

**PTSD AS A RESULT OF THE CHILDHOOD TRAUMA EXPERIENCED  
BY ELLICE IN THE *ALL HER LITTLE SECRETS* NOVEL**

**A FINAL PROJECT**

**Presented as Partial Fulfillment of the Requirements  
to Obtain the *Sarjana Sastra* Degree  
in English Literature**



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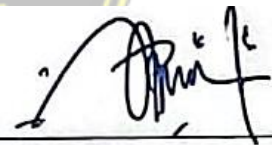
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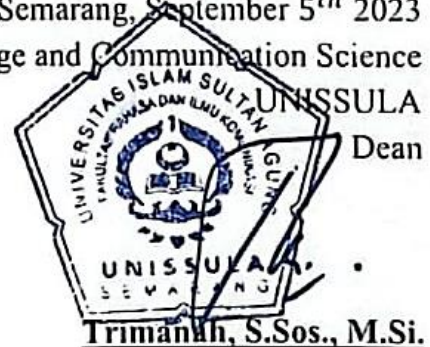
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## STATEMENT OF WORK'S ORIGINALITY

Hereby, I honestly declare that the undergraduate thesis I wrote does not contain the works or part of the works of other people, except those which were cited in the quotations and the references, as a scientific paper should. If my statement is not valid in the future, I absolutely agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from that paper.

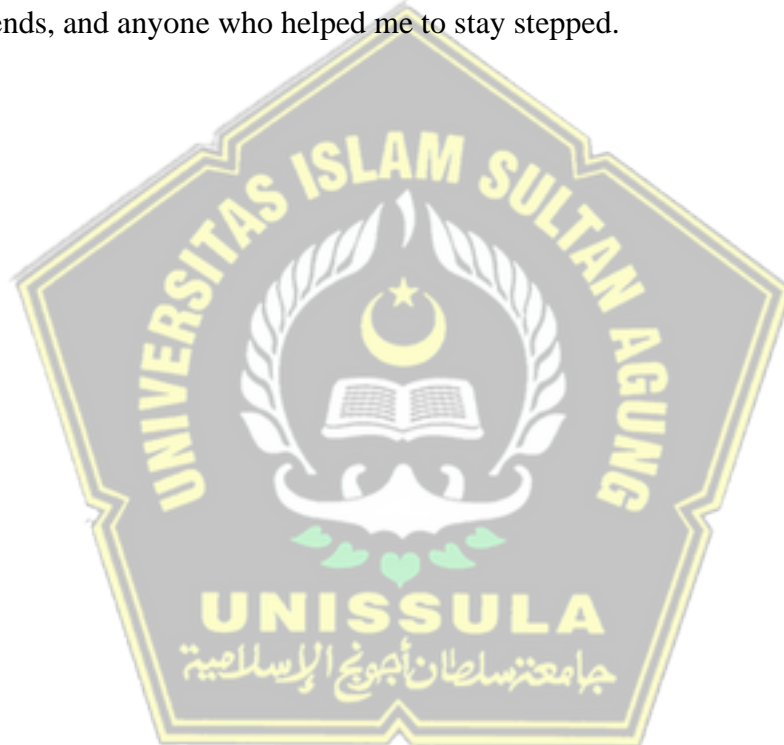


## MOTTO AND DEDICATION

"Not all parents can give wealth, but they definitely give their best efforts for their children"

---

This final project is dedicated to my family, especially my parents; my father who was the biggest reason for me to continue my education at the tertiary level, my mother who kept me going when I almost gave up, my mentor, myself, my friends, my friends, and anyone who helped me to stay stepped.



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Finally, there are still many deficiencies found in this final project. Therefore, the author invites readers or future researchers who are also researching the same topic to provide criticism and suggestions. Furthermore, I hope this final assignment can be useful and help others.

Semarang, September 5<sup>th</sup> 2023



Azizah

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## ABSTRACT

**Azizah. 30801900002.** “PTSD as a Result of the Childhood Trauma Experienced by Ellice in the *All Her Little Secrets* Novel.” English Literature Study Program. Faculty of Language and Communication Science. Sultan Agung Islamic University. Advisor: Destary Praptawati, S.S., M.Hum.

One of the psychological experiences that is significant and has long-term effects on a person's mental health and well-being is trauma. Traumatic events cause a range of emotional and behavioral responses, including anxiety, depression, dissociation, and post-traumatic stress disorder (PTSD). The relationship between trauma and human psychology has been the subject of study in understanding the impact of trauma on the human psyche.

This study used a psychological approach that focused on the study of character's psychology in literary works based on the American Psychiatric Association (APA) theory. The purposes of this study were to describe the description of PTSD symptoms and the form of trauma experienced by the main character, Ellice. Qualitative methods were used to analyze data collected from *All Her Little Secrets* novel, such as monologues and dialogues, and secondary sources such as journals and articles. In the data collection process, several steps were taken in this study, namely reading novel, identifying data, grouping data, and reducing inappropriate data.

In this study, the *All Her Little Secrets* novel showed PTSD symptoms and various forms of childhood trauma that were the reasons for Ellice's development of PTSD. Ellice's PTSD symptoms included re-experiencing, avoidance, negative alterations in cognition and mood, and hyperarousal. As for the forms of childhood trauma experienced by Ellice, they included bullying, child maltreatment, and exposure to domestic and community violence.

**Keyword: PTSD, Childhood trauma, PTSD symptoms**

## INTISARI

**Azizah. 30801900002.** “PTSD as a Result of the Childhood Trauma Experienced by Ellice in the *All Her Little Secrets* Novel”. Program Studi Sastra Inggris. Fakultas Bahasa dan Ilmu Komunikasi. Universitas Islam Sultan Agung. Pembimbing: Destary Praptawati, S.S., M.Hum.

Salah satu pengalaman psikologis yang signifikan dan memiliki efek jangka panjang terhadap kesehatan mental dan kesejahteraan seseorang adalah trauma. Peristiwa traumatis menyebabkan serangkaian respons emosional dan perilaku, termasuk kecemasan, depresi, disosiasi, dan gangguan stres pasca trauma (PTSD). Hubungan antara trauma dan psikologi telah menjadi subjek penelitian dalam memahami dampak trauma pada manusia.

Penelitian ini menggunakan pendekatan psikologi berupa American Psychiatric Association (APA) teori yang berfokus pada kajian psikologi karakter dalam karya sastra. Tujuan penelitian ini adalah untuk mendeskripsikan gambaran gejala PTSD dan bentuk trauma yang dialami oleh karakter utama, Ellice. Penelitian ini menggunakan metode kualitatif untuk menganalisis data yang dikumpulkan dari novel *All Her Little Secrets* berupa monolog dan dialog, dan data sekunder seperti jurnal dan artikel. Dalam proses pengumpulan data, beberapa langkah yang ditempuh dalam penelitian ini adalah membaca novel, mengidentifikasi data, mengelompokkan data, dan mengurangi data yang tidak sesuai.

