

Megan's Trauma in Paula Hawkins'

The Girl On The Train.

THESIS

Submitted as a Partial Fulfillment of the Requirements for the Sarjana

Degree of English Department Faculty of Arts and Humanities



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Declares that the thesis under the title Megan's Trauma in Paula Hawkin's in *The Girl On The Train* is my original scientific work which has been conducted as a partial fulfillment of the requirements for the Sarjana Degree and submitted to English Department, Arts and Humanities Faculty of Sunan Ampel State Islamic University. Additionally, it does not incorporate any other text from the previous experts except the quotation and theories itself. If the thesis later is found as a plagiarism work, the writer is truthfully responsible with any kind of suitable rules and consequences.

Surabaya, July 10th 2018

Writer,

A handwritten signature in black ink is written over a green rectangular stamp. The stamp contains the text 'KETERANGAN SUNAN AMPEL' at the top, '6000' in large numbers in the middle, and 'RUPIAH' at the bottom. There is also a small logo on the right side of the stamp.

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CHAPTER 1

INTRODUCTION

1.1 Background of the Study

During someone's life, he/she might experience an event that becomes traumatic to them. The event can create a trauma because it might not happen as the way they expect it to happen. Trauma itself can be defined as "a bodily or mental injury usually caused by an external agent" (Herman quoted in Rosenbloom and Williams 13).

Furthermore, Rosenbloom and Williams explain that there are at least two conditions that make an event become traumatic. The first condition is about "the nature of the events itself" that may include "actual or feared death or serious physical or emotional injury". The second condition is about the meaning of the event for the victim. "The same event can be traumatic for one person but not for another" so, death and serious injury can be traumatic for certain people, yet not for others (13).

The issue about trauma can also appear in literary works. It is because literature is a mirror of human's life "...literature mirrors or expresses life" (Wellek and Warren 90). Moreover, Gillespie states that "psychology and literature are closely related fields of human inquiry" (45). Therefore, this study is going to analyze a literary work with psychological approach.

One of the literary works that talks about trauma is *The Girl On The Train* novel. The story is about three women who have their own stories which can be considered as traumatic. Their are own story can not be separated from one

another. Rachel has spent the last few years stumbling through life in a booze filled depression ever since her husband left her for another woman. Anna is the woman that Tom, Rachel's ex husband, cheated on Rachel. Megan is the woman whom Tom had an affair with when he was married to Anna. So, all those three women in the novel experience traumatic events.

The Girl On The Train novel is written by Paula Hawkins and release in 2015. It top the UK best seller list and did even better in America. The novel was at the top of the UK's books charts by its second week. It sold 2million copies in the UK and 8 million copies worldwide, and Amazon's best selling book of 2015. In the same year, it also become the fastest-selling adult hardcover novel in history and won the 2015 Goodreads Choice award in the category Mystery & Thriller. It spent over four months on the New York Times Bestseller List following its release. Furthermore, *The Girl On The Train* received mostly positive reviews from critics and audiences alike. Kirkus Reviews praised the novel with a starred review and honoured it as one of the best books of 2015, writing that "even the most astute readers will be in for a shock as Hawkins slowly unspools the facts, exposing the harsh realities of love and obsession's inescapable links to violence." (Goodreads.com).

Based on discussion above, the researcher is interested in discussing the trauma experienced by Megan in *The Girl On The Train*. Specifically, the researcher is interested to know the effects of Megan's trauma and how she deals. The researcher chooses this issue because the message this novel delivers.

1.5 Scope and Limitation

This study is limited on the analysis of Megan's trauma in Paula Hawkins' *The Girl On The Train*. It centers on the effect of Megan's trauma and Megan's effort to deal with her trauma.

1.6 Method of the Study

This research is library based. The writer applies qualitative research method. Therefore, the data are described and analyzed in the form of words and sentences.

1.6.1 Data Source

The main data are taken from the novel entitled *The Girl On The Train* written by Paula Hawkins. The others data are taken from books, journal and online resources.

1.6.2 Data Collection

To collect the data, the researcher follows the following steps:

- a. Reading the novel entitled *The Girl on The Train* as main data source to get the complete and well understanding on the whole story about traumatic experienced by Megan.
- b. Re-reading the novel to get the data to answer the statement of the problems.
- c. Classifying the data in forms of naration and conversation in the novel which are related to the effect of Megan's trauma and the way Megan deals with her trauma.

