Megan's Trauma in Paula Hawkins'

The Girl On The Train.

THESIS

Submitted as a Partial Fulfillment of the Requirements for the Sarjana

Degree of English Department Faculty of Arts and Humanities



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

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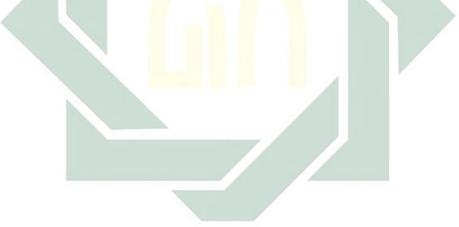
ABSTRACT

Fitria Febriani. 2018. Megan's Trauma in Paula Hawkins'*The Girl On The Train*. English Department, Faculty of Arts and Humanities, StateIslamic University Sunan Ampel Surabaya.

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This study aims to analyze Megan's trauma and the way she tries to deal with her trauma. Megan is described to have experienced trauma due to an accident that killed her brother. The grief of losing him is intensifed by the death of her baby because of her carelessness. Megan's trauma is analyzed based on the symptoms of Post Traumatic Stress Disorder (PTSD). The results show that Megan experiences PTSD symptoms such as insomnia, unbalanced emotion, and hypervigilance. Meanwhile, the way Megan deals with her trauma is shown by her decision to become a babysitter and to overcome her fear of vehicle.

Keywords: Trauma, Traumatic event, Post Traumatic Stress Disorder (PTSD).



INTISARI

Fitria Febriani. 2018. Megan's Trauma in Paula Hawkins' *The Girl On The Train*. English Department, Faculty of Arts and Humanities, State Islamic University Sunan Ampel Surabaya.

Pembimbing: Sufi Ikrima Sa'adah, M.Hum.

Tujuan penelitian ini adalah untuk menganalisa trauma yang dialami Megan dan cara dia untuk mencoba menerima traumanya. Megan digambarkan memiliki trauma sebab tragedi hingga membuat kakak laki-lakinya meninggal. Kesedihan yang mendalam kehilangan kakaknya semakin diperkuat karena kehilangan bayinya akibat ketidak hati-hatiannya. Trauma Analisa trauma Megan dianalisa berdasarkan gejala PTSD. Hasil menunjukkan bahwa gejala PTSD yang dialami Megan seperti insomnia, tidak seimbangnya emosional, dan kewaspadaan yang tinggi. Sedangkan, cara Megan menerima traumanya dengan menunjukkan keputusannya untuk menjadi seorang pengasuh bayi dan untuk mengatasi ketakutannya terhadap kendaraan.

Kata Kunci: Trauma, Peristiwa traumatis, Post Traumatic Stress Disorder (PTSD)

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CHAPTER 1

INTRODUCTION

1.1 Background of the Study

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

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

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

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

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

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

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

1.2 Statement of Problems

The researcher formulates the research questions as follows:

- 1. How are the effects of Megan's traumatic experience described in the novel?
- 2. How does Megan deal with her trauma?

1.3 Objectives of the Study

Dealing with the statement of the problem above , the objective of study are:

- 1. To describe the effects of Megan's traumatic experience
- 2. To explain the way Megan deals with her trauma

1.4 Significance of the Study

This study is expected to provide English literature student additional understanding of the novel through psychological studies especially about traumatic effect. Moreover, it is hoped to give additional information and understanding about kind of psychological theory to other researchers who are interested in analyzing the novel from different perspective. For common readers, this study is presented as a reflection that in life, there may occur any events that cause trauma to a person and affect his /her life. Therefore, they are supposed to get closer to God, so that the trauma will not affect them negatively like what happens to Megan.

1.5 Scope and Limitation

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

1.6 Method of the Study

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

1.6.1 Data Source

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

1.6.2 Data Collection

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

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

d. Relating the classified data to the theoretical framework.

1.6.3 Data Analysis

After collecting the data, the researcher conducts the analysis as the following steps:

- Analyzing the effect of Megan's trauma in the form of PTSD. The analysis is describing the symptoms of PTSD that Megan shows as the effect of her trauma.
- b. Analyzing the way Megan deals with her trauma.
- c. Giving the conclusion based on the result of the analysis.