Dalam penelitian ini, novel *All Her Little Secrets* menunjukkan gejala PTSD dan berbagai bentuk trauma masa kecil yang menjadi alasan berkembangnya PTSD pada Ellice. Gejala PTSD yang dialami oleh Ellice meliputi pengalaman ulang, penghindaran, perubahan negatif dalam kognisi dan suasana hati, dan hyperarousal. Adapun bentuk trauma masa kecil yang dialami Ellice antara lain; intimidasi, penganiayaan anak, dan paparan kekerasan dalam rumah tangga dan komunitas.

**Kata Kunci: PTSD, Trauma masa kecil, Gejala PTSD**

# CHAPTER I

## INTRODUCTION

### A. Background of the study

Literature is a complex and multifaceted concept that has been defined many times throughout history. According to Terry Eagleton, literature is not a simple concept, but a set of competing and contradictory ideas (1). Eagleton emphasized the idea that literature is not easily reduced to a single definition or set of fixed principles. This point of view shows that literature can produce various and sometimes conflicting understandings. Different readers, critics and scholars can analyze literary works from different points of view.

Literature has been an important part of human life for centuries. This is because humans can play a dual role in literature, namely as an object as well as a subject. As objects, humans can be described and observed in the narrative as characters, whereas humans as subjects refer to the role of humans as writers, readers, and the wider human experience that informs and shapes literary works. Through literature, humans can express their feelings, all the problems experienced and even their imagination. This is because literature is a written work that involves extraordinary aspects of experience, thought, and feeling (Bennett and Royle 35). In other words, literature is an imitation of real life.

One form of literary work that is often encountered in everyday life is the novel. Even though it is classified as fiction, the novel is able to give a deep impression on its readers as well as valuable lessons. Each novel contains a story created by imagination that discusses the problems in the life of a person

or various characters. In addition, each novel also contains various disciplines that can be studied, one of them is psychology.

Literature and psychology have a strong correlation, as both fields are concerned with exploring the complexities of human experience. The correlation between literature and psychology is reflected in literary works. According to Emir, every theme-based literary work will contain a psychological element, because the written literary work is a product of the mind (50). Thus, writers will use their own thoughts, emotions and experiences, as well as their understanding of the human soul.

In a literary work, there is an insight into the way of human thinking. Therefore, every study conducted on a literary work is able to increase our understanding of psychological concepts and theories, and broaden our insights about the nature of human behavior. Moreover, humans are known as complex and complicated creatures. Each individual has a different character and personality.

One of the psychological experiences that is significant and has long-term effects on a person's mental health and well-being is trauma. Traumatic events cause a range of emotional and behavioral responses, including anxiety, depression, dissociation, and post-traumatic stress disorder (PTSD). The relationship between trauma and human psychology has been the subject of extensive research and study in understanding the impact of trauma on the human psyche.

Humans are creatures endowed with reason and feelings that influence each other. Therefore, they will feel sad or even traumatized when they are unable to forget their bad memories. Trauma is overwhelming and frightening experience that penetrates the protective shields that normally keep us safe from fear and anxiety (Van der Hart et al 5). Trauma can not heal on its own even after years. Trauma comes from a bad incident that they experienced or witnessed. In addition, severe trauma coupled with stress can affect the structure and function of the brain which is associated with the development of psychiatric disorders such as PTSD (Bremner 189). Zlotnick et al said that most people experience a potentially traumatic event (PTE) during their lifetime which will lead to the development of PTSD (758).

The literature suggests that children are more susceptible to the negative effects of exposure to trauma, and may be at greater risk of experiencing long-term psychological distress than adults who experience similar events. (Kilpatrick et al 756).

From the statement above, it is known that someone who experiences a traumatic event in adulthood is easier to heal than those who experienced it in their childhood, even though the recovery process must go through a complex process because it is influenced by many factors. Interpersonal chronic traumatic experiences such as physical violence or neglect by caregivers will have an impact on the child's psychological and neurobiological development, especially complex abilities and neural connections that continue to develop (Lee and Hoaken 281). Thus, trauma has a major influence on the way children

process and regulate emotions as well as in the development of their cognitive skills. Trauma in children has serious long-term consequences, including the potential for the development of post-traumatic stress disorder (PTSD) (Courtois and Ford 119). This is the reason why childhood trauma needs to be addressed immediately.

After reviewing several articles in journals through the internet, there are still few studies that analyze literary works on post-traumatic stress disorder (PTSD). This topic is interesting to be studied because many literary works highlight PTSD as a result of trauma. Therefore, this study chose to analyze the causes of a person experiencing trauma and PTSD symptoms experienced by sufferers in the *All Her Little Secrets* novel. This study refers to previous studies which conducted on PTSD, childhood trauma, and uses novel as an object analysis to explore the topic in depth. It will contribute to the existing literature on PTSD and childhood trauma.

*All Her Little Secrets* novel as the object of study has a storyline that explores the life of the protagonist, Ellice, who experienced childhood trauma and led to the development of PTSD. In addition, this novel also provides a clear explanation of the causes of trauma in one's life, the long-term effects of childhood trauma and the challenges individuals face in overcoming it.

## **B. Problem Formulation**

In analyzing the *All Her Little Secrets* novel through psychological perspective, this study answers the following questions:

- 1) What are the symptoms of PTSD experienced by Ellice in the *All Her Little Secrets* novel?
- 2) What are the causes of PTSD experienced by Ellice in the *All Her Little Secrets* novel?

### **C. Limitations of the study**

Many aspects can be analyzed in Wanda M. Morris's novel *All Her Little Secrets*. However, this study only focuses on PTSD as a result of the childhood trauma experienced by Ellice using the American Psychiatric Association (APA) theory.

### **D. Objectives of the study**

Through the problem formulations, this study summing up to present the epitome of:

1. To describe the PTSD symptoms experienced by Ellice in the *All Her Little Secrets* novel.
2. To find the causes of PTSD experienced by Ellice in the *All Her Little Secrets* novel.

### **E. Significance of the study**

This study is intended to be useful in providing data and providing an in-depth understanding of PTSD as depicted on the character Ellice in the *All Her Little Secrets* novel for subsequent similar studies. It is also hoped that it will be able to contribute in increasing public awareness and understanding about



PTSD due to childhood trauma, which is an important problem in mental health that affects many individuals.

#### **F. Organization of the study**

The study organization provides an overview of what is discussed in this study, which consists of five chapters. Chapter I provides an introduction to this study. It consists of the background of the study, problem formulation, limitations of the study, objectives of the study, significance of the study, and organization of the study. Chapter II provides an overview of related literature in this study. It consists of a synopsis of the *All Her Little Secrets* novel, and related literature that explains the psychological approach in literature, childhood trauma theory, and post-traumatic stress disorder (PTSD) theory. Chapter III provides research methods in this study. It consists of the types of the study, data organizaing that consists of data collecting methods and types of data, and data analyzing the data. Chapter IV consists of finding and discussion of data obtained from the object of the study, *All Her Little Secrets* novel. Chapter V contains the conclusions and suggestions of this study.

