POST-TRAUMATIC STRESS DISORDER (PTSD) AS REFLECTED ON CARA HOFFMAN *BE SAFE I LOVE YOU* NOVEL

THESIS

Submitted to Faculty of Letters of Bosowa University in Partial Fulfillment of the Requirement for The Sarjana Degree (S1)

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ENGLISH LANGUAGE & LITERATURE PROGRAM

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THESIS

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CARA HOFFMA "BE SAFE I LOVE YOU" NOVEL

Arranged and Submitted by

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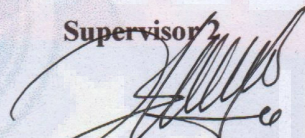Has been defended in Front of the Skripsi Examination Commitee

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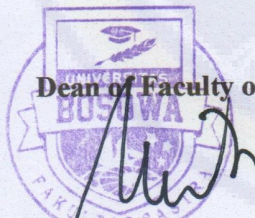**Dr. Sudirman Maca, S.S., M.Hum.**
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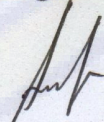
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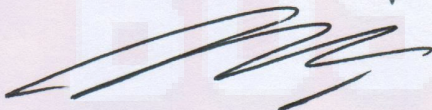
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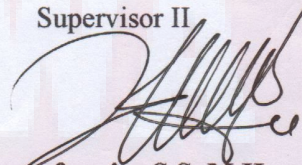Study Program : **ENGLISH LANGUAGE & LITERATURE PROGRAM**

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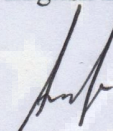
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STATEMENT OF ORIGINALITY

The writer certifies declare that the thesis entitled **POST – TRAUMATIC STRESS DISORDER (PTSD) AS REFLECTED ON CARA HOFFMAN** *BE SAFE I LOVE YOU* **NOVEL** and all of its contents are truly her own work. Content of this thesis is the product of own work and that all the assistance received in preparing this thesis and sources have been acknowledged.

Makassar, 22 August 2022

Writer

Pratiwi Sosalia M R

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Praise and gratitude the writer prays to the presence of God Almighty, for all his blessings and grace so that the writer can complete the thesis entitled "POST – TRAUMATIC STRESS DISORDER AS REFLECTED ON CARA HOFFMAN BE SAFE I LOVE YOU NOVEL".

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Finally, I hope that the writing of this Final Project can be useful for the author and other fellow students in the future and hopefully all help and all parties deserve to be worshiped by God Almighty, Amen.

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The Writer
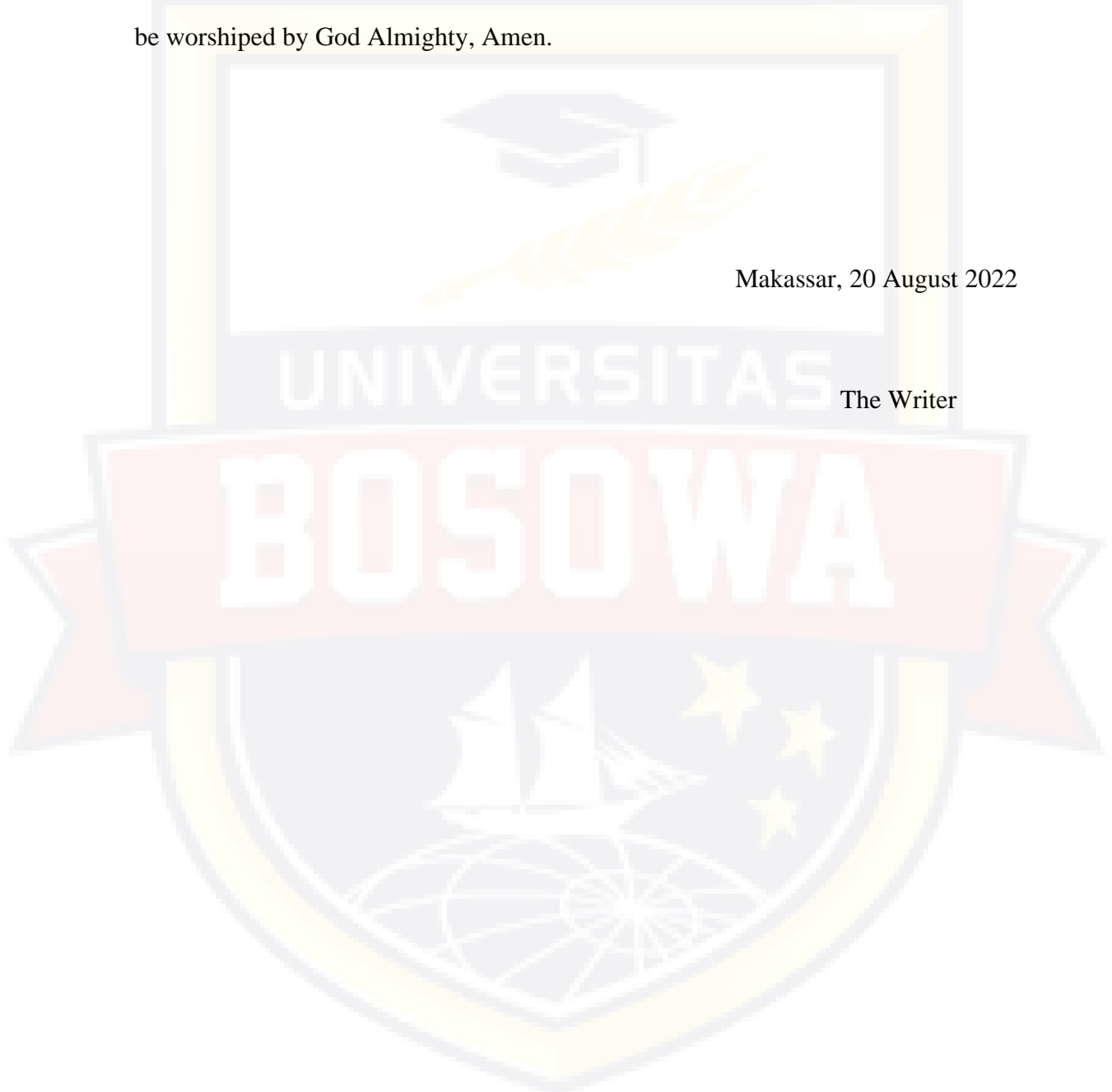
ABSTRACT

Pratiwi Sosalia Monalisa Ruben. 4518051014. "Post – Traumatic Stress Disorder as Reflected on Cara Hoffman *Be Safe I Love You* Novel". English Language and Literature Program, Faculty of Letters. Bosowa University. (Supervised by Sudirman Maca and Asyrafunnisa).

The aims of this research were to identify the types of Post – Traumatic Stress Disorder as well as to find out the impacts caused by Post – Traumatic Stress Disorder that are contained in *Be Safe I Love You* novel.

In this research the writer applied qualitative descriptive methods and theory by Sigmund Freud to analyse the phases of Post – Traumatic Stress Disorder in the novel *Be Safe I Love You.*

The result shows that there are types and impacts of post-traumatic stress disorder contain in Cara Hoffman's *Be Safe I Love You* novel base on Sigmund Freud's theory, the writer find that there are two types of post-traumatic stress disorder, namely acute stress disorder and post-traumatic stress disorder without complications. Uncomplicated post-traumatic stress disorder is the most dominant type of post-traumatic stress disorder find in the novel. There are 4 effects of post-traumatic stress disorder find in the novel, namely hallucinations, mood swings, irritability, insomnia.

Keywords: *Language, Post – Traumatic Stress Disorder, Novel*

ABSTRAK

Pratiwi Sosalia Monalisa Ruben. 4518051014. "Post – Traumatic Stress Disorder as Reflected on Cara Hoffman *Be Safe I Love You* Novel". Jurusan Bahasa dan Sastra Inggris, Fakultas Sastra. Universitas Bosowa. (Dibimbing oleh Sudirman Maca dan Asyrafunnisa).

Penelitian ini bertujuan untuk mengetahui jenis-jenis penyakit Post – Traumatic Stress Disorder dan juga menemukan dampak yang disebabkan oleh Post – Traumatic Stress Disorder yang tersimpan dalam Novel *Be Safe I Love You.*

Dalam penelitian ini penulis menerapkan metode kualitatif deskriptif dan teori dari Sigmund Freud untuk menganalisi fase-fase dari Post – Traumatic Stress Disorder yang tersimpan dalam Novel oleh Cara Hoffman *Be Safe I Love You.*

Hasil penelitian menunjukkan bahwa terdapat jenis dan dampak gangguan stres pasca trauma yang terdapat dalam novel *Be Safe I Love You* karya Cara Hoffman berdasarkan teori Sigmun Freud, penulis menemukan bahwa terdapat dua jenis gangguan stres pasca trauma, yaitu gangguan stres akut dan gangguan stres pasca trauma tanpa komplikasi. Gangguan stres pasca trauma tanpa komplikasi adalah jenis gangguan stres pasca trauma yang paling dominan ditemukan di dalam novel. Ada 4 dampak gangguan stres pasca trauma yang ditemukan di dalam novel yaitu halusinasi, mood swing, mudah marah, insomnia.