CHAPTER II LITERATURE REVIEW

2.1 Theoretical Framework

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

2.1.1 Psychological Approach in Literature

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

Guerin et.al state that psychological approach can be considered "fascinating and rewarding"(153). That statement is supported by Gillespie's explanation that psychology is "fascinating" because it studies "human mind and behavior". Moreover, it can be "a rewarding tool for enhancing our understanding and appreciation of literature and of ourselves" (43).

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

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

a. Trauma and Traumatic Event

Trauma isdescribed by Creamer as a personal experience that confronted someone which is threatened death or serious injury that involves a family member or other close associate. The person's response to the event must involve intense fear and helplessness (7).Trauma can affect the whole person, including changes in body, mind, emotions, and behavior. But each person's specific reactions depend on the particulars of the event and the person's unique self and history.

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

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

b. Post Traumatic Stress Disorder (PTSD)

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

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

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

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

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

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

2.2 Previous Study

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

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

The third previous research is from Universitas Gadjah Mada student. This research discusses *Post-Traumatic Stress Disorder (PTSD) experienced by Charlie in the novel The Perks of Being A Wallflower*. It is a coming-of-age novel written by Stephen Chomsky. In the story, Charlie, the main character, experienced trauma that involved his relationship with Aunt Helen. Besides that, the death of his only friend, Michael, change his perspective on friendship. The objective of this paper is to discover the Post-Traumatic Stress Disorder symptoms and the effect of it that happens in The Perks of Being A Wallflower. The theory of psychoanalysis is used to analyze this paper. From the analysis, it can be concluded that Charlie apparently got PTSD since he fulfills several symptoms of it. Furthermore, his experience of PTSD influences his personality and behavior including his point of view in love, sexuality, and friendship. The similarity between the previous study and this research is in the subject matter which is analyzed. That is traumatic experience happened in the character's life. The three researchers of previous study and the researcher of this study have the same purpose. They have the same curiosity to know what happen to the character after getting traumatic experience, what the character feels, what the character intends to do, how to the character faces with trauma.

The difference between this research and previous research is in the object analysis. The previous study used *The Perks of Being A Wallflower*, *Undersea city, Virginia woolf's* novel, but this research uses*The Girl On The Train* novel. The categorization of character is also different. The previous used main characters, while the recent study is using minor character.

CHAPTER III

MEGAN'S TRAUMA IN PAULA HAWKIN'S THE GIRL ON THE TRAIN

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

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

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

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

don't know. I don't even know whether all this is really about Ben, or whether it's about everything that happened after that, and everything that's happened since (24).

The quote above tells about Megan's feeling about her brother. She feels

like losing Ben is the thing that causes her problem. Megan is the only one in her

family who loses Ben deeply. As the one of last sister that he has, Ben really gives

Megan attention and protection especially from the men. Automatically, Megan

has deep sadness because she never expected that her brother die, moreover she

saw by herself how the tragic accident happened. From what she experienced, she

gets the trauma and stress disorder from the accident.

I think about that time when we went on a family holiday to Santa Margheritain the Easter school holidays. I'd just turned fifteen and I met this guy on thebeach, much older than I was—thirties, probably, possibly even early forties—and he invited me to go sailing the next day. Ben was with me and he wasinvited, too, but—ever the protective big brother—he said we shouldn't gobecause he didn't trust the guy, he thought he was a sleazy creep. Which, ofcourse, he was. But I was furious, because when were we ever going to get thechance to sail around the Ligurian Sea on some bloke's private yacht? Ben toldme we'd have lots of opportunities like that, that our lives would be full ofadventure. In the end we didn't go, and that summer Ben lost control of hismotorbike on the A10, and he and I never got to go sailing. (49-50)

From that quotation, Megan describes how her brotheris. Ben protects herfrom the

man who will take her to the beach because he did not believe him. The quote

expresses Megan's thought of rememberingshe and her brother will never do the

trip plan because of the accident.

