared and shaking. It is a physical response to trauma in the form of shaking. A person who experiences trauma usually shows a physical response that can be seen by others. Even though mentally other people don't know what she is experiencing, physically people can see it. Physical responses to trauma vary, not only the body shaking but also excessive activity. It can be seen in the following quote.

In junior high and high school I was in the wind instrument ensemble, and the intense practice sessions. (p 13)

The data shows that Sae joined the wildest musical instrument club at school. It is a physical response in the form of excessive activity. She deliberately joined the wildest club to keep herself busy so that her attention was diverted from the murder incident. She vented the trauma she experienced by exhausting herself physically.

Not only that, she also experienced menstrual disorders. It is as expressed by Sae in the following quote.

This doesn't mean that I was mentally and physically ever free of the murder. I realized this—was made to realize it—when I was seventeen and a junior in high school. Seventeen years old and I still hadn't had my first period. (p 13)

The data above are Sae's words which show that she just realized there was a problem with her physical condition. When she was seventeen years old but had not yet had her first period. She had menstrual disorders. It was because there was a problem in her soul. Thoughts influence the body's reactions. She was traumatized by the murder of Emily. Finally, she was afraid to think about the effect it would have on her if she had her period. So she implanted it deeply in her mind not to grow up. As a result, her body refused to mature too.

It is in line with what Asako said. She was also surprised when she found out about Sae's condition. She did not expect that past events would have such a bad impact on her health.

Yet Sae couldn't, and the murder held her prisoner to a fear so great it affected her health. (p 122)

This data is Asako's words which show that the murder incident made Sae overwhelmed by great fear. As previously explained, the murder traumatized her. The uncaught killer makes Sae feel afraid. Sae is afraid of being killed. She believes

that the reason Emily was killed was because she was becoming an adult. As a result, she had not had her first period because her body refused.

Physical responses are reactions originating in body components. In psychology, bodily reaction refers to how the body reacts to what it sees, hears, and feels. Sae experience headache because she vividly recalls the painful occurrence. Then, she always looks scared and shaking. Aside from that, Sae kept herself busy during middle and high school to take her mind away from the past. Extremely, it is known that she had not had menstruation until she was seventeen years old.

D. The Effect of Childhood Trauma on Her Life

One of the effects of childhood trauma is Post-Traumatic Stress Disorder (PTSD). Untreated childhood trauma can lead to mental and physical health disorders. PTSD emerged because Sae did not manage her stress response to trauma well after three months since the traumatic incident. According to Mendato's (2010) trauma theory, PTSD is classified into three major symptoms: recalling of traumatic event, avoidance, and autonomic body reactions (physical disorder). These three symptoms show up in Sae in Penance.

1. Recalling

Sae's trauma persisted until it developed into post-traumatic stress disorder, sometimes known as PTSD. Mendato (2010) defines three fundamental symptoms of PTSD, one of which is recalling traumatic events. Typically, the process of remembering is accompanied by intense bodily and emotional reactions like fear and too afraid. During an incident, people may experience intense terror. It is consistent with Maki's statement that Sae was quite afraid after the case happened.

Sae, always trembling in fear. (p 41)

The data above is Maki's statement, which depicts Sae's condition following Emily's murder case. It was explained that Sae was usually afraid and shaking. Even though the past is over, Sae still appears terrified. The explanation is that Sae is unable to forget the painful occurrence. Emily's image was clear in her memory. Being left alone to watch her friend's death left her with powerful memories that were difficult to erase.

There is substantial evidence that Sae suffers from PTSD. Sae communicated this to her parents in the following quote.

"Rest easy? Are you kidding? You're the ones who know best how petrified I've been last eight years living here." (p 1)

The information above is Sae's statement to her parents when they opposed her coming to Tokyo to study and work. It was revealed that Sae suffered from terror for eight years following the incident. It is recognized that for someone to be diagnosed with PTSD, their symptoms must continue at least three months. In this scenario, Sae clearly satisfies the requirements for PTSD victims. Fear developed since he still vividly remembered the episode.

Sae believed she could start a fresh chapter in Tokyo. She expected to feel free in a city that was unaware of its past. It turned out she was mistaken; the trauma followed her wherever she went, even work. It is believed that after graduating from college, Sae worked for a trading corporation in Tokyo. She didn't anticipate to come upon something that reminded her of her horrible occurrence. It gave her mixed sentiments, as stated in the following quotation.