CHAPTER II

LITERATURE REVIEW

2.1 Theoretical Framework

This chapter gives the explanation about the theories which are going to be used to analyze the problem of the study. The theories are under psychological approach and include the concept of trauma, traumatic event, PTSD and its symptoms. At the end of the chapter, the researcher reviews some previous studies related to this study.

2.1.1 Psychological Approach in Literature

There are various approaches to literature. One of them is psychological approach. This approach has been used to study literature since long time ago. Aristotle used it in “setting forth his classic definition of tragedy as combining the emotions of pity and terror to produce catharsis” in the fourth century B.C.. Sir Philip Sidney was “psychologizing literature” when he stated about the moral effects of poetry. Coleridge, Wordsworth, and Shelley were doing the same with “their theories of the imagination”. In this sense, then, virtually every literary critic has been concerned at some time with the psychology of writing or responding to literature (Guerin et.al 153).

Guerin et.al state that psychological approach can be considered “fascinating and rewarding”(153). That statement is supported by Gillespie’s

explanation that psychology is “fascinating” because it studies “human mind and behavior”. Moreover, it can be “a rewarding tool for enhancing our understanding and appreciation of literature and of ourselves” (43).

Gillespie also explains that understanding literature with psychological approach can be done by exploring the “psychologies of fictional characters ... to understand their actions and motives” or “the psychology of a writer as expressed in a work”. It can also explore “the psychology of a culture or society as revealed in literary works” or “the psychology of reader response” (43-44). However, this study is only going to analyze the psychology of a character in Paula Hawkins’ *The Girl on the Train*. The character, named Megan, experienced psychological problem because of traumatic events that lead her into having PTSD symptoms.

Moreover, Guerin et.al explain that psychological criticism during the twentieth century has come to be associated with the psychoanalytic theories of Sigmund Freud and his followers (153). However, Guerin also argues that Freud's is not the only psychological approach to literary analysis (180). Based on that statement, this study analyzes Megan’s psychological problem using the concept of trauma and traumatic event as well as the concept of Post Traumatic Stress Disorder, commonly known as PTSD.

a. Trauma and Traumatic Event

Trauma is described by Creamer as a personal experience that confronted someone which is threatened death or serious injury that involves a family member or other close associate. The person’s response to the event must involve intense fear and helplessness (7). Trauma can affect the whole person, including

changes in body, mind, emotions, and behavior. But each person's specific reactions depend on the particulars of the event and the person's unique self and history.

There are several reactions that refer to the body to react. Physical reaction is when the sufferer may have a rapid heartbeat, muscle tension, nervousness, and sleep difficulties. Then, Mental reaction is an impact that can disrupt thoughts, it may pop into mind unannounced and unwanted or not. This can include a sense of being unable to protect yourself and feeling unprotected or threatened by others. Emotional reaction refers to feeling of fear, inability to feel safe, frequently or severely threatened continue to feel unsafe, unprotected or threatened by others even when circumstances no longer feeling helpless. Being a victim of a natural disaster, crime, accident, or repeated abuse can make us realize how helpless we can be. Last is behavioral reactions, isolated from others, it may feel safer sufferer or more comfortable to be alone and avoiding places or situations, reminders of the trauma may bring back painful and unpleasant memories, may find sufferer self avoiding them even if it means disruptions on day to day life (Rosendbloom and Williams 14).

Rosendbloom and Williams explain that certain traumatic experiences, such as extremely early experiences of abuse, may interfere with or even prevent a person from developing a solid sense of self (14). It is an experience that is stressful and has a significant impact on the emotional state. The traumatic event might be a natural disaster such as bushfire, flood or earthquake, or might be result of a serious accident, a physical or sexual assault, losing someone closest.

b. Post Traumatic Stress Disorder (PTSD)

In order to get a deeper understanding in analyzing the effects of the traumatic event, the writer uses Post Traumatic Stress Disorder which is known as PTSD. According to Scoot & Stradling, " the incident of PTSD in general population is approximately the same as that of schizophrenia, affecting about 1 percent of the population at any one time." (Scoot & Stradling 1). The cause of PTSD is the stressor, which in this case is the traumatic event, and it can happen in several ways. The first is an event posing a serious threat to one's life or physical integrity. For example, a soldier who is almost killed by the enemy on the battlefield will have trauma about his past. The Second, an event which presents the possibility of a serious threat to one's loved ones. For example, someone who witnesses that his mother or father die in an accident (Scoot & Stradling 1).

