

**POST TRAUMATIC STRESS DISORDER OF SETHE
IN TONI MORRISON'S *BELOVED***

THESIS

BY

NINGTIAS WULANDARI

NIM 0911112007

UNIVERSITAS BRAWIJAYA



**STUDY PROGRAM OF ENGLISH
DEPARTMENT OF LANGUAGES AND LITERATURE
FACULTY OF CULTURE STUDIES
UNIVERSITAS BRAWIJAYA
2012**

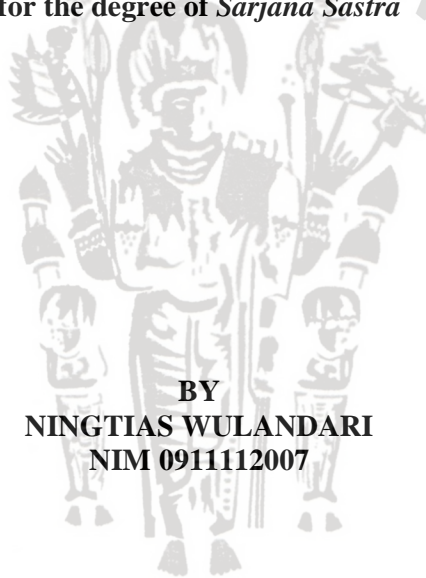
**POST TRAUMATIC STRESS DISORDER OF SETHE
IN TONI MORRISON'S *BELOVED***

THESIS

**Presented to
University of Brawijaya
in partial fulfillment of the requirements
for the degree of *Sarjana Sastra***

**BY
NINGTIAS WULANDARI
NIM 0911112007**

**STUDY PROGRAM OF ENGLISH
DEPARTMENT OF LANGUAGES AND LITERATURE
FACULTY OF CULTURE STUDIES
UNIVERSITAS BRAWIJAYA
2012**



DECLARATION OF AUTHORSHIP

Herewith I,

Name : Ningtias Wulandari

NIM : 0911112007

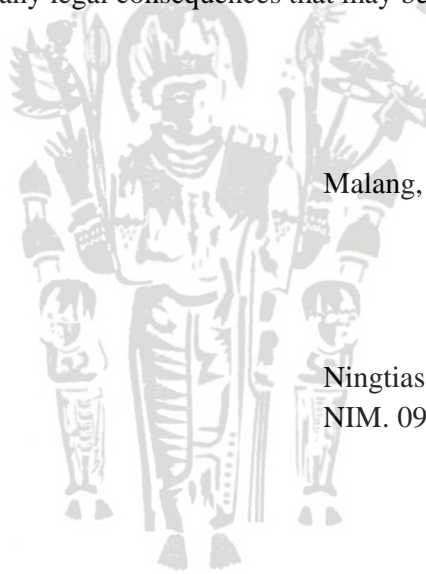
Address : Jl. Sultan M.T Sirajuddin no.5 Dompu-NTB

Declare that:

1. This *skripsi* is the sole work of mine and has not been written in collaboration with any other person, nor does it include, without due acknowledgement, the work of any other person.
2. If at a later time it is found that this *skripsi* is a product of plagiarism, I am willing to accept any legal consequences that may be imposed upon me.

Malang, August 2012

Ningtias Wulandari
NIM. 0911112007



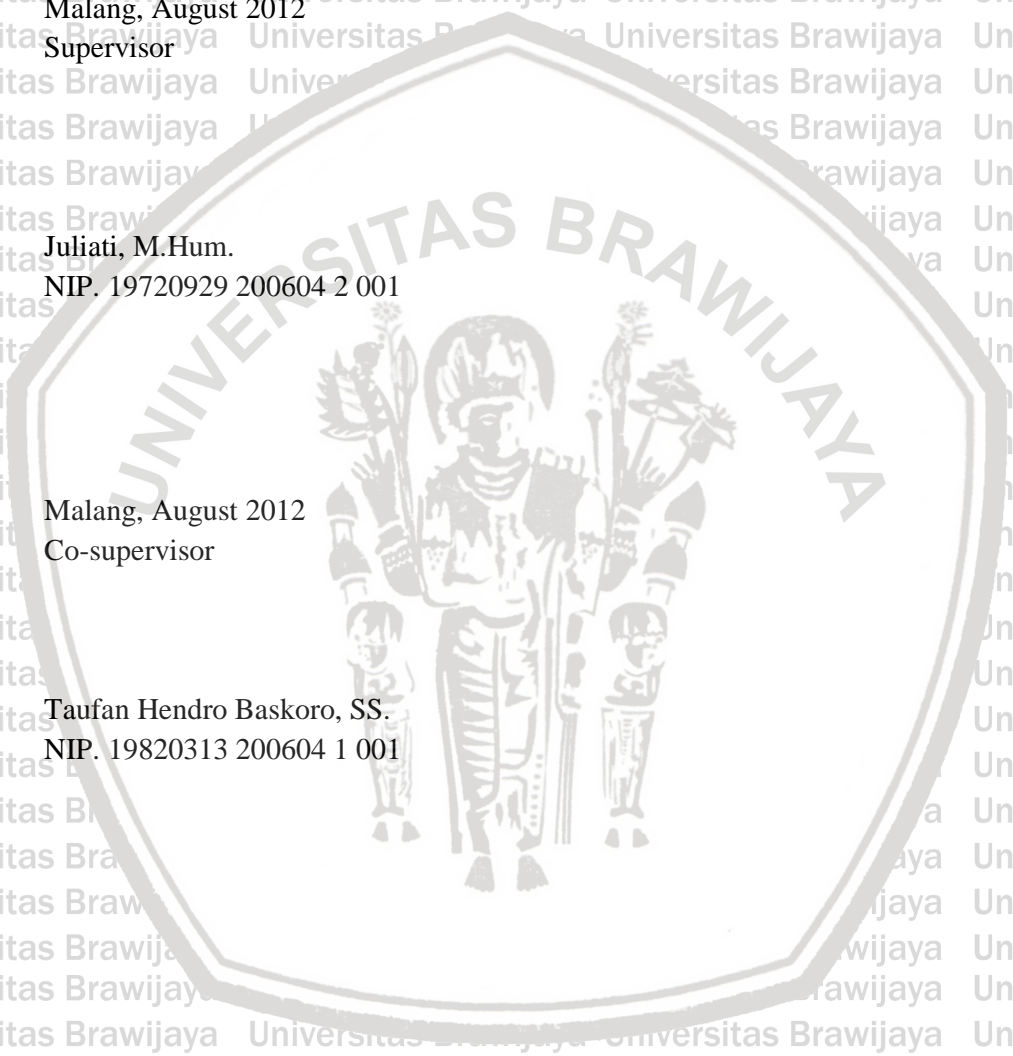
This is to certify that the *Sarjana* thesis of **Ningtias Wulandari** has been approved by the Board of Supervisors

Malang, August 2012
Supervisor

Juliati, M.Hum.
NIP. 19720929 200604 2 001

Malang, August 2012
Co-supervisor

Taufan Hendro Baskoro, SS.
NIP. 19820313 200604 1 001



This is to certify that the *Sarjana* thesis of **Ningtias Wulandari** has been approved by the Board of Examiners as one of the requirements for the degree of *Sarjana Sastra*

M. Andhy Nurmansyah, M.Hum., Chair
NIP. 19771016 200501 1 002

Dyah Eko Hapsari, M.Hum., Member
NIP. 19780727 200501 2 001

Juliati, M.Hum., Member
NIP. 19720604 200212 2 001

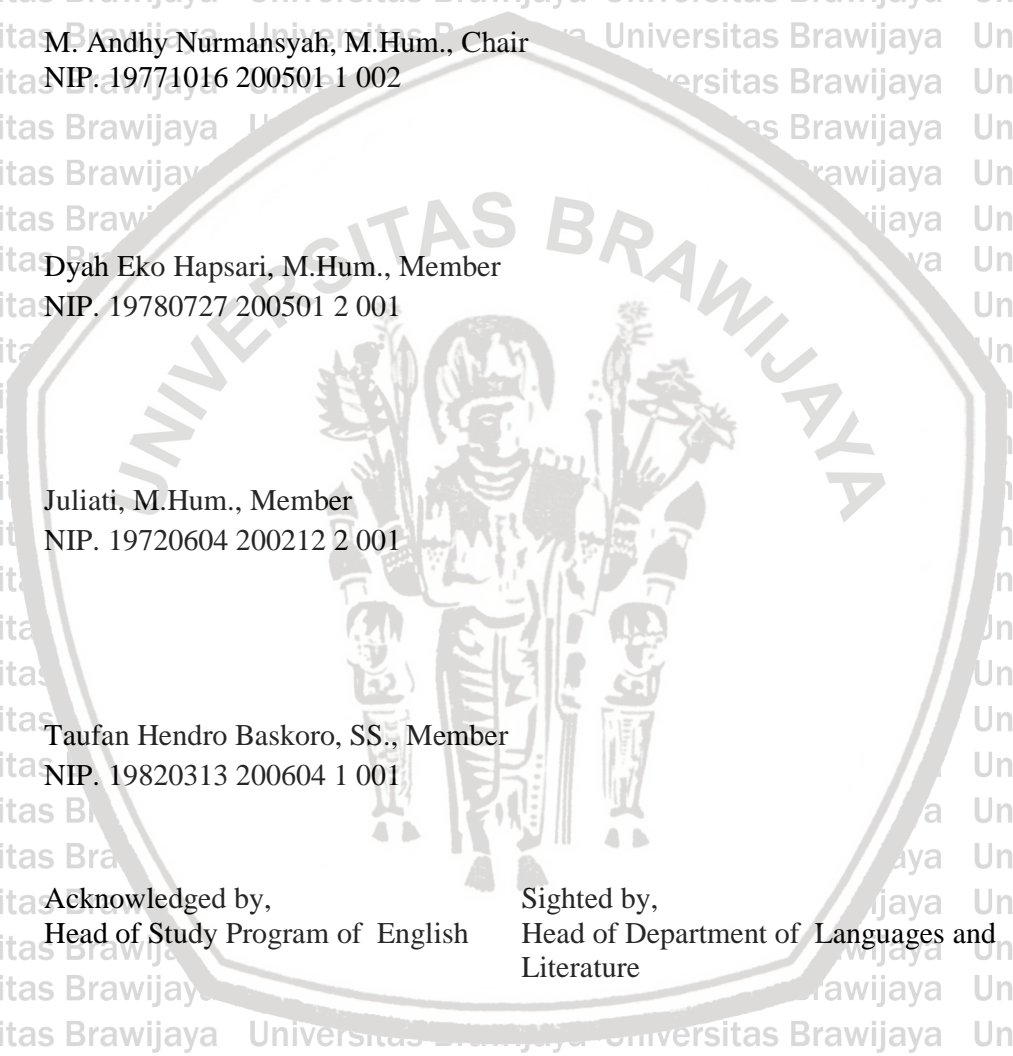
Taufan Hendro Baskoro, SS., Member
NIP. 19820313 200604 1 001

Acknowledged by,
Head of Study Program of English

Sighted by,
Head of Department of Languages and Literature

Fatimah, M.Appl.Ling
NIP. 19751125 200212 2 002

Syariful Muttaqin, M.A.
NIP. 19751101 200312 1 001



ABSTRACT

Wulandari, Ningtias. 2012. **Post Traumatic Stress Disorder of Sethe in Toni Morrison's *Beloved***. Study Program of English, Department of Languages and Literature, Faculty of Culture Studies, University of Brawijaya. Supervisor: Juliati; Co-supervisor: Taufan Hendro Baskoro.

Keywords: Traumatic experience, woman slave, Post Traumatic Stress Disorder.

Humankind contains of people with different skin colors, language, religions, and customs. These traits later become the source for the stratification of human being. And the worst form of wrong assumption of human's stratification is the tradition of slavery. In the United States, the slavery tradition has caused many traumatic experiences to the slaves. Bad experience being slave can lead individual to have psychological disorder. *Beloved* is one example of the novels which exposes women slaves' traumatic experience in slavery tradition.