Adachi Manufacturing. So these were made at the factory back in my hometown with its pure, clean air, I realized, and felt a sudden closeness to them. At the same time, a sense of

disgust welled up, as if that town had been lying in wait for me. This complex mix of emotions stayed with me starting shortly after I was hired. (p 14)

The data above are Sae's statements, which indicate that she felt uneasy when she saw the symbol for "Adachi Factory". While working at a medium-sized trading firm in Tokyo, her attention was drawn to the symbols on the machines. The "Adachi Factory" was established in her hometown, where the murder took place. It made her feel anxious as if he were being pursued by the city. That matter was resolved decades ago, but Sae still feels trapped by it. It was established that when she discovered connected items, they reminded her of the murder episode. That left her with conflicting feelings.

The same thing happened when she dated a man from an arranged marriage. It was the first time he was open to trying dating. She wants to at least try to live a normal life like other women. However, she was astonished since the man knew her hometown, which she wished to bury deeply.

I gulped when he mentioned the name of that town, the one with the pure, clean air. (p 16)

The data above are Sae's remarks, indicating that she gasped when the name of the city from where she came was spoken. Takahiro, the man she was seeing, had unexpectedly moved there three years before. This made Sae concerned about what would happen if Takahiro discovered he was engaged in the murder. As a result, she recalled feelings of sadness about prior incidents. Again, she felt scared and watched by the city since there was always a method to remind her.

That incident would haunt her for the rest of her life. Until the day arrived, Sae had suffered a dreadful occurrence that appeared to have occurred to her, rather

than Emily. She has flashbacks, which are frightening memories, as demonstrated in the following quote.

That's when it happened. I felt something warm and sticky flowing from my crotch. Without getting up and looking I knew what it was, could picture the color. In the next instant, like a speeded-up film, that murder ran through my head. (p 23)

The data above depicts the situation in which Sae is experiencing flashbacks. As something thick flowed between her legs. She apparently had her first period at the age of twenty-five, after marrying Takahiro. The blood instantly reminded her of the horrible episode. Memories of the murder day began to flood her head like a fast-forwarded movie. What happened to her at that moment reminded her of Emily, who was also lying in the swimming pool changing room, blood flowing from her crotch. With such confusing sentiments, all she could think about was getting killed for being an adult. It was a principle she had cherished for decades to protect herself, and it was shattered at that instant.

Then, flashbacks of the murder flashed through her mind. She recalled the memory of the murder clearly in her head. The PTSD disorder she experienced made her reflexively kill her own husband to save herself. Maki also conveyed this as quoted below.

Sae—was on the news on TV. They said that soon after she married she'd killed her husband, who was some kind of sexual pervert. (p 48)

The data above are Maki's words which show that Sae killed her husband. It was because Sae was experiencing PTSD. It is shown with flashbacks of past murders. Sae experienced *deja vu*. She felt that her fate would be the same as Emily's. She gets her first period, something she has resisted and avoided for so long. In addition, it happened when she had a conflict with her husband.

Immediately, she killed her husband before he could do anything further to her. It is because her husband's depraved behavior reminded her of the perpetrator of Emily's murder. Even her husband was more terrible. Sae is very disgusted to find out that her husband is so obsessed with making her his puppet.

In the end, she killed her own husband. It happened because she still remembered an incident in the past where Emily was killed by a perverted man. Her husband, was that kind of person. On the other hand, she also always remembers her promise to Asako. Maybe this is a way that Sae can make up for it.

In her own way, Sae had kept her promise to do penance. (p 48)

The data above are Maki's words which reveal that Sae kept her promise to Asako. Sae's PTSD is shown in the form of not being able to forget the murder and always remembering her promise. It is catching the killer. The killer is a perverted man. Her husband was as depraved as the murderer. Therefore, she does not regret killing her husband because he deserved it. Instead, she felt she had been liberated because she had kept her promise.

2. Avoidance

The second symptom of PTSD is a persistent desire to avoid. Someone who has been through trauma, even to the extent of acquiring PTSD, frequently avoids situations that remind them of the terrible occurrence. Furthermore, PTSD sufferers frequently push aside trauma-related thoughts. In this scenario, Sae is alleged to have intentionally kept herself occupied to keep thoughts of the murder incident away.

In junior high and high school I was in the wind instrument ensemble, and the intense practice sessions kept me so busy practicing every day, I had little time to consider the past. (p 13)

The data above reveal that Sae purposefully joined the wind Instrument Club to keep herself occupied. Because she chose the most difficult club during middle and high school. She wants to forget the murder occurrence. She focused her attention on tasks that kept her busy. So she didn't have the energy to reflect on past events. This persisted for years, including middle and high school. Sae's attitude indicates a refusal to recall the unpleasant incident.