Scoot & Stradling explain that there are five criteria to be met for a diagnosis of PTSD. The first one is, the client must have witnessed or experienced a serious threat or their life or physical well being. Second, the client must have experienced the event in some way. Third, the client must persistently avoid stimuli associated with the trauma or experience a numbing of general responsiveness. Fourth, the client must have experienced persistent symptoms of increased arousal. In this study, this criteria consists of three indicators. The first one is the difficulty of falling asleep. The second is irritability or outburst of anger. It is an inability to control the emotion so it has become unbalanced. The

person will easily get angry toward another person. The third is hypervigilance. This causes the unusual increase of the person's alertness. Fifth, symptoms must have lasted at least a month. Each of those criteria may be met in a number of ways. (Scoot & Stradling 2)

Furthermore, Scoot & Stradling explain more about the components of PTSD. It has symptoms which are closely related one to another. In a PTSD, the traumatic experience which is the stressor will lead to an intrusive imagery or feeling of re-experiencing the trauma. This situation causes the person to give a reaction toward this uncomfortable feeling. The avoidance of situation may become the result of this condition which also may serve again as the trigger for the intrusive imagery. The connection between intrusive imagery and avoidance behavior can lead to disordered arousal. For example, a woman who had the traumatic experience with a car accident because she was hit by another car while she was driving may be troubled by intrusive flashbacks of the accident. In her effort to reduce flashbacks she may avoid driving a car or even to get in a car. This behavior was stated as avoidance behavior and it indeed served to reduce the intrusive imagery of the accident. However, if she was unexpectedly or accidentally put in a condition where she had to get into a car or drive in a car, the intrusive imagery would be increased and may be led into disordered arousal which might be reduced again by avoidance behavior. This model component is the most major of PTSD (Scoot & Stradling 5).

Scoot & Stradling stated that "different people react to objectively similar situation differently." (8). For example, student A will react to a failure of an

exam with disappointment while student B becomes motivated. This condition makes the components of PTSD develop. It depends on the efficacy of the individual's coping response, where maladaptive or negative coping responses fuel the feedback loop, while adaptive or positive coping responses may break the cycle and enable an exit from the loop. The girl who experiences a car accident will develop the maladaptive coping response. For example, if she always avoids driving in a car and she prefers to get into other vehicles, the symptoms of her PTSD will persist. However, if her coping strategy is the adaptive strategy where she tries to engage her trauma. For example, if she tries to overcome her fear and try to drive in a care, she may break the symptoms of her PTSD (Scoot & Strading 8).

2.2 Previous Study

The first previous research is from Petra Christian University Surabaya student. The research is *A study on the different Responses of the two main characters toward their Traumatic experience in Virginia Woolf's Mrs. Dalloway*. Her analysis of traumatic experience focuses on the two main characters in Virginia Woolf's *Mrs. Dalloway*. They are Clarissa Dalloway and Septimus Smith. The writer uses a psychological approach especially about Freud's organization of personality, and also the theory about the instinct. After applying those theories in analyzing the characters psychological problem, it can be concluded that Clarissa is able to survive to continue her life because her ego converts her death instinct to life instinct. On the other hand, Septimus id

manipulates his superego to channel and gratify its death instinct. That is why he commits suicide.

The second previous research is from Petra Christian University Surabaya student. The research is *A Study on Lieutenant Tatsuya's Traumatic Experiences and Their Effect in His Present Life and His effort to cope with them in Frederik Pohl & Jack Williamson's Undersea City*. The resulting effect of the traumatic event on Lieutenant Tatsuya's is negative effect. It creates problem and conflict between him and other characters. Furthermore, the writer finds that Lieutenant Tatsuya tries to confront with his trauma and finally, he is able to cope with his trauma.

The third previous research is from Universitas Gadjah Mada student. This research discusses *Post-Traumatic Stress Disorder (PTSD) experienced by Charlie in the novel The Perks of Being A Wallflower*. It is a coming-of-age novel written by Stephen Chomsky. In the story, Charlie, the main character, experienced trauma that involved his relationship with Aunt Helen. Besides that, the death of his only friend, Michael, change his perspective on friendship. The objective of this paper is to discover the Post-Traumatic Stress Disorder symptoms and the effect of it that happens in *The Perks of Being A Wallflower*. The theory of psychoanalysis is used to analyze this paper. From the analysis, it can be concluded that Charlie apparently got PTSD since he fulfills several symptoms of it. Furthermore, his experience of PTSD influences his personality and behavior including his point of view in love, sexuality, and friendship.

