

**POST-TRAUMATIC GROWTH EXPERIENCE: PSYCHOLOGICAL
ANALYSIS OF TIFANI FANELLI'S TRAUMA IN JESSICA KNOLL'S
NOVEL *LUCKIEST GIRL ALIVE* (2015)**

A FINAL PROJECT

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



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A Final Project entitled

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Has been approved by the advisor and to be examined by the Board of Examiners.

Semarang, February 19th 2024


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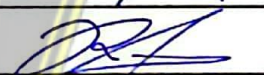
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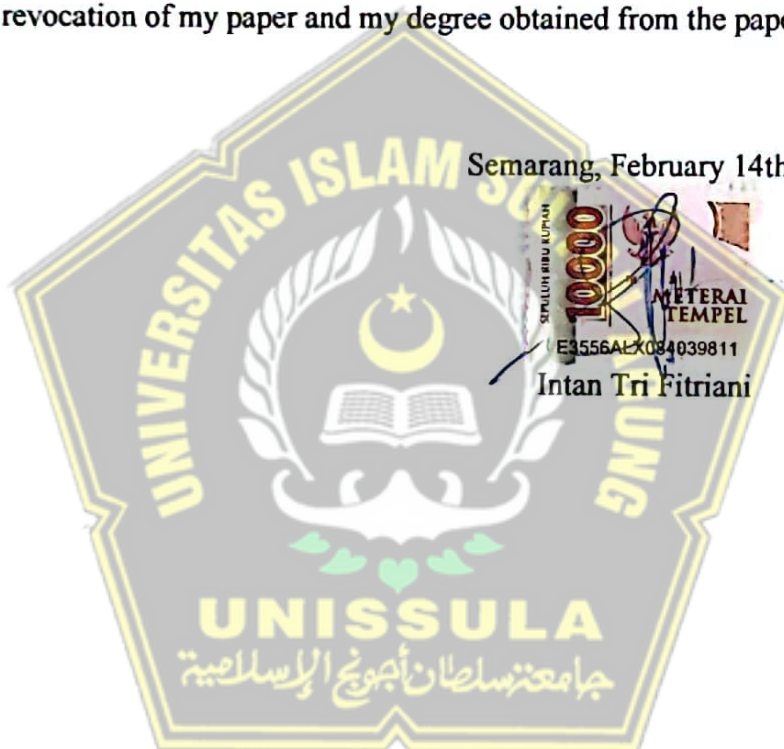
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STATEMENT OF WORK'S ORIGINALITY

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 quotation 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 the paper.

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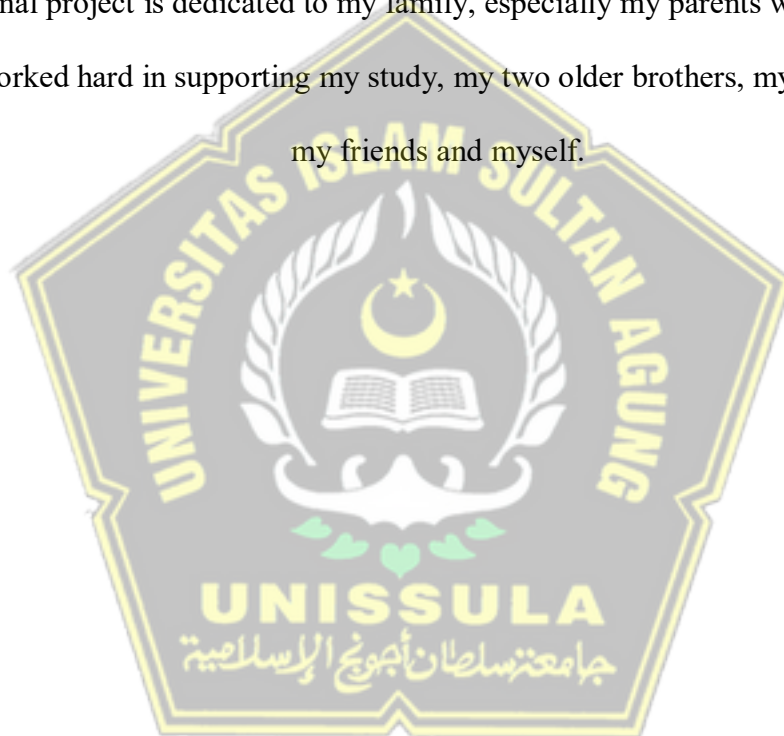


MOTTO AND DEDICATION

“I might not as smart as my friends, but i have greater determination to become
a better me”

“What determines my success is Myself”

This final project is dedicated to my family, especially my parents who have been
worked hard in supporting my study, my two older brothers, my advisor,
my friends and myself.



ABSTRACT

Fitriani, Intan Tri. 30802000024. Post Traumatic Growth Experience: Psychological Analysis of TifAni Fanelli's Trauma in Jessica Knoll's Novel *Luckiest Girl Alive* (2015). English Literature Study Program. Faculty of Language and Communication Science. Sultan Agung Islamic University. Advisor: Destary Praptawati, S.S., M.Hum.

This study aims to analyze the experience of Post Traumatic Stress Disorder (PTSD) and Post Traumatic Growth (PTG). TifAni Fanelli, the main character, experienced a traumatic event and positive change in the novel *Luckiest Girl Alive* (2015).

This study used PTSD theory by the American Psychiatric Association and PTG theory by Richard Tedeschi and Laurence Calhoun (2006) to analyze Post Traumatic Growth. This study applied a qualitative descriptive method to analyze the collected data from dialogues and monologues in the novel. In data collecting, the researcher used several steps: reading the novel, identifying the data, classifying the data and reducing the data.

The result of this study highlights two points: first, the traumatic experiences TifAni goes through in the novel including experiencing traumatic event, flashbacks, avoidance, negative change in thoughts and moods, negative change in physical and emotional reactions, the duration of the experiences is more than a month, the disturbance cause adverse effect on social functioning and the disruption not caused by other factors such as drugs and alcohol. Second, the trauma TifAni experienced grows in a positive way as the result of PTG such as having personal strength, new possibilities, relating with others, appreciation of life and spiritual changes.

Keywords: post traumatic stress disorder, post traumatic growth, *luckiest girl alive*, jessica knoll.

INTISARI

Fitriani, Intan Tri. 30802000024. Post Traumatic Growth Experience: Psychological Analysis of TifAni Fanelli's Trauma in Jessica Knoll's Novel *Luckiest Girl Alive* (2015). Program Studi Sastra Inggris. Fakultas Bahasa dan Ilmu Komunikasi. Universitas Islam Sultan Agung. Pembimbing : Destary Praptawati, S.S., M.Hum.

Penelitian ini bertujuan untuk menganalisis pengalaman Post Traumatic Stress Disorder (PTSD) dan Post Traumatic Growth (PTG). TifAni Fanelli, tokoh utama, mengalami peristiwa traumatis dan perubahan positif dalam novel *Luckiest Girl Alive* (2015).

Penelitian ini menggunakan teori PTSD oleh American Psychiatric Association dan teori PTG oleh Richard Tedeschi dan Laurence Calhoun (2006) untuk menganalisis Pertumbuhan Pasca Trauma. Penelitian ini menerapkan metode deskriptif kualitatif untuk menganalisis data yang dikumpulkan dari dialog dan monolog dalam novel. Dalam pengumpulan data, peneliti menggunakan beberapa langkah yaitu membaca novel, mengidentifikasi data, mengklasifikasikan data dan mereduksi data.

Hasil penelitian ini menyoroti dua hal: pertama, pengalaman traumatis yang dialami TifAni dalam novel termasuk mengalami peristiwa traumatis, kilas balik, penghindaran, perubahan negatif dalam pikiran dan suasana hati, perubahan negatif dalam reaksi fisik dan emosional, durasi pengalaman tersebut lebih dari sebulan, gangguan tersebut menimbulkan dampak buruk pada fungsi sosial dan gangguan tersebut bukan disebabkan oleh faktor lain seperti obat-obatan dan alkohol. Kedua, trauma yang dialami TifAni tumbuh ke arah positif akibat PTG seperti memiliki kekuatan pribadi, kemungkinan-kemungkinan baru, berhubungan dengan orang lain, apresiasi terhadap kehidupan dan perubahan spiritual.

Kata Kunci: gangguan stres pasca trauma, pertumbuhan pasca trauma, *luckiest girl alive*, jessica knoll.

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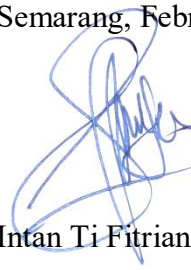
Deepest gratitude to Allah Subhanahu Wa Ta'ala for blessing me with patience, persistence, knowledge and strength to complete this final project. Sholawat and greetings are always given to the Prophet Muhammads SAW who brought the light of guidance to mankind.

The researcher would like to express gratitude and appreciation to:

1. Trimanah, S.Sos., M.Si. as the Dean of the Faculty of Language and Communication Science.
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5. My friends in the English Literature Study Program 2020, whom I spent my college year with. Thankyou for supporting me.