Kata Kunci: *Bahasa, Post – Traumatic Stress Disorder, Novel*

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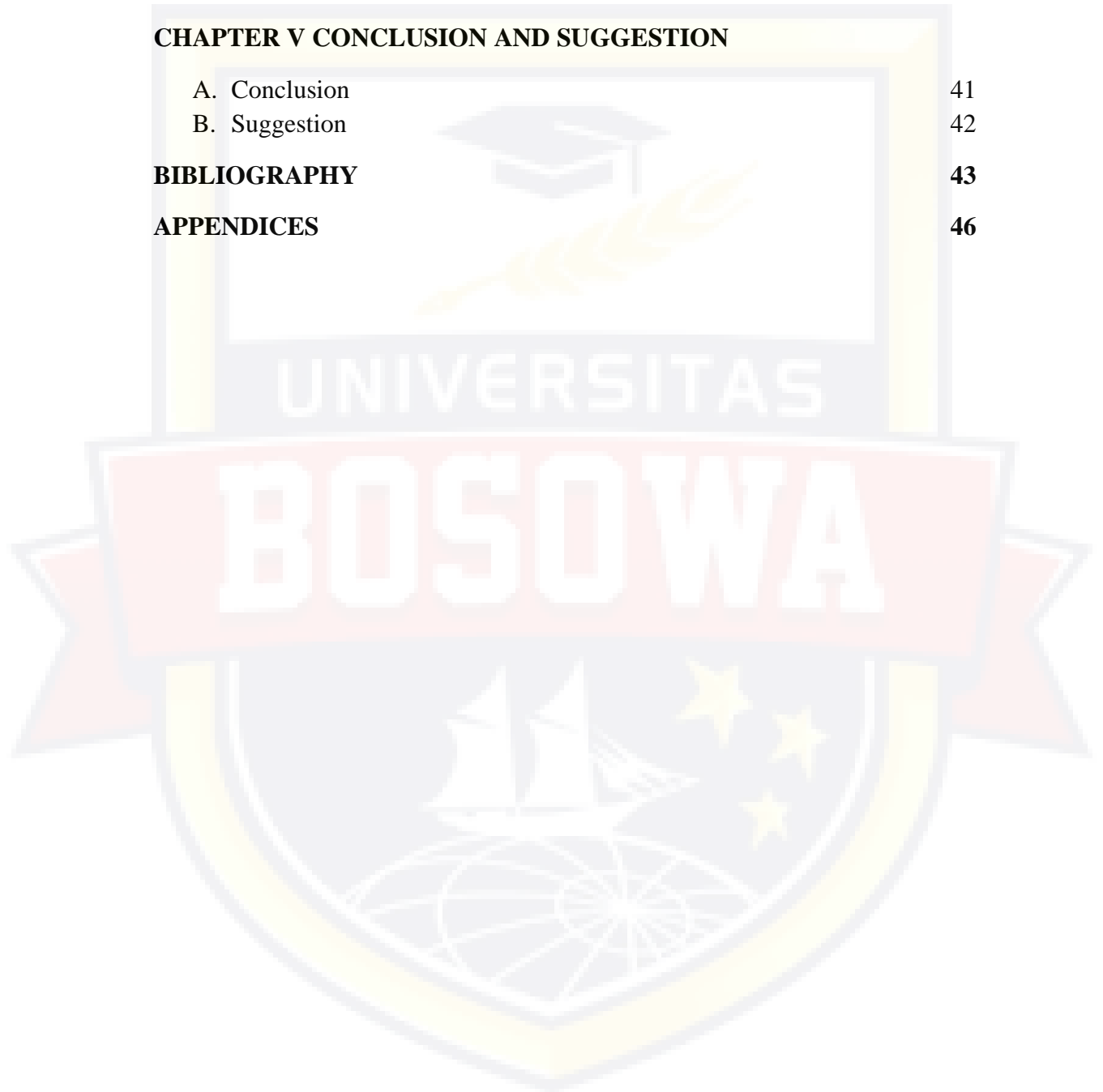
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CHAPTER I

INTRODUCTION

A. Background

Literature has a very wide range so therefore, literature was divided into two fields, which was literary knowledge, and literary creation. Both knowledge and creation of literature were closely related. Literary knowledge includes literary theory, history, and literary criticism whereas literary creation includes poetry, novel, prose, and drama. Based on the content, literature was a framework that contains fiction. In general, literature was distinguished from various types of writing such as news, reports, history, biographies and theses, because these writings contain information in the form of facts. However, in essence, literature was a kind of framework that contains human imagination that could not be connected with reality. Poetry, novels and dramas were the results of the imagination of writers (Damono, 2006:23).

In comparison with poetries and dramas, novels were the most popular literary creation among the people. This happens because novels were considered to have more interesting traits than poetries and dramas. The style of writing and the independent clause of a novel were easier to understood so therefore the readers could visualize the contents and stories from the novel whilst poetries and dramas were more complicated and difficult to understand than the unusual use of metaphors and figures of speech. Novels were literary works that had two elements, namely: intrinsic elements and extrinsic elements, both of which were interconnected because they greatly affect the

existence of literary works (Ariska, et al., 2020:14). Novel was a prose narrative created by humans imaginatively based on experience, usually a series of events in the novel were connected with a certain group of people. There were several genres of novels that cover various types and styles, namely: mystery, horror, psychological, romantic, realist, historical, etc.

Readers not only love romance genre novels but also the second most common favorite genre was psychological. Many people think that psychological novels can provide some understanding or description of how life is from a psychological point of view. Humans were social creatures who were always involved in social behavior around them. It aimed to form a strong bond with each other. Social interaction is a basic human need as well as other basic needs such as food. Social interactions that a person did could affected physical and mental health and could even cause death (Orben, et al, 2020).

As the time goes by, so do humans. Developments that were happening would most certainly made an impact whether it was a good impact, or a bad impact. Hence, the psychological and mental state were greatly influenced by times (Matondang, 2019:188). Mental illness was a condition where someone has a condition that disrupt their emotions, their way of thinking, and their behaviour. Mental illness was closely related with social life in public society (Dixit, 2005:1).

Mental illness has a large variety of symptoms depending on from the mental illness that the person suffered from (Lumongga, 2016:34). Those

symptoms could greatly influence physical and mental state. Furthermore, someone who suffered from mental illness could not understood what they were capable of, struggling to control their emotions, and sometimes they find it difficult to blend in the community.

A lot of things could cause someone to experience mental disorders such as genetic factors, lifestyle, a less conducive environment, and past trauma. This proves that mental illness was influenced by social factors, psychological factors, as well as biological factors (Gerald, 2010:1).

One of many cases of mental disorder that was often found was Post traumatic stress disorder or as people recognized called post – traumatic stress disorder. Post – traumatic stress disorder is a mental condition that is caused by past events that left scars or trauma to someone. For example, wars, sexual abuse, accidents, natural disasters, and many more. Some of the symptoms from post – traumatic stress disorder including mood swings, paranoia, struggle to sleep, and lack of concentration could definitely affect their behaviour and their attitude towards someone.

Anyone has depression with different stages from mild depression to severe depression that needs special medication. Depression was a mood disruption that could be marked by constant sadness and carelessness. Depression was more common in adults. It could be caused by mental pressure and childhood trauma. The focus in this research was the main character's depression in the novel *Be Safe I Love You* by Cara Hoffman. Through this research, the writer wanted to share the knowledge on

psychoanalysis in a literary work, because psychological condition has a strong connection with the way people think and the way they speak. This research is expected to be a reference for further writers.

B. Reason for Choosing the Tittle

1. This study was chosen because post – traumatic stress disorder was one of many cases of mental disorder that sufferers were rarely aware of. It was just like the main character in Cara Hoffman's novel *Be Safe I Love You*.

2. Traumatic events that occurred in the past will always be closely related to human attitudes and behavior in the future, awareness and knowledge were needed to overcome the trauma. Therefore, the writer hopes this research could provide input to readers about post – traumatic stress disorder so that it could be treated earlier.

3. In the novel *Be Safe I Love You*, the main character in this novel has a mental disorder. Writers hopes to study the types and impacts of post - traumatic stress disorder.

C. Problem of the Research

There were two problems that the writer found in the novel *Be Safe I Love You* by Cara Hoffman as follow: The first was identifying the types of Post-Traumatic Stress Disorder and the second is the impact of post – traumatic stress disorder experienced by the main character in novel *Be Safe I Love You* by Cara Hoffman.

D. Scope of the Research

This study discusses the psychological problems of the main female character in the novel, especially post – traumatic stress disorder. The writer focused on identifying the types and impacts of post – traumatic stress disorder in the novel *Be Safe I Love You* by using Sigmund Freud's theory.