This study aims in revealing the result of psychological trauma of Sethe, an ex-woman slave which appear through her anxiety (which also called as Post Traumatic Stress Disorder). To analyze deeply about Post Traumatic Stress Disorder which happened to Sethe, the writer applies psychological theories.

Post Traumatic Stress Disorder which happened to Sethe is revealed in the form of flashback, depression and avoidant behavior. In flashback Sethe cannot stop remembering her traumatic experience. It is caused by the people around her who become the stressor that makes her suffer it. After that, in avoidant behavior, Sethe shows the reaction by avoiding society and surroundings since she feels unsecured with everything outside the house 124 Bluestone Road. It becomes a short solution to reduce her anxiety as the impact of her psychological trauma. Meanwhile, depression is reflected to her irrational action when she kills her daughter. Besides, the conditions and feeling such as overwhelmed, unstable, and hopeless become other impacts of her depression.

For the next researchers who want to analyze the similar object, they are suggested to use different theories such as feminist theory. Besides, they can take another focus in the novel such as by analyzing deeper about the position of *Beloved* since she has a significant role that brings big influence to other characters.

ABSTRAK

Wulandari, Ningtias. 2012. **Gangguan Stress Pasca Trauma dari Sethe dalam novel Toni Morrison *Kekasih***. Program Studi Bahasa Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing(I): Juliati; pembimbing(II): Taufan Hendro Baskoro.

Kata kunci: pengalaman traumatis, budak perempuan, Gangguan Stress Pasca Trauma.

Manusia terdiri dari orang-orang dengan warna kulit, bahasa, agama, dan adat istiadat yang berbeda. Ciri-ciri ini kemudian menjadi sumber untuk stratifikasi manusia. Dan bentuk terburuk dari asumsi yang salah terhadap stratifikasi manusia adalah tradisi perbudakan. Di Amerika Serikat, tradisi perbudakan telah menyebabkan pengalaman traumatis bagi para budak. Pengalaman buruk menjadi budak dapat menyebabkan individu memiliki gangguan psikologis. *Kekasih* adalah salah satu contoh novel yang memperlihatkan pengalaman traumatis budak-budak wanita dalam tradisi perbudakan.

Penelitian ini bertujuan mengungkap akibat dari trauma psikologis Sethe, seorang mantan budak wanita yang muncul melalui kecemasannya (yang juga disebut sebagai Gangguan Stress Pasca Trauma). Untuk menganalisis secara mendalam tentang Gangguan Stress Pasca Trauma yang terjadi pada Sethe, penulis menerapkan teori-teori psikologis.

Gangguan Stress Pasca Trauma yang terjadi pada Sethe terungkap dalam bentuk perilaku kilas balik, depresi dan penghindaran. Dalam kilas balik Sethe tidak bisa berhenti mengingat ulang pengalaman traumatisnya. Hal ini disebabkan oleh orang-orang di sekitarnya yang menjadi pemicu dia menderita gangguan tersebut. Lalu, dalam perilaku penghindaran, Sethe menunjukkan reaksi dengan menghindari masyarakat dan sekitarnya dikarenakan dia merasa tidak aman dengan segala sesuatu yang ada diluar rumah *124 Bluestone Road*. Ini menjadi solusi singkat untuk mengurangi kecemasannya sebagai dampak dari trauma psikologis. Sementara itu, depresi tercermin dari tindakan tidak rasional ketika dia membunuh putrinya. Selain itu, kondisi serta perasaan kewalahan, tidak stabil, dan putus asa menjadi dampak lain dari depresi yang dia alami.

Untuk peneliti selanjutnya yang ingin menganalisis objek yang sama, mereka disarankan untuk menggunakan teori yang berbeda seperti teori feminis. Selain itu, mereka dapat mengambil fokus lain dalam novel seperti dengan menganalisis lebih dalam tentang posisi karakter *Beloved* karena dia memiliki peran penting yang membawa pengaruh besar terhadap karakter lain.

ACKNOWLEDGEMENTS

This final report will not be completed without the endless blessing of God. Therefore, the writer would like to give her greatest gratitude to, the one and only, Allah SWT for his mercy, blessing, and guidance so she could finish this thesis.

First of all, the writer would like to give her best gratitude to her supervisors, Juliati, M.Hum and Taufan Hendro Baskoro, SS for their guidance and patience during the writing process of this thesis. The writer also gives a grateful thanks to her examiners M. Andhy Nurmansyah, M.Hum and Dyah Eko Hapsari, M.Hum for their sharp criticism and suggestion that are very useful in accomplishing this thesis. Her deepest gratitude is also given to her beloved family her parents and siblings who always give support to the writer in doing this thesis.

The writer also thanks to all of her friends in English Study Program of University of Brawijaya especially to Dian Lestari and Riski Intan Wardani and all those who are not mentioned one by one but have contribution during the writing process. The writer would not be able to finish this thesis without the help of the above mentioned people.

Malang, 19th July 2012

The Writer

TABLE OF CONTENTS

TITLE PAGE	i
DECLARATION OF AUTHORSHIP	ii
SUPERVISORS' APPROVAL	iii
BOARD OF EXAMINERS CERTIFICATE OF APPROVAL	iv
ABSTRACT	v
ABSTRAK	vi
ACKNOWLEDGEMENTS	vii
TABLE OF CONTENTS	viii

CHAPTER I INTRODUCTION

1.1 Background of the Study	1
1.2 Problems of the Study	3
1.3 Objectives of the Study	4

CHAPTER II REVIEW OF RELATED LITERATURE

2.1 Theoretical Framework.....	5
2.1.1 Slavery in the U.S from 1600's to 1800's.....	5
2.1.2 Enslaved Women in the U.S.....	7
2.1.3 Psychological Criticism in Literature.....	9
2.1.4 Anxiety	11
2.1.4.1 Post Traumatic Stress Disorder	14
2.1.4.1.1 Flashback.....	17
2.1.4.1.2 Depression.....	19
2.1.4.1.3 Avoidance	20
2.2 Synopsis of Novel Beloved.....	21
2.3 Previous Studies	24

CHAPTER III FINDING AND DISCUSSION

3.1 Traumatic Experience which Endured by Sethe.....	29
3.1.1 Physical violence	31
3.1.2 Sexual Abuse	32
3.1.3 Family separation.....	34
3.2 The Symptoms of Post Traumatic Stress Disorder... 38	
3.2.1 Flashback.....	39
3.2.2 Avoidance	44
3.2.3 Depression	46

CHAPTER IV CONCLUSION AND SUGGESTION

4.1 Conclusion..... 51
4.2 Suggestion..... 52

REFERENCES 53

APPENDICES 56



CHAPTER I

INTRODUCTION

1.1 Background of the Study

Humankind contains of people with different skin colors, language, religions, and customs. These traits later become the source for the stratification of human being. The difference of skin colors for example has caused not only stratification but also cruel and inhuman action in many parts of this world such as human right violence, human trafficking, and any other else. Those actions are irrational and difficult to accept in logic because all human are basically created in equal, no matter how differences of their skin colors, languages, religions, and customs.

The worst form of wrong assumption of human's stratification is the tradition of slavery. Slavery according to Koeller (2000) is "a condition in which individuals are owned by others, who control where they live, at what they work, with how much subsistence they are provided, and [in which] sexual exploitation is permissible." Due to its inhuman practice, slavery is often considered as a cruel experience that has left lasting effect, such as trauma which influence individual's psychological condition. Garrison (1845, p.21) stated enslaved people were considered as the most suffering victims because of their sorrow. They had been familiar with bloody lash in their backs and rope which chained their neck. So that is why for enslaved men and women, slavery was a completely cruel experience since they were treated inhumanly. They were also removed and separated from

homeland and family and were forced to work in harsh labor. Moreover for women, they were considered as the most suffering victims who often got harsh treatment related to their position as slaves and sexual objects of their slaveholder.

In the United States which is known as a democratic and multi cultural ethnic country and holds on the principle about human being's equality where every individual has freedom to live their life as seen in *The Declaration of Independence of the United States* (1776) actually has a dark history relates to the existence of slavery tradition. In that period around 1600's to 1800's many of African people were captured from their homeland and brought toward America to be sold. By the condition of course brings some effects to psychological state of the Blacks when they run life as slave. The inhuman treatment that faced by many slaves were rooted and gives a deep scars into their unconscious. Because of the bad treatment that they faced, it can affect their emotional condition which leads to suffer psychological trauma. How the condition of person with psychological trauma as the impact of slavery and war is brought toward Toni Morrison's novel entitled *Beloved* which its setting is in rural Ohio several years after the Civil War.

Because the tangible psychological aspect of the novel seen in the main character so that psychological approach is chosen to analyze the content of the novel. Psychological approach is an approach which focuses in analyzing the characteristic of character in the novel and also their psychological development.

By using psychological approach, hopefully it can help the writer to elaborate

every single aspect in the novel which has correlation and influence to the emotional condition of the character.

Based on the background above, the writer is interested in analyzing the Post Traumatic Stress Disorder to elaborate the psychological condition of the main character of Toni Morrison's *Beloved*, an enslaved woman named Sethe.

Then, the reason why the writer chooses Sethe as her analysis is because Sethe represents a profile of woman slave who tries to fight for her right to get a freedom and better life as common people. Thus, it can be said that how the struggle and passion of woman slave in getting their freedom are reflected toward Sethe.

In this case, the writer exposes how the main character, Sethe copes with her anxiety as the impact of traumatic experience in slavery tradition. To carry out the psychological approach toward the novel, the writer relies on the theory of anxiety disorder especially Post Traumatic Stress Disorder. For the title of her thesis the writer chooses "Post Traumatic Stress Disorder of Sethe in Toni Morrison's *Beloved*".

1.2 Problem of the Study

Based on the consideration of the topic which the writer wants to analyze above, the writer generates a problem of the study that is Post Traumatic Stress Disorder which happened to Sethe as the impact of her traumatic experience as seen in Toni Morrison's novel entitled *Beloved*.

1.3 Objective of the Study

The objective of the study is to find out the Post Traumatic Stress Disorder which happened to Sethe as the impact of her traumatic experience as seen in Toni Morrison's novel entitled *Beloved*.



CHAPTER II

REVIEW OF RELATED LITERATURE

The object of this analysis is a novel entitled *Beloved*. In order to gain more information about the content of the novel, the writer includes some theories relate to slavery such as slavery in the U.S from 1600's to 1800's, enslaved women in the U.S, psychological criticism in literature, and anxiety disorder including Post Traumatic Stress Disorder.

2.1 Theoretical Frameworks

Woman character in the novel is as an enslaved woman who lives after slavery period. By considering that reason, it is better to describe about slavery in the U.S first before the writer goes through the theories which are related to psychological aspect of the main character in the novel.

2.1.1 Slavery in the U.S from 1600's to 1800's

Slavery had become a problem since hundreds years ago. They might belong to a different race, religion, nationality, or ethnic background. In the United States, for instance, slavery issue used to be a crucial since its existence in the early 1600's. According to Tubbs (2011, para.2), slavery began in the U.S. Colonies in the early 1600's and lasted until 1865. By that time, the slave population was approximately 4 million people. 95% of slaves in America lived in the Southern states. European slave traders kidnapped people from Africa and shipped them to America. Slaves were chained so that they could not escape or

fight back. They were sent by ship across the Atlantic Ocean. The terrible voyage which called the "Middle Passage" lasted up to a month and as many as half of the slaves died along the way.

Slaves lost their rights and became property of their slave owner. It became worse when the law allowed masters to have total power over slaves, including the right to kill their slaves. Besides, they often got many kinds of exploitation or abuses including whippings and beatings. Tubbs (2011, para.4) also stated that:

By law, slaves were considered property that could be bought and sold. Families were often split up and never saw each other again. Slaves were forbidden to speak their native African languages or practice their native religions. Slave owners could kill a slave without punishment. Slaves were not allowed to own property, to gather for meetings, to marry whom they choose, or even to learn to read and write.