CHAPTER III

MEGAN'S TRAUMA IN PAULA HAWKIN'S

THE GIRL ON THE TRAIN

This chapter is divided into two sections. The first section is about the effect of Megan's traumatic experience in the form of PTSD. The second section is about the way Megan deals with her traumatic experience. However, before describing those sections, the researcher thinks that it will be helpful to give a brief description about the incidents that caused Megan's trauma.

The first incident that caused Megan's trauma is Ben's accident. Ben is Megan's older brother. "He died on the A10, his skull crushed beneath the wheels of an articulated lorry" (24). A lorry is a large, heavy motor vehicle for transporting goods or troops (Concise Oxford English Dictionary). Meanwhile, A10 is a major road in England. It is known as Great Cambridge Road or Old North Road in certain sections. The road is prone to traffic congestion, in particular because of the many junctions with local roads. The traffic congestion may cause heavy traffic jam and frustrated drivers (Wikipedia.com). This condition is highly possible to cause Ben's accident.

Megan is deeply affected by her brother's death. She even thinks that his death is the trigger of everything that happens in her life.

I miss him every day. More than anyone, I think. He's the big hole in my life, in the middle of my soul. Or maybe he was just the beginning of it. I

King's Lynn in Norfolk when she was ten. She was a bright child, very outgoing, a talented artist and singer. A quote from a school friend says she was "a good laugh, very pretty and quite wild." Her wildness seems to have been exacerbated by the death of her brother, Ben, to whom she was very close. He was killed in a motorcycle accident when he was nineteen and she fifteen. She ran away from home three days after his funeral. She was arrested twice—once for theft and once for soliciting. Her relationship with her parents, the *Mail* informs me, broken down completely. Both her parents died a few years ago, without ever being reconciled with their daughter. (Reading this, I feel desperately sad for Megan. I realize that perhaps, after all, she isn't so different from me. She's isolated and lonely, too.)
(rachel news 71)

The news article reports that Megan is a popular person at that time because her profession as an entertainer. However, she becomes a very different person after Ben died. She ran away from home, got arrested twice, thus, broke her relationship with her family.

The second incident that caused Megan's trauma is the death of her baby because of her carelessness. It becomes a traumatic event experienced by Megan because it presents the possibility of a serious threat to one's loved ones, in this case the death of her baby. Her carelessness that causes her baby died makes her seriously distressed after her brother's death. It is because she feels guilty that she can not really protect her baby.

"... I close my eyes, and it doesn't take me long to get back there, back to the bathroom. It's weird, because I've spent so long trying not to think about it, about those days, those nights, but now I can close my eyes and it's almost instant, like falling asleep, right into the middle of a dream." (165)

The causes of her trauma is her carelessness. On the quote above, she retells the time she tried to relax her body by bathing up with her baby leaning on her chest. Her time relaxing made herself too comfortable until she did not realize that she was falling asleep with her baby still leaning on her chest.

Patients experience insomnia because the previous activities bring themselves under pressure to imagine something that makes them feel back the trauma and burden of the discomfort of his response because of the shadow of trauma.

The reason for the difficulty of sleeping that Megan experienced was due to her household problems. She feels that she has disappointed her husband who wants the presence of a child but Megan can not fulfill her husband's desire due to her trauma with a baby, “. . . [Tom] wanted to have a child. Megan kept saying she wasn't ready yet. . . . “It's one of the things . . . [they] argued about it sometimes” (125).

Although Megan is trying to deal with her trauma, but it is still difficult to want a child. Day to day Megan is incessantly getting urged from her husband to have a child. Megan has felt the uneasiness of pushing her husband. Finally she felt haunted by guilt for always making her husband feel unhappy.

The conflict with her husband is not only about of having a child, but also about having feeling for her psychiatrist. It disturbed her mind too. She realized and thought that she had given her husband a disappointment, but she added another suffering. She likes her own psychiatrist, named Kamal Abdic, because of his tender nature that eventually made Megan interested to approach him. Not only interested in ordinary, Megan became a woman who begged attention to Kamal. So, when she feels agitated and chaotic she prefers going to Kamal instead of her husband.

“I'm sitting on the sofa in his living room, a glass of wine in my hand. . . . He comes in from the kitchen and sits at my side, comfortably close. If I

Tom's that explain the way they used to have affair. The phrase "she was so paranoid about Scott finding out" proves that the woman who has affair with Tom is Megan, because she is Scott's wife.