E. Research Question

In this research the writer purposed two questions as follow:

1. What were the types of post – traumatic stress disorder (PTSD) of the main female character in Cara Hoffman's *Be Safe I Love You* novel?

2. What were the impacts of post – traumatic stress disorder (PTSD) of the main female character in the novel *Be Safe I Love You* by Cara Hoffman?

F. Objectives of the Research

1. To identify the types of post – traumatic stress disorder experienced by the main female character in Cara Hoffman's *Be Safe I Love You* novel.

2. To find out the impacts of post – traumatic stress disorder experienced by the main female character in the novel *Be Safe I Love You* by Cara Hoffman.

G. Significance of the Research

The significance of this research was divided into two categories such as theoretical and practical.

1. Theoretical Benefit

Writer hopes this research can contribute to the development of post – traumatic stress disorder theory in the field of psychology.

Especially on the impact and prevention of post – traumatic stress disorder, so it does not get worse the sooner it is treated, the faster the healing process will be.

2. Practical Benefit

This research was information for wider science who wanted to know about post – traumatic stress disorder in novels, especially *Be Safe I Love You*. The results of this research were expected that the public would understood more about mental disorders so as not to discriminate against someone who has a mental disorder and also help in handling mental illness by not judging the person. This research would also be a reference for next writer.

CHAPTER II
LITERATURE REVIEW

This chapter consisted of previous studies, approach, related ideas and theory. The related ideas were definition of literature, definition of novel and the types of novels and definition of post – traumatic stress disorder.

A. Previous Studies

Previous studies were the literature review that has a common theme which is usually used by the next writer to compared their new research with the previous writer. There were several of previous studies related to thesis research:

Erskine et al., (2017) entitled *The Global Coverage of Prevalence Data for Mental Disorders in Children and Adolescents*. The aimed of this study was to identify how much children and adolescents had a mental disorder (ages 5 – 17 years). This study used qualitative method to know how much the population children and adolescent had a mental disorder. The result of this study was global coverage of prevalence data for mental disorders in ages 5– 17 years was 6.7% (CD: 5.0%, ADHD: 5.5%, ASDs: 16.1%, EDs: 4.4%, depression: 6.2%, anxiety: 3.2%). Of 187 countries, 124 had no data for any disorder.

Hundt et al., (2018) entitled *Failure to Engage: a Qualitative Study of Veterans Who Decline Evidence-Based Psychotherapies for Post – Traumatic Stress Disorder*. The aimed of this study was to identify barriers for veterans

who were referred specifically to evidence-based psychotherapy but who did not attend the psychotherapy sessions. This study used a qualitative interview method to gain a better understanding of the experiences and attitudes of these veterans. Many veterans reported that there were multiple barriers to treatment engagement, suggesting that the accumulation of barriers contributed to poor engagement. The results of this study indicate that the barriers were divided into 5 categories: practical, knowledge, emotional, related to therapy, and related to the VA system.

Lehavot et al., (2018) entitled *Post-traumatic Stress Disorder by Gender and Veteran Status*. This study aimed to determine the appropriate treatment method for veterans based on gender. This study used a qualitative method, the data were taken from direct interviews conducted with a representative sample of US adults. The Alcohol Use Disorder and Associated Disabilities Interview Schedule-DSM-5 Version was used to assess past year and lifelong post-traumatic stress disorder among veterans and civilians. The results of this study found that for age and race/ethnicity, female veterans reported the highest rates of post-traumatic stress disorder compared to civilian women, male veterans and civilian males. Both male and female veterans were more likely to experience post – traumatic stress disorder.

Jak et al., (2019) entitled *SMART-CPT for Veterans with Comorbid Post-Traumatic Stress Disorder and History of Traumatic Brain Injury: a Randomised Controlled Trial*. This study aimed to address the emotional and neuropsychological symptoms that commonly occurred in veterans with

comorbid post – traumatic stress disorder (PTSD) and a history of Traumatic Brain Injury (TBI). This study used psychological, neurobehavioral and neuropsychological assessment methods at baseline, and was given 3 months of treatment. The results of this study found that mental health interventions for post – traumatic stress disorder, combined with a compensatory cognitive training strategy, can reduce post – traumatic stress disorder and neurobehavioural symptoms and also provide added value by improving cognitive function.

Merz et al., (2019) entitled *Comparative Efficacy and Acceptability of Pharmacological, Psychotherapeutic, and Combination Treatments in Adults With Posttraumatic Stress Disorder*. This study aimed to examine the comparative outcome, acceptability of psychotherapeutic, pharmacological treatments and their combinations in adults with post – traumatic stress disorder. This study used the Preferred Reporting Items Reporting Item Guidelines for Systematic Review and Meta-analysis (PRISMA) method 36 and is listed on the International list of prospective systematic reviews. The results of this study found that no difference was found between combination treatment and psychotherapeutic treatment at long-term follow-up, and combination treatment was associated with better outcomes than pharmacological treatment in the network meta-analysis, but not in the paired meta-analysis. analysis. analysis. No evidence was found for differential acceptance of the 3 treatment approaches.

Iljazi et al., (2020) entitled *Post-Traumatic Stress Disorder After Traumatic Brain Injury—A Systematic Review and Meta-Analysis*. This study aimed to determine the relative frequency and relative risk of post-traumatic stress disorder associated with traumatic brain injury. This study used a random effect meta – analysis method. The results of this study found that in the civilian population, the relative frequency of post – traumatic stress disorder after traumatic brain injury was 12.2%. Relative risk 1.67%. In the military population, the relative frequency of associated post – traumatic stress disorder was 48.2% with a relative risk of 2.33%.

Liang et al., (2020) entitled *Post – Traumatic Stress Disorder and Psychological Distress in Chinese Youths Following the COVID-19 Emergency*. This study aimed to determine the effect of genre and psychological stress on someone with post – traumatic stress disorder. This study used quantitative methods to collect data in the form of questionnaires and civilian version checklists. From this study it was found that the prevalence of post – traumatic stress disorder in women increased significantly with psychological stress, but the prevalence of post – traumatic stress disorder in men increased even more.

Rosen and Ayers (2020) entitled *An Update on the Complexity and Importance of Accurately Diagnosing Post – Traumatic Stress Disorder and Comorbid Traumatic Brain Injury*. This study aimed to discuss the importance of diagnosing the two entities, namely post – traumatic stress disorder and comorbid traumatic brain injury, especially when they were comorbid, by

examining how misdiagnoses can interfere with treatment outcomes. In this study a qualitative method was used with a PubMed search with the following search terms: "traumatic brain injury," "post-traumatic stress disorder," "diagnostic challenge," "diagnostic accuracy," "diagnostic uncertainty," and "diagnostic difficulty." The results of this study suggest that it is important to develop more effective methods for diagnosing comorbid post – traumatic stress disorder and traumatic brain injury, because having an undiagnosed Traumatic Brain Injury may be a variable stratifying respondents from non-responders to evidence-based treatment for post – traumatic stress disorder.

White et al., (2020) entitled *Post-Traumatic Stress Disorder is Associated with further Increased Parkinson's Disease Risk in Veterans with Traumatic Brain Injury*. This study aimed to determine whether traumatic brain injury and post – traumatic stress disorder were risk factors for Parkinson's disease. This study used a qualitative method whereby Parkinson's disease, traumatic brain injury, and post – traumatic stress disorder was confirmed by an algorithm based on a validated International Classification of Disease 9 code. The results of this study suggest that both traumatic brain injury and post – traumatic stress disorder were independently associated with an increased risk of relative Parkinson's disease in a diverse national cohort of military veterans, and over the potential risk of modest synergistic overload in those with comorbid traumatic brain injury / post – traumatic stress disorder.

It was stated in *Depression of The Main Character Portrayed In Topdog/Underdog Play Script (2001) By Suzan Lori Parks* (Anjelia et al.,

2021). This study was conducted with the aimed of knowing and explaining the depression experienced by the main characters in the Topdog/Underdog Play Script which was published in 2001. This study uses a quantitative descriptive method through a psychoanalytic approach. The results of this study indicate that in the Topdog/Underdog Play Script (2001) there were 22 ID data, 5 Ego data and 5 Superego data. While the data used were2 types of symptoms, namely emotional symptoms with 22 data and 1 cognitive symptom.

Salehi et al., 2021 entitled *The Prevalence of Post-Traumatic Stress Disorder Related Symptoms In Coronavirus Outbreaks: A Systematic-Review And Meta-Analysis*. This study aimed to assess the prevalence of post – traumatic stress disorder related symptoms in the coronavirus outbreak. This study used a qualitative descriptive method through a systematic literature search and the result it was found that about three out of every ten people who survive coronavirus infection, about two out of every ten health workers, and about one in every ten people in the general population experience post – traumatic stress disorder symptoms in an outbreak.

The similarity with ten previous studies and this research is to discuss mental health, especially about one of the mental disorders that people often do not realize, namely post-traumatic stress disorder. The difference between previous research and this research lies in the approach used, in this study using a psychological approach and the object used was the novel *Be Safe I Love You* by Cara Hoffman as a literary work to be analyzed.