From those facts, the writer gets more knowledge about the history of slavery and also the condition of enslaved people at the time which furthermore will help her in analyzing the content of the novel which its background is also relates to slavery.

Based on the article entitled *Margaret Garner Incident 1856* (2007, para.1) that background of the novel *Beloved* itself was set in rural Ohio several years after the American Civil War (1861–1865). It is based on the story of the African-American slave, Margaret Garner, who escaped slavery in 1856 in Kentucky by fleeing to Ohio. The novel stories about Sethe and her daughter Denver who tried to rebuild their lives after runaway from slavery. Their home, 124 Bluestone Road, Cincinnati, is haunted by a spirit, who might be the ghost of Sethe's

daughter who she has killed in order to avoid her children returned back to Sweet Home, the plantation in Kentucky which Sethe had recently fled. Since the novel based on true story of enslaved woman, so that situation and also impact of slavery to psychological aspect of the characters was clearly showed and explained in this novel.

2.1.2 Enslaved Women in the U.S

In slavery period, men had to do a very hard labor in the fields and were badly treated. While enslaved Black women often did housework. As the house servant, they had job to fulfill all needs of their plantation mistresses such as dressing them, combing their hair, sewing their clothing or blankets, nursing their infants, and preparing their meals. And for this job they had to be ready in twenty-four hours a day and spent a great deal of time. Not only did housework, but the women slaves also conducted heavy job as hard as for men's outside, or maybe even worse. As stated by Hughes in his poem *The Negro Mother* (2003, p.82):

I am the dark girl who crossed the red sea.
Carrying in my body the seed of the free.
I am the woman who worked in the field
Bringing the cotton and the corn to yield.
I am the one who labored as a slave,
Beaten and mistreated for the work that I gave
Children sold away from me, I'm husband sold, too.
No safety, no love, no respect was I due.

By the poem above, it emphasizes about the position of the Black especially women was so hard. They labored in hard field, and also separated from their children, husbands and relatives. Safety, love and respect were nothing but beaten and mistreated that they got.

Indeed, it can be said that women underwent not only physical pain, but also faced psychological burden. Women in slavery much suffered since it related to their position as slave, as the Black and also as a woman. Chirhart and Wood (2009) stated that when female slaves reached their puberty, it became an early phase for them to undergo many of exploitations such as physical and also emotional abuse from masters, mistresses, male slaves, or also members of the planter family. By working in the planter's home, it made the women slaves interacted with their master. This grew the risk of being sexually exploited because the master thought that the women slaves belonged to him. Thus, it was free to do whatever he wanted.

In term of physical abuse, they often underwent sexual violence such as being raped. As Garrison (1845, p.6) stated that:

I found, from what he said before whipping her, he took her into the kitchen, and stripped her from neck to waist, leaving her neck, shoulders, and back, entirely naked ... he crossing her hands, tied her with a strong rope, and led her to a stool under a large hook in the joist, put in for the purpose.

They had to sexually serve the Whites and if they refused it, they would get punishments such as being whipped or sold or got additional work. Sometimes to satisfy their pleasure, the Whites used trick by giving promise of freedom to women slaves. Thus, it became the reason why women slaves are considered as the most suffering victim in slavery since they faced deep burden and also high pressure in life. Therefore, the sufferings of women slaves furthermore influenced their psychological condition which led them to have traumatic memories.

By putting those reviews of related literature which related to the position of enslaved women in the U.S, it will be useful for the writer in explaining the position of Sethe, the main character in the novel who also posits as enslaved woman and how far physical burden which she faces as a slave can affect her psychological condition.

2.1.3 Psychological Criticism in Literature

Psychological criticism is one form of studies that uses psychological concepts to understand particular subject matter such as sociology, anthropology, and many more. Psychological concept also can be applied to analyze the work of literature and a term which is used to connect both of those studies is known as psychological criticism in literature. So that an idea or information relates to psychological issue that want to reveal by authors through their works can be seen in literature. Based on Deice as cited in Nadliroh (2005, p.7) that:

We can look at behavior character in a novel or play in the light of modern psychological knowledge and if their behavior confirms what we know about subtiles of human's mind, we can use theories as a means of elucidating and interpreting the work.

Character that is shown in literary works often reflects characteristics of human being in general. So that the reader can learn about psychological aspect of human being through the acting that played by the characters in enjoyable way.

Certainly, it may refer to the deepest side of author's mind which placed out of their consciousness. The part of unconsciousness contains the hidden and repressed desires of individual which can be expressed through literature. Due to the reason, it can be said that the author's purpose in writing is to express their

forbidden desires or imagination which cannot be practice in a real life into their books or literary works.

Actually, the author's way in presenting their imagination which relates to the psychological concept in literary work was firstly started from Freud's view in analyzing the concept of dreams. Like Freud's ideas as quoted by Beebe (2006, p.504) stated that "the unresolved conflicts that give rise to any neurosis are the stuff of literature. A work of literature ... is the external expression of the author's unconscious mind. Accordingly, the literary work must be treated like a dream". Furthermore, it can affect to the reader's psychological state. As a statement of Wellek and Warren (1956) in their book *Theory of Literature* as quoted by Beebe (2006, p. 506) that:

By psychology of literature, we may mean the psychological study of the writer, as type and as individual or the study of the creative process, or the study of the psychological types and laws present within works of literature or finally we effect of literature upon its reader (audience psychology).

This concludes that the psychological criticism not only exposes about how literary works represents the author's repressed desires and imagination that cannot be expressed in the real life but it is about the creative process of the author and also the study of psychological types by putting it in works of literature. Thus, literary works becomes a tool to symbolize and to describe human being's characteristic and behavior through the characters in literature. As the impact, the literary works can affect and challenge the reader's emotion and perception.

In fact, stress, fears, anxiety and other psychological disorder of human being become favorite objects which are often explored by the authors in writing their literary works. Many authors tend to explore psychological aspect in their writing since it is such a common thing which often happens in everyday life of individual. This is usually reflected on the character in the novel and short story.

The anxious condition of the character can generate other effects which influence their behavior and surrounding that make the story of the novel more interesting and then attract the reader's attention.

In this study, the writer emphasizes on the analysis about how the author tries to explore the psychological aspects of human being which is represented by the characters in the novel. Therefore, the writer is interested in analyzing the emotional condition of the character in *Beloved* novel because the author of novel exposed the psychological disorder of the main character which results from traumatic experience in slavery tradition.

2.1.4 Anxiety

Human unconscious is a part where the feelings, thoughts, desires, and memories that outside of human's consciousness or awareness are kept. Most of the contents of the unconscious are unacceptable or unpleasant things, such as feelings of pain, sad, overwhelmed, conflict and many more. According to Freud (1949), the unconscious influences human behavior and experience, although they are unaware of those influences. Gilmer (1978, p.65) strengthens this theory by mentioning:

The *unconscious* is the storehouse of those painful experiences and emotions, those wounds, fears, guilty desires, and unresolved conflicts we do not want to know about because we feel we will be overwhelmed by them. The unconscious comes into being when we are very young through the *repression*, the expunging from consciousness, of these unhappy psychological events.

People who ever get a bad experience in life such as bad childhood or youth experience they may endure trauma with characteristic such as having upsetting emotions, frightening memories, or a sense of constant danger. Besides, they also feel disconnected and unable to trust other people. Emotional and psychological trauma itself can be related to an abnormal state of person who feels powerless and unable to cope with threatening events which is called as anxiety.

Anxiety which is categorized as unpleasant feeling is a part of ego and also placed in the level of human's unconsciousness and happened outside of person's awareness. Anxiety is classified as an abnormal psychology. It is a term which is used to refer neurosis or mental illness. According to Gilmer (1978, p.69):

Anxiety is the main characteristic of neuroses; it has a disruptive and disorganizing effect on the individual. Anxiety neurosis occurs when defensive behaviors are functioning inadequately, or not at all ... A decision about even minor matters may precipitate major crisis for the anxiety neurotic because he or she is so insecure. To the neurotic, misery is real, not imaginary. The neurotic suffers in taking even the usual risk of life.

People who ever undergo bad experience or memory in life, they can encounter anxiety disorder. Because anxiety can manifest in many different ways and affect every type of person, people who suffer from an anxiety disorder may experience stress, panic attacks, or irrational fears. If it happens continuously in long period of time it will affect person's psychological condition and characteristics.

Actually, there are a lot of types of anxiety disorder and it is also derived from different sources. Freud as cited in Boeree (2009) stated that there are three types of anxiety. First, *Reality anxiety* is fear of real-world events. The cause of this anxiety is usually easily identified, for example person who has fear with a high place. So the most common way of reducing this anxiety is by avoiding the threatening object or the place itself. Second is *Moral anxiety* which involves a violating fear of human moral principles such as feelings like shame and guilt and the fear of punishment. And the last is *Neurotic anxiety* where the person worries that he will lose control of the id's urges, and it results to his inappropriate behavior. For example person who is being nervous when he faces an event which he is not ready yet or outside his prediction, it will lead him in getting neurotic anxiety.

Another source, as Gilmer (1978, p.72) said that anxiety is divided into two types. First, it is normal anxiety. It involves a sense of helplessness when someone is unable to find a solution of the problem that they face. Like other emotional tensions, normal anxiety can act as a drive. Second, it is abnormal anxiety which is manifested in varying degrees. And it involves feelings and behavior which keep the person from functioning efficiently that finally it may involve panic reaction.

There are six types of anxiety disorders based on Kienlen (2007). First, Phobias as the largest category of anxiety disorders, it is an anxiety disorder that relates to fear triggered by specific thing. Second, Obsessive-compulsive disorder is a type of anxiety disorder that is characterized by obsessions and

compulsions. Third, Post-traumatic stress disorder which also known as PTSD is an anxiety disorder that developed following a traumatic experience. It includes common symptoms such as flashbacks, depression, and avoidant behaviors. The fourth, social anxiety disorder when people who struggle with this anxiety feel extremely self-conscious and afraid in social situations such as meeting new people. Besides, the situation in crowded places or being attended for public speaking become the sources of fear and anxiety for this disorder because those situations can cause feelings of discomfort. The fifth is Panic Disorder which is often characterized by occasional panic attacks and by intense physical symptoms and sudden overpowering feelings of terror. And the last is Generalized Anxiety Disorder is the most common type of anxiety disorder. It is characterized by a non-specific constant fear and worry.

And for her main analysis the writer focused on the kind of anxiety disorder which is called as Post Traumatic Stress Disorder or PTSD. In this case, the correlation between PTSD and psychological trauma of individual with background as victim of slavery tradition is seen from the position of Post Traumatic Stress Disorder as the result of individual's traumatic experience as slave.

2.1.4.1 Post Traumatic Stress Disorder

Individuals of course ever get experiences in life whether it is good or bad. For the bad ones, some people get over it without needing help but some of the rest has a trouble because of the traumatic event. The traumatic experience itself set off a reaction such as psychological trauma that can last for many months or

years. This is called Post-traumatic Stress Disorder, or in short called as PTSD.

Buskist & Gerbing (1990, p.652) defined Post Traumatic Stress Disorder as:

Post-traumatic stress disorder is an anxiety disorder in which the individual has feeling of social withdrawal accompanied by untypically low levels of emotion. In many cases people suffering posttraumatic stress disorder may re-experience, through dreams and flashbacks, the feelings of terror and shock felt during the actual catastrophe. Posttraumatic stress disorder does not usually appear immediately following the catastrophic event; rather, it is delayed, usually beginning several days later.

By the definition above, it can be said that Post Traumatic Stress Disorder is such kind of uncontrolled and repetitive state of emotional condition faced by individual who ever experienced traumatic events in the past. The form of re-experience such as the feelings of terror and shock and also uncontrolled emotional condition can be shown through dreams and flashback or other intrusive psychological state like depression and avoidance behavior.

Another source which relates to Post traumatic stress disorder is stated by

Center for Addiction and Mental Health (2004):

Post-traumatic stress disorder (PTSD) is an anxiety disorder. It affects people who have gone through trauma. Trauma is a terrifying event in which grave physical harm occurred or was threatened, and the person feels intense fear, helplessness or horror. The events that can trigger PTSD include domestic abuse, violent crime, rape, car or airplane accidents, terrorist bombings, war, genocide, earthquakes or other disasters.