How much Ben's accident is affecting Megan is expressed by the online

article that Rachel, one of the female characters in the novel, reads on the train she

always takes every morning:

Born Megan Mills in Rochester in 1983, she moved with her parents to

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

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

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

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

The causes of her trauma is her carelessness. On the quote above, she retells the time she tried to relax her body by bathing up with her baby leaning on her chest. Her time relaxing made herself too comfortable until she did not realize that she was falling asleep with her baby still leaning on her chest. "It was dark and very cold. I wasn't in the bath any longer. "I don't know exactly what happened. I remember waking up, I remember knowing that something was wrong, and then the next thing I know Mac was home. He wascalling for me. I could hear him downstairs, shouting my name, but I couldn'tmove. I was sitting on the floor in the bathroom, she was in my arms. The rainwas hammering down, the beams in the roof creaking. I was so cold. Mac cameup the stairs, still calling out to me. He came to the doorway and turned on thelight." I can feel it now, the light searing my retinas, everything stark and white,horrifying." (165)

The quote above tells about what happen to the baby when Megan accidentally fell asleep.Megan has realized that her baby has been under water when she wake up. She could not move from bath up because she felt blank, chaotic, and did not know what she must to do because she saw the condition her baby was not breathing and cold.

The death of her baby the affects Megan's condition a lot. When she married with Scott, she cannot bear the possibility of having baby. The condition becomes worse because Scott wants to have baby with her.

3.1 The Effect of Megan's Traumatic Experience

The writer realizes that a traumatic experience in the past will take effect in someone's present life. The main effect of Megan's traumatic experience is Post Traumatic Stress Disorder (PTSD) which has symptoms such as intrusive imagery, avoiding stimuli, and increased arousal. This criteria consists of three indicators. The first one is difficulty to sleep. The second is irritability or outburst of anger. It is inability to control the emotion so it becomes unbalanced. The person will easily get angry towards another person. The third is hypervigilance. This causes the unusual increase of the person's alertness. (Scoot & Strading 2)

a. Sleep Difficulty

The main symptom of PTSD is experiencing an involuntary return of traumatic events in the form of dreams or intrusive shadows, which penetrates into consciousness suddenly flashback. This is often triggered by things that remind the sufferer of a traumatic event that has ever been experienced. Signs of increased arousal come in the form of severe anxiety, irritability, insomnia, and poor concentration.

The first symptom which is experienced by Megan is having difficulty to sleep knowing as insomnia, " ... I've been up for hours; I can't sleep. I haven't slept in days. I hate this, hate insomnia more than anything, just lying there, brain going round, tick, tick, tick, tick. I itch all over. I want to shave my head (24).

Megan's sleep difficulty disturbs her very much. She even wants to cut her hair because of that. In other occasion, she even feels like there are invisible bugs disturbing her sleep.

I can't sleep in this heat. Invisible bugs crawl over my skin, I have a rash on my chest, I can't get comfortable. And Scott seems to radiate warmth; lying next to him is like lying next to a fire. I can't get far enough away from him and find myself clinging to the edge of the bed, sheets thrown back. It's intolerable (129).

The quote above tells what Megan feels when she has insomnia. She even feels that Scott makes her uncomfortable therefore she cannot sleep.

Megan's insomnia is also affirmed by her husband. Scott affirms that his

wife is having "trouble sleeping" and that "it started last year some time" although

he "[doesn't] remember when exactly" (98).

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

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

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

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

"I'm sitting on the sofa in his living room, a glass of wine in my hand. ... He comes in from the kitchen and sits at my side, comfortably close. If I could, I would come here every day, just for an hour or two. I'd just sit here and drink wine, feel his hand brush against mine.

I lean back a little against him, against his warm body. He lets me." (165)

in that condition, Megan could not really control herself. Moreover she could not overcome the very thing that will endanger her household. She does anything to make herself comfortable. When she feels uneasy, she does not try to make herself comfortable with her husband. Instead, she expects others to calm her down no matter what the circumstances are. When she was near her husband, she insisted on making herself comfortable but she did not feel any comfort before she got her wish.