This final project is far from perfect, there are still flaws found in this final project. However, the researcher hopes that this study can be useful for other people.

Semarang, February 14th 2024



Intan Ti Fitriani



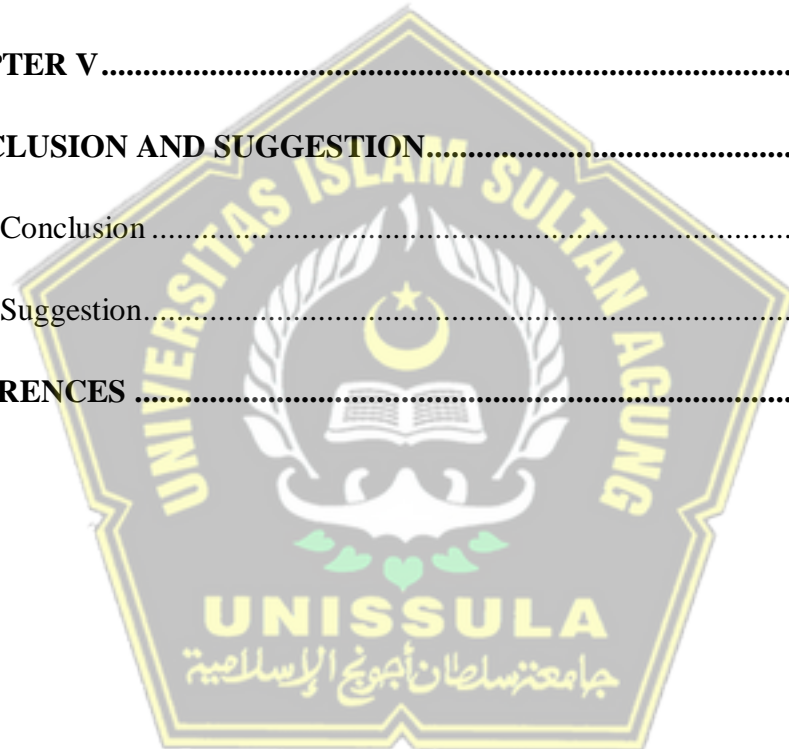
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CHAPTER I

INTRODUCTION

This chapter consists of background of the study, problem formulation, limitation of the study, objective of the study, significance of the study and organization of the study

A. Background of the Study

Literature is a form of human expression. The form of human expression processed using human creativity which in turn produces a literary work. Thus, literary works can be produced by various age groups, races or genders. The results of literary works can be in the form of creative writing such as poetry, short stories and others that are produced through the author's imaginative thinking. This imaginative thought can be poured into a fictional literary work. Literature can represent the culture as well as the language from which it was created. Literature can be used as a medium for capturing historical images. Historical documentation is poured by humans through writing that is what makes literature have a relationship with culture. Humans write history in a literary work, in which there will be a culture (Milner 1).

Along with time, literature began to develop in various fields such as history, philosophy, sociology, psychology and so on. Literature in these fields is an effort in which language is used as a medium of expression to interpret human, cultural and individual personality differences.

Literature

and psychology has a strong correlation. Psychology is a science that studies thoughts and behavior (Gabrieli 6). According to Fernald (3-12), psychology is a scientific study that studies mental, experience, thoughts and behavior both normal and abnormal in humans and learns and discovers how humans behave in general and categorizes humans based on their personality. Literature and psychology deal with human reactions, human desires, human fears and human-caused conflicts which are presented through various concepts, methods and approaches (Aras 251).

One of the topics of discussion that is included in the realm of psychology is trauma. Trauma is a response to a terrible event that happened to someone who is emotional (DSM-5 TR 296). If a person cannot overcome the acute feelings of the events they have gone through, there is a possibility that they will experience trauma. The trauma can take the form of flashbacks, emotional instability or even physical symptoms such as nausea or headaches (American Red Cross 8-9). Every living creature must have experienced at least one traumatic experience that occurred in life. Workplace bullying can be an example of a case that can cause the victim to experience trauma. Bullying in the work environment can cause adverse psychological effects such as depression, anxiety, irritability, symptoms of trauma, and reduced quality of work (Bond et al 37). However, not all victims of workplace bullying will experience trauma or psychological impact. Some victims may just ignore it and think about their own work. It does not have a big impact on the psychology of

the victim (Bond et al 37).

Not all stressful events end up being traumatic. Definition of trauma in the Diagnostic and Statistical Manual-5 Text Revision (DSM-5 TR), trauma must at a minimum require or involve a person in an incident that could cause actual death, involve threats or cause serious injury (256). The example of trauma that has a major impact on the lives of those who experience is usually in the form of trauma to sexual harassment, murder, natural disasters and others. Victims will not easily forget these traumatic events, some of the trauma haunts them for years. Not all trauma can be considered as Post Traumatic Stress Disorder (PTSD). The diagnosis of trauma can be seen through the existing criteria and symptoms to be indicated as PTSD (DSM-5 TR 271).

According to the DSM-5, PTSD is an anxiety disorder caused by a traumatic event that the sufferer experiences or sees (302). These traumatic events can be in the form of sexual violence, accidents and natural disasters. The presence or absence of PTSD in a person can be determined from several factors, for example duration and intensity of trauma (DSM-5 TR 305). Both duration and intensity of trauma are an important risk factor. Other factors include the extent of the reaction to the event, the loss or hurt of a close or loved one (DSM-5 TR 302). These are all variables that can affect whether or not a person will experience PTSD (Javidi et al 3).

According to Calhoun and Tedeschi (3), someone who has

experienced PTSD will experience a PTSD healing process or positive changes called Post Traumatic Growth (PTG). According to Calhoun and Tedeschi, PTG is a person's post-traumatic experience of positive change (3). Positive growth occurs as a result of a challenging post-traumatic life crisis struggle. PTG is manifested in various ways, including increasing the appreciation of life, improving interpersonal life and changing the priorities of existential and spiritual life for the better (Calhoun and Tedeschi 3-4).

This study used a novel entitled *Luckiest Girl Alive* by Jessica Knoll (2015) as its object. TifAni is the main character in the novel who experienced a traumatic event when she was in high school. The trauma she experienced was caused by the result of a mass shooting case that occurred at her school. In the novel, Jessica Knoll presents the adult TifAni as a charismatic figure, has a job at a large publishing media and has an established future husband whom many women dream of, but behind her success, TifAni is still haunted by memories of her past.

In the previous study, Dinda Kharisma (2017) analyzed the reflection of the American dream on the character TifAni from the novel *Luckiest Girl Alive*. Intan Tangngi Rapa et al, (2022) in their study analyzed personality and factors influencing TifAni's character development in the same novel. This study analyzed the symptoms of Post Traumatic Stress Disorder (PTSD) based on the book DSM-5 TR by the *American Psychiatric Association* and Post Traumatic Growth experienced

by the same character used the theory from Calhoun and Tedeschi which presents factors that can form PTG in individuals after experiencing trauma. This study produced novelty in analyzing the character of TifAni from the novel *Luckiest Girl Alive* from previous studies.

B. Problem Formulation

Based on the background of the study, the problem formulation that presented are :

1. What are the criteria of Post-Traumatic Stress Disorder experienced by TifAni in the *Luckiest Girl Alive* Novel ?
2. How is TifAni's Post-Traumatic Growth process reflected in *Luckiest Girl Alive* Novel ?

C. Limitation of the Study

This study focused on the Post Traumatic Stress Disorder experienced by TifAni using the DSM-5 theory and Calhoun's Form of Post Traumatic Growth to find out TifAni's process of Post Traumatic Stress Disorder.

D. Objective of the Study

Based on the problem formulation, the objective of the study as follows :

1. To describe the criteria of Post Traumatic Stress Disorder experienced by TifAni
2. To analyze TifAni's Post Traumatic Growth process in the novel.

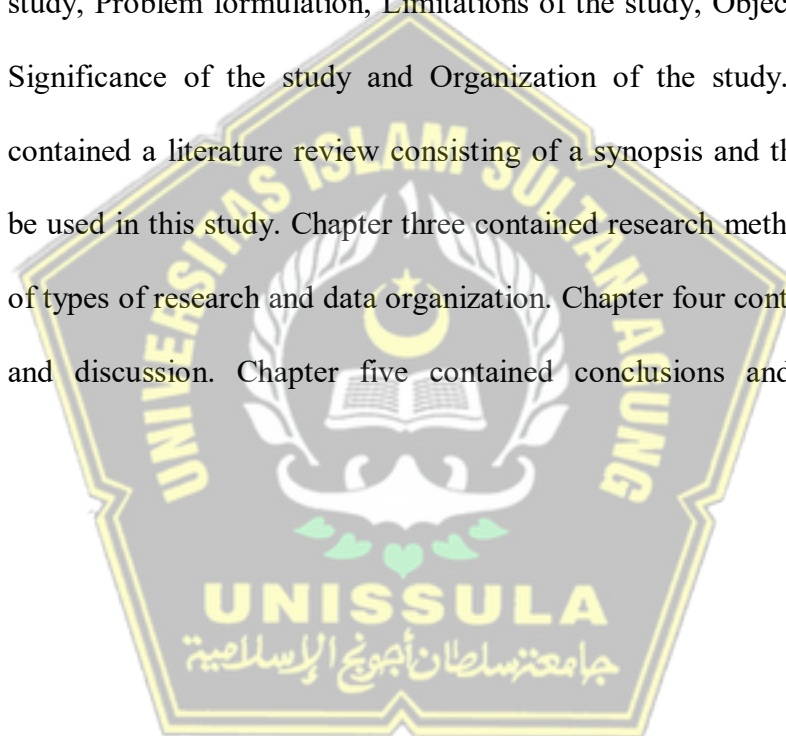
E. Significance of the Study

This study is expected to be useful in helping students regarding

the application of PTSD and PTG theory in making further research. This study is also expected to be a reference for students who will conduct research in the future on the same subject with different research objects.