The PTSD symptom response is not only caused by how much the patient gets pressure because of trauma or body fatigue due to her activities, but it could be also the response experienced by the patient when she did activities on her limbs about things or objects related to her traumatic experienced, for example she will feel her hands suddenly shaking just by only holding sharp objects.

"I don't say anything, but I can't help wondering whether it is, because if I close my eyes I can conjure up the feeling that comes to me when I'm on the edge of sleep, which jolts me back into wakefulness. It's the feeling of being alone in a dark house, listening for her cries, waiting to hear Mac's footfall on the wooden floors downstairs and knowing that they're never going to come." (154)

Megan felt things bother her mind when she closed her eyes. The response of the body automatically frightened her trauma back to her mind at time she closed her eyes, and brought her back to her past or flashbacks on past events, burn of events, and related objects when she got her baby dead. "It's the feeling of being alone in a dark house, listening for her cries, waiting to hear." In this sentence, she senses the presence of her baby and her former husband in her imagination but he felt as if it were in reality. "Feeling of being alone in the dark house" is to show the location at the time of the dark, cold and lonely incident. "Listening for her cries" expresses what she feels as if listening to her baby there and is crying when she is in conflict with her husband. "Waiting to hear Mac's footfall on the wooden floors downstairs", this quote shows at a time when she

The body's response of patients who have experienced traumatic event are not only biological but also psychological. The psychological body's response is experienced by Megan when she met the family of the baby that she babysits. The meeting arises her anxiety and makes her confused of what she should do when she meet them. She has decided to retire from her profession as a nanny for watson's family, because she wants to try to change in another way to stop her trauma, but Megan always feels anxious and worried everytime she is asked to care for their baby.

“ i can feel butterflies now, I'm starting to get nervous. I'm afraid of bumping into the Watsons, because it's always awkward when I see them; it's patently obvious that I don't have a new job, that I lied because I didn't want to carry on working for them.” (34)

The quotation "I can feel butterflies now, I'm starting to get nervous." shows Megan's condition in anxious state through her body's turbulent response and feeling nervous. "I'm afraid of bumping into the Watsons, because it's always awkward when I see them " Megan was worried, her anxiety is not felt temporary but comes everytime she goes outside. She is afraid to accidentally met the watsons.

Megan's emotional changes are not only meet someone who is the causes forher trauma to arise, but also to people nearby, for example Megan is against her own husband and her psychiatrist. Family conflicts experienced by Megan did not make her wary or intend to avoid her husband because of her who has betrayed her husband.

“ Scott's just called to say he has to work late, which is not the news I wanted to hear. I'm feeling edgy, have been all day. Can't keep still. I need him to come home and calm me down, and now it's going to be hours before

The quotation above explains that Megan sees a man. The man does not show the characteristics of Megan's husband. Eventually, she did things she should not do with other people.

“He lay on the bed, watching me as I got dressed. He said, ‘This can’t happen again, Megan. You know it can’t. We can’t keep doing this.’ And he was right, I know we can’t. We shouldn’t, we ought not to, but we will. It won’t be the last time. He won’t say no to me. I was thinking about it on the way home, and that’s the thing I like most about it, having power over someone. That’s the intoxicating thing.” (55)

Another quote that shows Megan has forcing herself on her psychiatrist. The conversation between Megan and her psychiatrist have shown that Megan really wanted to be close together with her psychiatrist, although the psychiatrist has realized that this should not be done because Megan status is still married to someone else but Megan still did not realize that this is wrong, in fact she feels comfortable being with his psychiatrist.

“He shook his head. “You have to understand, Megan, I shouldn’t have let things get this far. I moved closer to him, put my hands on his hips and turned him around. He took hold of my arms again, his long fingers locked around my wrists. ‘I could lose my job,’ he said, and then I really lost my temper.” (137)

The affair had made threats on her psychiatrist. The psychiatrist can lose his job, because their relationships intertwined so outraged ethics between the patient and the doctor. However Megan still does not care about it, she still follows her ego to keep herself comfortable despite being with another man.

When she has gained comfort from her psychiatrist, Megan had forgotten the purpose of which she wants to heal the trauma she had experienced. But what she experienced was precisely her goal of seeking comfort to others. So it makes

and Tom really having date, because she have readily place to release her satisfaction that she used to with her cheater. Her attitude more showing that she prefers to Tom than her husband.