Thus, people can suffer from Post Traumatic Stress Disorder after facing or seeing a traumatic event, such as rape, war, physical abuse or a bad accident. People with PTSD usually feel stressed, threatened, and also encounter feeling of helplessness, fear and horror in high intensity. They tend to avoid places, people, or other things

that remind them of the event. Furthermore, the trauma will affect their emotional life and behavior and also their surroundings.

At first, PTSD is known as neurosis of war especially in Vietnam War as stated by M.D. (1995, para.5) that is:

Called PTSD since the Viet Nam War, this condition had a long and interesting history. This stress syndrome has been called many things in the 150 years since it was first recognized but every definition had several characteristics in common, including re-experiencing, numbing and physiological arousal.

The symptoms of this syndrome included such as unhealthy psychological condition like trauma and decreased personality function. History of PTSD as cited in Beall (1997) has been formally introduced into the third edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-III)*. According to Beall PTSD did not appear spontaneously in *DSM-III* but it progressively gained credibility in each new edition. Finally, *DSM-III* which published in 1987, listed PTSD as a subcategory of anxiety disorders.

National Institute of Mental Health (2009, p.8) also stated that PTSD affected about 7.7 million American adults, but it could occur at any age, including children and women. In addition, PTSD is more often suffered by women rather than men. Besides, PTSD is often accompanied by depression, substance abuse, and one or more of the other anxiety disorders. This Post Traumatic Stress Disorder thus can lead people who ever endure traumatic experience to have flashback, depression and avoidance behavior. The three main types of symptoms are described in the following.

2.1.4.1.1 Flashback

Flashback is a term which is used in arts and psychology but both of terms of course are different in meaning. Flashback in psychology based on Smith (2012, para.1) is “vivid rememorizes of traumatic events or recurrent hallucinations experienced as an after-effect of taking hallucinogenic drugs.”

People with Post Traumatic Stress Disorder may struggle with flashbacks.

Flashback is considered as one of mental illness and symptom of Post Traumatic Stress Disorder (PTSD). In flashback, a person might feel or act like a traumatic event is happening again. As stated by Turnbull (2010, para.7) that:

You find yourself re-living the event, again and again. This can happen both as a 'flashback' in the day and as nightmares when you are asleep. These can be so realistic that it feels as though you are living through the experience all over again. You see it in your mind, but may also feel the emotions and physical sensations of what happened - fear, sweating, smells, sounds, pain.

The flashback may happen temporarily but uncontrolled and unpredictable.

Moreover, if the stressor that reminds individuals to the event is closed to their daily life or activity, it will make the flashback happen more often. The moment when flashback occurs is when individuals lose all awareness of what is going on around them and they seems to be taken completely back to the traumatic event.

For example, a rape survivor, when she is triggered, she begins to feel certain atmosphere and pain in her body which similar to what she experienced during the abuse.

Kietzman (2012, para.1) said that actually it cannot be exactly concluded the reason why flashback happens. Certainly, when emotional condition is loaded and

the stressor that reminded to the event appears, it is the time when flashbacks occur and bring back the feelings from the original attack. For instance, the thoughts, actions and emotions that individual kept and repressed during long period of time after the traumatic event might appear again in form of some vivid memories.

In addition, as described by Kietzman (2012, para.2) that flashback is often associated with intrusive or unwanted thoughts in the form of memories of past experiences. Individual with these unwanted thoughts is forced to relive the memory, no matter how disturbing it was. The form of flashback itself is different in each of individual. Some people endured flashback for several days and relived the whole of traumatic event but the others experienced only several fragments of the event. Kietzman (2012, para.5) also strengthened the characteristic of flashback by mentioning that for individuals who suffered psychological disorders, intrusive thoughts including flashback occurred automatically and frequently. Usually, it is distressing, upsetting, or disturbing in some ways. The examples of this type are thinking about killing someone or even thinking about suicide. It can happen because they with this disorder are unable to dismiss and control their disturbing thought.

In this case, the explanation of flashback as one of the symptoms of Post Traumatic Disorder is hoped to be useful to analyze the psychological state of Sethe who ever underwent the traumatic experience as a slave. Besides, it could be the basic concept in finding out Sethe's tendency in killing her daughter.

2.1.4.1.2 Depression

Depression becomes the second result which appeared as the symptom of Post Traumatic Stress Disorder. Depression according to Buskist & Gerbing (1990, p.548) is “persistent and severe feelings of sadness accompanied by changes in appetite, sleep, and behavior patterns.” The symptoms of depression may various from person to person, and also depend on the severity of the depression itself. Based on Timms (2011), individuals with this disorder often show several characteristics such as loses interest in life, loses self-confidence, feels useless, inadequate and hopeless, avoids other people, and feels irritable. Buskist & Gerbing (1990, p.548) also said that this disorder makes person feels worthless, incompetent and often has excessive feelings of guilt and also has difficulty concentrating on even the simplest tasks.

Franklin (1999, para.5) mentioned that the depression which individual suffers can cause changes in thinking, feeling, behavior, and physical well-being. Changes in thinking and feeling can be seen if the individual has difficulty to concentrate and make decision. Negative thinking is characteristic of depression. Besides, pessimism, poor self-esteem, and feeling of guilt are common characteristic that is often showed by person with this disorder. Changes in behavior reflect negative emotion which make person to be more apathetic. People who suffer from this symptom do not feel comfortable with other people, so they withdraw themselves from society. About changes in physical well-being, the negative emotional feeling which exists during depression also influences physical state of individual. Some people can't sleep or awaken many times in the

night. But some of the others, they can sleep in many hours, even almost of the day and might feel slowed down because of the depression.

2.1.4.1.3 Avoidance

Avoidance is a preventing way that used to protect individual from an uncomfortable situation which is too difficult to handle. Besides, it can be said that avoidance is the way which is used to avoid thoughts, feelings, places or people that remind to the traumatic event. As stated by Dillmann (1996, para.1) that:

Being exposed to elements of the trauma is frightening, overwhelming, terrifying and at times socially embarrassing. Therefore, one often tries to bury anything connected with the trauma. These attempts at erasing aspects of the trauma are called avoidance reactions. All avoidance reactions prevent an individual from integrating the traumatic event.

Therefore, avoidance becomes the symptom of Post Traumatic Stress Disorder since this reaction prevents an individual from integrating with the traumatic event. People with avoidance disorder have effort to be in relationships with others but they lack of skills which is needed in social interactions. And the way that they used to protect themselves from unwilling situation is by withdrawing themselves from other people. Indeed, Dillmann (1996, para.4) added that because of the condition, it is common for individuals to avoid current relationships or not interested in developing new relationships. This avoidance of relationships often leads to feelings of disconnection, loneliness, alienation, and many more.

Another source, as explained by Diggs (2009) stated that avoidant personality disorder is characterized by a long-standing pattern of feelings of

inadequacy, extreme sensitivity to what other people think about them and social inhibition. Thus, avoidant personality disorder can be manifested in early adulthood and includes of symptoms such as avoids occupational activities that involved significant of personal contact, because of fears of criticism, disapproval, or rejection. Besides, people with this disorder are unwilling to get involved with people unless with them that they like. They are also worried to be criticized or rejected in social situations because of feelings of inadequacy and also discomfort.

Thus, as stated in the previous, individuals with these tendencies can lead to the alienation of other people. They tend to be very cautious when they speak as the impact of the lack of their self confidence. Sometimes, individuals who suffered with this disorder thought that it may seem to be an effective strategy for them. In fact, it makes their life become narrower and narrower since they never interact with outside world and society.

2.2 Synopsis of *Beloved* Novel

Beloved stories about Sethe an ex-slave woman and her daughter Denver, who try to rebuild their live after being escaped from slavery tradition. Unfortunately, the house which they live at, 124 Bluestone Road, Cincinnati, is haunted by a spirit of a baby who perhaps to be the ghost of Sethe's daughter that she killed. Because the condition of the house which often haunts their daily life by throwing all things around the room, it makes Sethe's youngest daughter, Denver, becomes shy, friendless, and never go outside or has interaction with society. Besides, Baby Suggs, Sethe's mother-in-law, have died eight years earlier

and Sethe's thirteen years old sons, Howard and Buglar also run away before

Baby Suggs's death because of their reluctance to stay in the haunted house.

One day, Paul D, one of the slaves from Sweet Home, the plantation where

Baby Suggs, Sethe, Halle, and many other slaves had worked, arrives at 124

Bluestone Road. He tries to offer a new life to Sethe and Denver and makes the

family move forward and leave the past behind. In doing so, he forces out the

ghost of Sethe's dead daughter, Beloved. At first, he seems to be successful,

because he leads the family to a carnival, out of the house for the first time in

years. However, on their way back, they find a young woman sitting in front of

the house and call herself as Beloved. Denver recognizes the young woman as she

must be a reincarnation of her sister, Beloved. Paul D is suspicious and warns

Sethe but because she is charmed by the young woman, Sethe ignores him. Then,

Paul D is gradually forced out of Sethe's home by the presence of Beloved.

After Beloved's arrival, Sethe takes care of her as her own daughter. She

also allows her to live with them. During the time Beloved lives in the house of

124 Bluestone Road, she shows uncommon behavior and acts like a child. In the

other hand, Paul D and Beloved hate each other. Beloved controls Paul D by

moving him around the house and by seducing him against his will. In the middle

of the story Paul D comes back to that house and when he made to sleep in a shed

outside of the house, he is cornered by Beloved. Beloved hypnotizes his mind and

heart, forces him to have sex with her. Overwhelmed with guilt, Paul D tries to

tell Sethe about it but actually he cannot.

In order to make the situation being normal, Paul D tries to resist Beloved and her influence over him. He also tells friends at work about his plans to start a new family with Sethe, but out of prediction they react fearfully. On another situation, Stamp Paid reveals the reason for the community's rejection of Sethe.

When Paul D asks Sethe about it, she tells him what happened. After escaping from Sweet Home and making it to her mother-in-law's home where her children were waiting, Sethe was found by her master, who attempted to reclaim her and her children. Sethe grabbed her children, ran into the tool shed and tried to kill them all, but only her oldest daughter who is succeeded being killed. Sethe explains to Paul D, that she just tries to put her children where they will be safe. But he cannot accept her reason and due to the fact he decides to leave her. Being left by Paul D makes Sethe feels a little bit hopeless. But in his absence, Sethe and Beloved's relationship becomes more intense and exclusive. Beloved grows increasingly abusive and manipulative. While Sethe is obsessed with satisfying Beloved's demands and making her understand why she murdered her.

As a climax, worried by the way her mother treats Beloved, Denver takes an initiative to go outside of 124 for the first time in twelve years in order to seek help from Lady Jones, her former teacher. But the help not only comes from Lady Jones, the Black community also gives help and provides food for Denver and her mother and tries to organize Sethe under the leadership of Ella, a woman who had worked on the Underground Railroad and helped with Sethe's escape, in order to exorcise Beloved from 124. Shortly, when they arrive at Sethe's house, they see Sethe on the porch with Beloved, who stands smiling at them, naked and

pregnant. At the same time, Mr. Bodwin, who has come to 124 to take Denver to her new job, arrives at the house. While Sethe is confused and has a "rememory" of her master coming again, Beloved disappears and never to return.

2.3 Previous Studies

There are many researchers who have conducted similar study with what the writer does. Here, the writer finds two researchers who conduct the research which has similarity with the writer's thesis analysis; they are Hedy Anggraini (2005) and Dini Amalia (2007).