B. Literature

Literary knowledge includes literary theory, history, and literary criticism whereas literary creation includes poetry, novel, prose, and drama. Based on the content, literature was a framework that contained fiction. In general, literature was distinguished from various types of writing such as news, reports, history, biographies and theses, because these writings contain information in the form of facts.

Literature could never be separated from everyday human life. This happened because humans as a person could either subjectively or objectively involved in the making of literary creation. Literature could not be measured by writing only, and with literature, a person can develop a way of thinking such as imagination. Not only that, literature could also be used as a media to convey aspirations to anyone, from the community, and all the way to the government. (Rahmi et al., 2017).

Literary creations could be divided into two types based on when the creation was made, such as:

1. Old creations

   This literary work was born from customs, religious teachings, moral teachings, advices given by other people. For example, poem, poetry, myths and legends, and fairy tale.

2. New creations

   This type of work is significantly different from the old creations, because this literary work was born without the influence of customs and

other teachings by the society. The new creations tend to be more modern in nature with the social realities that occur in our society. For example, novels with various genres, and comics.

Literature was a form of human expression. However, not all forms of words that had been compiled were literary. Writings that were primarily informative—technical, scientific, journalistic—will be excluded from the literary rankings by most, if not all, critics. Certain forms of writing, however, were universally regarded as belonging to literature as art. Individual efforts in these forms were said to be successful if they had something called artistic achievement and fail otherwise. The nature of artistic value was less easily defined than recognized. The author did not even had to chase it to achieve it. On the other hand, scholarly exposition may had great literary value and pedestrian poetry may not exist.

The essay was once written intentionally as a literary work: the subject matter was relatively small. Today most essays were written as expository and informative journalism, although there were still essayists in the great tradition who consider themselves artists. Now, as in the past, some of the greatest essayists were critics of literature, drama, novels and art.

The content of literary works was not limited to the human desire to communicate with each other. The thousands of years, perhaps hundreds of thousands, since the human species first developed the ability to speak have been seen to form a nearly infinite system of relationships called language. Language is not only a collection of words in a complete dictionary, but also

the individual and social nature of living humans, an endless system of equivalents, sounds for things and each other. Its most primitive elements werewords that express direct experience of objective reality, and its most sophisticated were concepts at a high level of abstraction.

Words were not only equivalent to things; they have varying degrees of equality with each other. A symbol, according to the dictionary, was something that represents something else or a sign used to represent something, "just as the lion was a symbol of courage, the cross is a symbol of Christianity." In this sense, all words could be called symbols, but the examples given—the lion and the cross—were strictly metaphorical: that was, symbols that represent complexes of other symbols, and which were generally negotiable within a given society (since money was a symbol for goods or labor work). Eventually a language becomes, among other things, a great sea of implicit metaphors, an endless web of intertwined symbols (Rexroth., 2022).

C. Novel

Novel was a long work of narrative fiction with some realism. It was often in prose and published as a single book. The word 'novel' comes from the Italian word 'novella' which meant "new". Similar to short stories, novels had several features such as character representation, dialogue, setting, plot, climax, conflict, and resolution. However, not all of these elements have to be a good novel.

Wellek and Warren (1956:19) stated that literary works made had a closed relationship with the social life of the community and also the psychological condition of a person, because in literary works there were emotions given by the author so that they can affect the emotions of the reader.

The quotation above contains the meaning that novel was literary work which tells about a picture of social life given by the author to the reader which is packaged with writing and language style that is easy to understand.

Character was a real trait that is necessary by an individual. The character itself consists of self-concept, beliefs, attitudes, emotions, and habits. Characters were very closely related with human lives as an individual. Each and every one of them has their own different and unique characters. Their characters could be seen from the way they act, from the way they behave in their daily life.

In process on making a novel, character has a very important role in the storyline. Characters that were in the novel wereusually taken and applied to the novel based on the characters of the people around the writer, but they can also be characters from the imagination of the writer. Moral character was considered as a picture of an individual to think, feel, and behave. (Cohen. 2014:44). One of the purposes of making a character is to convey the moral message of a novel.

According to Nurgiyanto (2018: 29 – 30), the novel was a work with an artistic totality. As a totality, novel has elements that were closely related to

each other. There were two elements as follows: (a) Intrinsic elements; intrinsic elements were elements that give life to a literary work. The intrinsic elements of a novel were plot, characterization, theme, background, point of view, and language style. (b) Extrinsic elements; extrinsic elements wereelements that werefrom a place outside the literary text which indirectly influence the creation of a literary work. For example, culture, psychological conditions, politics, and social occurrence.

For the most part, novels were dedicated to telling the individual experienced of characters, creating a closer and more complex portrait of these characters and the world they live in. Inner feelings and thoughts, as well as complex and even conflicting ideas or values were usually explored. in the novel, more so than in any previous literary form. It was not only the story itself that is more personal, but also the experience of reading it. Where epic poetry and similar story forms were designed to be read or consumed by the public as an audience, novels were geared more towards individual readers.

Although a novel was usually a work of fiction, many novels weave in actual human history. These could range from full historical fiction novels, which focus on a particular era in history or depict semi-fiction narratives about real historical people, to works of fiction that exist only in the "real" world and carry that weight and implications. There were also early modern works of historical nonfiction embellished with unconfirmed traditions or made-up speeches for dramatic effect. Nonetheless, for most purposes we

could assume that, when we talk about novels, we were talking about works of narrative fiction.

Novels came in all styles imaginable, with each author bringing their own unique voice to the table. There were several major subgenres that tend to command a large market share, although there were many other genres (and genre mixes) out there. Some of the main types of novels you may need to know about:

1. Mystery novel

Mystery novels revolved around crimes to be solved, often murder but not always. The traditional format would had a detective—either professional or amateur—as the protagonist, surrounded by a group of characters who help solve crimes or suspects. During the course of the story, detectives would sift through clues, including false leads and red herrings, to solve the case. Some of the most famous novels of all time fall into the mystery genre, including the Nancy Drew and Hardy Boys series, Sir Arthur Conan Doyle's Sherlock Holmes novels, and Agatha Christie's novels. Christie's And Then There Were None is the world's best-selling mystery novel.

2. Sci-Fi and Fantasy

One of the more popular novel genres was science fiction and fantasy, both of which deal with speculative world-building. The line between the two was often blurred, but in general, science fiction tends to imagine a different world due to technology, whereas fantasy imagines a

world with magic. Early science fiction included the works of Jules Verne and continued into George Orwell's classics such as 1984; Contemporary science fiction was a very popular genre. Some of the most famous novels in Western literature were fantasy novels, including the Lord of the Rings series, The Chronicles of Narnia, and Harry Potter; they wereindebted to European epic literature.

3. Horror/thriller novels

Thriller novels were sometimes combined with other genres, most often with mystery or science fiction. A distinctive feature of these novels were often designed to instill fear, suspense, or psychological horror in their readers. Early versions of this genre included The Count of Monte Cristo (a revenge thriller) and Heart of Darkness (a psychological/horror thriller). A more contemporary example might be the Stephen King novel.

4. Romance

Today's romantic novels had a few things in common with past "romances": the idea of romantic love as the ultimate goal, the occasional scandal, the intense emotion at the center of it all. Romance today, however, focuses more specifically on telling stories of romantic and/or sexual love between characters. They often follow a very specific structure and all required had an optimistic or "happy" resolution. Romance was currently the most popular novel genre in the United States.

5. History fiction

As the name suggested, historical fiction was a simply fictional story that took place in the real past of human history. Some examples of historical fiction involved fictional (or semi-fiction) stories about actual historical figures, while others incorporate completely original characters into real-life events. Iconic worked of historical fiction include Ivanhoe, A Tale of Two Cities, Gone with the Wind, and The Hunchback of Notre Dame.

6. Realist Fiction

Realist fiction, quite simply, was a fiction that eschews genre or high style to try to tell a story that "could" happened in the world as we know it. The focused was on representing things honestly, without romanticization or artistic development. Some of the most famous realist writers include Mark Twain, John Steinbeck, Honoré de Balzac, Anton Chekov, and George Eliot.

D. Psychology of Literature

By understanding interdisciplinarity as the proximity that fields of knowledge establish to one another to transcend the discursive principles of one field at the intersection with theoretical perspectives and modes of functioning of another, it could be seen that interdisciplinary was appropriated to break the special character of the field. disciplined, verifiable rest. At different levels and in different degrees. This opportunity, of course, arises without prejudiced to any advances that interdisciplinary studied have made possible for mankind, but rather in an

attempt to reverse the situation of modern man, and in particular of specialists, which people were increasingly ignorant of, especially today, when in general the new open access media was available to everyone, without distinction, all the knowledge of the world with a simple touch on a liquid crystal display.

In this context, what was the closeness of Psychology, which deals with specificities such as knowing and interpreting humans and the world, with Literature.