F. Organization of the Study

This study is arranged systematically which is divided into five chapters. Chapter one is the introduction consisting of Background of the study, Problem formulation, Limitations of the study, Object of the study, Significance of the study and Organization of the study. Chapter two contained a literature review consisting of a synopsis and theory that will be used in this study. Chapter three contained research methods consisting of types of research and data organization. Chapter four contained findings and discussion. Chapter five contained conclusions and suggestions.



CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter contains synopsis of the *Luckiest Girl Alive* novel, DSM-5 TR theory of Post Traumatic Stress Disorder and Post Traumatic Growth theory by Calhoun and Tedeschi.

A. Synopsis

Luckiest Girl Alive is a novel written by Jessica Knoll published in 2015. The story begins when TifAni and her fiancé Luke Harrison visit a knife shop to fill the kitchen at her house. TifAni looked at the knife offered by the seller. TifAni, who was looking at that knife then immediately imagined herself holding a knife in both hands, stabbing her fiancé in the stomach. After a while he put the knife back down. On the way home Ani and Harrison decided to go to a pizza shop.

TifAni attended a Catholic girls' school from Kindergarten on the Main Line, but when she was in high school Ani attended a mixed school. September 2, 2001 was Ani's first day at The Bradley School in Bryn Mawr, PA. On the first day she entered school, Ani was already the center of attention, how could she not? Ani has had a body shape like Marilyn Monroe since she was in grade 7. It is no wonder that all eyes see her, whether male or female. At Bradley, Ani has a favorite subject, Honors

English. Honor English is a small class of only twelve students. This is where he met Mr. Larson, the teacher who teaches Honors English. Mr. Larson was the first to notice Ani's writing talent in his class.

At Bradley School, the first friend who invited Ani to talk was Arthur, he also attended the Honors English class with Ani. Arthur was a kid who knew all sorts of information at Bradley School, from who was the most popular, who had bad traits to even the smallest detail he knew. It was Arthur who introduced him to their classmates Beth, Sarah, Teddy, Dean, Hilary, Peyton, Olivia and Liam. After a short conversation with them, Ani feels attracted to Liam, she likes him secretly.

Back to the present, Ani is with her mother and best friend, Nell, at a wedding dress designer. When Ani tried to wear the dress she ordered, her mother criticized her harshly and disagreed if Ani wore the dress. And in the end the mother just left. Ani does have a slightly complicated relationship with her mother because there was an incident in the past that the two of them have not yet straightened out. After the fitting was complete, Ani received an email from the documentary film producer. The producer wanted to cover Ani's story about the mass shooting that occurred at Bradley School when she was still studying there.

That day at Bradley, a dance was taking place which the students attended. However, in the middle of the event, Ani is invited by her friends to have a party at Dean's house with several other friends including Liam. At first Ani refused, but because her friends insisted, they finally went

together in the car driven by Dean. Arriving at Dean's house, it turns out that there they were partying with liquor, Ani, who was drinking it for the first time, began to lose consciousness. When Ani began to regain consciousness a little, she was already in the guest room bathroom, there she saw someone doing something to her that made her lower body feel strange. She was still half awake when she realized it was Peyton.

After Ani became fully awake, her body was shaking, she was afraid of what Peyton had done. Dean, who saw her, immediately asked Ani to go to her room and change her pants there, because Ani's pants were covered in blood stains. However when she was in Dean's room, Ani again experienced what happened before. With his body still weak, Dean tried to have sex with Ani, he did not care even though Ani had refused.

TifAni, who now works as a writer for Women's Magazine, is successful as a writer on the theme of sex for both female and male readers by providing tips on sex. However Ani's dream is not just to work at Women's Magazine, she plans to work for the New York Times, a bigger company. She tries to get a job that will make her stronger in her position. Moreover, she will marry Luke Harrison, a highly respected conglomerate family. Ani thinks they will be the perfect couple if she manages to work at the New York Times. She also thought that if she had a strong position, people would trust what she said more than she did when she was in Women's Magazine. It would also make people believe her story more if

she eventually accepted the documentary producer's offer to tell her version of the Bradley School story.

The day when Ani and Luke had dinner with Luke's client has arrived. That day, before Ani caught up with Luke who was already at the restaurant, Ani received news that she had an offer to work at the New York Times. She wanted to discuss this matter with Luke after dinner. Unexpectedly, Luke's client named Andrew turns out to be Mr. Larson, Andrew Larson, Honors English teacher TifAni. When Ani asks Andrew about his job, she says that she has worked at the New York Times which surprises Luke, because Luke does not know about it yet. That is where Luke and Ani start arguing about it, because Luke also repairs and gets an offer to work in the London branch of the company.

Little TifAni, who recently experienced a shocking incident at Dean's party, finally felt calm because she was not pregnant. Some time later, she returned to the party at Dean's house with his friends because Liam promised nothing like before would happen. Since Ani likes Liam, she trusts him and comes with him to Dean's house. Unlike what Liam said, Dean tried to do the same thing when Liam was not around. This time Dean uses violence against Ani. Luckily Ani, because a few moments later Dean's parents returned home, and it was on that occasion that she escaped from Dean through the back door. Ani runs crying and thinking about what just happened. After running through a small forest, Ani finally found a mini market next to the gas station. He wanted to ask for help, but did not

dare. Who would have thought, it turns out that in the Mini Market there Mr. Larson is out shopping. Seeing Ani, Mr. Larson immediately took Ani into his car and was about to drive her home, but Ani refused, so he spent the night with Mr. Larson in his place. There Ani told everything. Mr. Larson, who felt that this was not good, tried to persuade Ani to talk to the principal.

The next day when Ani was confronted by the principal, Ani could not say anything, she just kept quiet. Dean, who knew about this, started bullying Ani in front of his friends. Arthur, who knows his friend is being bullied, tries to help Ani solve the problem. From there Ani began to tell what happened to him. Arthur, who heard this, became angry, because previously, Dean had bullied his friend, Ben, so much so that he had tried to commit suicide.

Some time later after Ani told that, in the morning at the Bradley cafeteria a large explosion occurred and knocked several students unconscious. Ani, who knows this, panics. Not long after the sound of gunfire was heard in front of the cafeteria, Ani tried to find a shelter. Unfortunately she witnessed her friends who were shot in front of her. She could not do anything, she could only keep running to find a shelter. When Ani peeked, who would have thought that the shooters were Arthur and Ben. In the end, Ben dies by shooting himself. Arthur, who is still alive, tries to give Ani the chance to kill Dean to avenge him, but Ani stabs Arthur in the neck with a knife to save his friends. Dean is the only bully

who survived. After that incident, Ani was so traumatized that she did not want to meet anyone. Dean, who was also a witness, testified to the police that Ani was also the mastermind behind the incident.

After several years, Dean became a famous writer because he was a survivor of the tragedy. Ani, who saw Dean's success now without all his fans knowing that he was the cause of the shooting case and he was a perpetrator of sexual harassment. In the end, Ani had the courage to tell the truth to the media through her writings and through the documentary videos she did. By revealing the story to the media without the husband-to-be's approval, Luke finally leaves Ani because he feels ashamed. Not everyone believed what Ani said, because at that time Ani was only a writer for Women's Magazine, but that did not last long, because she finally left. However, Ani started her new life by being more open to others.

B. Related Literature

B.1. Post Traumatic Stress Disorder

According to DSM-5 Text Revision (TR), Post Traumatic Stress Disorder (PTSD) is an anxiety disorder caused by a traumatic event in the past. Trauma experienced by a person can be through events that are experienced directly or indirectly, such as witnessing shocking events that occur nearby. According to DSM-5 TR (306), Shocking events that can cause trauma can be in the form of sexual violence, accidents, natural

disasters, mass shootings or other events that can cause serious physical injury or can shock someone psychologically.