Apart from that, she avoids areas associated with painful occurrences. She had been terrified for eight years, which sparked this. Sae explained this to her parents.

“Rest easy? Are you kidding? You’re the ones who know best how petrified I’ve been last eight years living here.” (p 1)

The information above is Sae's statements to her parents when they opposed her coming to Tokyo to study and work. In fact, Sae longed to leave the place from which she had come. Throughout her eight years in that city, she was constantly scared. That is because Emily's murder occurred there. So she reasoned that if she moved away from the town where the murder occurred, she would be able to forget about it.

Aside from that, Sae avoids persons who are involved in tragic occurrences. To be specific, she want to avoid the gaze of a murderer. That is what Sae articulated in the following quote.

I didn’t come to Tokyo or the upscale shopping or all the great places to have fun at. What I wanted was to melt into the crowds of people who didn’t know about my past, and vanish. More precisely, because I’d witnessed a murder, and the person who committed it had not been caught, what I wanted more than anything was to disappear from his radar forever.
(p 2)

This data is Sae's remarks, which reveal the sole reason she traveled to Tokyo. That was because he wanted to blend in with individuals who were unaware of her past. She wishes to disappear from both the people and locations involved in the tragic occurrence. To be more specific, he sought to hide himself from the sight of a murderer who had not yet been apprehended. However, he was always terrified and uncomfortable in his hometown. So he chose to leave the city. Sae's version of avoidance involves avoiding people and places associated with terrible occurrences.

Even though she doesn't hate her, Sae isn't ready to meet Asako again. Sae expressed this in the following quote.

To be perfectly honest, I didn't want to see you again, Asako. I was afraid you would never forgive me for not keeping my promise to you and instead seeking out my own happiness.
(p 18)

The data above are Sae's words which show that she doesn't want to see Asako again. Apart from the fact that she is Emily's mother, Asako once accused her of being Emily's murderer just because she could not provide satisfactory testimony. As previously explained, Sae cannot remember the face of the perpetrator. As a result, the perpetrator has not been caught. Therefore, Sae was surrounded by fear and depression. However, Sae is not guilty, she is also a victim of that incident. That's why when Asako came to his wedding, she honestly didn't want to see Asako again. However, Sae couldn't stop it because Asako was her husband's relative.

3. Physical Disorder

The final symptom of PTSD is the appearance of physical disorders such as the body reacting automatically to threats of danger that are not real. It is characterized by very high alertness, irritability, cold sweats, easily startled,

difficulty sleeping, lack of concentration, cold body, and others. In this case, Sae revealed she was plagued by anxiety that the killer would remember her face.

The fear grew stronger within me. Even I didn't remember the murderer's face, he might remember mine. (p 11)

The data above are Sae's statements, indicating that she is concerned about the killer remembering her face. It is because the murderer has not been apprehended. As a result, she assumed that the unidentified killer was still on the loose and on the lookout for her. As previously said, she was terrified that the killer would come to her and kill her. The murderer, who believes his face is recalled, will kill every eyewitness to the murder so that his trail is forgotten. It was only in her thought; the murderer never appeared again after that incident. Sae, clearly suffers from PTSD, as evidenced by her reaction to perceived threats of harm.

So, even after the matter was resolved, she was unable to overcome the trauma. The more time passed, the more scared she became. She was perplexed by the fear that gripped her. She never forgot about that occurrence. In addition, she is overwhelmed because the murderer has yet to be apprehended. Most importantly, she did not want to be killed like Emily, so she was extremely cautious.

I was terrified, absolutely petrified I didn't want to be killed. And in order not to be, there was one thing I had to avoid at all costs. I could never grow up. (p 13)

This quote explains that Sae was highly puzzled by terror. The image of Emily, who had died, would constantly emerge in her mind, as if it were stuck there. Of course, that terrified her. On the other hand, she believed that the killer was constantly following her and would kill her. She didn't want to get killed. She was entirely overcome by the fear that engulfed her. However, she recalls that the perpetrator murdered Emily for a specific reason. She only killed Emily because

she was menstruating. So she decided that the killer only targeted young girls. So, in that circumstance, she needed to avoid one thing so that the criminal did not kill her. This implies that she is unable to mature. That manner, the criminal will not treat her lewdly, let alone kill her. Thus, Sae's kind of PTSD is marked by an overly alert attitude to the point of denying her identity as a woman.