Psychology values logic, a situation that was substantially at odds with Literature, although the latter may be based on possibility. According to Russell (1965:551), "Psychologists prefer replicable observations, whereas a serious writer deals with analogies, metaphors, and perhaps intentional ambiguity". Nevertheless, both of them share the goal of understanding the development of their subjects, real/fictional characters, respectively, through the conflicts and problems they face in life or in the plot. This quality, again according to Russell, leads to the fact that knowledge of one field could contribute to another in at least four categories: psychology of writers, psychology of creative processes, behavioral studies, and responses to literature.

E. Post – Traumatic Stress Disorder

Post-traumatic stress disorder was one of the many mental disorders that people were very rarely aware of. This mental disorder existed because of the trigger from a sense of trauma due to past events.

Yehuda et al., (2015:12) stated that post – traumatic stress disorder (PTSD) generally occurs in 5-10% of the population and was twice as common in women than men. Although trauma exposure was a trigger event for post – traumatic stress disorder to develop, biological and psychosocial risk factors also influence the onset of symptoms, severity and chronicity. Post – traumatic stress disorder was the same as other mental disorders, which of course could be detrimental to the sufferer. Traumatic incident could trigger post – traumatic stress disorder such as physical violence, sexual harassment, earthquakes, war, discrimination and others. Patients with post – traumatic stress disorder would usually remember bad moments that happened previously continuously, for example, such as nightmares or flashbacks, this could trigger the patient's emotions to became unstable or in certain cases the patient could not arouse emotions at all.

1. Types of Post – Traumatic Stress Disorder

According to Sigmund Freud's theory there were 6 types of post – traumatic stress disorder they were:

a. Normal stress response

Normal stress response may be a stage before PTSD develops, but that did not mean it would progress to post - traumatic stress disorder. Everyone could experience stress in different ways; therefore it was natural for everyone to respond to stress and threats.

b. Acute stress disorder

Acute stress disorder that was often experienced by society in general. People with acute stress disorder usually felt excessive anxiety and fear and would avoid things that made the trauma reappear. Acute stress disorder would develop into post-traumatic stress disorder if not treated properly

c. Uncomplicated post – traumatic stress disorder

Uncomplicated post - traumatic stress disorder. This types usually showed when a person experiences a major traumatic event. Post – traumatic stress disorder was the easiest to treat because the symptoms seen in someone with this type of post – traumatic stress disorder were very clear

d. Complex Post – Traumatic Stress Disorder

In contrast to uncomplicated post – traumatic stress disorder, complex post – traumatic stress disorder was caused by several traumatic events, not just one. Complex post – traumatic stress disorder was a stated to describe the emotional impact of ongoing and prolonged trauma.

e. Comorbid Post – Traumatic Stress Disorder

Comorbid post – traumatic stress disorder was several mental disorders that occurred together. This meant that a person could have more than one mental health problem and sometimes a substance abuse problem was added.

f. Dissociative Post – Traumatic Stress Disorder

Dissociative post – traumatic stress disorder had symptoms such as emotional detachment and dissociative symptoms such as depersonalization or derealization. A person who experiences symptoms such as repeated traumatic flashbacks may had a higher risk of developing dissociative post – traumatic stress disorder.

2. Symptoms of Post – Traumatic Stress Disorder

Post – traumatic stress disorder could last for months or even years after the incident. This causes many post – traumatic stress disorder sufferers to find it difficult to lead a normal life. One of example could a war veteran who experienced a low quality of life due to post – traumatic stress disorder (Azad et al., 2014:1). People often ignore the symptoms of post – traumatic stress disorder which could have a negative impact on sufferers (Foa et al., 2002:1). Symptoms of post – traumatic stress disorder itself were classified into 4 parts as follows:

a. Symptoms related to the trauma and memory of the trauma. In this case, the triggers for post – traumatic stress disorder were flashbacks, nightmares and negative thoughts.

b. Symptoms related to avoidance. People with post – traumatic stress disorder tend to avoid topics of conversation and places that remind them of the traumatic event.

c. Symptoms related to sensory stimulation. These symptoms were closely related to anxiety disorders such as sleep disturbances, angry outbursts, difficulty concentrating and excessive anxiety.

d. Symptoms related to cognitive and mood changes. Emotional instability would have an impact on mood and will affect daily life. Negative feelings such as frequent self-blame and loss of interest in activities were symptoms of post – traumatic stress disorder.

Prevention of post – traumatic stress disorder is difficult because it was closely related to traumatic events, however the effects of post – traumatic stress disorder itself could be minimized with mental support where post – traumatic stress disorder sufferers could express their emotions without feeling anxious. Emotional outpouring could make the mental state to be stable.

CHAPTER III
METHODOLOGY

This chapter presented and explained types of the research, source of data, procedures of data collection, and method of analyzing.

A. Type of the Research

Writer used qualitative methods in this study, which meant the data collected was in form of words where information from the data was described efficiently and factually to realize precise and correct results. According to Semiawan (2010:2) qualitative method was a method use to look for a symptom, fact or reality with data in the form of words or pictures if need. In this study, the writer used a psychological approach and referred to Sigmund Freud's theory to analyze the phases of Post-Traumatic Stress Disorder.

B. Object of the Research

There two types of data namely primary data dan secondary data that were needed to do this research.

1. The Primary data was the main data obtained from reading and recording every word or sentence that was considered important in the novel. The primary data source of this research was the novel *Be Safe I Love You* by Cara Hoffman which published in 2014 with 289 pages and written by Cara Hoffman. This novel received praise from several mass media, one of which was The Sunday Telegraph (UK) which said that this novel was named one of the 5 best modern war fictions.

2. Secondary data was supporting data took from literature studies, criticism, the internet and several journals related to novels and several aspects, especially psychological aspects. The secondary data of this study are taken from various information related to the novel and several articles or journals related to the novel and several aspects of Post-Traumatic Stress Disorder from other books and the internet.

C. Procedures of Collecting Data

In this research, there were several steps to collecting data:

1. The writer read the novel accurately, which aimed to get the essence of the role story, therefore that could make it easier for writer to analyzed everything that related to post – traumatic stress disorder.

2. The writer applied the note-taking method, in this research the writer quoted every expression or statement that was considered to be able to support data analysis.

3. Identifying the sentences in the novel that included the types of post – traumatic stress disorder based on Sigmund Freud's theory.

4. The collection was supported by data that related to the object of research such as interrelated articles, theories, author biographies and previous research.

5. Drawing and finding conclusions.

D. Method of Data Analysis

The data would be analyzed by applying Sigmund Freud theory to find out the psychological aspects and their impact to character. Then the data presented through qualitative descriptive method. Then the writer drawing the conclusions from the results and offer suggestions based on the findings.

CHAPTER IV

FINDINGS AND DISCUSSION

A. Finding

Based on the data classification, the writer found 22 quotes from the novel Cara Hoffman *Be Safe I love You* with 289 pages indicating that Lauren Clay used 2 types of post – traumatic stress disorder.

1. Types of Post – Traumatic Stress Disorder Through the Main Character in Cara Hoffman Novel *Be Safe I Love You*:

a. Acute Stress Disorder

Acute Stress Disorder was something that was often experienced by people in general. People with acute stress would usually felt excessive anxiety and world avoid things that made the trauma reappear. Acute stress disorder would develop into post – traumatic stress disorder if were not treated properly. The table showed the data finding based on acute stress disorder:

Table 1. Acute Stress Disorder Symptom

No.	Type Of Acute Stress Disorder Symptom
1.	**Data 1:** "Look at you," Jack said to her. "Look at you." She worries he would start crying again, but instead he turned to refrigerator and pulled out several deli bags: ham and turkey and cheese, then mustard and vegetables. He set them on the table, then went to the sink to peel carrots, fill the tea kettle. Lauren was surprised to she how relaxed he looked, how the refrigerator was stocked. **For a moment she was afraid she was dreaming.** (Hoffman, 2014:21)
2.	**Data 2:** "You tell me all about it later," PJ said, and she nodded, but that was the last thing she would be doing. **She would not be wasting**

	one more second talking about acts that should not be described and could not be undone. (Hoffman, 2014:30).
3.	**Data 3:** Jack sat back down beside her and did not say anything. **She was afraid of insomnia or something worse.** Her thougts turned to Daryl up there in the cold, not being able to sleep either. Spending the night with visions of rising dust and black rigs in their heads. A shared dream viewed through crosshairs, heard through the sound of blood rushing in their ears. (Hoffman, 2014:38)
4.	**Data 4:** Lauren handed back his mug without speaking and headed to the door the opened onto the blacktop, leaving Troy to his work. An abrupt exit was not rude in his mind, and **if she stayed she might start talking like she would done whe she was a girl, only this time about the war, and she did not want to do that.** Did not need to measure the width of another gulf that had grown while she was gone, or glimpse more wreckage; some blackened sky, some keening sound that is far from sacred, some fire neither of them could put out. (Hoffman, 2014:60)

Based on the table above, there were 4 data that showed symptoms of the acute stress disorder type. Below was the data analysis carried out by the writer:

Data 1:

Based on Data 1, there were sentence that showed symptoms of acute stress disorder *for a moment she is afraid she is dreaming* it meant Lauren as the main character felt anxiety, followed her instincts (id) felt as if what was happened in front of her was just a dream. A person with mental illness would be very easy to doubt themself. In some cases, a person who had a mental disorder could not distinguished between the real world and what was just a hallucination.