PTSD can be known through individual experiences that are aligned with the PTSD diagnostic criteria in the DSM-5 TR. There are eight PTSD criteria which are usually referred as criterion A,B,C,D,E,F,G and H. The eight criteria include : exposure to a traumatic event (Criterion A), the emergence of one or more intrusive memories symptoms (Criterion B), avoidance of things related to the traumatic event (Criterion C), negative changes in thoughts and mood (Criterion D), having changes in physical and emotional reaction (Criterion E), experiencing criteria 2,3,4 and 5 for more than one month (Criterion F), the presence of disturbances that affect individual social or occupational functioning (Criterion G) and experiencing all disturbances that are not caused by other factors such as alcohol or drugs (Criterion H) (302-303).

B.1.1. Exposure to Traumatic Events (Criterion A)

According to DSM-5 TR (302), within this criterion the individual must have at least experienced a traumatic event through one or more of the following experiences:

1. Experiencing trauma directly (Criterion A1)

In this case the individual experiences a traumatic event that directly threatens his life, for example becoming a survivor of a natural disaster.

2. Witnessing a traumatic event directly (Criterion A2)

Witnessing traumatic events directly that happened to other people can be a trigger for trauma.

3. Knowing that someone has experienced traumatic events (Criterion A3)

Trauma can occur because individuals know that a family member or close friend experienced a traumatic event that has killed them.

4. Recovering from a traumatic event (Criterion A4)

In this case a person does not experience or see the traumatic event directly, but this happens to someone who handles the scene or the victim. Generally this happens to officers who clean up the remains of the victim's body at the scene of the incident or to someone who repeatedly handles cases of violence against children directly.

B.1.2. Presence of One or More Intrusive Memories (Criterion B)

The American Psychiatric Association (APA) specifically mentions in the book of DSM-5 TR that unintentional and intrusive recurring memories of past traumatic events is one of the aspects of PTSD if it occurs at least or minimum in a month after experiencing the traumatic event (303). Intrusive memories can disturb the mind unconsciously and can cause a person to suddenly feel emotional (Iyadurai et al 67). According to DSM-5 TR (302-303), a person must at least have one or more of the symptoms of intrusive memories below to indicate the PTSD :

1. Having flashbacks with recurrent disturbing memories of the traumatic event. For example, someone often experiences sudden flashbacks, and

this happens more than once in their life after experiencing a traumatic event (Criterion B1).

2. Having a disturbing nightmare. In this case, the dreams are related to memories of traumatic events (Criterion B2).
3. Experiencing dissociative reactions, for example, individuals experience flashbacks which can be in the form of feelings or actions that make the individual feel as if the traumatic event is happening again (Criterion B3).
4. Getting intense psychological pressure when exposed to something related to a traumatic event that has been experienced (Criterion B4).
5. Experiencing a physiological reaction to something that may imitate a past traumatic event (Criterion B5).

These intrusive memories can trigger a variety of negative emotions related to traumatic memories, for example, after surviving an earthquake that occurred while in a building, a person may be disturbed if he finds dust or smoke flying around him or when he hears the sound of things falling from shelves, because these two things can trigger his memory of the disaster he went through when buildings started to collapse due to the earthquake (Iyadurai et al 1).

B.1.3. Avoidance (Criterion C)

In DSM-5 TR avoidance will occur in someone after experiencing a traumatic event in the past. Avoidance is usually done to everything that can trigger traumatic memories to be recalled (303). Individuals will experience avoidance of things related to traumatic events that have

occurred, and this can be proven through one or two examples below to show that there is avoidance in the individual:

1. Individuals avoid memories and thoughts about traumatic events (Criterion C1).
2. Individuals avoid places, activities, objects, conversations, situations and people related to traumatic events that have occurred (Criterion C2).

Examples of things to avoid include avoiding similar places, similar activities that were carried out at the time of the accident, conversations that lead to topics related to trauma and even avoiding people who are involved in trauma which is felt to cause feelings of discomfort (303) . For example, if someone experiences severe sexual violence, after that incident someone will tend to avoid contact with men. Feeling uneasy when meeting strangers of the opposite sex or even one's own family (Campbell et al 255).

B.1.4. Having Negative Changes in Thoughts and Moods (Criterion D)

Negative changes that occur after experiencing a traumatic event are related to changes in cognition or thinking and mood swings that get worse as time goes on. These changes can be characterized by having negative thoughts about oneself and those around them, blaming oneself for traumatic events that have occurred and being unable to feel emotions such as feeling loved, feeling happy and feeling satisfied (DSM-5 TR

303). The negative changes can be proven through one or more of the following :

1. Inability to remember some of the details of the traumatic event, it is usually caused by amnesia or a serious head injury (Criterion D1).
2. Having excessive negative thoughts about oneself or others, for example the individual becomes unable to trust anyone (Criterion D2).
3. Thinking about the traumatic event continuously so that the individual blames himself (Criterion D3).
4. The existence of negative emotions that cause individuals to always feel afraid, feel irritable, have feelings of guilt and shame (Criterion D4).
5. Reduced interest in various activities (Criterion D5).
6. Having a feeling that the individual feels avoided from everyone after the traumatic event (Criterion D6).
7. Inability to think or experience positive things, for example the inability to feel happiness, feel satisfaction and even feel loved (Criterion D7).

For example, after experiencing a traumatic event such as a fire, a person always thinks negatively when he sees fire around him. He would be thinking, what if another fire breaks out in this place.

B.1.5. Having Changes in Physical and Emotional Reaction (Criterion E)

Physical and emotional changes will occur to someone after experiencing a traumatic event (DSM-5 TR 303). This change can be marked by the presence of one or more of the following behaviors :

1. Changes in physical and emotional reactions, including tend to get angry easily or have emotional outbursts which can be done through impingement on surrounding objects or even verbal actions towards someone (Criterion E1).
2. Having an exaggerated response to something (Criterion E2).
3. Behaving rashly (Criterion E3).
4. Have a high level of awareness of the surrounding environment (Criterion E4).
5. Have problems with concentration (Criterion E5).
6. Have sleep disturbances such as nightmares or insomnia (Criterion E6).

According to DSM-5 TR (308), in symptoms of sleep disorders, a person will imagine the traumatic event to the point where it becomes difficult to sleep because they want to stay awake and alert, experience nightmares such as returning to the time when the traumatic event occurred or dreaming as if the event is repeating itself in the present in their dream.

B.1.6. The Duration of The Experience (Criterion F)

According to DSM-5 TR (303), individuals must experience criteria 2,3,4 and 5 or experience intrusive memories, avoidance, experience negative changes in thoughts and moods and have changes in physical and emotional reactions for at least a period of more than one month to be able to prove that someone has experienced Post-Traumatic Stress Disorder.

B.1.7. Disturbance Causing Adverse Effects on Social/Occupational Function (Criterion G)

After experiencing a traumatic event, individuals who are considered to have PTSD must at least have a disorder that causes a negative impact on social functioning such as difficulty having relationships with people and disturbances that can affect work, such as impaired focus caused by feelings of anxiety after experiencing a traumatic event (DSM- 5 TR 303).

B.1.8. Disruption Not Caused by Other Factors (Criterion H)

According to DSM-5 TR (304), the last criterion is evidence that the disturbances from the previous criteria are not caused by other factors such as drugs and alcohol. With the presence of these eight diagnostic criteria in individuals, especially criterion 2, 3, 4 and 5 or criteria for intrusive memories disorder, avoidance, experiencing negative changes in thoughts and moods and having changes in physical and emotional reactions that must last for at least more than one months, it can be indicated that the individual is experiencing PTSD (DSM-5 TR 308-309).

B.2. Post Traumatic Growth

According to Tedeschi and Calhoun (2), Post Traumatic Growth (PTG) is a person's positive changes that occur after experiencing a trauma. PTG does not occur in someone who has experienced low levels of trauma, PTG only occurs in someone who has experienced a major traumatic event such as PTSD sufferers, including natural disasters, sexual

violence and shootings. PTG does not immediately occur after experiencing a traumatic event, but occurs when a person has started living his life and facing a new reality of life after experiencing that event. PTG can be said as a process of self-improvement after going through trauma to rebuild a better life. This positive growth can be seen in several factors in Post Traumatic Growth, these factors include appreciation of life, being able to establish better relationships with others, experiencing an increase in personal strength and experiencing development in new possibilities and development in spiritual change (Calhoun and Tedeschi 7-10).

B.2.1. Personal Strength

According to Calhoun and Tedeschi (5), personal strength occurs when someone has realized that they are actually a stronger person than what they have imagined. Personal strength can also be interpreted as a change that occurs in a person when he begins to recognize the abilities he has. If someone has recognized the abilities they have, they will believe that they have their own strengths and advantages in the field they master (Lopez et al 112). A person will live their life by starting to develop the strength they have because they believe in their own strength.

B.2.2. New possibilities

According to Tedeschi and Calhoun (5), new possibilities are a change that occurs in a person which can be seen through changes in self-interest and self perception. The change in self-interest can occur when a person feels that he has a new purpose in life. This change is certainly a

good change that is made to improve oneself and make a new change in interests, activities or maybe they will start a new and more significant path in life. The change in self perception can be seen through the change in the way a person begins to believe that they are stronger than they thought after experiencing and going through major life challenges.