Hedy Anggraini (2005) in her study *Racism and Slavery Manifested in a Film Entitled Radio* used cultural studies and film analysis to analyze the object. In her thesis, she tried to reveal how the film entitled Radio manifests racism and slavery of white American as a problem. Besides, she also exposed what the filmmaker wants to show in term of the ideology of the film that white is superior and black is inferior. So he made the condition where James Robert Kennedy as a retarded Negro man, was unfairly treated by the whites. Even though it seems that James got much love from Jones (the white) but actually he got racial discrimination. Although it covers the same theme of analysis which is the relation between the whites and the blacks in slavery but it has different topic with the present study that writer conducts. In this case the writer more focuses on psychological aspect of the character which appeared as the impact of slavery and not completely about the manifestation of slavery. so that the function of slavery term in this thesis just as supporting point or general background which gives influence in forming and changing the main character's personality of the novel.

While Dini Amalia (2007) in her study entitled *The Concept of Motherhood in Toni Morrison's Beloved* exposed the same object analysis with the present study of the writer, she also used *Beloved* novel as her object. But in conducting her study, she applied feminism theory as an approach in order to analyze the concept of motherhood in *Beloved* novel. In her thesis, she optimally focused on the woman character in the effort to struggle protecting her children from the tradition of slavery. Besides, to make her analysis clearly explained, she generated two main problems. First, she concerns to the concept of motherhood portrayed in Toni Morrison's *Beloved*. Second, she focuses to the factors which influence the concept of motherhood itself.

Thing which distinguishes the previous study with the writer's thesis at present time is she tries to expose different aspect of women by focusing on the development of their psychological condition. She uses psychological theory as an approach and emphasizes on the cause and the effect which are caused by the tradition of slavery. Thus, it gives influences to psychological condition of main character, Sethe as an ex-enslaved woman which lead her to traumatic condition.

CHAPTER III

FINDING AND DISCUSSION

Human being as a complex creature of course needs interaction to other people in their life because it is connected with human's position as a social being.

When human being gets trouble in interacting with other such as having an emotional and traumatic experience in social interaction, it will affect their psychological condition such as having a trauma. Emotional and psychological trauma itself is the result of extraordinarily stressful events that break the sense of security. Emotional and psychological trauma can be caused by some events such as traumatic experience in the past like physical and psychological harassment which is usually undergone by enslaved people in slavery tradition or war. The trauma of painful experience which they got from enslavement leads them to suffer anxiety disorder later on.

In slavery period, all slaves no matter their age or gender were forced to perform labor work like an animal for almost twenty-four hours each day without stopping. Besides, slavery makes the Black men, women and children extremely easy to get brutal violence like rape, murder, whip, torture, and many more. They are also separated from family and relatives and lived near their work field which makes their life become harder. As stated by Wright (1990, p.60):

Even on large plantations slaves did not always live together in a single group of communal quarters. Instead, planters often housed their slaves in small clusters around their holdings to disperse cattle and hogs, which slaves tended, and to put laborers close to the fields they worked. In Maryland a typical

cluster included four or five fieldhands and one or two women to cook, wash, and care for children.

Life condition of the slaves is also described in the novel for example when Sethe in her try to run away from Sweet Home she has to face hard situation by delivering her baby in the woods which is helped by a white woman named Amy

Denver from Boston who is looking for velvet as stated in the quotation below:

Below her bloody knees, there was no feeling at all; her chest was two cushions of pins. It was the voice full of velvet and Boston and good things to eat that urged her along and made her think that maybe she wasn't, after all, just a crawling graveyard for a six-month baby's last hours. (Morrison, 1987, p.36)

It shows that life which is endured by Sethe is so hard. She undergoes painful experience including had to deliver her baby in the woods. Since she is not allowed to leave Sweet Home and forces to run bad life there until the end of her life so that is why she decides to run away although she realizes that she is pregnant at the time.

Wright (1990, p.39) also described how the impact of bad life conditions of slaves to their psychological which is:

It is difficult to assess the psychological effect of the entire experience on the captive because of the lack of evidence, but some witnesses described what one might assume- a continued state of chronic depression was the norm for Africans through much of the time following their enslavement and movement. Surgeons on board slaving vessels noted 'a gloomy pensiveness' or 'fixed melancholy' on the visages of Africans. As we know now, such mental states probably had adverse effects on their ability to ward off illness, and in a number of cases their situations prompted men and women to commit suicide.

Slavery is a horror action which brings traumatic experience for the enslaved people starting from the beginning of their slaving voyage through the Atlantic Ocean toward the New World (America) which is called as Middle-Passage. Most of slaves are depressed in the ship which is not appropriate during their route to America because they are chained together and placed in the deck without getting proper and enough food, water or clothes. It is showed from the statement in the novel below which describes how terrible the condition of Paul D and other slaves in the ship which are brought to the place the traders will sell them:

The chain was threaded through forty-six loops of the best hand-forged iron in Georgia.

It rained.

In the boxes the men heard the water rise in the trench and looked out for cottonmouths. They squatted in muddy water, slept above it, peed in it. (Morrison, 1987, p.109-110)

Moreover, in the voyage which can take many days or weeks, the treatments that they face do not stop there. Slaves who do not move fast enough, or attack the traders, are whipped or shot. The sorrows that they face of course not only influence their psychological state but also decrease their physical condition and make them have a bad health. How the sorrow faced by the slaves is also showed in the novel as quoted: "it was decided to lock everybody down in the boxes till it either stopped or lightened up so a whiteman could walk, damnit, without flooding his gun and the dogs could quit shivering." (Morrison, Beloved, p.109)

The quotation of the novel above shows that the condition of the slaves is so bad. They are chained together on the deck of the ship which is inappropriate and

unhealthy. Because of the deck where they are placed is awful and uncomfortable, it makes them easy to suffer many disease or even die. The sorrow that they face is showed as statement in the following which explains although they are chained together and they are so near to the death but they still protect each other because in their mind how little the chance to survive they will fight for it:

The disease they suffered now was a mere inconvenience compared to the divastation they remembered. Still they protected each other as best they could. The healthy were sent some miles away: the sick stayed behind with the dead – to survive or join them. (Morrison, 1987, p.111)

In addition, almost all parts of the enslaved people life are full of sorrow and harassment but unfortunately they cannot avoid those cruelty because of they have no power and authority to do that. They just have two options to do namely running away or giving their life up to the slave-owners.

3.1 Traumatic Experience Endured by Sethe

The work and duties of the women slaves are the same as the men's. They are required to perform many different types of work, starting from working in the fields to working in their master's home including caring for his children. Davis (2003, p.2) supports it by saying:

The overwhelming majority of enslaved women labored at tasks that in the free workforce were typically reserved for men. Slaveholders forced enslaved women to cut trees, build canals, and cart manure, as well as to plow, plant, hoe, and accumulate crops.

The jobs as mentioned in the quotation above which should be done by men become the task of enslaved women. They just get a few or even no reward for their hard work. Not only harsh jobs that they face but there are also abuses which

always complete their sorrow. It is also added by total power which is given by the law to the master of plantation to treat all slaves as free as they want so that it become a pleasure thing for them. And Tubbs (2011, Para.4) described it as stated:

By law, slaves were considered property that could be bought and sold. Families were often split up and never saw each other again. Slaves were forbidden to speak their native African languages or practice their native religions. Slave owners could kill a slave without punishment.

As stated previously, all slaves no matter their age and gender have no meaning and should be removed from the world. Like what happened in Kentucky, one of the states in USA where slavery tradition exist. The town has been cleaned from the Blacks and most of them are hung by the Whites. Almost a hundred of the Black people are dead in a year. All properties related to Negroes are also burned. Men, women or even children got the same harassment such as whipping and raping and the statement in the following shows about those conditions:

Eighteen seventy-four and whitefolks were still on the loose. Whole towns wiped clean of Negroes; eighty-seven lynching in one year alone in Kentucky; four colored schools burned to the ground; grown men whipped like children; children whipped like adults; black women raped by the crew; property taken, necks broken. (Morrison, 1987, p.180)

The cruelty of the White will always exist in the mind of all slaves. In the slaves' eyes, the Whites are considered as a nightmare which destroys their dream. It becomes the reason which makes enslaved people hate the White as represented by Sethe's statement when she feels overwhelmed with anything that she underwent as woman slave and change her perspective about the Whites: "Those

white things have taken all I had or dreamed, and broke my heartstrings too. There is no bad luck in the world but whitefolks.” (Morrison, 1987, p.89)

3.1.1 Physical Violence

Being violated continuously always colors women slaves life and becoming their fate. Harsh job and exploitation as heavy as men’s which they get from the White leads them to suffer from trauma. It is strengthened by Davis (2003, p.2) where the statement shows how the role of enslaved women in supporting the political and economic condition in U.S at the time:

U.S. slavery compelled enslaved black women to labor in three different markets--productive, reproductive, and sexual--crucial to the political economy. As an initial matter, in a world built on slave labor, enslaved women’s work was central.

In the novel, it also can be seen from so many bad treatments which are experienced by Sweet Home members as the form of violence from the plantation master in following statement:

She had taken pains to keep them out, but knew full well that at any moment they could rock her, rip her from her moorings, send the bird twittering into her hair. Drain her mother’s milk, they had already done. Divided her back into plant life--that too. Driven her fat-bellied into the woods--they had done that. All news of them was rot. They buttered Halle’s face; gave Paul D iron to eat; crisped Sixo; hanged her own mother. She didn’t want any more news about whitefolks; didn’t want to know what Ella knew and John and Stamp Paid, about the world done up the way whitefolks loved it. All news of them should have stopped with the birds in her hair. (Morrison, 1987, p.188)

As stated above, Sethe is abused by Schoolteacher and his nephew and makes a mark of plant life on her back. Because of them she also has to experience delivering her baby in the woods. The Whites also give the butter to her husband’s

face, Halle, fill Paul D's mouth with iron, crisp Sixo and hang her mother. Those exploitations and harassments are enough to make Sethe and another colored people in Sweet Home suffer the deep pain.

It strongly illustrates that Sethe's burden actually is so heavy. She and another Sweet Home members experience many harsh labor job and painful treatment time by time as if they are not human being. The experience of getting sexual abuse and whipping from Schoolteacher then the experience of delivering her second daughter in the woods by herself are enough to shock her heart and teach her about the meaning of freedom where being free is something which is so valuable for slaves. It is shown from Paul D's assumption of Sethe's statement in the novel after having a conversation about freedom which Sethe mean: "He knew exactly what she meant: to get to a place where you could love anything you chose---not to need permission for desire---well know ,that was freedom." (Morrison, 1987, p.162)

Sometimes, Sethe regrets about the unfair life which she runs. Complaining of not being born as a human being in common who basically has rights to have better life and get good treatment by another. But she realizes that she is only a slave whose life is on the slave holder's hand.

3.1.2 Sexual Abuses

Talking about violence toward slaves reveals that sexual abuse is one of harassments which cannot be separated from their life. As stated by Siegel (2007, p.3) sexual abuse or sexual harassment is "unwanted sexual relations imposed by superiors on sub-ordinates at work." Therefore it also can be said that sexual

abuse is a kind of undesired sexual behavior which is done by one person upon another and the form of sexual abuse can be in verbal, visual, or anything that forces a person to join unwanted sexual contact or activity. Several examples of sexual abuse are a woman servant is forced to have sexual contact by her master, incest which is sexual contact between family members, and also sexual harassment which happened in slavery period.

Based on National Humanities Center (2008, para.1) that for many enslaved African Americans, one of the cruelest hardships they endured is sexual abuse done by the slave-holders, overseers, and other white men whose power dominate them completely. Enslaved women are forced to submit to their masters' sexual advances. In this case, rape becomes a common form of sexual abuse that is often undergone by enslaved women. After all, the purpose of raping the women slaves is that the slave-owners can produce strong children they can sell at a high price.

Women slaves feel the pain of the lash, as well as other forms of mistreatment. Many women are also sexually abused whether by being harassed, raped, or forced to have sexual contact with their white male master as it is illustrated in the novel when Sethe gets inhuman treatment from her master:

“They handled me like I was the cow, no, the goat, back behind the stable because it was too nasty to stay in with the horses.” (Morrison, 1987, p.200). By this statement above, it is clearly showed how bad the condition of women slave at the time. Besides, it is strongly worsened by the fact as stated by Siegel (2007, p.4)

“the American legal system offered women scant protection from sexual coercion at work. Rape was, of course, punishable by law; but the criminal law did not

protect slaves from rape.” The master or slave-owners who abuse the enslaved women never get a sanction or punishment from law institution. It seems that the discrimination of women slaves is so deep. They have no right to get protection and security even in front of the law court.