Data 2:

Data 2 showed symptoms of acute stress disorder found in the sentence *She would not be wasting one more second talking about acts that should not be described and could not be undone* in this sentence Lauren as the main character tried to avoid conversations that referred to events that made her uncomfortable. Followed her instinct (id) Lauren preferred to end the conversation.

The action that the female lead took was one of self-protection. Feelings of discomfort due to flashbacks of the past was an alarm for someone with mental disorders. To avoid bad things from happening due to uncomfortable feelings, our minds would automatically helped divert them, but this did not always happen to someone with a mental disorder.

Data 3:

Data 3 reflected one of the symptoms of acute stress disorder where the sentence *She was afraid of insomnia or something worse* meant that the main character felt anxious continuously. Followed her instincts (id) she sensed something bad was about to happened and made her worry too much.

The feeling of fear experienced by Lauren was something that often happened. The fear that Lauren felt was a form of excessive anxiety that caused difficulty sleeping and, in this sentence, showed that it was not only difficult to sleep but Lauren but also afraid not to sleep.

Data 4:

In this data there was the sentence *if she stayed she might start talking like she would done when she was a girl, only this time about the war, and she did not want to do that* which indicated that the main character was experienced symptoms of acute stress disorder. Lauren again avoided the conversation that made her feeling uncomfortable, followed her instincts (id) Lauren decided to end the conversation and choose to leave that place. Ending a conversation with someone when uncomfortable feelings start to appear was a common thing, but in this sentence Lauren's actions were a form of self-protection that she unconsciously did to avoid bad things that happen.

b. Uncomplicated Post – Traumatic Stress Disorder

Uncomplicated post – traumatic stress disorder was the most common type of post – traumatic stress disorder and the easiest to treat, usually when a person experiences a major traumatic event. The table showed the data finding based on uncomplicated post – traumatic stress disorder:

Table 2. Uncomplicated Post – Traumatic Stress Disorder

No.	Type of Uncomplicated Post – Traumatic Stress Disorder
1.	**Data 5:** **She was back but did not feel so far away from Iraq**. Home was closer to the wider world then she had realized as a girl. Watertown was a base town, the home of Fort Drum, and the place reverberated with its presence. She felt it now more thant ever,

	bodies training and bodies deploying and the vast interconnected system of sleepy faraway places that housed and built soldiers to send out. They were everywhere. And from every lonely FOB or smoldering rubble – strewn corridor, she could feel their readiness now as if they were one. (Hoffman, 2014:9)
2.	**Data 6:** He looked relieved to be sitting with her, so confident that it was really her, confident fot both of them, and his word brought her back to herself for a second. So what if she dreamt, or alid awake? At least she knew what was happening, knew what it was called. **The significance of nightmares was not lost on Lauren; she knew all about the scene that repeat themselves, the feelings of "hypervigilance".** (Hoffman, 2014:38)
3.	**Data 7:** Lauren had stared disliking the Patricks the week she met them. She was a sophomore in high school and had watched Uncle Gerry eat a pieceof glass on a fifty – dollar bet. The blood in his mouth. The sound of him chewing it. **She was angry that the image had become a part of her memory, and by virtue of that memory part of herself.** She would lie awake sometimes thinking about how to erase it. Probing the insides of her cheek with her tounge and succumbing to a breathless quwasy feeling, the cut within the protected flesh of the mouth. She didn't like it. And she didn't like them. (Hoffman, 2014:66)
4.	**Data 8:** She felt the gulf, the free – falling of being thousands of miles away, completely powerless. She could not order people back home to do things, and that thought enraged her. Why would her mother do this? Why had not she even asked Lauren to visit before she left? **She felt alone and unwanted, sitting in the shitty barracks, everything perfectly ordered;** the neat squared-away life that make possible to act in a single second. The neat squared – away life that makes inaction close to physically intolerable. A rush of fear and sadness and something unnameable, the taste of tears at the back of her throat. She tried not to think about the only things that was coming to mind. A question that was beneath her in every way, but beneath her like the whole surface of the earth was made from it. Why hadn't their mother tried to get custody of both of them a long, long time ago? (Hoffman, 2014:108)

5.	**Data 9:** She would wake feeling heavy and dehydrate, and grateful to be alert again. **The significance of the nightmares was not lost on Lauren**. The thoughts that repeat themselves sunddenly and unexpectedly, the need to be vigilant. Some of these things she took with her to Iraq, did not gain over there, and she was not ignorant of their meanings nor the way they could be used to keep her sharp. (Hoffman, 2014:116)
6.	**Data 10:** **Something about that information was disorienting and she felt she was about to lose her temper**, what little of it she still had hold of. While she wandering around town in the rain her father had gone work and just left Danny in front of his computer. She sat down on the floor and rested her back against his bed and listened to the ping of instant messages and concentrated on her breathing the way they tell you to. But concentrating on a thing you can do that your friens can not anymore is some pretty fucking bad advice. (Hoffman, 2014:120)
7.	**Data 11:** "So?" She raised her head defiantly. The last time he would seen her like this was just before Meg left. **Angry with him, disappointed officious.** If he had not gotten sick he would have been able to help her. (Hoffman, 2014:130-131)
8.	**Data 12:** **"I'm sorry I yelled," she said, the look of tired resignation returning to her face. Something in her had given up again, her moods shifting before he could adjust,** before he cound really respond to anything she would said, but they were talking now and it was going to be all right. (Hoffman, 2014:134)
9.	**Data 13:** **She was too angry to speak.** She looked straight ahead and felt Danny thingking. Turned to catch his eyes but his head was down, his face drawn. Then he glanced up at her, his cheeks flushed, whatever heavy thought he'd had already gone. He shook his head and laughed his goofy laugh. (Hoffman, 2014:176)
10.	**Data 14:** "Dan. You can do it, buddy. It's a forest. You're not wwalking to the fucking electric chair." **She was disappointed and tried not to get angry.** "We're just going for a little run, man. That's all. Turn around and look, you can see the open space from here."

From the table above, there were 10 data from symptoms of the type of uncomplicated post – traumatic stress disorder. The data below showed the analysis of the data from the table above:

Data 5:

In the sentence *She was back but did not feel so far away from Iraq* contained in data 5, it showed that the female lead continued to think about the events that took place in Iraq. This showed the insecurity (id) of the main character. Because even though Lauren was far from the battlefield, she still felt that she was in the battlefield. In this case Lauren was having flashbacks of what happened to her in the past. This would cause feelings of discomfort and could turn into feelings of excessive fear if it occurred for a long time.

Data 6:

Sentences in data 6 *The significance of nightmares was not lost on Lauren; she knew all about the scene that repeat themselves, the feelings of "hypervigilance"*. Reflected that Lauren was having nightmares that occured over and over again. This made Lauren to wary (ego) of the things that were happened around her.

The nightmare that Lauren experienced was a flashback of what she experienced while in Iraq. Nightmares that occurred continuously would result in sleep disturbances and of coursed this would affect a person's life.

Data 7:

The sentence in data 7 *She was angry that the image had become a part of her memory, and by virtue of that memory part of herself*. Indicated that Lauren had an unstable mood. Therefore, that made Lauren irritable (id) over small things. The angry feelings that Lauren felt showed that Lauren could not accept the fact that what happened at that time had become a part of her life. The uncontrollable mood swings made her felt angry inside.

Data 8:

Data 8 showed the sentence *She felt alone and unwanted, sitting in the shitty barracks, everything perfectly ordered* which means that Lauren felt that she was useless (id) and this made Lauren preferred to be alone (ego). Lauren's feelings were a form of guilt for not being able to did anything. This feeling arises due to events that occurred in Laurens last, especially when her parent gets divorced.

Data 9:

The sentence in data 9 *The significance of the nightmares was not lost on Lauren* showed that the female lead, Lauren Clay, had another nightmare that made her woke up from the dream (ego). Lauren Clay's nightmare was a flashback to what happened in Iraq and it kept her on her toes (id). The nightmare that happened to Lauren made her wary, this showed that the fear she felt would continue to carry over in her subconscious in the realization of dreamed and of course this made it

difficult for Lauren to slept. If this continues to happened to Lauren of course it woul be a bad impact on her. Decreased immune system due to lack of slpet, unstable emotions and in the worst-case Lauren could hurt the people around her.