## CHAPTER II

### REVIEW OF RELATED LITERATURE

This chapter contains review of related literature, which has two subchapters. The first subchapter is synopsis of the *All Her Little Secrets* novel used as the object of this study. The second subchapter is related literature. It consists of three main points: psychological approach in literature, childhood trauma, and post-traumatic stress disorder (PTSD).

#### A. Synopsis

*All Her Little Secrets* was a novel by Wanda M. Morris. In her storyline, Wanda unraveled a complicated mystery about a black lawyer who took over the title and duties of her boss after a sudden death. She was Ellice Littlejohn, who seemed to have had the perfect life: an Ivy League law degree, a high-paying job as a corporate attorney in downtown Atlanta, best friends, and a "for fun" relationship with a rich and charming executive—her white boss, Michael.

However, everything changed one cold January morning when Ellice went into the office to meet Michael. She found Michael dead with blood pouring from his head from a gunshot. Then she left as if nothing had happened, despite her conscience. Why? Ellice had been harboring dark secrets, including a past in the small town where she lived as a child and a younger brother among those around her. She couldn't afford to be in the spotlight for everyone.

In contrast, instead of mourning this tragedy, people gossiped, and the police became suspicious. Michael's case, which was initially deemed a suicide,

turned into a murder case, and Ellice, the company's only black attorney, was promoted to replace Michael. Even though the opportunity was a dream come true, Ellice could not shake the feeling that something was wrong. The promotion came too soon amid a period of corporate mourning and demonstrations by black people at the company who were accused of racial discrimination. This had been happening for some time, and there was still no policy from the company to address the problem.

Various pieces of evidence were uncovered until finally, she hesitated to decide whether to disclose the case to the police or not because it turned out that the case also involved Sam, her younger brother. This made Ellice trapped in a difficult ethical and moral dilemma. Ellice tried to collect more evidence to ensure that her younger brother was not involved in the conspiracy that had occurred. Illegal activities were carried out by the company that had killed two special people for Ellice: Michael and Sam.

Suddenly, Ellice's past and present collided as she tried to reveal the truth of a conspiracy going on in the company to the police. It was a conspiracy far more sinister than she could ever have imagined. A conspiracy to destroy the black race and purify the white race.

## **B. Related Literature**

### **B.1. Psychological Approach in Literature**

In understanding a literary work, a method is needed in the process of analysis. One of them is psychological approach. The psychological approach is generally defined as a way of understanding and explaining human behavior

and mental processes by examining various psychological factors. It focuses on exploring the inner workings of the human mind, including the deepest desires, fears, and motivations. The psychological approach in analyzing literary works focuses on the character's inner life. As Paris said that psychoanalysis is concerned with human conflicts with themselves or with each other, and literature describes and is written and read by these people (3).

In analyzing characters using a psychological approach, it is necessary to examine more deeply the thoughts, feelings, motivations, and behaviors of the characters to understand their psychological arrangement. In this case, the exploration of the internal processes that shape the character's personality and actions becomes the main focus. Applying a psychological approach to character analysis will result in a deep understanding of the motivations, conflicts, and psychological dynamics of the characters. This approach helps the reader understand the inner world of the characters, their thoughts, emotions, and behaviors.

Through psychological lens, people can better understand the real-life stories that characters act out in a story, and gain insight about issues such as love, loss, trauma, and identity.

## **B.2. Childhood Trauma**

Trauma is something that is often experienced by everyone. Trauma is often associated with negative emotions, such as feelings of humiliation, self-blame, shame, and feelings of helplessness and lead to feelings of alienation and avoidance (Fremont 382). It can result from a single event or series of

events recently experienced or as a child. Trauma experienced as a child is commonly referred to as childhood trauma.

Childhood trauma is defined as exposure to actual or threatened death, serious injury, or sexual assault by either direct trauma exposure, witnessing the trauma, or learning about the trauma that occurred in a close friend or relative (De Bellis and Zisk 185). Childhood trauma is caused by various factors. According to De Bellis and Zisk, some of these factors include:

1. Motor vehicle accidents

Motor vehicle accidents are a form of traumatic event. People who experience motor vehicle accidents tend to have higher levels of hypervigilance and physiological reactivity than sudden loss (Kelley et al 233). Motor vehicle accidents have a huge impact on children emotionally, psychologically, and physically. In some cases, motor vehicle accidents can result in the loss of loved ones. The death of a family member, especially a parent or sibling, can leave them with deep feelings of sadness, feelings of loneliness, and emptiness.

2. Bullying

Bullying refers to intentional and repeated aggression or harassment directed at a person by one or more individuals. Bullying can be physical (hitting, tripping, and kicking), verbal (booing, threatening, and sexual comments), and social (spreading rumors and publicly shaming someone). Bullying can be a traumatic experience, and it always leads to other negative things like poor emotional

adjustment, self-harm, aggressive or violent behavior, unwanted intrusive thoughts and/or dissociative experiences, etc. (Cunningham et al 49). Thus bullying that occurs in children should not be underestimated, because it can cause emotional and psychological trauma that lasts a long time.

### 3. Terrorism

Terrorism refers to the use of violence to instill fear which is intended to coerce or intimidate governments and society into fulfilling objectives which are generally political, religious, or ideological (Fremont 381). As well as causing catastrophic devastation, the effects of terrorism also generate psychological fear and intimidation at any time, during times of peace or conflict. Terrorist events occur suddenly without prior warning and often result in severe trauma. In the case of terrorism, there is a lot of violence, destruction, and chaos. Witnessing the loss of life, injury, and destruction caused by such actions cause deep emotional and psychological trauma.

### 4. Exposure to war

War is a state of conflict and violence on a large scale, often involving armed forces and resulting in widespread destruction and loss of life. Although physical harm can be reconstructed or replaced, the pain and grief that accompanies it gradually diminishes, the wounds of psychological trauma and horrific memory images do not heal easily (Joshi and O'Donnell 275). Children exposed to war, as both active

participants and bystanders, experience severe and long-lasting trauma. Children must be able to adjust well after death and those who experience difficulties will continue to interfere with daily life and even make it difficult for them to remember positive memories of their loved ones.

## 5. Child maltreatment

Child maltreatment is a serious problem. According to Abbasi et al, Child maltreatment is any act or series of acts of commission or omission by a parent or other caregiver that either causes harm, is potentially harmful, or threatens to harm the child (354). It causes long-term suffering. According to De Bellis and Thomas, child maltreatment can take several forms (108):

### 1. Neglect

According to De Bellis, child neglect can be related to physical (failure to provide the child's basic needs), medical (failure to provide the necessary medical care), educational (failure to provide education for the child), and emotional neglect (lack of attention, emotional support, or competence) (151). Child neglect is considered a criminal act. Some of the reasons that cause child neglect are parental depression, child disability, family violence, or lack of community resources (Dubowitz and Bennett 1891).