Being raped, hanged, whipped and any other exploitations become daily meal for women slaves. For them, life seems to be such a gift and something which is expensive and has to be fought for. According to Mohr (2006, para.2) slavery dehumanizes enslaved women by robbing their ability to fulfill their basic human needs and instincts. Because of the sexual harassment and abuse of white male owners, the women slaves lose their dignity. Moreover, oppressive laws and social attitudes prevent them from marrying and having normal families. If they bear children, they are not being able to protect their children from the cruelty of slavery. Those all conditions of course give impact to their emotional condition such as depression, phobias, panic attacks and anxiety disorders in the future.

3.1.3 Family Separation

Another painful experience which is endured by Sethe is related to the loss of her mother. It has been mentioned before the way how the master or slave-owners treat their slaves. They are so cruel and have inhuman feeling. Their cruelty is also faced by Sethe’s mother when they end her life by hanging herself in the tree which is showed in the following conversation between Denver and Sethe: “What happened to her? Hung. By the time they cut her down nobody could tell whether she had a circle and a cross or not, least of all me and I did look.” (Morrison, 1987, p.61)

All Sethe knows about her mother is just a little since she is very young at the time so that she cannot remember anything as describes in her following statement about the fact of her mother whom she sees just a few times in her life because they are separated by the masters or slave-owners:

My woman? You mean my mother? If she did, I don't remember. I didn't see her but a few times out in the fields and once when she was working indigo. By the time I woke up in the morning, she was in line. If the moon was bright they worked by its light. Sunday she slept like a stick. She must of nursed me two or three weeks---that's the way the others did. Then she went back in rice and I sucked from another woman whose job it was. (Morrison, 1987, p.60)

By the statement above explaining that harsh labors that fill the daily life of Sethe's mother and other women slaves makes them have no time for their own children. At the dawn when Sethe is still sleeping, her mother has been in the work field and already with the list of jobs that she has to conduct until midnight time. She just has free day on Sunday to take a rest but it does not mean she will allow to nurse and take care of her children. Sethe and her mother just meet once in two or three weeks after that they live separated as it is shown in the novel when Sethe is taken care by other woman named Nan, not her own mother and the little Sethe always gets the discrimination as a children slave even in her young age: "Nan had to nurse whitebabies and me too because Ma'am was in the rice.

The little whitebabies got it first and I got what was left. Or none. There was no nursing to call my own." (Morrison, 1987, p.200) Since Sethe rarely meet her mother she is lack of affection and caring. Due to her experience that is why she does not want the same thing also happen to her children. It becomes the reason why she protects them tightly and never let them back to Sweet Home.

Other story about Sethe's mother is once in a night she picks and carries the little Sethe to the smokehouse and then tells her about the circle mark in her skin as quoted in the following:

Right on her rib was a circle and a cross burnt right in the skin. She said, 'This is your ma'am. This,' and she pointed. 'I am the only one got this mark now. The rest dead. If something happens to me and you can't tell me by my face, you can know me by this mark.' ... 'I didn't understand it then. Not till I had a mark of my own.' (Morrison, 1987, p.61)

Basically, everything that happens to her mother and what she has been told become one of the sources that make Sethe depressed but since she was young at the time she does not understand what actually had happened. But now after she is also a mother, she realizes about the meaning of those words which make her angry as quoted in the following statement:

As small girl Sethe, she was unimpressed. As grown-up woman Sethe she was angry, but not certain at what. A mighty wish for Baby Suggs broke over her like surf. In the quite following its splash, Sethe looked at the two girls sitting by the stove: her sickly, shallow-minded boarder, her irritable, lonely daughter. They seemed little and far away. (Morrison, 1987, p.62)

It seems that things that happened to her mother affect Sethe's psychological condition in the present time. Being separated from person that precious especially mother has brought a deep impact to Sethe's personality development moreover she also gets the same mark like her mother as the form of the master's mistreatment. Being separated from beloved people who is not only her mother but also husband, son and mother-in-law also brings emotional effect to Sethe that makes her become helpless and desperate as shown in this quotation:

"That she lived with 124 in helpless, apologetic resignation because she had no

choice; that minus husband, sons, mother-in-law, she and her slow-witted daughter had to live there all along making do.” (Morrison, 1987, p.164)

The condition about the women slaves’ fear of losing their children is also strengthened by Mohr (2006, para.5):

Children born of slave women are thus slaves themselves, and property of the mother's master. This means that a mother lives in constant fear of her children being sold. Any parent can certainly understand that the thought of losing a child is more horrible than anything else in the world. Slavery thrived because the slaves were thought of as animals, as if they did not have the same feelings as humans.

Losing of and being separated from family and relatives become a very painful feeling for almost all women slaves besides getting sexual violence. For them, family especially children is the only precious thing that they have in the world which can give a strength and spirit for survival. Even though they realize that actually they have nothing in this world because their children and even their own body are owned and become the property of their slave-owners. As mentioned by Sethe in her conversation between Paul D about the clipping in the newspaper which exposed about Sethe’s crime:

I was big, Paul D, and deep and wide and when I stretched out my arms all my children could get in between. I was *that* wide. Look like I loved em more after I got here. Or maybe I couldn’t love em proper in Kentucky because they wasn’t mine to love. But when I got here, when I jumped down off that wagon--- there wasn’t nobody I the world I couldn’t love if I wanted to. (Morrison, 1987, p.162)

And from the condition faced by women slaves especially Sethe’s mother in this case seems that the slave-owners try to separate Sethe and her mother in order to cut the sense of unity between mother and children or to break the emotional ties

of them so that the relationship between slaves are weaken and they will have no power to attack their masters.

3.2 The Symptoms of Post Traumatic Stress Disorder

Gilmer in the book entitled *Applied Psychology* (1978, p.72) stated that anxiety is “the emotion of dread or uneasiness, a feeling that something is threatening. It involves fear and feelings of depression, and at times it is free-floating”. When traumatic condition of person happens, it means that they undergo anxiety at the highest level. Anxiety can happen if person feel threatened and overwhelmed. If anxiety cannot be solved, the ego must defend it by using a strategy to handle or change unconscious desires which inappropriate or difficult to express.

In this case, Sethe as an ex-slaved woman suffers anxiety disorder which is related to her traumatic experience while she was slave. The condition when someone becomes traumatic as a result of their traumatic experience in the past such as bad treatments and unpleasant feeling which happened in slavery tradition is classified in anxiety types that is called as Post Traumatic Stress Disorder.

According to Kienlen (2007) that Post-traumatic stress disorder which is also known as PTSD is an anxiety disorder that develops through a traumatic experience. Primary symptoms that often appear as the characteristic of this disorder are flashbacks, depression, and avoidant behaviors.

3.2.1 Flashback

Toni Morrison's *Beloved* is fully narrated with painful experiences of its major characters. First example of the traumatic experiences which gives impact to psychological condition of Sethe can be seen in flashback when Sethe is sexually being abused by one of schoolteacher's nephews. She has been played and harshly treated like a cow. Her milk which should be for her baby is taken by those boys as mentioned in the novel when Sethe answers Paul D's question about what happen to her by the time she plans to run away that leave a tree mark on her back:

After I left you, those boys came in there and took my milk. That's what they came in there for. Held me down and took it. I told Mrs. Garner on em. She had that lump and couldn't speak but her eyes rolled out tears. Them boys found out I told on em. Schoolteacher made one open up my back, and when it closed it made a tree. It grows there still. (Morrison, 1987, p.16-17)

After getting sexual abuse from the boys, Sethe tells to her master's wife, Mrs. Garner the only person who treats her kindly in Sweet Home but unfortunately she has no power to save Sethe because of sickness in her neck which makes her weak and cannot speak. There is no one who can protect her from Schoolteacher's cruelty. Sethe's burden is worsened by whipping from him on her back which is deeply rooted not only physically but also psychologically.

The scar on her back gives deep pain to Sethe's emotional and psychological condition. The statement "*It grows there still*" emphasizes how the whipping from schoolteacher becomes a primary cause that makes Sethe traumatized. The hard touching of a cow lash upon her skin has remained an everlasting pain for her psychological state. Furthermore the memories of burden

that she faces always stay in her mind and still continue and then affect her personality and behavior.

Other painful experience of slavery such as the harsh jobs and unpleasant treatments which slaves often get make them traumatic and most of them especially women are haunted by those bad memories. As described in the novel, traumatic experience of being a woman slave makes Sethe depressed and influences her emotional and psychological condition which makes her become unstable and uncontrolled. The impact of her unstable condition furthermore leads her in doing irrational action such as killing her own daughter. It happens after her twenty-eight days of freedom, when the master comes to her house, 124 Bluestone Road in order to reclaim her children to go back to Sweet Home but his action is failed since Sethe prevents it earlier by killing them. It is shown from the statement in the novel:

Right off it was clear, to schoolteacher especially, that there was nothing there to claim. The three (now four--because she'd had the one coming when she cut) pickaninnies they had hoped were alive and well enough to take back to Kentucky, take back and raise properly to do the work Sweet Home desperately needed, were not". (Morrison, 1987, p.149)

It seems that Sethe has traumatized with her past as the slave especially when she gets bad treatments from her master in Sweet Home Plantation. Therefore, she does not want her children to undergo the same experience as hers. In order to avoid that, Sethe grabs and tries to save her children by killing them all, but only her oldest daughter who is gets killed as shown in the statement in the novel: "It ain't my job to know what worse. It is my job to keep them away from what I know is terrible. I did that." (Morrison, 1987, p.165)

But after killing her oldest daughter does not mean her haunting trauma disappears and makes Sethe feels better. Moreover, her irrational action when she killed her daughter still cannot be forgotten. Otherwise, the memory of it builds new impact to her psychological condition and encourages her to have a second trauma which continuously affects her daily life. Eight years after the brutal action, Sethe is still haunted by the ghost of her baby girl. Sethe finally realizes that she has done a wrong thing but she has no choice and she feels sorry about it.

In this case, the haunted memories of Sethe's traumatic event often appear in the form of flashback. Flashback is one of the most frightening and confusing symptoms that is often endured by individual who ever undergoes traumatic experience including experience of being a slave. When this flashback occurs, they re-experience the traumatic event again.

As mentioned in the previous chapter that flashback can happen if the emotional condition is loaded and the stressor which reminds the traumatic event appears. In this case, Sethe's flashback as the impact of her psychological trauma appears because of the stressor that causes it is close to her. It is strongly illustrated in the novel when the people around her such as Paul D, Denver, Beloved, and also the house where she lives in often reminds her to the traumatic event. Specifically, the condition is shown from the Sethe's statement in the novel when Denver asks Sethe what she prays for, and Sethe answers her that she does not pray but just talk. It spontaneously forces Sethe to create flashback of her bad past:

I was talking about time. it's so hard for me to believe in it. Some things go. Pass on. Some things just stay. I used to think it

was my rememory. You know. Some things you forget. Other things you never do. But it's not. Places, places are still there. If a house burns down, it's gone, but the place—the picture of it—stays, and not just in my rememory, but out there, in the world. What I remember is a picture floating around out there outside my head. I mean, even if I don't think it, even if I die, the picture of what I did, or knew, or saw is still out there. Right in the place where it happened.” (Morrison, 1987, p.35-36)

From the quotation above, seems that Sethe re-experiences every traumatic event that she ever undergoes by remembering it in detail. Although it has taken place several years ago but the memory of it still appears and exists in her subconsciousness. Those bad memories both when she is being a slave or when she kills her daughter are clearly drawn in her mind and become so real for her. For Sethe, time can change the situation but there are some things which still cannot be forgotten. It may refer to Sweet Home as the place that reminds about her miserable life as the slave, or may be about the loss of someone that she loves such as the loss of her mother, husband, children and also mother-in-law, Baby Suggs. Indeed, the shadow of every single thing of bad experiences that she has undergone is kept into her mind.