Data 10:

The sentence in data 10 *Something about that information was disorienting and she felt she was about to lose her temper* meant that Lauren was having trouble controlled her own emotions (id). Lauren's emotions were very volatile when there was something she had not like or made her uncomfortable. Emotional changed that occur suddenly, of course, would greatly disrupt Lauren's daily life. Every little thing that happened and did not match what Lauren wanted would made her angry and this was beyond Lauren's control. Uncontrolled anger could made Lauren hurt those closest to her, this made Lauren on various occasions preferred to hold back her emotions that would came out.

Data 11:

The sentence *angry with him, disappointed officious* contained in data 11 showed that Lauren showed anger that had been suppressed all this time (id). This caused her emotions to overflown out of control (ego). Feelings of anger that continue to be suppressed would had a bad impact not only on someone who was angry but also on the surrounding environment. The anger that was buried would eventually came out and when the overflowing anger occurred it would harm many parties.

Data 12:

In the sentence "*I'm sorry I yelled," she said, the look of tired resigning returning to her face. Something in her had given up again, her mood shifting before he could adjust* indicated that Lauren was out of control (id) and in the end he screamed and regrated her own actions (ego). Lauren felt her mood swings very fast that she could not control it and this made her confused by the responded she gave out that she could not control. The screams made by Lauren were a form of resentment and anger that she had been hiding for so long and finally came out.

Data 13:

The sentence *She was too angry to speak* reflected that Lauren was at a peak of emotion (id) because a word that came out of her brother's mouth was disturbing to Lauren. Lauren chose to kept her emotions from exploding (ego) by trying not to focused on what was happened at the time and divert her mind to something else. Lauren's decision to restrain her emotions of course brings good impacts for those around her but brings bad effects for Lauren herself. Lauren could not let go of the emotions she was feeling so this would be bad for her.

Data 14:

In the data sentence 14 *She was disappointed and tried not to get angry.* It reflected Lauren's uncontrollable feelings; this made her easily angry and disappointed. In this situation Lauren tried to shift her focus to

other things by constantly reassured her sister that they were capable of crossed the road in front of them.

Based on the explanation above the writer concluded that in the novel *Be Safe I love You* by Cara Hoffman there were 2 types of post – traumatic stress disorder that found by the writer namely acute stress disorder and uncomplicated post – traumatic stress disorder. The most dominant types of post – traumatic stress disorder was uncomplicated post – traumatic stress disorder

2. **Impact of Post – Traumatic Stress Disorder Through the Main Character in Cara Hoffman Novel *Be Safe I Love You*:**

There were many negative impacts that were felt by someone who has post – traumatic stress disorder and this brings a lot of harm. Many people ignore this negative impact because it looks normal to them.

Data 2:

Based on excerpted from data 2, the female lead in this novel felt uncomfortable and did not want to discuss what her uncle asked, therefore Lauren decided to stop the conversation.

Data 4:

Data 4 reflected a sudden changed in mood from Lauren (id) which made her leaved the other person suddenly. This showed that people with post – traumatic stress disorder would show sudden mood swings regardless of who and how them currented condition was, because people with post – traumatic stress disorder could not control their own feelings.

Data 5:

According to data 5, the impact of post – traumatic stress disorder experienced by Lauren were the feeling that she was still in Iraq (id) even though in reality Lauren was in her own home. This showed Lauren experiencing flashbacks from where she served, Iraq.

Data 7:

Data 7 showed that Lauren experienced the impact of post – traumatic stress disorder where she felt disturbed by trivial things and this became an impetus for Lauren to dislike someone because of trivial things (ego). Difficulty in controlling feelings was something that was often experienced by someone with post – traumatic stress disorder.

Data 8:

In data 8 it could be seen that when Lauren found out the fact that her mother left her made her sad. By the time he went to Iraq, the environment around her made her feel useless and unwanted even though she was a sergeant. The impact of this was feelings of excessive fear and anxiety.

Data 9:

Data 9 showed that the impact of post – traumatic stress disorder for the female lead was slept disturbance in this cased was a nightmare. The nightmares experienced made it difficult for Lauren to go back to slept because Lauren started thinking about flashbacks that happened in the past.

Data 10:

Data 10 reflected the impact where the main character experienced unstable emotions (id), but the main character preferred to hold back the emotions that would come out (superego) by sitting down and diverting her mind to other things.

Data 11:

From data 11 it was known that the impact of post – traumatic stress disorder was emotional instability which caused the main character to took action to defy her father by lifting her head (ego). Lauren's treatment was a form of anger that she showed to her father. This of course is closely related to Lauren's past.

Data 12:

In the sentence contained in data 12, *I'm sorry I yelled* was the impact that arises as a result of not being able to control emotions. Uncontrolled emotions cause a person to be very angry and when that happened, the anger that was released was overflowing anger.

Data 13:

The sentence in data 13 shows that the impact caused by post – traumatic stress disorder on Lauren was a sudden changed in mood. Lauren did not like it when her brother disobeyed what she said which made Lauren angry, but Lauren helds back her anger and diverted her mind to another place (ego).

Data 14:

What Lauren showed in data 14 was one of the impacts of post – traumatic stress disorder. In data 14 it was cleared that Lauren was trying to forced her brother to followed her wished, Lauren continued to try while holding back the emotional turmoil that has begun to arise.

Table 3. The Impact of Post – Traumatic Stress Disorder

No	The Impact of Post – Traumatic Stress Disorder
1.	**Data 15:** A sound that proved she was home. That this was real. She had left the FOB, left Amarah. She had not dreamed this. (Hoffman, 2014:21)
2.	**Data 16:** Danny was still asleep when Lauren woke again a few hours later. She went to her room to change, then sat in the kitchen for an hour drinking coffee. (Hoffman, 2014:26)
3.	**Data 17:** The shock of seeing her room made her feel uneasy, like she was returning from a place that was outside of time. Shane's body has made her feel that way too. She stood in her room trembling. (Hoffman, 2014:25)
4.	**Data 18:** He got up and kissed the top of her head, said, "I'll see you in the morning. "But she held his hand and was frightened at the thought of falling asleep in her old bed. (Hoffman, 2014:38)
5.	**Data 19:** She felt like crying and for a moment was gripped by a cold terror that Danny was lying in his room dead. The rain beat heavily down outside and she was frightened that she'd awakened again into another dream. (Hoffman, 2014:40)
6.	**Data 20:** She stood and looked at him – the rise and fall of his breathing relaxed her. Then she sat on the bed beside him and put her hand on his back. After some minutes he woke and gently smiled at her.

		"I can't sleep," she said. (Hoffman, 2014:43)
7.		**Data 21:** Lauren went into the bathroom to brush her teeth. When the dog came in the shut her eyes so she could pretend he wasn't there, leaned over and drank mouthfuls of cool water from the tap, and found herself wishing something that would have been inconceivable just days ago: (Hoffman, 2014:135)
8.		**Data 22:** She looked to see if Sebastian was there, which would mean she was dreaming and didn't have to take this so seriously: (Hoffman, 2014:154)

Data 15:

Based on the quotation above showed that the impact for Lauren was a feeling of anxiety or restlessness at the time. The feeling where Lauren doubted that what was in front of her was not a dream but a reality, she was facing.

Data 16:

The data 16, Lauren's anxiety woke her from sleep. A person who had excessive anxiety and fear would have difficulty sleeping because the brain had not stop working thinking about the things that made them worry. Therefore, Lauren decided to go to the kitchen to took her mind off it. Lauren did this because she was afraid of hurting her own brother. Lauren's excessive anxiety sometimes made her did things that were harmful to herself and those around her.

Data 17:

On the data 17, Lauren felt flashbacks of unpleasant events in the past, feelings that made her feel uncomfortable. This made his body tremble from the fear of past events.

Data 18:

Based on the data 18, the flashback that Lauren experienced at this moment made her feel so frightened that it made Lauren imagine that she was sleeping in her old bed. The old bed in question was where Lauren was on duty at the time. A place where Lauren experienced trauma that affected her mental health. Iraq.

Data 19:

According to the data 19, Lauren's nightmare made her feel very scared. This has an impact on Lauren who is afraid to go back to slept and has the same dream. The fear was very great that it was difficult for him to fall back asleep.

Data 20:

Based on the quotation data 20, the situation that occurred in this sentence showed that the constant anxiety experienced by the main character caused Lauren to had trouble sleeping. Lauren could not sleep because of the bad feeling she was feeling.

Data 21:

At this moment on data 21, Lauren's difficulty sleeping made her tired and hallucinated. This could be seen from the sentence that read *When*

the dog comes in the closed her eyes. Lauren hallucinated seeing her pet dog that had died while Lauren was in Iraq.

Data 22:

Based on data 21, Lauren experienced hallucinations where she saw her dead pet dog Sebastian, Lauren tried to determine whether what she saw was a dream or reality. Because at this moment Lauren woke up to the sound coming from her bedroom window.

Based on Sigmund Freud theory there were six types of post – traumatic stress disorder namely, normal stress response, complex post – traumatic stress disorder, comorbid post – traumatic stress disorder, dissociative post – traumatic stress disorder, acute stress disorder and uncomplicated post – traumatic stress disorder. But in novel *Be Safe I Love You* there only 2 types of post – traumatic stress disorder found by the writer namely: there were 4 data found for the acute stress disorder type and 10 data found for the uncomplicated posttraumatic stress disorder type.