## 2. Physical abuse

Child abuse has long-term negative consequences in medical and mental health, and can even result in death. Kellogg said children with serious head or stomach injuries resulting from physical abuse were more likely to die or be disabled than children with head or stomach injuries caused by accidents (1232). Children who are victims of physical abuse usually experience a variety of behavioral and functional problems including anxiety and depression, as well as social and relationship deficiencies.

## 3. Sexual abuse

Sexual abuse is a form of social trauma (De Bellis et al 570). Sexual abuse does not just happen to teenagers or adults. It also has the potential to occur in children. Sexual abuse refers to inappropriate physical touching up to sexual intercourse or rape (De Bellis et al 549). Various forms of adverse childhood experiences and negative impacts on adolescent welfare are always associated with sexual abuse of children. De Bellis et al suggest that children who are sexually abused will generally experience PTSD (555).

## 4. Emotional or psychological abuse

Loue said child abuse refers to any act that harms or threatens a child, whether physically, mentally or emotionally.



Meanwhile, emotional or psychological violence is a consequence of these actions by assessing various factors, such as the child's age, history of child injury, physical injury to the child's body, whether there were multiple injuries, and the nature of the trauma (321).

#### 6. Exposure to domestic and community violence

Community violence is exposure to acts of interpersonal violence that are intentionally carried out in public areas by individuals who do not have a close relationship with the victim. Exposure to domestic violence experienced by children produces many negative emotional consequences. For example, higher-than-average cognitive, psychological, and emotional disturbances can even lead to long-term problems such as low self-esteem, depression, anxiety, physical aggression, and school failure (Herrenkohl 89).

Based on the explanation above, many traumatic events can cause trauma. The causes of childhood trauma are often interconnected and mutually reinforcing, for example, a child who is abused may also live in a household with family dysfunction or experience community violence. The cumulative effect of multiple traumatic experiences has a devastating impact on a child's well-being. So early trauma healing is an important thing to do. Trauma that is not immediately cured has a very significant effect on the sufferer. As Van der Kolk points out, the effects of trauma can be profound and long-lasting, and

affect an individual's sense of security, trust, and self-esteem (3). Which will affect the lives of children as adults.

### **B.3. Post-Traumatic Stress Disorder (PTSD)**

All people who have experienced trauma have a high potential for post-traumatic stress disorder (PTSD). It is possible that traumatized children also have the same potential. As stated by Felitti et al, childhood trauma has a profound effect on an individual's mental and physical health, and can increase the risk of developing various psychological disorders, such as depression, anxiety, and post-traumatic stress disorder (PTSD) (251). According to the American Psychiatric Association (APA), PTSD is a mental disorder that develops after exposure to traumatic events, such as combat, sexual assault, or natural disasters (271). People who have post-traumatic stress disorder will experience a variety of symptoms, these symptoms may occur immediately after the traumatic event or may be delayed for months or even years. Symptoms can last for weeks, months, or even years, and the severity can fluctuate over time. According to the American Psychiatric Association, PTSD symptoms include:

#### **1. Re-experiencing**

According to Brewin, re-experiencing is a term used when someone relives the traumatic event they experienced (2). For some people, re-experiencing takes them by surprise or preoccupies them. Re-experiencing is usually followed by intrusive symptoms, such as recurrent thoughts, images, memories, or impulses associated with the

trauma that are usually uncontrollable and/or unwanted (Falsetti et al 127). Thus, PTSD sufferers are always filled with a feeling of unrest which makes it difficult for them to focus or even have trouble sleeping.

## 2. Avoidance

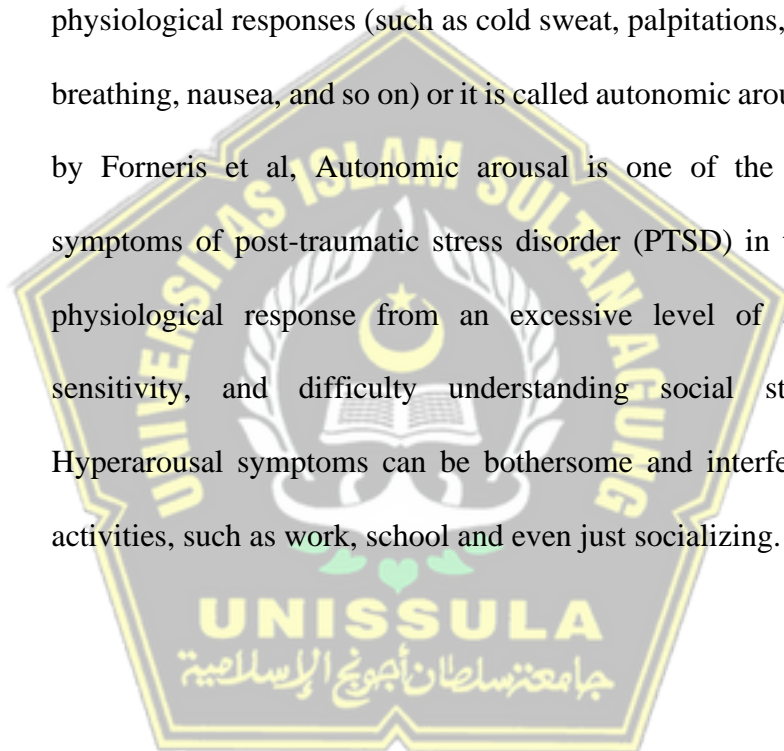
Avoidance is one idea of evaluating negative tendencies to unwanted feelings, thoughts, and sensations; in this case, proves one's inability to tolerate personal memories and the desire to control and make peace with those memories (Kashdan et al 186). Thus, someone who has a psychological disorder tends to stay away from anything that reminds him of the trauma he had, be it in the form of the same person, place, or activity. According to Foa et al, avoidance symptoms are attempts to protect oneself from the distress associated with traumatic memories. However, avoidance behavior can interfere with recovery and can even exacerbate PTSD symptoms (67).

## 3. Negative alterations in cognition and mood

Negative alterations in cognition and mood are common things that are commonly felt by PTSD sufferers. These include negative changes in negative cognitions about self, the world, and self-blame (Kaczurkin et al 348). This tendency affects the way they interact with other people, such as being difficult to get along with and preferring to be alone. They avoid social interaction for fear that others will judge them or not be able to understand their experiences.

#### 4. Hyperarousal

PTSD sufferers who experience hyperarousal are usually in the form of an exaggerated startle response, hypervigilance, and a feeling of always being alert in every situation. They also have difficulty concentrating or sleeping, and are irritable or angry (American Psychiatric Association 275). Hyperarousal is also usually seen from physiological responses (such as cold sweat, palpitations, fast and deep breathing, nausea, and so on) or it is called autonomic arousal. As stated by Forneris et al, Autonomic arousal is one of the characteristic symptoms of post-traumatic stress disorder (PTSD) in the form of a physiological response from an excessive level of alertness and sensitivity, and difficulty understanding social stimuli (307). Hyperarousal symptoms can be bothersome and interfere with daily activities, such as work, school and even just socializing.