B.2.3. Relating to Others

According to Calhoun and Tedeschi (5), experiencing a traumatic event or difficult life experience can cause a person to lose relationships with other people. However, in overcoming trauma, a person will also experience changes in human relationships as a very positive change. This positive change in human relationships is not just establishing new relationships with other people, but this change can occur through how someone who has experienced trauma has compassion for someone who has experienced a similar incident. Not only a feeling of compassion, a feeling of closeness to other people and a feeling of having a freedom to be yourself in front of other people are also points that can show changes in aspects relating to others.

B.2.4. Appreciation of Life

According to Calhoun and Tedeschi (6), appreciation of life refers to changes that can be seen through changes in one's life priorities that go hand in hand with changes in appreciating everything around them, be it small things or even big things. For example, this change shows how a person spends his day by appreciating the life he has more. By

appreciating his life, someone will realize that every time and process that goes through in his life is very valuable, so he will live his life better (Calhoun and Tedeschi 6). A better appreciation of life is when someone realizes that their life is important.

B.2.5. Spiritual Changes

According to Overcash WS (456), having faith in one's self can have a positive effect on understanding and overcoming the trauma one is experiencing. Having belief in spiritual matters does not mean being a religious person, it is enough to help someone understand that every event that occurs has a good lesson behind it, so that thought can make a person accept destiny that he has experienced trauma (Kabat-Zinn 145). Spiritual Change is a change that occurs in a person which is marked by a change in belief in God. However, if someone does not have certain beliefs, another thing that can be an indicator is the emergence of questions related to existentialism (Calhoun and Tedeschi 6), existential questions can be understood as questions about what is the meaning of human life and what is the purpose of their life.

CHAPTER III

RESEARCH METHOD

This chapter consists of three parts, they are types of research, data organizing and data analyzing. Firstly, types of research explain about the type of research that is used in the study. Secondly, the data organizing explains about two parts, they are the data collecting methods and the type of the data. The data collecting methods will consist of steps in collecting data, they are reading the novel, identifying the data, classifying the data and reducing the data. Lastly is analyzing the data, this is the last step of the study.

A. Type of Research

This study used a type of qualitative descriptive research conducted to collect data through observation, the data can be in the form of dialogues and monologues. According to Vickie and Lambert (255-256), the qualitative descriptive method has a goal as a specific summary of the daily events experienced by individuals or a group. The study used a qualitative descriptive method was carried out through comparative analysis while examining the data. In this method, data collection focuses on finding data from the right events that can be studied, and the results of the research is in the form of valid data which is re-examined by matching the field of study being carried out.

B. Data Organizing

B.1. Data Collecting Method

The data collection method consisted of the following steps:

B.1.1. Reading the Novel

The main step of the data collection method was to read the novel several times. This step was used to obtain data in the form of characters, conflicts, story points of view and the plot in it. After getting this general description, in the next reading of the novel, careful observation was made of the conflicts experienced by the characters so that the researcher has an idea of what happened to the characters in the novel.

B.1.2. Identifying the Data

After reading the novel several times, the next step was identifying the data that has been obtained during the reading process. This step was done by underlined or marked dialogs or monologues that have great potential to become data in research. In this case the data taken was data that is considered relevant to the problems involved in the research being conducted.

B.1.3. Classifying the Data

The next step was to classify the data. In this step, the data that was obtained from the previous step was grouped based on the formulation of the related problem. This grouping was made in the form of a table containing column numbering, quotations from the novel, pages in the novel, references and comments.

B.1.4. Reducing the Data

The last step taken in the data collecting method was to reduce data which will reduce the amount of existing data. This step was done to sort out strong and relevant data maintained and eliminate data that was not strong or irrelevant, so that data from each problem formulation was used to support this study.

B.2. Type of Data

The data that was used in this study was divided into two types :

1. The primary data were taken from the novel *Luckiest Girl Alive* (2015)
2. The secondary data were taken from books, journals and essays that are related to this study.

C. Analyzing the Data

The final step of the study was analyzing the data. The data was analyzed using DSM-5 theory by the American Psychology Association to find the experience of Post Traumatic Stress Disorder (PTSD) and Post-Traumatic Growth theory by Richard Tedeschi and Laurence Calhoun (2006).

CHAPTER IV

FINDINGS AND DISCUSSION

This chapter is divided into two sub chapters which are traumatic experiences and the process of the post traumatic growth of the main character.

A. Traumatic Experience of the Main Character in *Luckiest Girl Alive*

Novel

According to DSM-5 TR (296), trauma-related disorders can include disorders that occur due to exposure to traumatic or stressful events that are explicitly linked to diagnostic criteria for trauma, the trauma that occurs includes post-traumatic stress disorder (PTSD). In the novel, TifAni is told that she experienced a trauma that occurred when she was in high school. This trauma was caused by a mass shooting that occurred at her school, and she was one of the survivors. However, the trauma experienced by TifAni remained until she grew up. The trauma experienced by TifAni can be indicated as PTSD through analysis of the eight PTSD criteria mentioned in the DSM-5 RT book. Further explanation of TifAni's experience of PTSD is discussed below.

A.1. Exposure to Traumatic Event (Criterion A)

According to DSM-5 TR (302), within this criterion the individual must have at least experienced a traumatic event through one or more of these experiences, they are experiencing trauma directly (Criterion A1), witnessing a traumatic event directly

(Criterion A2), knowing that someone has experienced traumatic events (Criterion A3), recovering from a traumatic event (Criterion A4) . In the novel TifAni experienced the traumatic event directly when she was in high school. It can be seen in the quote from the novel below:

Why is Dean Jumping? It was the first thing I thought, continued to think even as a dense smoke charged the new park of the cafeteria, the part where I was no longer welcome, my excommunication my saving grace really.

I was no longer on the ground, my bad wrist irate. I howled as someone rushed past and stopped on my finger. I had the sensation that I was screaming. I felt the ragged edges of my throat, but I couldn't hear anything. Someone seized my gimpy wrist and pulled me to my feet, and felt the pressure of a scream in my chest again, but the release was cut short as my lungs hitched on the smoke. I was racked with a wicked cough, that feeling like you'll never get a good breath again (Knoll 174).

TifAni's trauma begin when the bombing and the mass shooting happened in her high school, when she is on the cafeteria with her friends to have some Swedish fish. She even thought that it was not real at first, until she realized that she was on the ground. This can be the proof that TifAni is facing the traumatic event

directly. In the first criterion for PTSD experienced by TifAni, namely exposure to traumatic events (Criterion A), she experienced a traumatic event directly as evidenced by the quote above. According to DSM-5 TR, Criterion A1, traumatic events include actual or threatened death, serious injury and sexual violence which must comply with the criteria mentioned (306). TifAni experienced actual or threatened death directly by becoming a mass shooting survivor and coming face to face with the perpetrator.

The quote below is another proof that TifAni has exposure to traumatic events directly.

Then he pivoted, surprisingly graceful, and shot Dean between his legs. Dean made him an inhuman noise as blood and water shot straight up in front of his face like a fountain at Epcot Center.

I slammed the knife into the side of his neck, and Arthur stumbled sideways, making a noise like he was trying to clear out phlegm in his chest. I went with him, pulled the knife out again, and lunged once more. I knew I'd hit sternum, heard the crunch as I submerged the blade in his chest, and this time I wasn't able to pull it back out. But that was okay, because I didn't need to. Arthur managed to gargle something like "I was only trying to help," and the bright blood spilling over his lips rushed faster (Knoll 183).

In that quote, TifAni confronted Arthur directly and even defended herself by killing him. Arthur was one of the shooters, TifAni defended herself when she saw Arthur shoot her friend in front of her eyes by sticking a knife into Arthur's neck. It was strongly proven that TifAni experienced the trauma directly.

In another quote, TifAni faces the Criterion A2 of experiencing traumatic events. According to the DSM-5 TR (306), Criterion A2 or witnessing a traumatic event directly can be witnessing directly that someone experiences death, an accident with serious injury, whether caused by someone else's deliberate action or a natural disaster. In this quote, TifAni saw directly how Peyton, her classmate, was killed by the shooter, Ben.

This time the gun had been low and close. The sound sent Liam behind the Shark and me, as far away as he could get from Peyton without abandoning the hood of the table.

Teddy was all the way at the other end, holding on to a chair leg like it was his mother's and he was begging her not to go out on a Saturday night. My ears felt like they were turning in on my skull. I brought a finger to one and felt wet. A drop of blood hit the carpet, spread red in the fibers like a sonic bloom (Knoll 176).

In this criterion, TifAni faced two ways of experiencing the traumatic events. They are experiencing trauma directly and witnessing a traumatic event directly. It can be concluded that TifAni fulfills the first criteria of PTSD according to the DSM-5 TR.