Making herself comforted by others does not make Megan really feel comfortable and secure. Precisely her feelings of worry were becoming more and more increased. The feeling of worry brought her even more depressed and anxious.

"i feel as though we're having a fight already, even though the fight's only in my imagination. And in my head, thoughts go round and round and round.I feel like I'm suffocating. All I know is that a few months ago I was feelingbetter, and now I can't think and I can't sleep and I can't draw and the urge to run is becoming overwhelming. At night when I lie awake I can hear it, quiet but unrelenting, undeniable: a whisper in my head, *Slip away*. When I close my eyes, my head is filled with images of past and future lives," (163).

From the statement above, Megan's condition was not secure. Her response

led her to feel she had made a big mistake. She felt a fight although she

experienced the feeling herself. It makes difficult to her to calm down.

The situation makes Megan seeks more comfort to Kamal in an

unprofessional way. Kamal refuses her because it is "not appropriate". He cannot

"letthings get this far" with Megan because he could lose his job as a psychiatrist (108).

However, Megan cannot take Kamal's refusal. She becomes angry and yells

at him. In the end she forces herself to him by kissing him "on the mouth". she

"[bits] his lower lip as hard as [she] could; [she] could taste his blood in [her]

mouth. He pushed [her] away" (108).

Megan's affair with someone else is not only having feeling for Kamal, but

also having affair with Tom. Tom is Rachel's ex-husband who is now becomes

Anna's husband.

The room is dark, the air close, sweet with the smell of us. We're at the Swan again, in the room under the eaves. It's different, though, because he's still here, watching me. "Where do you want to go?" he asks me. "A house on the beach on the Costa de la Luz," I tell him. He smiles. "What will we do?" I laugh. "You mean apart from this?" His fingers are tracing slowly over my belly. "Apart from this." "We'll open a café, show art, learn to surf." He kisses me on the tip of my hip bone. "What about Thailand?" he says. I wrinkle my nose. "Too many gap-year kids. Sicily," I say. "The Egadi islands. We'll open a beach bar, go fishing . . ." He laughs again and then moves his body up over mine and kisses me. "Irresistible," he mumbles. "You're irresistible." (77).

The quote above is when Megan and Tom having affair. The phrase "We're

at the Swan again" proves that have done that more than one time. At first, there is

not any clue that the man with Megan is Tom. However, at the last part of the

novel, Tom confesses that he used to go to Swan with Megan to have affair,

"...Megan was so . . . well, she was available.

"At first, it was over at her place," he says. "But she was so paranoid about

Scott finding out. So we started meeting at the Swan (229). The statement is

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

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

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

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

Megan woke from falling asleep with her baby and awakened to the shock of

seeing her baby which has been rigid and lifeless.

The accident is leaving the trauma and fear so very deep. It is because of

hercarelessness that makes her baby's life floated by itself.

"I can still feel it,' I tell him. 'At night, I can still feel it. It's the thing I dread, the thing that keeps me awake: the feeling of being alone in that house. I was so frightened – too frightened to go to sleep. I'd just walk around those dark rooms and I'd hear her crying, I'd smell her skin. I saw things. I'd wake in the night and be sure that there was someone else – something else – in the house with me. I thought I was going mad. I thought I was going to die. I thought that maybe I would just stay there, and that one day someone would find me. At least that way I wouldn't have left her." (115)

In this quote, Megan shows her panic condition, an excessive fear, that makes her feels feels the presence of her baby beside her body, listening to her crying and smellingher. In her mind, if she can go back in time she hopes to meet herbaby in different circumstances. She feels she has to pay for her baby's events so that she is looking forward to seeing her again and promise to really looking after her.

b. Unbalanced Emotion

The other symptoms of PTSD are experiencing of significant emotional, the frequency of emotional changes rapidly, easy to be offended and easy to calm down. Sometimes patients also experience severe anxiety that she could not control herself. PTSD's symptoms that affect Megan's emotional state arise due to her excessive anxiety. When she finds herself feeling lonely, she could not control herself when she had a fight with her husband.