I have to keep reminding myself that I'm trying to do the right thing. I stop walking and turn to face him—he's standing very close to me. He puts his hands on my hips. "Here?" he asks. "Is this what you want?" He looks bored.
 "No," I say, pulling away from him. "Not that."
 The path descends a little here. I slow down, but he matches my stride. "What then?"
 Deep breath. My throat still hurts. "I'm pregnant."
 There's no reaction at all—his face is completely blank. I could be telling him that I need to go to Sainsbury's on the way home, or that I've got a dentist's appointment.
 "Congratulations," he says eventually.
 Another deep breath. "Tom, I'm telling you this because . . . well, because there's a possibility that the child could be yours." (233).

Likewise, about their matter give proved that between Megan and Tom having relationship. From Megan's asking responsibility towards her pregnant to Tom that shows if Megan done her matter caused Tom. thus interpret have give result case that both of them having relationship.

I told him that I'd made some mistakes and he let go of my hand. He got to his feet and walked a few yards in the direction of the track before turning to look at me. "What sort of mistakes?" he asked. His voice was even, but I could hear that it was a strain to keep it so.
 "Come and sit with me," I said. "Please?"
 He shook his head. "What sort of mistakes, Megan?" Louder that time.
 "There was . . . it's finished now, but there was . . . someone else." I kept my eyes lowered, I couldn't look at him.
 He spat something under his breath, but I couldn't hear it. I looked up then, but he'd turned away and was facing the track again, his hands up at his temples. I got to my feet and went to him, stood behind him and placed my hands on his hips, but he leaped away from me. He turned to go into the house and, without looking at me, spat, "Don't touch me, you little whore." I should have let him go then, given him time to get his head around it, but I couldn't. I wanted to get over the bad stuff so that I could get to the good, so I followed him into the house.
 "Scott, please, just listen, it's not as awful as you think. It's over now. It's

Megan's supposition causes her get much dissatisfaction because high expected caused herself.

3.2 The Way Megan Faces her Traumatic Experience

The Traumatic event experienced by Megan is the loss of the family she cares about, her baby and her brother. Megan lost her brother because of an accident between a truck and the motorcycle driven by her brother. When the accident happen, Megan also rode the motorcycle with her brother, but Megan was still safe from the accident. Megan also lost her baby because of her own carelessness. The conditions of Megan at that time, she could not control herself and she neglected to the baby. Losing them left a deep sense of remorse and traumatic injury that made Megan feel so guilty over herself because of the tragic events that befell on her baby and her brother. The trauma of the accident she had experienced always haunt her whenever she finds things that are related to the accident. There are efforts to deal with her traumatic experiences and tries to break the symptoms of PTSD. However, sometimes her effort faces some obstacles which are caused by her trauma that lead her into avoidance behaviour. She tries to develop adaptive strategy in order to release herself from her traumatic experiences.

The first effort Megan does to face her traumatic experience is to become a nanny. Even though becoming a person which is related with a baby may cause something terrible to her, she decides to become a nanny. Becoming a nanny means she faces her trauma directly. Although there is discomfort things that she already got.

. “ I find myself standing in front of my wardrobe, staring for the hundredth time at a rack of pretty clothes, the perfect wardrobe for the manager of a small but cutting-edge art gallery. Nothing in it says ‘nanny’. God, even the word makes me want to gag. I put on jeans and a T-shirt, scrape my hair back. I don’t even bother putting on any make-up. There’s no point, is there, prettying myself up to spend all day with a baby?” (27)

On the statement above is Megan show her protest indirectly. Her statement prove that she does not really like the fact she already faced through the way she change her look. she think what the exciting things will she get, if she dress up well. But the problem did not make Megan give up. She keep decided to make herself be a nanny. She tries to respond to her situation well, even though what she thinks will be a burden for her psychological state. She tries to become herself and show what has become her characteristic, that she is a brave person.

To deal with her traumatic experience, Megan indirectly shows her adaptive strategy. with her profession as a nanny. Megan shows her effort by accepting the suggestion from her husband. Although Megan does not want to accept all of it but she agrees to do that. However, she needs support from her husband because she knew that her activity will make her uncomfortable.

“ Scott encouraged me – he was over the moon when I suggested it. He thinks spending time around babies will make me broody. In fact, it’s doing exactly the opposite; when I leave their house I run home, can’t wait to strip my clothes off and get into the shower and wash the baby smell off me.” (28)

The quotation above shows Megan’s effort to deal with her trauma by making herself a nanny. Megan's attitude proves that she dared to take the decision to become a babysitter. She thought her decision will give lightness to herself and her little family. She thinks that, this is the best decision to get rid of her trauma symptoms, even though she knows the task she does will be a burden

worried or panic because she is very close with the baby or giving bad reaction to herself or the baby. Everything looks fine while she is doing her activity.