A.2. Presence of One or More Intrusive Memories (Criterion B)

According to DSM-5 TR (307), intrusive memories are an indicator of PTSD in a person, intrusive memories are also often referred to as flashbacks of traumatic events that have occurred. In the intrusive memories, there are several types of flashbacks that a person can experience after trauma, including having flashbacks with recurrent disturbing memories of the traumatic event (Criterion B1), having a disturbing nightmare (Criterion B2), experiencing dissociative reactions (Criterion B3), getting intense psychological pressure when exposed to something related to a traumatic event that has been experienced (Criterion B4), and experiencing a physiological reaction to something that may imitate a past traumatic event (Criterion B5).

In the novel TifAni experienced criterion B1 in the type of having flashbacks with recurrent disturbing memories of the traumatic event, it can be proven by the quote below:

I inspected the knife in my hand.

I pricked a finger on the blade's witchy chin, testing.

That word laced the corset tighter, crushing organs, sending panic into my throat with the bright beat of a distress signal. I could decide not to let go. Slip the forged nickel and stainless steel blade (the Shun, decided I liked it better) soundlessly into his stomach. The salesman would probably emit a simple dignified “Oh!” It was the mother carrying her crusty-nosed baby behind him who was the screamer. You could just tell she was that dangerous combination of bored and dramatic, that she would gleefully, tearfully recount the attack to the news reporters who would later swarm the scene. I turned the knife over before I could tense, before I could lunge, before every muscle in my body, forever on high alert, contracted as if on autopilot (Knoll 1).

The quote above shows how TifAni got flashbacks because of the knife. The scene looks similar to the time when she slammed the knife into the side of Arthur’s neck. Even though it is on a different part of the human body, it has similarities with the traumatic event she faced in the past.

In another quote, TifAni experienced Criterion B4 or getting intense psychological pressure when exposed to something

related to a traumatic event that has been experienced. It can be proven by the quote below:

A light swept over the front of the room, and someone cleared his throat. "Anyone in here?"

He sounded low and uniform, the way Ben had. "Boo." So flat, it could've been any word. "Hi." "No." "Sure." Mr. Larson covered his mouth, I could tell by the extra crowd's feet gathering around his eyes that he was trying not to laugh, and a tremble began in my hips-why my hips?

The light disappeared, and we even heard footsteps retreat, but I knew he was still there, I could feel him. He had exaggerated his exit, then crept back, waiting for us to crawl out, two dumb idiots thinking they were safe. A copycat.

Mr. Larson whispered, "I think he's gone," and I shook my head, widening my eyes at him desperately. "What?"

Mr. Larson whispered again, and he pushed the chair back. I seized his thick wrist and shook my head at him, begging him not to go. "TifAni." Mr. Larson looked down at my hand, and I saw the horror on his face, knew we were done for. "You're like ice."

"Still. Here," I mouthed.

"Tif, I'm sorry. Shit, I wasn't thinking.... the desk... I'm sorry."

We stayed pressed together much longer until I got my legs back (Knoll 204 - 205).

In the quote above it can be seen that TifAni got triggered with the event where it was similar with the day she hid from Ben, the shooter, and only hearing his footsteps. The psychological intensity in Criterion B4 can be characterized by certain reactions when someone experiences something that resembles a traumatic event that has occurred, such as excessive heartbeat, not being able to use bodily functions properly, experiencing headaches and even losing consciousness (DSM-5 TR 307).

TifAni said in another quote that she remembered the day when she hid from Ben just by hearing her mom's footsteps. It can be seen in the quote below:

Mom's footsteps receded, and then I remembered Ben's calves, so white they nauseated me, disappearing into the smoke (Knoll 209).

The quote above can be categorized as Criterion B1 or the criterion of having flashbacks with recurrent disturbing memories of the traumatic event. With the flashback that TifAni had, it can be proven that TifAni fulfilled the second criteria of PTSD.

A.3. Avoidance (Criterion C)

According to DSM-5 TR (303), avoidance will occur after someone experiencing a traumatic event, it can be proven through one or two of these examples, they are individuals who avoid memories and thoughts about traumatic events (Criterion C1), and individuals avoid places, activities, objects, conversations, situations and people related to traumatic events that have occurred (Criterion C2).

In the novel TifAni experienced criterion C2 of avoidance by avoiding objects that relate or can remind her of the traumatic event. It can be proven by the quote below:

Like that, the tomato sauce had taken on the consistency of blood. This happens to me occasionally with ketchup too, usually when I go through thinking about Peyton. There are times I see the mangled destruction on his face all day and no red food is safe. Neither is meat. Just the thought. I held a napkin to my mouth and forced myself to swallow the last bite I'd taken (Knoll 95).

The quote above shows how TifAni tries to avoid tomato sauce and ketchup because it looks like blood. If we look back to the first criteria of exposure to traumatic events, there is a moment when she sees and touches the mass shooting victim and villain's

blood. In another quote from the novel, TifAni experienced Criterion C2 of avoidance. It can be proven by the quote below:

When the documentary people first reached out to me, I'd gone to her, fear lodged in some secret pocket in my throat, like I'd swallowed a bulging time-release Adderall with no water. My voice so husky I was embarrassed by it. I'd told her how they were digging into the incident at Bradley, that they wanted to portray the untold story, the real story, the one the media had gotten wrong fourteen years ago (Knoll 45).

In the quote above, TifAni tries to avoid documentary people from telling about her past at Bradley High School when the unfortunate incident occurred there by not telling the story. By the existence of this experience, it can be indicated that the third criteria of PTSD is experienced by TifAni.

A.4. Having Negative Changes in Thoughts and Moods (Criterion D)

Negative changes that occur after experiencing a traumatic event are related to changes in cognition or thinking and mood swings that get worse as time goes on. These changes can be characterized by having negative thoughts about oneself and those around them, blaming oneself for traumatic events that have

occurred and being unable to feel emotions such as feeling loved, feeling happy and feeling satisfied (APA 303). The negative changes can be proven through one or more of the following : inability to remember some of the details of the traumatic event (Criterion D1), having excessive negative thoughts about oneself or others (Criterion D2), thinking about the traumatic event continuously so that the individual blames himself (Criterion D3), the existence of negative emotions that cause individuals to always feel afraid, feel irritable, have feelings of guilt and shame (Criterion D4), reduced interest in various activities (Criterion D5), having a feeling that the individual feels avoided from everyone after the traumatic event (Criterion D6), and inability to think or experience positive things, for example the inability to feel happiness, feel satisfaction and even feel loved (Criterion D7). This criterion can be seen in TifAni from the quote below:

I couldn't imagine anything worse than spending every day of my life with a physical reminder of the terrible things life can do, of the ever-present reality that no one is safe (Knoll 95).

In that quote TifAni is afraid of something bad that will probably happen in the future because she thought the reality that no one is safe. The quote shows that TifAni is experiencing the

criteria of D4 which is the existence of negative emotions that cause individuals to always feel afraid, feel irritable, and have feelings of guilt and shame.

A.5. Having Changes in Physical and Emotional Reaction (Criterion E)

According to DSM-5 TR (303), after experiencing a traumatic event someone will experience physical and emotional changes. This change can be marked by the presence of one or more of the following behaviors : changes in physical and emotional reactions, including tend to get angry easily or have emotional outbursts which can be done through impingement on surrounding objects or even verbal actions towards someone (Criterion E1), having an exaggerated response to something (Criterion E2), behaving rashly (Criterion E3), have a high level of awareness of the surrounding environment (Criterion E4), have problems with concentration (Criterion E5), and have sleep disturbances such as nightmares or insomnia (Criterion E6).

TifAni's experienced of this criterion can be seen through the quotes below:

I came clean eventually. It's not that I require an inordinate amount of sleep, it's that I haven;t been sleeping when you think I've been sleeping. I could never imagine submitting myself to a state of unconsciousness at the same time

everyone else goes under. I can only sleep, really sleep, not the thin-lipped rest I've learn to live on during the week when sunlight explodes off the freedom tower and forces me to the other side of the bed, when I can hear Luke pattering around the kitchen, making egg-white omelets, the neighbor next door arguing over who took the trash out last. Banal, everyday reminders that life is so boring it can't possibly terrorize anyone. That dull fuzz in my ear, that's when I sleep (Knoll 4).

This quote shows that TifAni has a sleeping problem. She can sleep when she hears someone else during their activity in the morning, she feels safe when the people around her are awake. Sleeping problem itself is one of the examples of the criterion E6 or have sleep disturbances such as nightmares or insomnia.

A.6. The Duration of The Experience (Criterion F)

According to DSM-5 TR (308-309), criterion F occurs if the duration of criteria B, C, D and E lasts for at least one month. If these four criteria last less than one month, then a person cannot be concluded to have PTSD. Long-term PTSD can occur if criteria B, C, D and E are experienced for more than a month.

In the novel TifAni's trauma occurred after she experienced the traumatic event until she grew up. It can be seen through

criterion A, the first time she has the exposure of a traumatic event and the criterion B, C, D and E above for the trauma she experienced. Therefore, it can be indicated that TifAni experienced long-term PTSD because the symptoms of the criteria kept happening after she was 28 years old.