As a result, even as an adult, his body was not fully grown. Sae confessed that she did not have her first menstrual period till the age of seventeen. She went to the doctor and had it checked.

Seventeen years old and I still hadn't had my first period. I might have been small, physically, but that didn't explain why I hadn't started menstruating. (p 13)

The facts above are Sae's statements, indicating that she has not had her first period despite being seventeen years old. That is an unusual occurrence. Girls often start menstruating between the ages of 10 and 15 years. Thus, Sae went to the hospital to have it checked. The test findings revealed that nothing was amiss with her body. The doctor stated that the problem was mental. Indeed, the murder occurred devastated Sae, and she did not want to be slain like Emily. As a result, she communicates to her subconscious that she should not grow up. As a result, her body resists menstruation.

Until she reached maturity, she never (wanted to) date or communicate with guys. Sae nearly refused to marry her company director's cousin. But her coworkers supported her, and she was eventually compelled to accept it. The quote below describes how it makes Sae feel depressed.

We avoided the usual stiff omiai meeting with go-betweens present and instead arranged for just the two of us to have dinner. But actually that made me feel depressed. I was earning my own living now and finally able to talk with men like everyone else, but I'd never had dinner alone with a man I'd just met. (p 15)

The data above are Sae's words which show that she felt pressured when having dinner with a man. It is a symptom of PTSD in the form of the body automatically reacting on its own to threats of danger that are not real. PTSD causes problems in relationships with men. She does not trust men because she thinks men are dangerous. The explanation is that she is still haunted by memories from her past. She feared this might happen to her. As a result, she is unable to establish a relationship because she does not trust males.

But the instant she saw me, her smile vanished and she looked at me fearfully. A natural response, I guess, when suddenly confronted on the happiest day of your life with someone who reminds you of a past tragedy. (p 121)

The data is Asako's words which show that Sae looked scared when she met her. It is a symptom of PTSD, namely the body automatically reacts on its own to threats that are not real. It was a natural response because it reminded him of his promise. The fact that she hasn't gotten her revenge yet makes her afraid of meeting Asako. Sae felt that Asako would blame herself again, because at that time she found her happiness while forgetting her promise.

BAB V

CONCLUSION AND SUGGESTIONS

The analysis from Chapter IV concludes in this chapter, along with suggestions for further research in the same field.

A. Conclusion

This study was presented to analyze the traumatic events that the main character encountered as a child, as well as trauma symptoms, stress responses, and PTSD symptoms. Researcher examine the main character, Sae, in Minato Kanae's *Penance* English version. This study focuses on four trauma-causing mechanisms processes, as proposed by Mendato (2010). Based on the findings and discussion mentioned in the previous chapter, it was determined that Sae had undergone trauma to the point of PTSD. The findings are succinctly stated using the following four processes of trauma occurrence:

The first is an event. The traumatic events experienced by Sae included two incidents, namely being left alone by her friends to witness Emily's corpse and being threatened and pressured by Asako as Emily's mother. It is the background to the emergence of various symptoms of trauma in Sae. The first symptom of trauma that appears is fear when seeing blood. It was said that she gave an unnatural response followed by hallucinations. Screaming loudly, almost tearing her throat, is also a sign of danger. Not only that, Sae also thinks that becoming an adult is a dangerous thing and must be avoided for the sake of saving her life.

The third is the stress response to traumatic events. The stress response addressed by Sae includes emotional responses, cognitive responses, behavioral responses, and physical responses. The emotional response is in the form of fear, worry, and always feeling watched. Cognitive responses include difficulty remembering, flashbacks, viewing oneself negatively, feeling always being watched, paranoidness, and losing interest in usual activities. The behavioral response consists of becoming super careful and isolating oneself from others. Physical responses include headaches, tremors, menstrual disorders, and hyperactivity.

Lastly, there is post-traumatic stress disorder (PTSD). Sae shows three main symptom clusters for PTSD, including recalling, avoidance, and physical disorder. The form of recall that Sae shows is extreme fear because she cannot forget the traumatic incident. Sae recalls the time she discovered things related to her traumatic incident. Furthermore, Sae's form of avoidance is avoiding places, activities, people, and objects that have associations with traumatic events and keeping away thoughts related to trauma. Meanwhile, the forms of physical disorders are anxiety, hypervigilance, depression, easily startled, and menstrual disorders.