As mentioned previously, the event when Sethe killed her daughter often haunts her and becomes her next trauma. The haunted house that she lives in worsened Sethe's condition because it often reminds her of the horrible killing. The shadow of baby blood always appears in her days as shown in the statement when Sethe is in the keeping-room, the place she used to gather and talk to Baby Suggs. Suddenly, all memories of her mother-in-law and also about the baby girl whom she killed appear again in front of her mind: “Every dawn she saw the dawn, but never acknowledged or remarked its color. There was something wrong

with that. It was as though one day she saw red baby blood, another day the pink gravestone chips and that was the last of it.” (Morrison, 1987, p.39)

By the shadow of red baby blood and gravestone that Sethe sees illustrates that Sethe is so depressed because of losing her daughter. It becomes an irony because the fact that she is the murderer of her own daughter. Besides, the presence of Paul D her old friend in Sweet Home and also a young woman who called herself as Beloved adds a new part of the story which makes Sethe recalls all of unpleasant experiences by the time she is starting to rebuild life with her daughter, Denver.

Another flashback that is showed by Sethe as the result of her Post Traumatic Stress Disorder is seen from the statement in the novel when Sethe tries to repress her memories though not fully successful, because it is related to the presence of young woman named *Beloved*. When Beloved comes, the spirit which haunts the house suddenly disappear. All attention is focused on Beloved's attendance that shocks Sethe and Denver as well. Sethe and Denver are so curious about how come that young woman can arrive into their house. With all characteristics that Beloved shows, makes Sethe suspicious if Beloved is her baby girl that she killed. Due to the condition, it surely attracts Sethe to rememorize her past that makes her kills her own daughter:

BELOVED, she my daughter. She mine. See. She come back to me of her own free will and I don't have to explain a thing. I didn't have time to explain before because it had to be done quick. Quick. She had to be safe and I put her where she would be. But my love was tough and she back now ... I'll tell Beloved about that, she'll understand. She my daughter. The one I managed to have milk for and to get it to her even after they stole it. (Morrison, 1987, p.200)

Actually the position of Beloved is very important although in the novel she is assumed as the form of the spirit or the ghost that haunts the house but basically she becomes the important character that brings and gives significant influence to the development of other main characters especially to Sethe. Then, her presence to the house of *124 Bluestone Road* has affected almost every aspect of Sethe's and other character's life such as their ability to live peacefully, to have a healthy relationship, and also to move forward and have a better life. On the other side, it can be concluded that the existence of Beloved itself represents something more than just the character of Beloved as the ghost of the baby girl that has been killed by her own mother but she represents and becomes a symbol of slavery cruelty. Why it can be said like that is because of the cruelty of slavery can make a woman slave like Sethe can kill her own children in order to protect them from slavery tradition.

3.2.2 Avoidance

Another reaction which is showed by Sethe besides flashback as the symptom of PTSD is avoidant behavior. This reaction can appear as the way for the person to protect themselves or to come out from those bad feelings by avoiding their environment.

The result of Sethe's traumatic experience makes her unable to trust other people and alienates herself from society. Besides, she always anxious of being closed to people and surrounding that she suspects can threat her security and also her children. It is showed from the quotation in the novel:

Paul D convinced me there was a world out there and that I could live in it. Should have known better. Did know better. Whatever is going on outside my door ain't for me. The world is in this room. This here's all there is and all there needs to be. (Morrison, 1987, p.183)

By the statement above, it seems that Sethe alienates herself from people outside her house. She thinks that her world is in her house and she has no need to interact and make relationship with other people except her daughter Denver and also Beloved. She does not care about what happen in the outside. All she wants is just being closer with both of her daughters and protect them from everything which makes them unsafe.

Not only alienating herself from the society, Sethe also makes a gap with people in her surrounding such her relatives and friends. She becomes passive and does not show any interest to have interaction or even a little conversation with them. It is showed from how she acts when Stamp Paid visits her at 124 Bluestone Road. Although she does not say something which is rough and impolite but her gesture or body language shows it and it makes Stamp Paid feel ashamed and like a stranger in the house that he used to come. How that condition happens is shown in the novel as quoted: "But the coldness of the gesture---its sign that he was indeed a stranger at the gate---overwhelmed him. Retracing his steps in the snow, he sighed. Spirit willing; flesh weak". (Morrison, 1987, p.173)

Another avoidance shown by Sethe is not permitting Denver to go outside and interact with anybody. In her mind, outside world is a dangerous place for them especially for Denver. By keeping her in the house she will be safe and no one can hurt her. As Sethe's statement in the novel: "No moving. No leaving. It's

all right the way it is". (Morrison, 1987, p.15) But it gets complain from Denver

who feels that her life is so boring without having any friends neither boy nor girl.

It makes her become lonely and have low self confidence whereas young girls in

the same age need interaction with other people or outside world in order to

develop their personality and attitude. About Denver's complain is showed as

quoted: "I can't live here. I don't know where to go and what to do, but I can't

live here. Nobody speak to us. Nobody comes by. Boys don't like me. Girl don't

either". (Morrison, 1987, p.14) Actually Sethe realizes Denver's feeling but she

has no choice except to protect her by keeping her in the house with a haunted

spirit.

It may sound contradictive talking about avoidance while Sethe does not

leave the haunted house. She remains living in it though it often reminds her to the

traumatic experience of killing her baby daughter. Her remaining to live in,

however, can be explained by the fact that she was a poor black woman. Finding a

new house with new environment is not easy for black woman like Sethe.

3.2.3 Depression

Depression according to Buskist & Gerbing (1990, p.548) is "persistent

and severe feelings of sadness accompanied by changes in appetite, sleep, and

behavior patterns." They also said that this disorder makes person feels worthless,

incompetent and often had excessive feelings of guilt and also have difficulty

concentrating on even the simplest tasks.

Behavior changing becomes the form of depression which is commonly

showed by individual who suffers Post Traumatic Stress Disorder. It reflects to

negative emotion which makes individual to be **more apathetic**. For Sethe, her depressed condition changes her behavior pattern which is in this case leads her to loss original personality. As shown in the novel, Paul D, for the first acknowledges Sethe is a kind of obedient, shy, and workaholic girl. But after many events which she endured such when one of the schoolteacher's nephews treated her like an animal influences and changes her personality like the statement in the novel: "The Prickly, mean-eyed Sweet Home girl he knew as Halle's girl was obedient (like Halle), shy (like Halle), and work-crazy (like Halle). He was wrong. This here Sethe was new." (Morrison, 1987, p.164)

Besides, after all miserable experiences that she runs make Sethe has different perspective about the meaning of love. For example, when Paul D says that Sethe's love to her children is too thick after knowing about her crime, Sethe just replies it by saying:

Thin love ain't love at all.
 They ain't at Sweet Home. Schoolteacher ain't got em.
 Maybe there's worse.
 It ain't my job to know what's worse. It's my job to know what
 is and to keep them away from what I know is terrible. I did
 that. (Morrison, 1987, p.164-165)

It seems that Sethe does not care what other people think and say. She just does what she believes. The deep scar that she gets from slavery tradition make her defines love in different way. Love in her perception is something that should be fought for. Love in this case is related to her children that have to be secured by protecting them from slavery cruelty. But due to her unstable emotional condition make Sethe fight for her love in a wrong way.

In this case, doing irrational action by killing her own daughter as the impact of her unstable emotional condition becomes Sethe's Post Traumatic Stress Disorder. It is a primary thing that shows how deep Sethe's trauma has changed her behavior that leads her to do irrational action. The emotional condition of Sethe at the time is so awful. When she notices the coming of schoolteacher and his nephew, she becomes anxious if they come to reclaim her children to go back to the plantation. Therefore in confusing condition, Sethe grabs all her children fast and brings them to the shed. How Post Traumatic Stress Disorder of Sethe as the impact of traumatic experience which is reflected toward her irrational action is showed by the statement in the novel when Schoolteacher is surprised by behavior change of Sethe as the following:

The woman schoolteacher bragged about, the one he said made fine ink, damn good soup, pressed his collars the way he liked besides having at least ten breeding years left. But now she'd gone wild, due to the mishandling of the nephew who'd overbeat her and made her cut and run. (Beloved, 1987, p.149)

The impact of slavery especially the mistreatment of schoolteacher and his nephew is continuously bringing the everlasting pain to Sethe's body and mind. It makes her anxious. Furthermore, it influences her characteristic and behavior including the way she thinks in facing problem and interacting with society. Sethe is so depressed because of all her painful experiences, that is why she is always be anxious and does not expect her children to experience the same bad thing as hers. Because of Post Traumatic Stress Disorder that she suffers makes her weak and think shortly in solving problem. Thus, she thinks that killing her own children is the best way to protect them from schoolteacher and slavery cruelty.

Another characteristic of depression that she shows is from the condition after the brutal action that occurred. Sethe blames herself and thinks that she has removed the blessed things which had been built by Baby Suggs in the house of 124 Bluestone Road since her arrival as showed in the statement:

There was nothing to be done other than what she had done, but Sethe blamed herself for Baby Suggs' collapse. However many times Baby denied it, Sethe knew the grief at 124 started when she jumped down off the wagon, (Morrison, 1987, p.89-90)

The unstable condition of Sethe increases her tendency to blame herself. As the impact of her irrational action, there are no strangers who come or drop by to the house. There is no conversation between neighbors who come to ask for advice at all. Now the house of 124 becomes a haunted house. It cannot be called as a home anymore and Sethe assumes that it happens because of her fault.

Furthermore, the depressed condition of losing her family and children also makes Sethe becomes helpless. Moreover, after the death of her mother-in-law, Baby Suggs makes the situation in the house of 124 Bluestone Road changes and become worse as stated in the novel: "That she lived with 124 in helpless, apologetic resignation because she had no choice; that minus husband, sons, mother-in-law, she and her slow-witted daughter had to live there all alone making do." (Morrison, 1987, p.164) since the situation in the house is so quiet and gloomy, it affects Sethe's emotional condition. The loneliness that covers her feeling and mind then changes her way of thinking and affects her to feel guilty and useless. It also leads Sethe to feel sadness because of her negative emotional state. Indeed, since Sethe suffers from depression which is classified in major depression. The characteristic of this depression as stated by Franklin (1999,

para.3) can affect the way of thinking and decision making. In addition, it affects individual's behavior with the increasing of irritability and the loss of temper.

In another situation, sometimes the sweet memory of Halle spinning around her mind but she tries to manage and divert it by thinking about something which more important like Denver, Beloved and their future as it is quoted in the novel:

"I don't want to know or have to remember that. I have other things to do: worry, for example, about tomorrow, about Denver, about Beloved, about age and sickness not to speak of love." (Morrison, 1987, p.70) But sometimes it cannot be denied that the memories of her past life still attract her mind to remember. It is showed from the statement in the novel: "But her brain was not interested in the future. Loaded with the past and hungry for more, it left her no room to imagine, let alone plan for, the next day." (Morrison, 1987, p.70) By those statements above it, seems that Sethe actually is unstable and anxious. On one side she tries to repress her memory since it just brings painful feeling. But in the opposite, she cannot refuse the memory which is related to people whom she loves such as her baby girl, Halle and her mother-in-law.

Besides, social withdrawal and the decreasing of desire to enjoy pleasurable activities become some characteristics that happened to Sethe as the symptom of depression. The negative thinking to other people makes her difficult to have interaction with society and surrounding since she is ever disappointed by people around her. Since the symptoms of PTSD are related to each other, the characteristic of this depression is also the same with avoidance behavior as described in the previous sub chapter.

CHAPTER IV

CONCLUSION AND SUGGESTION

4.1 Conclusion

After doing analysis by using Psychological theory in *Beloved* novel, it comes to the conclusion that Sethe as a woman slave who endured traumatic experience suffers from Post Traumatic Stress Disorder as the impact of her psychological trauma after undergoing many traumatic experiences when she became a slave. This PTSD is reflected in three symptoms namely flashback, depression and avoidance.