A.7. Disturbance Causing Adverse Effects on Social/Occupational Function (Criterion G)

Individuals who are considered to have PTSD must have at least a disorder that causes a negative impact on social or occupational function such as difficulty having relationships with people and disturbances that can affect work, such as impaired focus caused by feelings of anxiety after experiencing a traumatic event (DSM- 5 TR 303). In the novel, TifAni experienced a disorder that affected her relationship with other people and having the feeling of anxiety. It can be seen through the quote below:

I hadn't slept in my childhood bedroom since college, and when it was only sporadically. I interned every summer, in Boston the summer of my freshman year, and then in New York after that.

It was an entirely different experience at my parents' place, where I would oftentimes lie awake almost all night, gripping a silly tabloid magazine in terror. I didn't have a TV in my room, and this was before colleges dealt out

laptops like free condoms at the health center, and the only way I knew how to distract myself from the galloping anxiety, from the disgust that this room, this house, dredged up from the shadowy mine of the past (Knoll 169).

In the quote above TifAni tells “*galloping anxiety*”, the anxiety might interrupt her school life because she always lies awake almost all night. It might be the reason why she never slept in her childhood bedroom after entering college.

A.8. Disruption Not Caused by Other Factors (Criterion H)

The last criterion of PTSD is the evidence that the disturbances from the previous criteria are not caused by other factors. The example of the other factors is that the anxiety disorder experienced by individuals is not caused by a traumatic event, but is caused by consuming alcohol or drugs (DSM-5 TR 304).

The quote of the criteria experienced by TifAni in the novel is not caused by the consumption of alcohol or drugs. None of the word drugs or alcohol in every quote of the novel has been written.

With the presence of the eight diagnostic criteria in individuals, especially criteria 2 (B), 3 (C), 4 (D) and 5 (E) or criteria for intrusive memories disorder, avoidance, experiencing negative changes in thoughts and moods and having changes in physical and emotional reactions that must last for at least more

than one months, it can be indicated that the individual is experiencing PTSD (DSM-5 TR 308-309).

B. Post Traumatic Growth Process of The Main Character the Novel

According to Tedeschi and Calhoun (2), Post Traumatic Growth (PTG) is a person's positive changes that occur after experiencing a trauma. PTG does not occur in someone who has experienced low levels of trauma, PTG only occurs in someone who has experienced a major traumatic event such as PTSD sufferers, including natural disasters, sexual violence and shootings. PTG does not immediately occur after experiencing a traumatic event, but occurs when a person has started living his life and is facing a new reality of life after experiencing that event. PTG can be said as a process of self-improvement after going through trauma to rebuild a better life. This positive growth can be seen in several factors in post-traumatic growth, these factors include appreciation of life, being able to establish better relationships with others, experiencing an increase in self-strength and experiencing development in new possibilities and development in spiritual matters (Calhoun and Tedeschi 7-10).

B.1. Personal Strength

Personal strength occurs when someone has realized that they are actually a stronger person than what they have imagined. Personal strength can also be interpreted as a change that occurs in a person when he begins to recognize the abilities he has (Calhoun and Tedeschi 5). If someone has recognized their ability, they will

believe that they have their own strengths and advantages in the realm they mastered (Lopez et al 112). A person will live their life by starting to develop the strength they have because they believe in their own strength. TifAni's personal strengths can be seen through the quote below:

Andrew looked at me. "Ani was my best student though."

I busied myself by smoothing my napkin on my lap. "You don't have to say that." I mumbled. "And now she's one of the best writers at The Woman's Magazine," Luke said, fatherly, proudly (Knoll 73).

TifAni got the compliment from her past Honors English teacher, Andrew Larson or Mr. Larson about her writing skills. After TifAni experienced the traumatic event, she never stated in the novel that she was still writing after the incident occurred. There was only anxiety that haunted her almost every night which made it difficult for her to sleep, and she tried to divert it by reading magazines, not by writing. However, after she entered college she started writing again until she was accepted to work at The Woman's Magazine and was even praised by the director for her writing skills. It can be seen in the quotes below:

"Now" — LoLo drummed the armrest of her chair — "what have you got for me, Mrs. Harrison?" —

I gave her my backup option, the one I wanted to present as a fun little aside, a great cover line, once I'd with a pitch that actually had some gravitas.

"Brilliant." LoLo turned to our managing editor. "Let's get that cover line up online and testing immediately." She lowered her chin at me. "Well done." (Knoll 67)

I'd lobbied hard for that idea, for six pages in the feature section to report on the woman who had been made victims by vindictive ex boyfriends —.

"It's amazing, you really can do anything," LoLo continued (Knoll 124-125).

The way she continued to write after going to college is the part when she fulfills the personal strength factor. If someone has recognized the abilities they have, they will believe that they have their own strengths and advantages in the field they master. TifAni recognized that she was a good writer, and she finally got to become one of the best writers in The Woman's Magazine.

B.2. New Possibilities

New possibilities are a change that occurs in a person which can be seen through changes in self-interest and self perception. The change in self-interest can occur when a person feels that he

has a new purpose in life. This change is certainly a good change that is made to improve oneself and make a new change in interests, activities or maybe they will start a new and more significant path in life. The change in self perception can be seen through the change in the way a person begins to believe that they are stronger than they thought after experiencing and going through major life challenges (Tedeschi and Calhoun 5). The existence of new possibilities in TifAni can be seen through the quote below:

At one point, I was climbing off the bus and I bumped into a woman in a crisp black blazer and pointy, witchy shoes.

She has the bulky cell phone pressed against her ear and a black bag with gold Prada lettering hooked around her wrist. "Sorry," I said, and took a step away from her.

She nodded at me briskly but never stopped speaking into her phone, "The samples need to be there by Friday." As her heels snapped away on the pavement, I thought, There is no way that woman can ever get hurt. She had more important things to worry about than whether or not she would have to eat lunch alone. I saw how there was a protection in success, and success was defined by threatening the minion on the other end of a cell phone, expensive pumps terrorizing the city, people stepping out of your way simply because you looked like you had more

important places to be than they did. Somewhere along the way, a man got tangled up in this definition too. I just had to get to that, I decided, and no one could hurt me again (Knoll 250).

The quote above shows how TifAni finally found new possibilities that made her change the way she lived; inspired by a career woman she met in a bus. And the change of her life can be seen through the monolog where she talks about herself, what she wears, the way she acts and so on.

In the novel it is also shown that TifAni experiences changes in self-perception. The biggest change occurred when TifAni began to have the courage to tell the media about what happened to her by taking big risks, such as canceling her wedding and being fired from the job she had dreamed of for so long. However, in her monologue it can be seen that she never regretted doing that and actually felt better and became braver in making the decisions that were in front of her. The change in TifAni self perception can be seen through the quote below:

I never would have realized this if I hadn't gone to The Bradley School. Then again, if I had never gone to Bradley, if I had stayed on my side of the tracks in Pennsylvania, I can promise you right now I'd be parked outside of a

kindergarten classroom in my leased BMW, drumming my French-manicured nails on the steering wheel. Bradley was like an abusive foster mother – she saved me from the system but only so she could have her twisted, meth fueled way with me.

I didn't dare push my luck and apply to any Ivy Leagues, but plenty of their hangers-on would have me, told me they wept as they read my essay, bursting with purple prose and historic declarations of all I had learned about this vicious life even though I had only just begun it (Knoll 17).

In that quote, the change of TifAni's self perception can be seen by how she realizes although she had a traumatic experience in Bradley, she is still glad that she can get what she has. Because all the success and achievement she achieved happened because of what she had gone through at Bradley School and the trauma that had changed her life.

B.3. Relating to Others

Experiencing a traumatic event or difficult life experience can cause a person to lose relationships with other people. However, in overcoming trauma, a person will also experience changes in human relationships as a very positive change. This positive change in human relationships is not just establishing new

relationships with other people, but this change can occur through how someone who has experienced trauma has compassion for someone who has experienced a similar incident. Not only a feeling of compassion, a feeling of closeness to other people and a feeling of having a freedom to be yourself in front of other people are also points that can show changes in aspects relating to others (Calhoun and Tedeschi 5). TifAni's relationships with other people after her trauma can be seen through the quotes below:

After I graduated college, Mrs. Finnerman sent me the occasional card, and an odd sort of relationship developed. She reached out when the news trickled down that I'd gotten engaged, and when she read an article she liked in The Women's Magazine. She ripped out one in particular, "Does Facebook Make You Sad?" Sent it in an envelope along with an article from The New York Times, titled "The Depressive Effect of Facebook." She circled the date on each mine written in May 2011, the Times's version on February 7, 2012. "You scooped the Times," she wrote. "Brava, TifAni!" It was the cheery correspondence of old friends, and that was a mistake, because Mrs. Finnerman and I weren't friends. This would be the first time we'd seen each other since before the shooting (Knoll 252).