B. Suggestions

Trauma due to the sudden loss of someone we love is not easy; it usually leaves great and painful emotional and psychological pressure for the sufferer, as shown by the main character, Sae, in *Penance*. The researcher hopes that this research can provide an understanding of trauma related to the symptoms it includes

and the responses it provides. So that we can realize early if there are symptoms of trauma that appear after experiencing a shocking traumatic experience. Because trauma that is not handled properly will result in a real disorder, namely PTSD. Furthermore, the researcher also hopes that this research can become a reference for researchers, especially at the Faculty of Humanities at Maulana Malik Ibrahim Islamic University Malang, who want to conduct research on the *Penance*, especially about trauma.

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CURRICULUM VITAE



Davina Winie Aisyiyah was born in Malang on November 12, 2000. She graduated from *Sumberpucung* State 1 Senior High School in 2019. While attending high school, she actively participated in *paskibraka*. She started her higher education in 2019 in the English Literature department at the State Islamic University of Maulana Malik Ibrahim Malang and finished in 2024.

APPENDIX

No	Statement	Page	Mechanism of trauma			
			Event	Trauma	Responses of trauma	PTSD
1	Rest easy? Are you kidding? You're the ones who know best how petrified I've been the last eight years living here.	1				Recalling Avoidance
2	I didn't come to Tokyo for the upscale shopping or all the great places to have fun at. What I wanted was to melt into the crowds of people who didn't know about my past, and vanish. More precisely, because I'd witnessed a murder, and the person who committed it had not been caught, what I wanted more than anything was to disappear from his radar forever.	2				Avoidance
3	Emily, head pointed toward the entrance, lay on the drainboards in the middle of the floor. Then all of us called out her name. But Emily lay there, unmoving, eyes wide open.	10	Witness Emily's murder			
4	Alone in the changing room after the other girls left, I looked over again at Emily.	10	Left alone			
5	She had on a black T-shirt with a pink Barbie logo written across the chest, but the shirt was rolled up high you could barely make it out. I could see her white stomach and the slight swell of her breasts. Her red checked pleated skirt was	10	Witness			

	rolled up, too, and the bottom half of her body, with no panties on, was exposed.					
6	The first thing I did was use my handkerchief to cover up her open eyes and mouth, which had liquid dripping out. And, avoiding looking at Emily, I held the T-shirt with my fingers and rolled it down. There was white, sticky stuff all over her stomach, though at the time I had no idea what it was. I rearranged her skin, too. As I crouched down I saw her panties, all crumpled up and tossed aside at the lowest row of lockers.	10	Witness			
7	I glanced at Emily's long, white legs, spread apart, and saw blood flowing down her thighs from her crotch. That's when I got scared and ran out of the changing room.	11	Witness	Feeling threatened by danger	Emotional	
8	The second I was out of the changing room, though, the pool in front of me frightened me, and I froze.	11		Feel unable to bear it	Emotional	
9	... I had sudden illusion that Emily was going to arise and, to take me with her to the land of the dead, push me into the pool.	11		Feeling danger, only exist in mind	Cognitive	
10	I close my eyes and crouched down, head in hands to stop up my ears, and kept on shrieking so loud it felt as if my throat would burst.	11		Feel unable to bear it	Behaviour	
11	I can see all that happened that day very clearly in my mind, like images on a TV screen, but for some reason the one thing I can't recall is the man's face.	11			Cognitive	
12	The fear grew stronger within me. Even I didn't remember the murderer's face, he might remember mine.					Physical disorder

13	Ever since the murder, if I let my attention wander I start to visualize Emily's dead body. It's a black-and-white image – only, the blood trickling down her thighs is bright red.	12			Cognitive	
14	And in my mind my face gets superimposed on Emily's	12			Cognitive	
15	My head starts to ache.	12			Physical	
16	For me, though, it was all I could do to worry about myself.	12			Emotional	
17	It was because she was a grown-up that that man did things to her and murdered her.	12		Feeling threatened by danger		
18	Even if I didn't remember the murderer's face, he might remember mine. He might think we knew his face and come to murder me and the others girls.	13			Emotional	
19	I had the constant sensation that the murderer was watching me. Through gaps in the window, from the shadows of a building, from inside a car.				Cognitive	
20	I was terrified, absolutely petrified. I didn't want to be killed. And in order not to be, there was one thing I had to avoid at all costs.	13		Feeling threatened by danger		Physical disorder
21	<i>I could never grow up.</i>	13			Cognitive	
22	Still, as time passed, even though I'd occasionally sense someone watching me, the murder faded from my mind a little, too.	13			Emotional	
23	In junior high and high school I was in the wind instrument ensemble, and the intense practice sessions kept me so busy practicing every day, I had little time to consider the past.	13			Physical	Avoidance