## CHAPTER III

### RESEARCH METHOD

#### A. Types of the Study

This study used a qualitative method as a type of study. The qualitative method was an observation method that provided a detailed and comprehensive description, allowing researchers to explore and better understand the complexities of a phenomenon, event, or situation (Mohajan 44). This type of study was often used to answer questions related to the "what," "how," and "why" of a phenomenon or event, and involved collecting and analyzing data through non-numeric means, such as observation, interviews, and document analysis. A qualitative method was particularly useful for studying complex social phenomena, such as human behavior, culture, and social systems, for which quantitative methods might not have been appropriate. As Guest et al said, a qualitative method was very useful for gaining an in-depth understanding of subjective experiences, perspectives, and individual or group behavior, and when the research questions involved the exploration of complex social and cultural phenomena (106).

#### B. Data Organizing

##### B.1. Data collecting method

To collect the data, there were some steps that this study used:

##### B.1.1. Reading the novel

Reading the novel was the main step in the data collection process.

Reading the *All Her Little Secrets* novel was done repeatedly and carefully.

In addition, in the process of reading the novel, it was also carried out

several times to get a better understanding of the entire contents of the novel, so that the researchers could obtain the data needed in the analysis process.

### **B.1.2. Identifying the data**

After reading the *All Her Little Secrets* novel, the data could be identified. The data were found by focusing on dialogues, monologues, and narratives related to the problem formulation.

### **B.1.3. Classifying the data**

In classifying the data, the data that had been identified were grouped based on the formulation of the problem. The classification was done by forming two different tables because this study focused on two problem formulations to be solved. The data table or appendix would contain several columns consisting of numbers, data, data forms, pages, problem formulation, references, and comments.

### **B.1.4. Reducing the data**

The final step in data collection was the data-reducing process. This process was carried out by eliminating data that was inappropriate or had no effect on the problem formulation. The final data were stored in the appendix to support the problem formulation and the analysis process in Chapter IV.

## **B.2. Types of the data**

The data of this study were divided into two types of data, they were:

1. Primary data were the main data collected from the *All Her Little Secrets* novel written by Wanda M. Morris, published by HarperCollins Publishers on 2 November 2021 as the main source.
2. Secondary data were information obtained from e-journals, books, sites, articles, or websites that were relevant to the study and functioned as a complement to the primary data.

### **C. Analyzing the data**

The last stage of this study was to analyze the finalized data and report the analysis data. This study used a qualitative method by collecting dialogues, monologues, and narratives from the novel. Qualitative data in this study was analyzed using a psychological approach. Each description in this study was supported by data found in the novel, e-journals, articles, and e-books related to the study. This study used the *All Her Little Secrets* novel by Wanda M. Morris as the object of the study. This study analyzed PTSD symptoms and causes of trauma experienced by the main character, Ellice. The analysis and findings were reported in Chapter IV.

## CHAPTER IV

### FINDINGS AND DISCUSSIONS

This chapter aims to elaborate answers to the formulation of the problem that has been raised in chapter one. The problem formulation of this study includes what are the symptoms of PTSD experienced by Ellice in the *All Her Little Secrets* novel and what are the causes of PTSD experienced by Ellice in the *All Her Little Secrets* novel. This chapter shows the symptoms and causes of PTSD which are experienced by the main character in *All Her Little Secrets* novel, Ellice.

#### **A. The symptoms of PTSD experienced by Ellice in the *All Her Little Secrets* novel**

PTSD is a mental disorder that develops after exposure to traumatic events, such as combat, sexual assault, or natural disasters (APA 271). In the previous chapter, the American Psychiatric Association (APA) explained that PTSD has four symptoms; re-experiencing, avoidance, negative alterations in cognition and mood, and hyperarousal. In the *All Her Little Secrets* novel, the main character, Ellice experiences all of these symptoms.

##### **A.1. Re-experiencing**

According to Ehlers et al, disturbing repetitive experiences are a core symptom of post-traumatic stress disorder (PTSD) (403). They further explain, re-experiencing takes many forms, including disturbing images, flashbacks, nightmares, and physiological distress reactions when presented with reminders. Murray also added, re-experiencing involves conscious memory of the traumatic event or re-experiencing strong emotions (fear,



sadness, hopelessness) or physical reactions (pain, shortness of breath, immobility) of the trauma without simultaneously recalling the event itself

(3). The re-experiencing can be seen in the monologue below:

Rudy slumped into the chair in front of my desk "I'm just sayin' people don't usually commit suicide at their job, unless it's a workplace shooting in which case they try to take a few others out with them. It's a private act."

I swiveled my chair and stared out at the fully blossomed winter sunrise now bathing the downtown skyline. Private acts. I thought about my own life. Decades pass and I think I've processed the horror, but somehow it still ebbs and flows. A few seconds later, memories from Chillicothe bubbled to the surface too-an old utility shed, a little boy's tears, and a cavern of fear. People around here didn't see the real me. (Morris 33)

The quote proves that Ellice's PTSD symptoms in the form of flashbacks occurred because Ellice was confronted by Rudy's statement about the Michael case which brought back her memories while at Chillicothe. In addition, Ellice also felt the same fear when she was at Chillicothe because she was afraid that she would have contact with the police.

One trigger for re-experiencing is visual cues. As described by Khoury et al., visual cues can activate the amygdala, a key brain structure for emotional processing and memory consolidation, leading to the retrieval of traumatic memories associated with an injury or similar event (1079).

Thus, individuals may experience intrusive memories, nightmares, or flashbacks when presented with stimuli reminiscent of the trauma. This is reflected in Ellice as quoted below:

I glanced down at an old keloid scar on the back of my hand. The skin, a slightly lighter shade of brown, puffed and twisted over itself like kneaded bread. A searing brand that reminded me of my days growing up in Chillicothe. Now, here I was never married, no kids. With such imperfect role models for parents, I was afraid that raising one of my own would be another exercise in dysfunctional child-rearing. All the better to let my scars and wounds serve as the last remnants of the Littlejohn family imprint. Anyway, my life was fine without the traditional trappings (Morris 268).

In the quote above, Ellice is also described as experiencing symptoms of re-experiencing that are triggered by the memory of the keloid scar she had as a child. Even in this quote, Ellice also said that she would not marry and have children because she did not have a role model from her parents and was afraid to raise a child like her who was dysfunctional. Apart from that, this was also caused by the trauma of the bad treatment she received from her stepfather and mother.

Apart from being triggered by visual cues, re-experiencing can also be triggered by social media for people with PTSD. This was experienced by Ellice as seen in the quote below:

Inside my house, I felt safe. I couldn't see the news trucks from the

vantage point of my condo, so I pretended they weren't there. I undressed and headed straight for the shower. I had this overwhelming need to bathe and wash away the hard crust of lies and guilt. And as if on cue, sepia-brown memories of Chillicothe crept back in the heavy pungent smell of Dutch Masters cigars, a broken casserole dish, a gray plastic tarp. The hot water could wash my body, but it couldn't cleanse my soul.