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

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

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

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

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

he gets here and my brain is going tokeep racing round and round and round and I know I've got asleepless night coming." (34)

One of emotional changes is excessive anxiety. In this quote, Megan's anxiety arises because she experienced loneliness. Feelings of loneliness can bring Megan the uncomfortable feeling that eventually could suddenly make her undergo repeated trauma. As Scoot & Strading explain about component of PTSD symptoms "the traumatic experience which is the stressor will lead to an intrusive imagery or feeling of re-experiencing the trauma. This situation causes the person to give reaction toward this uncomfortable feeling "

Megan experiences discomfort because the other reaction on her

psychiatrist. This reaction makes Megan's emotional state become very uncontrolled. Because of their very close relationship, the attitude is so out of bounds. There is no sense of shyness and they no longer concerned with the status that should be a patient and a psychiatrist. So it is convenient to show her feelings even though it is cruel circumstances.

" 'Megan.' Every time he said my name he made it worse. He got to his feet and circled the desk, walking away from me. He stood in the middle of the room. 'Come on,' he said, his voice businesslike - brusque, even. 'Sitdown.' I followed him into the middle of the room, put one hand onhis waist, the other against his chest. He held me by my wrists andmoved away from me. 'Don't, Megan. You can't . . . we can't . . .' He turned away. 'Kamal,' I said, my voice catching. I hated the sound of it. 'Please.' 'This ... here. It's not appropriate. It's normal, believe me,but ...' I told him then that I wanted to be with him. 'It's transference, Megan,' he said. 'It happens from time to time. It happens to me, too. I really should have introduced this topiclast time. I'm sorry.' I wanted to scream then. He made it sound so banal, so bloodless,

so common." (136).

The reaction of anger experienced by her sensitivity culminates as the quotation above is not only indicated by speech but also through attitude. The quotation"I put him into the middle of the room, put one hand on his waist, the other against his chest. He held me by my wrists and moved away from me " indicates she also reacts through her attitude which keeps following her psychiatrist. Her anxiety showsbad assessment "Every time he said my name he made it worse". Another cause is Megan can not get what she wanted to do, becauseshe felt unable to tell her wish. Megan can not accept it and eventually she felt very angry shows angry tone "I wanted to scream then."

The case also brings a sustainable impact. Whenshe could not get her wish and did not get her way out of the problem, Megan increasingly has uncontrollable emotion. It is because she has been depressed to find herself in a very uncomfortable condition.

"I pulled away, angry, violently. He tried to hold me, but hecouldn't. I was yelling at him, telling him I didn't give a shit abouthis *job*. He was trying to quieten me – worried, I assume, about what the receptionist thought, what the other patientsthought. He grabbed hold of my shoulders, his thumbs digginginto the flesh at the top of my arms, and told me to calm down, to stop behaving like a child. He shook me, hard; I thought for amoment he was going to slap my face." (137).

Megan's statement shows her emotional state of anger and rudeness. Not

only that, she is also childish, immature, and very out of consciousness.

From anxiety, excessive anger sufferers of PTSD symptoms can also feel

the emotional impact not directly by the body. It also happened to Megan.

" My legs are trembling, my knee jerking as though on apuppeteer's string. I get to my feet to stop it. I walk to the kitchendoor and back again, scratching the palms of my hands. 'We were both so stupid,' I tell him. 'We didn't really even acknowledge what was happening, we just carried on. I didn't go to see a doctor, I didn't eat the right things or take supplements" (168).