24	This doesn't mean that I was mentally and physically ever free of the murder. I realized this—was made to realize it—when I was seventeen and a junior in high school. Seventeen years old and I still hadn't had my first period. Seventeen years old and I still hadn't my first period.	13			Physical	Physical disorder
25	If I become an adult I'll get killed, I thought. If my periods starts, I'll get murdered. I had been suggesting this to my body all along, at first consciously, then gradually unconsciously.				Cognitive	
26	Even I left the town, got lost in the crowds in Tokyo, and lived among people who knew nothing of the murder, who knew but that I might run across the murder again? But my body, still not that of an adult, would keep me from harm. That's the sense of security I sought.	14			Behavior	
27	... but more that the statute of limitations would come quickly and I would finally be freed from the past. This had nothing to do with the promise I made to you, Asako.	14	Pressured			
28	Still, I never dreamed I would ever see you again.	14			Behavior	
29	<i>Adachi Manufacturing</i> . So these were made at the factory back in my hometown with its pure, clean air, I realized, and felt a sudden closeness to them. At the same time, a sense of disgust welled up, as if that town had been lying in wait for me. This complex mix of emotions stayed with me starting shortly after I was hired.	14				Recalling
30	We avoided the usual <i>stiff omiai</i> meeting with go-betweens present and instead arranged for just the two of us to have dinner. But actually that made me feel depressed. I was	15				Physical disorder

	earning my own living now and finally able to talk with men like everyone else, but I'd never had dinner alone with a man I'd just met.					
31	I gulped when he mentioned the name of that town, the one with the pure clean air.	16				Recalling
32	To be perfectly honest, I didn't want to see you again, Asako. I was afraid you would never forgive me for not keeping my promise to you and instead seeking out my own happiness.	18				Avoidance
33	That's when it happened. I felt something warm and sticky flowing from my crotch. Without getting up and looking I knew what it was, could picture the color. In the next instant, like a speeded-up film, that murder ran through my head.	23				Recalling
34	Sae, who was the quietest among us, I had stay with the body.	37	Witness			
35	Sae, always trembling in fear; Akiko, who kept refusing to go to school; and Yuka, who became a delinquent, going out at night and shoplifting.	41			Physical	Recalling
36	Enough already! You keep repeating the same stupid thing over and over: I can't remember his face, I can't remember his face. Because you're such idiots, three years have passed and they haven't arrested the murderer. Emily was killed because she played with idiots like you. It's your fault. You're all murderers!	42	Pressured by Asako			
37	I will never forgive you, unless you find the murderer before the statute of limitations is up. If you can't do that, then atone for what you've done, in a way I'll accept. If you don't do		Pressured by Asako			

	either one, I'm telling you here and now — I will have revenge on each and every one of you. I have far more money and power than your parents, and I'll make you suffer far worse than Emily ever did. I'm the parent, and I'm the only one who has that right					
38	Leaving behind that terrible promise she had made to the four of us children.	43	Pressured			
39	Sae—was on the news on TV. They said that soon after she married she'd killed her husband, who was some kind of sexual pervert.	48				Recalling
40	My thoughtless order to her to guard Emily's dead body had produced a life of fear I could never have imagine.	48			Emotional	
41	In her own way, Sae had kept her promise to do penance.	48				Recalling
42	Sae and I remained in the clutches of that murder all these years not because of the murderer, but because of you, Asako-san.	50	Pressured			
43	There was one more person there, Sae, but she was crouched down outside the changing room, eyes shut, hands held tight over her ears, and she didn't respond when we called her.	87		Helpless		
44	After the murder the four of us didn't play together again and never once talked together about the murder.	92			Cognitive	
45	But the instant she saw me, her smile vanished and she looked at me fearfully. A natural response, I guess, when suddenly confronted on the happiest day of your life with someone who reminds you of a past tragedy.	122				Physical disorder

46	Yet Sae couldn't, and the murder held her prisoner to a fear so great it affected her health.	122			Physical	
47	Sae took the words I told you all that day as a firm promise. That's why she couldn't forget the murder, why her mind and body both were held in thrall to it.	122	Pressured by Asako			