B. Discussion

1. Types of Post – Traumatic Stress Disorder

Post-traumatic stress disorder was one of the many mental disorders that people were very rarely aware of. This mental disorder arises because of the trigger from a sense of trauma due to past events. Traumatic incident could trigger post – traumatic stress disorder such as physical violence, sexual harassment, earthquakes, war, discrimination and others. Patients with post – traumatic stress disorder would usually remember bad

moments that happened previously continuously, for example, such as nightmares or flashbacks, this could trigger the patient's emotions to became unstable or in certain cased the patient could not arouse emotions at all. Sigmund Freud stated that every traumatic event that happened in the past had an impact on the future.

The first type was acute stress disorder that was often experienced by society in general. People with acute stress disorder usually felt excessive anxiety and fear and would avoid things that made the trauma reappear (*She was afraid of insomnia or something worse*). Acute stress disorder would develop into post-traumatic stress disorder if not treated properly. That were 4 data could be seen in the table. 1 acute stress disorder symptom.

The second type, uncomplicated post - traumatic stress disorder. This types usually showed when a person experiences a major traumatic event. Post – traumatic stress disorder was the easiest to treat because the symptoms seen in someone with this type of post – traumatic stress disorder were very clear (*She was angry that the image had become a part of her memory, and by virtue of that memory part of herself*). Post – traumatic stress disorder was an early-stage post – traumatic stress disorder which means the recovery rate of someone with post – traumatic stress disorder would be greater. That were 10 data could be seen in the table. 2 uncomplicated post - traumatic stress disorder symptom.

2. The Impact of Post – Traumatic Stress Disorder

Based on the novel *Be Safe I Love You* by Cara Hoffman, there were 8 data showed the impact of post – traumatic stress disorder. The impact caused by post – traumatic stress disorder was very detrimental. In addition to people with post – traumatic stress disorder, people who were around also felt the impact. Mood changes that continue to change quickly without being able to be controlled was one example that could harm others, namely when a person's mood changed quickly without being able to be controlled, the people around would also felt the impact. For example, yelling at someone because of a trivial matter or feeling uncomfortable. People with mental disorders often perform actions that were beyond their control, if they were in a bad mood or angry, they could hurt themselves to vent their anger or in some cases they would hurt the people around them.

Lauren Clay, who played the main character in Cara Hoffman's *Be Safe I Love You*, suffers from post-traumatic stress disorder. A person with post-traumatic stress disorder would experience excessive anxiety, avoid traumatic events, nightmares, experienced flashbacks of events, uncontrollable emotions and unstable moods and based on data analysis, Lauren Clay suffers from post – traumatic stress disorder type acute stress disorder and uncomplicated post – traumatic stress disorder.

Based on the explanation above there were 2 types of post – traumatic stress disorder found in the novel *Be Safe I Love You* namely

acute stress disorder and uncomplicated post - traumatic stress disorder based on Sigmund Freud theory. uncomplicated post - traumatic stress disorder was the most dominant types of post – traumatic stress disorder found in the novel *Be Safe I Love You*. There were 4 impact of post – traumatic stress disorder that found in the novel *Be Safe I Love You* they were hallucination, mood swing, easy to get angry and insomnia.

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

After analyzing and describing the types and impacts of post –
traumatic stress disorder contained in Cara Hoffman's *Be Safe I Love You*
novel based on Sigmun Freud's theory, the writer found that there were two
types of post – traumatic stress disorder in *Be Safe I Love You* novel, namely
acute stress disorder and uncomplicated post – traumatic stress disorder. In
the novel *Be Safe I Love You*, the uncomplicated post – traumatic stress
disorder type was the most common type, where in this novel there were
many sentences that showed the symptoms of this type of post – traumatic
stress disorder.

Lauren Clay, who played the main character in Cara Hoffman's *Be
Safe I Love You*, suffers from post-traumatic stress disorder. A person with
post-traumatic stress disorder would experience excessive anxiety, avoid
traumatic events, nightmares, experienced flashbacks of events,
uncontrollable emotions and unstable moods and based on data analysis,
Lauren Clay suffers from post – traumatic stress disorder type acute stress
disorder and uncomplicated post – traumatic stress disorder. Among the two
types, uncomplicated post – traumatic stress disorder was the most dominant
type.

The same theory was applied to determine the impact of post –
traumatic stress disorder. There were many bad effects if someone had post

– traumatic stress disorder and of course this was very detrimental. The impact of post – traumatic stress disorder reflected in this novel was hallucinations, feelings of unease and excessive fear and damage to relationships with those closest to them because people with post – traumatic stress disorder found it difficult to control their feelings. People with post – traumatic stress disorder often felt unappreciated and hopeless. In general, people who suffered from post – traumatic stress disorder would avoid social environments.

B. Suggestions

Based on the results of research from the novel *Be Safe I Love You* by Cara Hoffman, there were many events that could be studied using social aspects. The writer hoped that future researchers can continued this research using social aspects. Not only happened in the novel but also in the real world. Neglect of social aspects of society not only in the novel but also in the real world

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APPENDICES

1. Synopsis Be Safe I Love You
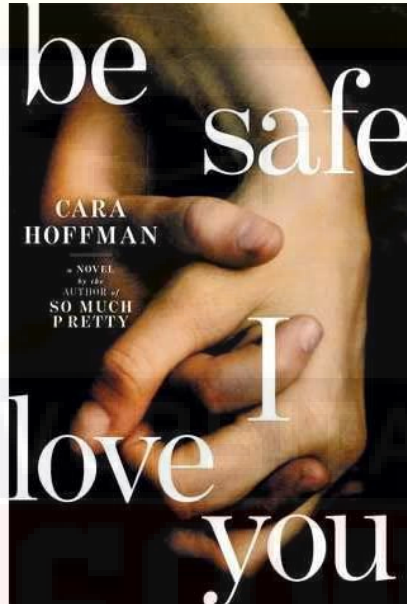
Lauren Clay is a female soldier who has just returned from duty in Iraq just in time to spend the holidays with her family. Before joining the army, Lauren, a trained classical singer, Lauren has a brother named Danny, a bright boy who is obsessed with exploring the North Pole, taking advantage of their simple circumstances, escaping into their imagination and forming a strong bond unbearable destroyed. Joining the army allowed Lauren to continue to support her family, but it certainly had a price.

Lauren's return of course surprised everyone, it is clear that something is wrong with Lauren's attitude. But her father ignored Lauren's odd behavior because he was very pleased with her return. On the other hand there are repeated phone

calls from an army psychologist. He wanted to give Lauren time and space to adjust to civilian life.

Everything seems fine when Lauren offers to take her brother Danny on a trip to visit their mother upstate. Instead, she takes her brother to the Canadian glacial jungle to visit the Jeanne d'Arc basin, the site of an oil field that has become a strange obsession for her. When they set up camp in a disused hunting lodge, Lauren believes she's teaching her brother Danny survival skills for the day she can no longer care for him.

2. Biography of Cara Hoffman

Hoffman grew up in Northern Appalachia and in the Rust Belt. She dropped out of college to travel, worked in Europe and the Middle East and did not get a college degree. In the mid-1990s she became a newspaper reporter covering crime and environmental politics. Cara Hoffman is the author of Running, New York Times Editor's Choice, Esquire Magazine Best Book of the Year, and Autostraddle Best Queer and Feminist Book of the Year. She first gained national attention in 2011 with the publication of the feminist classic So Much Pretty which sparked a national dialogue about violence and retribution and was named Best Suspense Novel of the year by the New York Times Book Review.

Her second novel, Be Safe I Love You, was awarded the Folio Prize, was named one of the Top Five Modern War Novels by Telegraph UK, and won the Sundance Institute Global Film Making Award.

Cara Hoffman has written for the New York Times, The Paris Review, Bookforum, Bennington Review, The Daily Beast, Rolling Stone, Teen Vogue and NPR. He has been a visiting lecturer at the University of Oxford, and is the founding editor of The Anarchist Review of Books.

AUTOBIOGRAPHY

Pratiwi Sosalia Monalisa Ruben, she was born in Ujung Pandang, 23 April 1997. She is the first daughter of three children from Mariones Sopanyo and Evernity Saudarah. She likes to think that people are social creatures whose purpose of life is to humanize other people. That is her principle and guide to life.

She completed her elementary school in SD Frater Bhakti Luhur from 2003 – 2009, then she continued in SMPN 5 Palu from 2009 – 2012, and then she continued her highschool education in SMK-SMAK MAKASSAR from 2012 – 2016, and finally, she continued her higher education in UNIVERSITAS BOSOWA in 2018 and took the English literature department of literature majors because she wanted tu pursue further knowledge in English language as well as the study of literature. She has joined an organization, namely the Literature Student Executive Board and serves as a member of public relation department for some time.