Megan statement mentioned that she felt chills on her feet and jerked her knees. Parts of the body have given a sign that the sufferer experiencing excessive anxiety because the condition of a depressed soul can bring a response to the body.

c. Hypervigilance

Excessive alertness or hypervigilance (hyper: excessive, excessive, vigilance: alert, awake, watchful, alert, awake) is an excessive concentration of attention to external and internal stimuli so that the sufferer looks very tense. Excessive vigilance is strongly associated with one of the mental disorders of PTSD. Excess vigilance will occur if an individual has experienced trauma to the activity that the individual will perform, so that the individual will respond to an over-stimulated stimulus. Whether consciously or not every individual has the potential to have alertness to any incoming stimulus, because vigilance exists biologically. It is just that in excessive vigilance an individual experiences an excessive sense of receiving a stimulus that is considered to be dangerous to her or potentially cause problems. Excessive alertness will affect cognitive, affective, somatic, and behavioral dimensions. (Wilson 13)

Megan's hypervigilancearises when she saw something concerning her trauma. Seeing a childis one of the reason Megan's trauma. Besides she sees directly through her sight, Another reason that made her uncomfortable and raise the hypervigilance is discussion and questions about children. Megan showed these symptoms Megan showed much through her behavior and feelings by direct or indirect responds.

"It's almost nine by the time I get back to Blenheim Road and asI turn the corner I see her, coming towards me, pushing the buggyin front of her. The child, for once, is silent. She looks at me andnods and gives me one of those weak smiles, which I don't return.Usually, I would pretend to be nice, but this morning I feel real,like myself. I feel high, almost like I'm tripping, and I couldn'tfake nice if I tried" (67)

The quote above describes what Megan felt when she met a child. That is one of the causes that brings out the trauma, she tries to respond kindly, because she tries to avoid her hospitality towards children. Although she often did it, the response from experiencing trauma is still exist, that she made herself lost with a sense of awareness. So she still shows the sense of discomfort everytime she sees a child.

PTSD symptoms in the form of hypervigilance indirectly experienced by patient can be through the psyche, where the sufferer experiences conflict in his mind and undergoes a re-experienced trauma. So the easy way that can be done by the patient is to alienate herself against other people especially some people concerned.

" It actually wasn't about *her child* at all, although the fact that the child never stops whinging did make her hard to love. It's all so much more complicated, but of course I can't explain that to her. Anyway. That's one of the reasons I've been shutting myself away" (20)

Megan statement above shows that she has decided to quit her activities to become a nanny, by avoiding other people especially the baby's family. This excessive alertness reaction is indirectly visible from her statement that explains her condition is in complexity" It's all so much more complicated, but of course I can't explain that to her. Anyway. That's one of the reasons I've been shutting myself away"

Besides the sufferer gets conflict in her mind, PTSD symptoms also arise because of the discussion related to the trauma of the patient, it can be through questions, stories, and circumstances. Therefore inviting the patient to discuss what she experienced trauma can cause a sense of trauma. It indirectly makes the patient experience discomfort to herself, and get re-experience trauma.

"She doesn't have kids, then?' he asks, and I don't know if I'mimagining it, but the second the subject of children comes up, Ican hear an edge in his voice and I can feel the argument comingand I just don't want it, can't deal with it, so I get to my feet and Itell him to bring the wine glasses, because we're going to thebedroom." (56).

Megan's condition is illustrated in her statement. She did not want to discuss about the child. Megan also understand what she would experience when discussing on something that makes her trauma appear. Although the question is not directed to her, Megan keeps feeling disturbed. Everytime there is a discussion about a child, she indirectly shows her excessive alertness. Megan also made a diversion to the others.

Hypervigilance of an individual experiencing an excessive sense when receiving the stimulus is considered to be endangering himself or potentially problematic. One of them is the symptoms of PTSD excessive alertness is a symptom of PTSD associated with feelings or affective. Affective experienced Megan is worried about the presumption that she does not yet she did. (wilson 15)

"I'm scared,' I tell him. 'What if I do it all wrong again? What if there's something wrong with me? What if things go wrong with Scott? What if I

end up on my own again? I don't know if I can do it, I'm so afraid of being on my own again – I mean, on my own with a child ... " (154)

The quotation above shows Megan's feelings. She feels anxious, fearful, unsure and not confident in what she will do. Her fear made her feel an overvigilance because she worried she will make another mistake in her new life and disappointed her husband.

d. Bad relationship

The trauma effect experienced by Megan does not only affect herself, but also affect the people closest to her and the surrounding social environment. Megan creates bad relationship toward her husband and her psychiatrist.