Oh, it was a tearjerker, I made sure of it. So in the end, my name and the school that taught me to hate it got me into Wesleyan, where I met my best friend, Nell, the most beautiful WASP whose stinger pierced everyone but me, and she was the one, not some sage professor, who suggested I drop the Tif and go by Ani, pronouncing it “Ahhh-nee,” because “Annie” was simply too pedestrian for someone as world-weary as I was. Changing my name had nothing to do with hiding my past, and everything to do with becoming the person no one ever thought I deserved to be (Knoll 17-18)

The reason TifAni said Mrs. Finnerman wasn't her friend is because she is Arthur's mother. They used to be close when TifAni was in high school and friends with Arthur, but since the incident in Bradley, they have become distant.

In the novel TifAni experience another relating to others factors that can be seen in the quote below:

In college, when rumors swirled that some freshman had been taken advantage of by some lacrosse player, I'd found myself furious with her for not reporting him. Don't just let them get away with it! I'd wanted to scream, standing next to her in line for the salad bar. But then something about the

way she piled the cauliflower florets on top of her salad-no one ever put cauliflower in her salad-swung like a wrecking ball at my heart. Made me wonder if that had been her favorite vegetable as a child, if her mom cooked it especially for her even though her brothers and sisters groaned their hatred for cauliflower. I wanted to reach out and wrap my arms around her from behind, press my face into her soapy-smelling blond hair, say "I know" (Knoll 131).

In the quote above TifAni tells about how she felt when she met someone who had a similar situation with her. The feeling of empathy she had indicates that TifAni experienced the third factor of Post Traumatic growth.

B.4. Appreciation of Life

Appreciation of life refers to changes that can be seen through changes in one's life priorities that go hand in hand with changes in appreciating everything around them, be it small things or even big things (Calhoun and Tedeschi 6). For example, this change shows how a person spends his day by appreciating the life he has more. By appreciating his life, someone will realize that every time and every process that goes through in his life is very valuable, so he will live his life better (Calhoun and Tedeschi 6).

TifAni did appreciate her life after she went through so many hard times in her life. It can be seen through the quote below:

I had a new job too. I was now the features director at Glow Magazine. It was a big title, but the brand didn't have nearly the same clout as The Women's Magazine. It certainly didn't have the prestige of The New York Times Magazine, which LoLo reminded me we were close to —

I thought I would hate going about my day without that fantastic weight on my finger, the way it communicated to everyone to stay away, because all the boxes in my life were checked. I'd be lying if I said a part of me doesn't miss that emerald's wicked little glint, but I don't mind it as much as I thought I would. When a guy asks if he can take me out to dinner, I hope maybe he's someone who can eventually love me exactly the way I am, as Garret and so many others believed Luke did. Maybe he wouldn't fear my bite, my kookiness, maybe he'd get past my thorny bristles to see there is sweetness here. Would understand that moving on doesn't mean never talking about it, never crying about it (Knoll 291-292).

By that quote, it can be seen the change of TifAni who previously always complains about everything she had, becoming a

woman who appreciates the things that are finally given to her. TifAni experienced another appreciation of life in the novel, it can be seen through the quote below:

Spencer scooted her chair closer to the table, taking advantage of this intimate moment. "I hate when people ask me where I went to high school."

That wasn't a sentiment I could agree with. There were times I loved saying where I went to high school, loved the opportunity to prove how far I'd come. So I shrugged, my face stone, letting her know we weren't born to be buddies just because we had an alma mater in common. "I don't mind. I Feel like it's a part of what makes me me" (Knoll 18).

The quote above TifAni tells that she loved having the opportunity to prove how she came from Bradley School. Even though she had trauma from Bradley, it was what made her successful and become herself.

B.5. Spiritual Changes

Having faith in one's self can have a positive effect on understanding and overcoming the trauma one is experiencing (Overcash WS 456). Having belief in spiritual matters does not mean being a religious person, it is enough to help someone

understand that every event that occurs has a good lesson behind it, so that thought can make a person accept destiny that he has experienced trauma (Kabat-Zinn 145). Spiritual change is a change that occurs in a person which is marked by a change in belief in God. However, if someone does not have certain beliefs, another thing that can be an indicator is the emergence of existential questions. Existential questions can be understood as questions about what is the meaning of human life and what is the purpose of their life (Calhoun and Tedeschi 6).

In the novel, TifAni might never have said that she knows what is the meaning of human life and what is the meaning of her life. However, the act of TifAni when she finally decides to tell the true story of the tragedy in Bradley shows that she has the purpose of her life. TifAni did not marry Luke, even though all the wedding preparations had been completed, and preferred to tell the truth about the incident at Bradley which could change other people's views on her, who had been considered one of the perpetrators and change other people's views on Dean who was so far has been considered as a lucky victim but is actually the cause of this incident. This can be seen through the quotes below.

"You remember what to do, right?" Aaron asked.

"Say my name, the age I will be when this comes out, and how old I was at the time of the attack." I had introduced

myself as Ani Harrison the last time I was on camera, the name I was so relieved would be legally mine by the time the documentary aired. I had to film a second take to correct the error, wearing exactly what I'd been wearing on the day we first caught mystery in the forever of the camera. Everything would be streamed together, so that it appeared as a single take. No mention of the way my past and present had collided into one another like tectonic plates in an earthquake, producing a fissure that reformed the course of my life. I couldn't borrow those clothes from The Women's Magazine anymore, and they were not cheap to buy (Knoll 292-293).

In the end, TifAni accepted her faith to be the way she is and found the purpose of her life to fix every misunderstanding that happened on the mass shooting day in Bradley School. Even she had to accept the fact that she cannot marry Luke Harrison. In this point, it can be proven that TifAni experienced 5 (five) of the factors of PTG to be said as Post Traumatic Growth.

CHAPTER V

CONCLUSION AND SUGGESTION

This chapter concludes the explanation of the analysis result described in chapter four and suggestion for further analysis.

A. Conclusion

The data obtained from the novel *Luckiest Girl Alive* (2015) indicates that the main character, TifAni, experienced Post Traumatic Stress Disorder (PTSD) and Post Traumatic Growth (PTG). TifAni's traumatic experiences during her high school is mass shooting that happened in Bradley School. Later in her adult life, the traumatic experiences are repeated when she had a similar situation with the mass shooting. The traumatic criteria she experienced after experiencing the traumatic event are flashback, avoidance to something related with the traumatic event, having negative changes in thought and moods, having physical and emotional reaction, experienced the traumatic criteria more than a month, having disturbance causing adverse effects on social/occupational function, and evidence that the disturbances from the previous criteria are not caused by other factors. TifAni's flashback began after she experienced a traumatic event when she was a high school student until she become a writer in her adult life. Apart from flashbacks, TifAni also avoids activities and objects that can trigger memories of traumatic events she experienced in the past, such as avoiding talking about her past

and avoiding food that has the color and consistency of blood. On the other hand she also has negative changes in thought and moods and has physical and emotional reactions after experiencing the trauma. The negative thought began after she experienced the traumatic event, she thought that no one is safe. TifAni has a sleeping problem that is one example of having physical and emotional reactions. The duration of the PTSD criteria experienced by TifAni is more than a month and the disturbance of the criteria caused adverse effects on her social life such as having sleeping problems and avoidance to red food. The PTSD criteria TifAni experienced in the novel is caused by the traumatic event she experienced.

Post Traumatic Growth (PTG) processes that TifAni experienced are personal strength, new possibilities, relating to others, appreciation of life and spiritual change. TifAni's writing skill is one of the personal strength that lead her to The Woman's Magazine and Glow Magazine as a good writer and features director. The new possibilities TifAni experienced are the way when she got inspired by a woman she saw on the bus that made her change her life to be better and the change of her self perception about being a student in Bradley School. Relating to others depicted in the novel on the monolog that shows how TifAni's feeling over other girl who has the similar situation with her. The feeling made her want to wrap her arms around the girl and say "I know" because she knew how it feels to be shunned by other people. On the other hand, appreciation of life and spiritual change also experienced by TifAni. The appreciation

of life begins when TifAni realizes that Bradley School, a school that gives her a traumatic experience, is also a place that changes herself into a stronger person. The spiritual change is a change that made TifAni find the purpose of her life. She tells everyone about the trauma she had in the past and started her life by accepting her faith to be the luckiest girl alive.

B. Suggestion

The analysis of this study leads to a few suggestions for further study that can be conducted through another theory to analyze the same object of the study. Firstly, further study of *Luckiest Girl Alive* (2015) novel can put the focus of the study on the main character's behavior as her defense mechanism using Defense Mechanism Theory of Sigmund Freud. This theory can be used to find the process of the defense mechanism in the main character.

Secondly, further study of *Luckiest Girl Alive* (2015) novel can put the focus on another character's personality, for example TifAni's mother, Dina Fanelli. Dina Fanelli has narcissistic personality in the novel, it can be analyzed with the Narcissistic Personality Disorder theory by the American Psychiatric Association (APA) to find Dina's narcissistic personality in the novel. It would be good to try to analyze the supporting character although the data obtained from analyzing this character are less than the main character.

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