Dressed in a pair of sweats and a T-shirt, I was back at the kitchen table. I opened my laptop and pulled up the search engine. If I was going to figure my way out of this mess, I needed to know how bad it was first. I typed in the home page for WSB-TV. The website carried a few paragraphs detailing Michael's murder and describing me as the recently promoted chief legal officer and my being questioned about the deaths of Michael Sayles and Geoffrey Gallagher. And there at the end of the article, it mentioned that my brother was found dead with Gallagher, the police were investigating a link between the three deaths. The way the article was written, people would either feel sorry for me or be convinced that I had killed all three of them. (Morris 381-382).

The quote explains that Ellice's re-experiencing symptoms were also triggered by bad news about her because the murder case experienced by Michael and Sam brought Ellice to the events that she had experienced at Chillicothe. As stated by Abdalla et al, the constant exposure and amount of

media coverage of the traumatic event through the 24-hour TV news cycle and social media, has the potential to increase the burden on sufferers of PTSD (5). Holman and Garfin added, the potential influence of news media exposure on post-traumatic stress symptoms is especially concerning, given that exposure to trauma reminders in the media can lead to re-experiencing symptoms such as intrusive thoughts and images of the event, flashbacks, and nightmares, which are central to the diagnosis of PTSD (16).

### **A.2. Avoidance**

Avoidance symptoms include persistent avoidance of stimuli involving memories, thoughts, or feelings, even external reminders (e.g., people, places, conversations, activities, objects, situations) that evoke distressing memories, thoughts, or feelings about or are closely related to the traumatic events (Protocol 78). Van Vliet states that one of the functions of avoidance is to maintain self-esteem, because trauma can have a serious impact on people's beliefs in themselves that they are worth. Threats to self-concept can be neutralized through denial, minimization, distraction, and other avoidance strategies (253).

Nate smiled. "Now, I'm sure there's more behind all that educational pedigree. Where'd you grow up?"

"Here in Atlanta." I told the same lie I'd been telling since I left Chillicothe. It didn't matter anyway. Chillicothe, Georgia, was so small that most people hadn't heard of it or if they did, they usually confused it with the city of the same name in southern Ohio.

Nate leaned forward on the sofa, his ocean-blue eyes anchored on me. "Married? Kids?" "No." God, just let this be over so I can get out of here. Willow was still planted on the sofa like a well-dressed mannequin, offering nothing to the conversation. "A beautiful woman like you?" Nate smiled. "Any other family?"

"No. I'm an only child." Better not to mention my family, or what was left of it.

"I see."

"How about you? Are you from Atlanta?" I already knew the answer but asked anyway just to move things along.

"Yep. Born and bred." (Morris 46-47)

From the excerpts of the dialogue, it can be seen that Ellice tries to avoid all information about her past, including about her family, by lying. This evasion was made because of a stimulus in the form of a question asked by Nate to Ellice about her past life and for the sake of maintaining her pride as the only black person in the company.

In another quote, Ellice also stated clearly that she adamantly rejected anything that connected her with Chillicothe. The rejection statement came when Ellice found an old article about her past.

For decades, I'd rejected everything that connected me to Chillicothe, embracing some ridiculous idea that successful lawyers didn't come from backwoods towns with jailbird siblings and dark secrets. I was stupid. Someone had left a news article in my car about

Willie Jay. And now, Sam was dead. (Morris 315)

In addition to Ellice's clear rejection, the quote also explains that Ellice regrets what she has done; hiding Sam's presence from the people around her which made her lose Sam forever.

### **A.3. Negative alterations in cognitions and mood**

Negative alterations in cognition and mood are commonly felt by PTSD sufferers. These include negative changes in negative cognitions about self, the world, and self-blame (Kaczurkin et al 348). Post-traumatic stress disorder (PTSD) has been associated with a lack of acceptance of negative emotions, avoidance of experiences, and greater suppression (Ehring and Quack 588).

"I know I should have told you. I guess it was easier to not talk about him, to keep him under wraps, than to tell everyone how often I was bailing him out of jail or paying off his bookies to keep him alive. He had really poor judgment and made some stupid decisions."  
(Morris 384)

The quote shows that Ellice can not accept negative emotions from her past. She feels ashamed that she has a younger brother who likes to gamble and often goes to jail so she suppresses those memories by trying to keep her younger brother's whereabouts a secret from those around her.

### **A.4. Hyperarousal**

Hyperarousal is a hallmark of post-traumatic stress disorder (PTSD) which includes physiological responses. Two common physiological

responses associated with PTSD are an increase in blood pressure (BP) and heart rate (Paulus 169). This is shown in the following quote:

My eyes darted between the two men. I could feel a small, slow throb nibble at my left temple, my chest rising and falling with the mounting anxiety that Jonathan's statement elicited. I wanted to bolt from this office, from this building, to run as fast and as far as I could anything having to do with Houghton Transportation.

"So what exactly happened out there in... Chillicothe, is it?" Jonathan asked. I blinked a few times, willing myself not to cry in this office. (Morris 397)

Hyperarousal is always closely related to a person's physical response as explained by the quote, Ellice experiences symptoms of hyperarousal which is characterized by an increased heart rate due to the anxiety she experienced after hearing Jonathan's statement about her past at Chillicothe.

Hyperarousal is also often triggered by the increased anxiety of PTSD sufferers. In anxiety, the fight-or-flight response is activated, leading to the release of stress hormones, such as cortisol and adrenaline, which can cause a range of physical symptoms, including stomach discomfort and pain (Everly et al 49).

My stomach was a knotted mess. I clicked on the file with my name and there it was. The sordid and shameful past that I had spent nearly my entire life running from. (Morris 367)

Based on the quote, it was explained that Ellice suddenly had stomach

problems when she was faced with something that reminded her of her childhood trauma in the form of a file containing her past. This happens due to the body's response when experiencing anxiety.

In addition to physiological responses, hyperarousal also affects one's emotions. This is illustrated in the quote below:

When I was younger, I used to pretend that I was born in New York City or Chicago, like Chillicothe, Georgia, never existed. When Vera and Birdie packed me up and shipped me off to boarding school, I stepped into my new life. I stepped out of one little box in my life and into another. But my cardboard life of elite schools and professional success never really eased the haunting ache of growing up poor, Black, and female in rural Georgia. And all the rage and anger that I was fully entitled to was tamped down by a chorus of voices telling me to forgive, to turn the other cheek, to look the other way. So that rage and anger sat bottled up, simmering on the inside. All the while, I spent an entire lifetime calmly trying to explain to people why I needed to be in a certain classroom or worthy of a certain job. Even after my rise, I was still explaining why I needed to be in the room, with a seat at the table, and a voice in the decisions.