Megan has another special relationship outside of her marriage that she makes with Rachel's ex husband and forcing herself to her psychiatrist. Because of Megan does not accepting what her psychiatrist rejecting her to dating, it make Megan force herself to persuading to date with her psychiatrist. Therefore, Megan became uncontrolled person make her self affair to Rachel's ex husband, Tom. Megan's condition at that time is very depressed because her husband demanded Megan to immediately want to have children. So she really needs a lot of attention that eventually she seeks attention to her psychiatrist that they culminated in having a very close relationship.

"I can see Jess in her garden, and behind her a man walking out of the house He's carrying something – a mug of coffee, perhaps – andI look at him and realize that it isn't Jason. This man is taller, slender, darker. He's a family friend; he's her brother or Jason'sbrother. He bends down, placing the mugs on the metal table ontheir patio. He's a cousin from Australia, staying for a couple ofweeks; he's Jason's oldest friend, best man at their wedding. Jesswalks towards him, she puts her hands around his waist and shekisses him, long and deep." (37) The quotation above explains that Megan sees a man. The man does not show the characteristics of Megan's husband. Eventually, she did things she should not do with other people.

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

Another quote that shows Megan has forcing herself on her psychiatrist.

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

"He shook his head. "You have to understand, Megan, I shouldn't have let things get this far. I moved closer to him, put my hands on his hips and turnedhim around. He took hold of my arms again, his long fingers locked around my wrists. 'I

The affair had made threats on her psychiatrist. The psychiatrist can lose

his job, because their relationships intertwined so outraged ethics between the

could lose my job,' he said, and then Ireally lost my temper." (137)

patient and the doctor. However Megan still does not care about it, she still

follows her ego to keep herself comfortable despite being with another man.

When she has gained comfort from her psychiatrist, Megan had forgotten

the purpose of which she wants to heal the trauma she had experienced. But what

she experienced was precisely her goal of seeking comfort to others. So it makes

her even more afraid of her husband and can not deal with whatever problems she gets in her household. The household is increasingly on the brink of destruction and not in harmony.

"He's waiting for me to start, but it's hard, harder than Ithought it was going to be. I've kept this secret for so long – adecade, more than a third of my life. It's not that easy, letting goof it. I just know that I have to start talking. If I don't do it now, Imight never have the courage to say the words out loud, I mightlose them altogether, they might stick in my throat and choke mein my sleep." (166).

The statement above illustrates the state of her household is not being in harmony. Megan did not dare to say anything that would show the way out of her problem with her husband to get a children. Eventually it becomes a bad thing and brings inconvenience between the two, Especially Megan, who has betrayed her husband first and add to the burden in the household.

What Megan perceived did not end well. Instead, she gets more conflict in her mind. On the other hand she does not need her husband because she has betrayed her husband. However she feels very guilty with what she has done to him. So there's no place for Megan to solve the problem.

"Well, sometimes they do. Sometimes all I need is Scott. If I canjust learn how to hold on to this feeling, this one I'm having now- if I could just discover how to focus on this happiness, enjoy themoment, not wonder about where the next high is coming from -then everything will be all right." (64)

What Megan has done has brought her into a bad relationship. Megan makes a wide distance between her and her husband. So it's hard to make a good relationship again. In the quotation above, Megan's statement indicates that she wants to go back to the past. She wants to get back to her goal, to have a child and live happily and comfortably with her husband. But the conflict still continues, and the household is still in a bad state.

" I CAN'T SLEEP in this heat. Invisible bugs crawl over my skin, I havea rash on my chest, I can't get comfortable. And Scott seems toradiate warmth; lying next to him is like lying next to a fire. I can't get far enough away from him, and find myself clinging to the edge of the bed, sheets thrown back. It's intolerable. I thoughtabout going to lie down on the futon in the spare room, but he hates to wake and find me gone, it always leads to a row about something." (163).

The problem was that Megan and her husband had were in bad shape. The problem even brought into her feelings. Megan felt even more uncomfortable with her husband. As Megan's statement she felt her body as hot as she was near a fire stove. to be near her husband did not make her feel the calmness and coolness.