Megan's second effort to deal with her experience is, by fighting her fear of passing the streets and driving vehicles. Although she know that the streets and vehicles are the one that cause her trauma arise, and that will be dangerous for her to walk alone on the street without a person accompanying her, she keeps going to any place that she ever visited with her brother or just passing the street. Doing that things would remind her of the accident she and her brother experienced. The emergence of trauma did not make her feel reexperienced directly but through her mind. She feels like being at the time and in situation when she got the accident.

“I want to run. I want to take a road trip, in a convertible, with the top down. I want to drive to the coast – any coast. I want to walk on a beach. Me and my big brother were going to be road trippers. We had such plans, Ben and I.” (30)

From this quote, Megan's statement is very reversed with the trauma she got. She feels no worries that happen later when she travels. She felt it would be nice for her, maybe in this way she could remember her brother, and it made her feel more easy to facing her trauma.

To deal with her traumatic experience, another effort that Megan tries to adapt with the streets. It is because adapting is the one way to reject the trauma keeps doing her activity although it may make herself be in discomfort feeling.

“ I stop at the corner and peer into the underpass. That smell of cold and damp always sends a little shiver down my spine, it's like turning over a rock to see what's underneath: moss and worms and earth. It reminds me of playing in the garden as a child, looking for frogs by the pond with Ben.” (21)

statement that she does not feel comfortable to walk through the road. She has to feel something attack and disturb inside her body such as like she was feeling in earthquake in the whole body as there are self-propelled. Although she feels really insecure, because what had happen at the street that makes she feeling back to her trauma. But she keeps quiet to facing it, she effort to adapt with the streets took the best way to end her insecure to go in the more safe street.

Positive coping that Megan's experienced make her taking best decision for healing her trauma. the one of way Megan's effort to break her trauma is go to therapist. She thinks if she take another activities she could not to reduce her symptoms. So, Megan's decision to go to the therapist is the best one choice.

So, I'm going to see a therapist! Which could be weird, but it could be a laugh, too. I've always thought that it might be fun to be Catholic, to be able to go to the confessional and unburden yourself and have someone tell you that they forgive you, to take all the sin away, wipe the slate clean (24).

Go to the therapist is her own idea. Although she will think that the activities is the weird and crazy things that she would do, Megan keeps on her choice without have any bad thinks about it.

Although Megan's choices not make her become negative thinking. Her response such as worry, nervous, insomnia give sign that she still felt the presume from her cognitive effect of her trauma. but Megan keeps on her decision without feel fear of she will get circled on her head or re experiencing trauma.

This is not quite the same thing, of course. I'm a bit nervous, but I haven't been able to get to sleep lately, and Scott's been on my case to go to the therapist. I told him I find it difficult enough talking to people I *know* about this stuff—I can barely even talk to him about it. He said that's the point, you can say anything to strangers (24).

On quotation above shows how Megan reaction. Her reaction refers to positive reaction that she accepting the suggestion from others, sides herself as take the decision. Although she know that she will telling to other person sides her husband, Megan keeps achieve the effort to break her trauma that she go to the therapist wholeheartedly without showing bad reaction towards suggestion from her husband .

I've been kept waiting. The appointment was for half an hour ago, and I'm still here, sitting in the reception room flicking through *Vogue*, thinking about getting up and walking out. I know doctors' appointments run over, but therapists? Films have always led me to believe that they kick you out the moment your thirty minutes are up. I suppose Hollywood isn't really talking about the kind of therapist you get referred to on the National Health Service (25).

Megan's coping adaptive take defending herself to keep on her purpose to go to therapist. Although she has thinking about what she will do if the situation not appropriate with her planned. But her reaction shows that she want to keep waiting the session started. She not reveal her bad reaction to run over or have negative thinking such as she will cancel her appointment, get circled trauma suddenly, or she will get fainted because she still waiting for too long time.

We don't talk about anything substantial, it's just the introductory session, the getting-to-know-you stuff; he asks me what the trouble is and I tell him about the panic attacks, the insomnia, the fact that I lie awake at night too frightened to fall asleep. He wants me to talk a bit more about that, but I'm not ready yet. He asks me whether I take drugs, drink alcohol. I tell him I have other vices these days, and I catch his eye and I think he knows what I mean. Then I feel as if I ought to be taking this a bit more seriously, so I tell him about the gallery closing and that I feel at a loose end all the time, my lack of direction, the fact that I spend too much time in my head. He doesn't talk much, just the occasional prompt, but I want to hear him speak, so as I'm leaving I ask him where he's from (25).