The first symptom is flashback which is represented by the situation when Sethe cannot stop remembering her traumatic experience. It is strongly influenced by the people around her who become the stressor that makes her suffer flashback. For example, it can be showed by the coming of young woman named Beloved who indirectly forces Sethe to recall the accident when she kills her daughter. It leads her to also remember about her painful experience when being a slave.

The second symptom is avoidance which becomes short solution that Sethe used to reduce anxiety as the impact of her psychological trauma. Due to many of bad treatments that she ever gets, it makes her avoids society and surroundings since she feels unsecured with everything outside the house 124 Bluestone Road.

After being harassed as the slave in Sweet Home plantation, she thinks that there is no place that safer than her house. The condition she can live together with her

daughter, Denver is enough for Sethe and makes her happy. For Sethe, there is no need to interact with other people outside since it just makes her becomes anxious about her children security.

The third symptom is depression that leads to behavior change of Sethe. By the trauma of mistreatment in slavery period, it builds the fear of losing children which is reflected in her irrational action when she kills her daughter.

Furthermore, it builds new forms which encourage her to have a second trauma.

Specifically, the conditions and feeling such as hopeless, unstable, and overwhelmed become the other impact of her depression.

At last, Post Traumatic Stress Disorder (PTSD) becomes the sign of Sethe's emotional overload condition in the form of anxiety disorder after having traumatic experience as a slave. Usually, it can change characteristic and behavior pattern of individuals. The change itself refers to many forms of negative behavior including doing irrational thing.

4.2 Suggestion

The writer wants to give suggestion for readers and other researchers. First, if they want to analyze similar object with different theory, for example by using feminist theory, they should gain more sources relates to the theory such as the position of women slave in feminist perspective which can be related to the abolition of slavery. Second, they can take another focus in the novel such as by analyzing deeper about the position of Beloved since she has a significant role that brings big influence to other characters.

REFERENCES

American Psychiatric Association. (2000). *Diagnostic and Statistical Manual of Mental Disorders*. 4th edition, text revised. Washington, DC: American Psychiatric Association.

Avoidance: National Center for PTSD. (2007). Retrieved July 13, 2011, from <http://www.ptsd.va.gov/public/pages/avoidance.asp>

Avoidant personality disorder. (n.d.) Retrieved July 15, 2011, from <http://www.minddisorders.com/A-Br/Avoidant-personality-disorder.html>

The Negro Mother by Langston Hughes. (2003). Retrieved August 3, 2011, from <http://www.poemhunter.com/>

Beall, Lisa S. (1997). *Post-Traumatic Stress Disorder* Retrieved September 26, 2011, from <http://www.lib.auburn.edu/socsci/docs/ptsd.html>

Beebe, Rl. (2006). *Psychoanalytic Criticism* Retrieved August 20, 2011, from http://www.ux1.eiu.edu/~rlbeebe/what_is_pschoanalytic_criticism.pdf

Boeree, Dr. C. George. (2009). *Sigmund Freud*. Retrieved August 3, 2011, from <http://webpace.ship.edu/cgboer/freud.html>

Buskist, William. & Gerbing, David W. (1990). *Psychology: boundaries and frontiers*. USA: HarperCollinsPublishers.

Center for Addiction and Mental Health. (2004). *Post Traumatic Stress Disorder*. Canada: Centre for Addiction and Mental Health.

Chirhart, Ann Short., & Wood, Betty. (Eds). (2009). *Georgia Women: Their Lives and Times, vol.1*. Athens: University of Georgia Press.

Davis, Adrienne D. (2003). *Slavery and the Roots of Sexual Harassment*. Retrieved December 20, 2011, from http://www.law.fsu.edu/faculty/2003-2004workshops/davis_bckgrd.pdf

DHCC Clinicians. (2003). *PTSD: Trauma-Related Disorders Timeline*. Retrieved August 1, 2011 from <http://www.PDHealth.mil>

Diggs, Angela. (2009) *What is Avoidance*. Retrieved July 15, 2011, from <http://www.helium.com/items/1475884-what-is-avoidance-defense-mechanism>

Dillmann, Susanne M. Psy.D. (1996) *Common Reactions to Psychological Trauma: Understanding Avoidance and Other Reactions*. Retrieved July 15, 2011, from: http://www.selfgrowth.com/articles/common_reactions_to_psychological_trauma_understanding_avoidance_and_other_reactions

Franklin, Donald J. Ph.D. (1999). *What is a depressive disorder?* Retrieved January 15 2012, from <http://psychologyinfo.com/depression/women.htm>

Freud, S. (1949). *An outline of psychoanalysis*. Retrieved September 25, 2011, from <http://www.worldcat.org/title/outline-of-psychoanalysis/oclc/000192087>

Garrison, WM. Lloyd. (1845). *Narrative of the Life of Frederick Douglass, An American Slave by Frederick Douglass*. Boston: _____

Gilmer, B. von Haller. (1978). *Applied Psychology, Second Edition*. United States: McGraw-Hill Inc.

Kienlen, Laurie Pawlik. (2007). Six main Types of Anxiety Disorders. Retrieved August 20, 2011, from <http://l-pawlik-kienlen.suite101.com/feeling-anxious-a13921>

Kietzman, Shannon. (2012). *What are Intrusive Thoughts?* Retrieved February 15, 2012, from <http://www.wisegeek.com/what-are-intrusive-thoughts.htm>

Kindig, Thomas. (n.d.). *The Declaration of Independence* Retrieved Sept 1, 2011, from <http://www.ushistory.org/>

Koeller, David W. (2000). *Slavery in America*. Northpark University

M.D., Mark I. Levy, (1995). *Stressing The Point: When is a Post Traumatic Stress Disorder Claim Legitimate... and When Is It Not*. Retrieved September 26, 2011, from <http://expertpages.com/news/ptsd.htm>

Mohr, Nicole. (2006). *Slavery's Destructive Effect on Women, Both Free and Slave: An Essay on Incidents in the Life of a Slave Girl*. Retrieved January 16, 2012, from <http://voices.yahoo.com/slaverys-destructive-effect-women-both-free-and-68249.html?cat=37>

Morrison, Toni. (1987). *Beloved*. New York: Penguin Group

National Humanities Center. (2007). *On Slaveholders' Sexual Abuse of Slaves: Selections from 19th- & 20th-century Slave Narratives*. University of North Carolina: Chapel Hill Library.

National Institute of Mental Health. (2009). *Anxiety Disorder: National Institute of Health*. United States: ScienceWriting, Press & Dissemination Branch.

Siegel, Reva B. (2007). *History of Sexual Harassment*. Retrieved December 20, 2011, from http://yalepress.yale.edu/yupbooks/mackinnon_directions.pdf

Smith, S.E. (2012). *What is a Flashback?* Retrieved February 15, 2012, from <http://www.wisegeek.com/what-is-a-flashback.htm>

Timms, Dr Philip. (2011). *Depression* Retrieved December 20, 2011, from <http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/depression/depression.aspx>

Tubbs, Jamie. (2011). *The Hard life of Slave in America*. Retrieved August 15, 2011, from <http://www.misterteacher.com/about.html>

Turnbull, Dr Gordon. *PTSD*. Retrieved December 20, 2011, from <http://www.rcpsych.ac.uk/mentalhealthinfo/problems/ptsd/posttraumaticstressdisorder.aspx>

Wright, Donald. R. (1990). *African American in the Colonial Era: From African Origins through the American Revolution*. Arlington Heights, Illinois 60004: Harlan Davidson, Inc.

Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya Universitas Brawijaya



APPENDIX

Appendix: Berita Acara Bimbingan Skripsi



**KEMENTERIAN PENDIDIKAN NASIONAL
UNIVERSITAS BRAWIJAYA
FAKULTAS ILMU BUDAYA**

Jalan Mayjen Haryono No. 169 Malang 65145

Telp. (0341) 551611 Pes. 309

Telex. No. 31873 Fax. (0341) 565420

Telp. (0341) 575822 (direct) Fax. (0341) 575822 (direct)

BERITA ACARA BIMBINGAN SKRIPSI

1. Nama : Ningtias Wulandari
2. NIM : 0911112007
3. Program Studi : Sastra Inggris
4. Judul Skripsi : Post Traumatic Stress Disorder of Sethe
In Toni Morrison's *Beloved*
5. Tanggal Mengajukan : 1 Maret 2011
6. Tanggal Selesai Revisi : 8 Agustus 2012
7. Nama Pembimbing : I. Juliati, M.Hum.
II. Taufan Hendro Baskoro, SS.
8. Keterangan Konsultasi :

No	Tanggal	Materi	Pembimbing	Paraf
1	1 Maret 2011	Pengajuan judul skripsi	Pembimbing I	
2	8 Maret 2011	Penyetujuan judul skripsi	Pembimbing I	
3	22 Maret 2011	Penyerahan Bab I	Pembimbing I	
4	31 Maret 2011	Revisi Bab I	Pembimbing I	
5	7 April 2011	Revisi Bab I	Pembimbing I	
6	14 April 2011	Menyerahkan Bab I	Pembimbing II	
7	21 April 2011	Penyerahan Bab II	Pembimbing I	
8	5 Mei 2011	Revisi Bab II	Pembimbing I	
9	19 Mei 2011	Revisi Bab II	Pembimbing I	
10	6 Juni 2011	Penyerahan Bab II	Pembimbing II	
11	13 Juni 2011	Revisi Bab I dan II	Pembimbing II	
12	25 Oktober 2011	Acc Seminar Proposal	Pembimbing I	
13	25 Oktober 2011	Acc Seminar Proposal	Pembimbing II	
14	8 November 2011	Seminar Proposal	Pembimbing I	
15	8 November 2011	Seminar Proposal	Pembimbing I	
16	22 November 2011	Revisi Seminar proposal	Pembimbing I	
17	27 Desember 2011	Pengajuan Bab III&IV	Pembimbing I	
18	10 Januari 2012	Revisi Bab III&IV	Pembimbing I	
19	21 Februari 2012	Pengajuan Bab III&IV	Pembimbing II	

20	20 Maret 2012	Pengajuan Bab I, II,III & IV	Pembimbing I
21	10 April 2012	Revisi Bab I, II, III & IV	Pembimbing I
22	2 Mei 2012	Revisi Bab II & III	Pembimbing I
23	9 Mei 2012	Pengajuan Bab I, II,III & IV	Pembimbing II
24	15 Mei 2012	Revisi Bab I, II,III & IV	Pembimbing II
25	21 Mei 2012	Acc Seminar Hasil	Pembimbing I
26	21 Mei 2012	Acc Seminar Hasil	Pembimbing II
27	30 Mei 2012	Seminar Hasil	Penguji I
28	30 Mei 2012	Seminar Hasil	Penguji II
29	5 Juni 2012	Revisi Seminar Hasil	Pembimbing I
30	26 Juni 2012	Revisi Seminar Hasil	Pembimbing II
31	4 Juli 2012	Acc Ujian Skripsi	Pembimbing I
32	4 Juli 2012	Acc Ujian Skripsi	Pembimbing II
33	18 Juli 2012	Ujian Skripsi	Penguji I
34	18 Juli 2012	Ujian Skripsi	Penguji II
35	25 Juli 2012	Revisi Ujian Skripsi	Penguji I
36	25 Juli 2012	Revisi Ujian Skripsi	Penguji II
37	21 Juli 2012	Revisi Ujian Skripsi	Pembimbing I
38	27 Juli 2012	Revisi Ujian Skripsi	Pembimbing II
39	6 Agustus 2012	Revisi Ujian Skripsi	Pembimbing I
40	8 Agustus 2012	Revisi Ujian Skripsi	Pembimbing II

9. Telah dievaluasi dan diuji dengan nilai:

Malang, 18 Juli 2012

Dosen Pembimbing I

Dosen Pembimbing II

Juliati, M.Hum.

Taufan Hendro Baskoro, SS.

NIP.19720604 200212 2 001

NIP. 19820313 200604 1 001

Mengetahui,
Ketua Jurusan Bahasa dan Sastra

Syariful Muttaqin, M.A.

NIP. 19751101 200312 1 001