(Morris 487-488)

According to Vasterling et al, hyperarousal symptoms can also be in the form of exaggerated startle responses, hypervigilance, irritability which are often observed in PTSD and can lead to significant functional impairment



(458). Victims who experience trauma and are diagnosed with PTSD in particular have difficulty suppressing and holding back anger, expressing anger appropriately, and managing angry feelings (Taft et al 782). In addition, in other references it is also explained that when individuals have difficulty expressing their anger, they can suppress it, leading to negative consequences such as increased stress, anxiety, and physical health problems. This can also negatively affect their relationship, as holding on to anger can lead to feelings of resentment and decreased intimacy. It is important for individuals to learn healthy ways to express their emotions, including anger, to enhance their overall well-being (Campbell and Tennen 301). This is an evidence in the quote above, Ellice has difficulty expressing her anger so she can only hold it in and always tries to explain herself to everyone.

The quote also adds evidence that Ellice was unable to express her feelings of anger because she was powerless, causing her brother to die. She experienced this anger when she was confronted with racism, which brought her the memory of racism in her childhood.

Still, the fact remained, in the midst of wrangling with these racists, my brother was murdered. Anger crawled up my spine like a copperhead snake seeking its next meal How dare they try to blackmail and beat me into submission to commit a crime The last time I'd felt this angry was decades ago, when Willie Jay Groover went missing. (Morris 372)

Intense emotional experiences of anger are often associated with behaviors that reflect hostility and hatred toward others (Nesbit and Luke 57). Like Ellice's hatred of the police in the following excerpt from the monologue:

I slumped back in my chair and massaged my temple. Oh God, where's Sam and what the hell has he screwed up now? I hate the police. Maybe it was my southern upbringing or my own up-close-and-personal experience with law enforcement that made me leery of any guy with a badge and a gun. (Morris 52)

The anger could not even be controlled at who it should be angry with. As explained in the quote that Ellice hates all cops just based on her past experience.

In addition to the several effects of anger that have been mentioned above, anger can increase aggression, prejudice, and violence toward others. This suggests that any method of venting anger that involves aggressive behavior, verbal or physical, could be counterproductive, because it may increase, rather than decrease, feelings of anger and hatred (Bushman 728).

My disdain for the police, and by extension her, was stupid and based on some long-ago events that had nothing to do with the detective. I had no logical reason to make assumptions about her based on the actions of some ignorant small-town deputy sheriff. (Morris 200)

The quote shows she cursed herself for insulting the police for no good

reason and based solely on her hatred. This is in line with Bushman's opinion, that anger can increase aggression and prejudice against others.

## **B. The causes of PTSD experienced by Ellice in the *All Her Little Secrets* novel**

PTSD is a psychological disorder caused by childhood trauma. Felli et al stated that childhood trauma has a profound effect on an individual's mental and physical health, and can risk developing various psychological disorders, such as depression, anxiety, and post-traumatic stress disorder (PTSD) (251). Childhood trauma is defined as exposure to actual or threatened death, serious injury, or sexual assault by either direct trauma exposure, witnessing the trauma, or learning about the trauma that occurred in a close friend or relative (De Bellis and Zisk 185). As explained in the previous chapter two, According to De Bellis and Zisk, there are six causes of childhood trauma. Ellice, the main character of the novel *All Her Little Secrets* has experienced three, out of six causes, they are bullying, child maltreatment, exposure to domestic and community violence.

### **B.1. Bullying**

Bullies are classified in three categories- Shaming, harassment and racism (Akhter et al 10). The experience of racism can result in PTSD symptoms, particularly among individuals from marginalized racial and ethnic groups (Mouzon and McLean 46).

Juice was right. I hadn't been happy, truly happy, in a very long time.

It was because I was so tired, too weary from juggling all the

cardboard pieces of my life, fighting all the -isms of being Black and female in America. Now, all I wanted to do was take off my boxing gloves and rest. (Morris 239)

This quote proves that Ellice has often experienced bullying in the form of racism since childhood and even into adulthood. So Ellice has a high potential to experience post traumatic disorder (PTSD) due to the bullying trauma she experienced.

It is not even just Ellice who experiences racism, but her entire family; mother, sister and stepfather. Although her stepfather was also white. This is reflected in the monologue below:

As far as I know, Martha and Willie Jay never officially married. At least they didn't have a wedding ceremony or anything. Just a month after Willie Jay roughed up Mario Jackson, Martha packed up the few things we owned from the house on Periwinkle Lane and moved all three of us into his house like some happy little family. And it was the talk of Chillicothe, too both in the white section of town and the Black section too. Some Black people wondered out loud how Martha and Willie Jay came to be a couple. A blond, blue-eyed monster living with an alcoholic Black woman and her two bastard kids kept people talking for months. White people who lived in the other section of Chillicothe said Willie Jay was trash and had done about the best he could do when it came to marriage material. (Morris 285)

In another quote, it is explained that Ellice, her mother and brother experienced racism by her own white stepfather while at home. This explains specifically about the form of racism experienced by Ellice when she was little.

It was his rule that he sit at the table alone and eat dinner first. Me, Sam, and Martha would eat whatever was left. (Morris 215)

The quote explains that Ellice, Sam, and her mother are not allowed to eat before their stepfather has finished eating and they can only eat what is left over.

## **B.2. Child maltreatment**

According to Abbasi et al, child maltreatment is any act or series of acts of commission or omission by a parent or caregiver that either causes harm, is potentially harmful, or threatens to harm the child (354). It is categorized into four types; neglect, physical abuse, sexual abuse, and emotional or psychological abuse. In *All Her Little Secrets novel*, Ellice experiences child maltreatment in the form of physical abuse and sexual abuse.

Before I could utter a word. Martha leapt across the small room and slapped me so hard it made my ears ring "Answer me, you lil' bitch!"

Then she started to cry. Why would you do this to me?!!!

Martha raised her hand and brought it down in another burning sting across my face. I didn't flinch. She yanked my hair in a tight wad and dragged me out of the body. The book flew in one direction and

Martha dragged me in another. "Why would you do this to me?!"

(Morris 150)

Child and adolescent victims of maltreatment experience high rates of PTSD symptoms, depression, suicidal thoughts and behaviors, aggression, antisocial behaviors, and cognitive deficits (De Bellis and Thomas 109). In the quote above, Ellice is a victim of violence from her closest person, her own mother, so she has the potential to experience PTSD. Gilbert et al also stated that exposure to violence in childhood, including witnessing violence and being a victim of violence, can have a range of negative outcomes, including emotional and behavioral problems, developmental delays, and other forms of childhood trauma (967).

In another quote, it is also explained that Ellice directly experienced violence by Coogler while trying to save her younger brother, Sam. Of course this increases the potential for PTSD to develop in Ellice because she does not only see the violence that befalls those closest to her, but also becomes a victim of the violence itself.