Another reaction of Megan is she keeps on effort herself to comfort. During her session, she does not show that she get angry, fear, and worry. She let the session going well, she follow her therapist rules to keep focus on the session. Moreover, she can control herself, avoid the things unexpected by her interview session. Thus, the prove that she deals with her trauma well.

Scott is waiting for me when I get home, he thrusts a drink into my hand, he wants to know all about it. I say it was OK. He asks me about the therapist: did I like him, did he seem nice? OK, I say again, because I don't want to sound too enthusiastic. He asks me whether we talked about Ben. Scott thinks everything is about Ben. He may be right. He may know me better than I think he does (26).

The quotation above described in warm situation between Megan and her husband. Scott as Megan's husband become supportive family as people nearby by welcoming home, give some drink, asking how the session. It some supporting wholeheartedly accepted by Megan. by her acceptance, prove that Megan has enjoying her activities and does not showing that she loaded by her therapy session.

In my session with Kamal, we were talking about Scott, about the thing with the laptop. It happened about a week ago. I'd been looking for Mac—I'd done several searches, I just wanted to find out where he was, what he was up to. There are pictures of almost everyone on the Internet these days, and I wanted to see his face. I couldn't find him. I went to bed early that night. Scott stayed up watching TV, and I'd forgotten to delete my browser history. Stupid mistake—it's usually the last thing I do before I shut down my computer, no matter what I've been looking at. I know Scott has ways of finding what I've been up to anyway, being the techie he is, but it takes a lot longer, so most of the time he doesn't bother (52).

On the quotation shows how relax Megan receive rules of her therapy during her session. Her pleasuring to tell everything about Ben, concerning about her past shows her good reaction to deals with her symptoms. There is no regret

CHAPTER IV

CONCLUSION

There are two discussions that are concluded in this part. The first is about the effects of Megan's traumatic experience towards her life and the way Megan deals with her traumatic experience. The researcher uses concept of traumatic event, especially about Post Traumatic Stress Disorder to focus on the two research problems.

The traumatic experience found from Megan's case causes disadvantages to her marriage life, having affair with Rachel's ex husband and her psychiatrist. The traumatic experience causes her to have conflict in her mind because her expectation of her life is different from the reality. The losses of her baby hinders her chance to achieve her goal of experiencing a happy life with her husband, while losing her brother makes her got loneliness during survival in her life causes become a conflict in her mind. Her trauma also creates bad effect in her life. She gets conflict with other characters.

The first result of statement problem has found that Megan experiences symptoms of PTSD such as intrusive imagery, avoiding stimuli, and increased arousal. The first criteria is sleep difficulty. Megan's sleep induced response was caused by her memory of her baby, her conflict over her husband, and her anxiety about her sense of comfort due to her proximity to her psychiatrist. That three reason make Megan undergo one of symptoms of PTSD that is insomnia. The second symptom Megan experiences is unbalanced emotion. She frequently has

rapid emotional changes. Sometimes she was easily offended while some other time she is and easy to calm down. The change of Megan's emotional state arises when she finds herself in loneliness, when she meets the family of the baby and when she fight with people nearby, her husband and her psychiatrist. The third symptom Megan experience is hypervigilance. Megan's hypervigilance arises when she sees something related to her trauma. Seeing a child is one of the causes of Megan's trauma, also discussions and questions about children.

Megan's traumatic experience also causes her to have bad relationship with other. She could not keep her marriage life in warm condition. She always gets conflict with her husband about to have a baby. Her husband always demands Megan to have a baby quickly but Megan does not thinks she is healty enough to do that. That condition makes them did not have a chance to give support each other. Megan can not be a good wife for her husband because she was having affair with Rachel ex husband and forcing herself her psychiatrist. Megan could not keep the professionalism between psychiatrist and patient. She just thinks about herself to seek happiness for herself without considering the impact that the psychiatrist that the psychiatrist must get that he must lose his job.

The second result of statement problem found on Megan case is, she adapts strategy to her trauma. She does not avoid the things that remind her about her trauma. Instead, she wants to do the activity that can prevent her trauma. There are three efforts Megan does to deals with her trauma. The first is becoming a nanny and the second is by fighting her fear of passing the streets. The third is