I pulled at Sam's arm, trying to wrestle him away. A few seconds later, Coogler's thick, hard palm slapped me across the face. The hot, stinging force sent me flying backward to the ground. (Morris 328)

Trauma can cause PTSD in a susceptible individual including experiences of severe trauma stemming from interpersonal relationships (eg, child abuse or neglect, rape, war) (De Bellis 555). Sexual harassment and assault can have profound and long-lasting effects on the mental and

physical health of survivors. Research has shown that survivors of sexual violence, including sexual harassment, are at increased risk of experiencing depression, anxiety, post-traumatic stress disorder (PTSD), and other forms of psychological distress (Wood et al 483).

This small miserable town was suffocating me, pulling its blanket of poverty over me, leaving me to wallow in its dust and beat. Being fourteen and pregnant was like a death sentence for a Black girl in a town like Chillicothe. I ran to the rugged edge of the riverbank that backed up against the house and fell to my knees in tears. What would I do now? What would I do with a baby? (Morris 74)

The quote explains that when Ellice was fourteen years old she experienced sexual abuse which had an impact on her psychology in the form of post-traumatic stress disorder (PTSD) which she experienced as an adult.

In another quote, it is explained that the sexual abuse that Ellice experienced was carried out by her own stepfather.

I wondered whether Martha knew why Willie Jay would be so concerned about my future or if he confessed his fear of my bringing a child into the world whose skin tone would point an accusatory finger announcing to the world that he was a monstrous pedophile. (Morris 415)

This quote describes Willie Jay's worry and fear expressed by Ellice when he found out that Ellice was pregnant. If Ellice were allowed to continue with the pregnancy and give birth, it would let everyone know that Willie

Jay had sexually assaulted his fourteen year old stepdaughter.

### **B.3. Exposure to domestic and community violence**

Witnessing violence can have a profound impact on children and youth, leading to negative outcomes that include anxiety, depression, post-traumatic stress disorder (PTSD) and other forms of childhood trauma (Osofsky 67).

Willie Jay threw the teenager in the back of the patrol car with such brutal force, Mario's head hit the top of the door opening, causing him to wail in pain. His scream sent an electric spark of fear through me. A hard knot rose up in my chest at the sight of Mario being manhandled and tossed into the patrol car like a child's discarded toy. (Morris 62-63)

The quote explains that Ellice witnessed the violence committed by Willie Jay when she was little, causing feelings of fear that led to trauma and led to other negative effects in the form of post-traumatic stress disorder (PTSD).

Exposure to domestic violence is associated with an increased risk of a variety of negative outcomes in children and adolescents, including depression, anxiety, post-traumatic stress disorder (PTSD), and other forms of childhood trauma (Koenen et al 231).

I slipped out the screen door and back into the brutal heat. As I walked up beside her, I saw tears rolling down her face and the ugly remnant of Willie Jay's anger, a purple-red knot on the side of her



forehead. Willie Jay had beaten her again. (Morris 426)

The quote proves that Ellice was exposed to violence from those closest to her; she saw the scars on her mother due to the violence perpetrated by her stepfather, causing Ellice to experience psychological and emotional trauma.

In another quote, it is also explained that apart from her mother, Sam was also a victim of violence from her stepfather. This further proves that Ellice is often exposed to violence in her environment, so she has a high potential to experience childhood trauma.

I jumped off the back porch and ran straight to the shed. I pulled the rusty latch open Sam tumbled out, crying and drenched in sweat. His face was bright red and his hands were raw and scraped. I lifted his small soaked body and gathered him to his feet. I couldn't tell where his tears ended and the sweat began. He cried in my arms as we crossed the backyard. I looked at Martha, still on the back stoop, crying and rocking. By the time we reached her on the back porch, I was so angry I wanted to slap her. (Morris 426)

Sam's condition is clearly illustrated in the quote after being a victim of her stepfather's violence. This condition made Ellice want to be angry with Martha who was unable to protect her own child.

## CHAPTER V

### CONCLUSION AND SUGGESTION

Chapter five is the last chapter which consists of two subchapters. The first subchapter is the conclusion of the discussion in chapter four about the symptoms and causes of PTSD in Ellice in the *All Her Little Secrets* novel. The second subchapter is a suggestion that can be taken for further analysis on the same research object or additional objects that can be analyzed using the same hypothesis and theory.

#### A. Conclusion

After analyzing and interpreting the *All Her Little Secrets* novel by Wanda M. Morris, this study describes the symptoms and causes of PTSD experienced by the main character, Ellice. In accordance with the findings and discussion in chapter four, the data obtained from the *All Her Little Secrets* novel states that Ellice is a PTSD sufferer as evidenced by the symptoms and causative factors.

From the discussion it can be concluded that there are four PTSD symptoms experienced by Ellice:

1. Re-experiencing: Ellice's re-experiencing symptoms are shown when she has re-experiencing in the form of flashbacks which are
2. triggered by events and fears similar to her past, visual cues, and social media.

3. Avoidance: avoidance symptoms are shown when Ellice has a conversation with Nate discussing all the information about her past and when she finds an article that reminds her of the past.
4. Negative alterations in cognitions and mood: symptoms of negative changes in cognition and mood were experienced by Ellice when she was unable to accept negative emotions from her past and suppressed them by keeping her little brother a secret from those around her.
5. Hyperarousal: hyperarousal symptoms are shown through Ellice's physiological response in the form of an increased heart rate when hearing Jonathan's statement about her past and stomach problems experienced when opening a file containing her past. In addition to physiological responses, hyperarousal is also reflected in Ellice's emotions in the form of anger and hatred towards the police.

In addition to these four symptoms, the *All Her Little Secrets* novel also finds that PTSD experienced by Ellice is the result of her childhood trauma. Some forms of childhood trauma experienced by Ellice include:

1. Bullying: Ellice has often experienced bullying in the form of racism, as a black person from childhood to adulthood. Not only her, but also her whole family experienced the same thing, including her white stepfather.
2. Child maltreatment: One of the causes of Ellice's childhood trauma was child maltreatment by her parents and those around her. The treatment was in the form of physical abuse by her mother towards Ellice when

she found out that Ellice was pregnant. Coogler, a police officer, also committed physical abuse against Ellice while trying to save her younger brother. Another form of child maltreatment committed against Ellice was sexual abuse when she was fourteen years old. This was done by her own stepfather.

3. Exposure to domestic and community violence: In the *All Her Little Secrets* novel storyline, Ellice is also often exposed to violence either from her environment or her home. As a child Ellice witnessed Willie Jay's violence against Mario. In fact she also witnessed the violence committed by Willie Jay as her stepfather against her mother and younger brother.

## **B. Suggestion**

This study emphasizes the psychology of characters in literary works. This shows the psychological state of a person when he has PTSD and some traumatic events in his childhood that can trigger the development of PTSD.

This study provides several suggestions, especially for next researchers who analyze this novel. The next study can also analyze psychology in literature from other psychological aspects such as anxiety and provide a different analysis. In addition, this study shows that the next researchers can explore other social issues contained in the novel; one of them is discrimination or racism.

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