The effect of her traumatic experience, take Megan gets many conflicts with other people and take her more struggling to defend the symptoms by Megan's trauma causes. It is one of purpose to defend the symptoms, moreover the way adaptaion with her trauma. but her effort take bad unexpected effect for her psychological. The branch effect take her as the woman doing affair with another man, the one is Rachel's ex husband, Tom.

"At first, it was over at her place," he says. "But she was so paranoid about Scott finding out. So we started meeting at the Swan. It was . . . Well, you remember what it was like, don't you, Anna? At the beginning, when we used togo to that house on Cranham Road. You understand." He glances back over hisshoulder at me and winks. "That's where Anna and I used to meet, back in thegood old days."He shifts his daughter from one arm to the other, allowing her to rest againsthis shoulder. "You think I'm being cruel, but I'm not. I'm telling the truth. That's what you want, isn't it, Anna? You asked me not to lie." (229)

The matter started Tom's confession to Anna, on their conversation

contains of conflict between Tom and Anna, because Anna find out Tom having

affair with Megan. the case revealed caused Tom's honesty to Anna that he

meeting Scott, Megan's husband at Swan. Swan is place Tom and Megan's doing

dating. It give more evidence that Megan and Tom having affir when Tom telling

about Megan's condition and he said "we started meeeting at the swan" It give

prove that they have meeting at that place.

The room is dark, the air close, sweet with the smell of us. We're at the Swanagain, in the room under the eaves. It's different, though, because he's still here,watching me. "Where do you want to go?" he asks me. "A house on the beach on the Costa de la Luz," I tell him. He smiles. "What will we do?" I laugh. "You mean apart from this?" His fingers are tracing slowly over my belly. "Apart from this." "We'll open a café, show art, learn to surf." He kisses me on the tip of my hip bone. "What about Thailand?" he says. I wrinkle my nose. "Too many gap-year kids. Sicily," I say. "The Egadi islands. We'll open a beach bar, go fishing . . ." He laughs again and then moves his body up over mine and kisses me. "Irresistible," he mumbles. "You're irresistible." (77)

Other reason is through their deep conversation between them. They have

not awkward to conversing what's on their mind. From their gesture giving sure

that both of them have often times to dating. Moreover, Megan's mentioned that

she was in Swan again, ' he's still here', 'watching me' her statement

automatically show that she have visited the place ofte times with same person.

I got up in the night, left Scott sleeping and sneaked down to the terrace. I dialled his number and listened to his voice when he picked up, at first soft withsleep, and then louder, wary, worried, exasperated. I hung up and waited to see ifhe'd call back. I hadn't disguised my number, so I thought he might. He didn't,so I called again, and again, and again. I got voice mail then, bland andbusinesslike, promising to call me back at his earliest convenience. (41-42)

The quotation describesMegan'sattitude become obsessed to another man

than her husband is wishing Tom to contact her. It took perspective that Megan

and Tom really having date, because she have readily place to realease her

satisfaction that she used to with her cheater. Her attitude more showing that she

prefers to Tom than her husband.

I have to keep reminding myself that I'm trying to do the right thing. I stop walking and turn to face him—he's standing very close to me. He puts his hands on my hips. "Here?" he asks. "Is this what you want?" He looks bored.

"No," I say, pulling away from him. "Not that."

The path descends a little here. I slow down, but he matches my stride. "What then?"

Deep breath. My throat still hurts. "I'm pregnant."

There's no reaction at all—his face is completely blank. I could be telling himthat I need to go to Sainsbury's on the way home, or that I've got a dentist'sappointment.

"Congratulations," he says eventually.

Another deep breath. "Tom, I'm telling you this because . . . well, because there's a possibility that the child could be yours." (233).

Likewise, about their matter give proved that between Megan and Tom

having relationship. From Megan's asking responsibility towards her pregnant to

Tom that shows if Megan done her matter caused Tom. thus interpret have give

result case that both of them having relationship.

I told him that I'd made some mistakes and he let go of my hand. He got to his feet and walked a few yards in the direction of the track before turning to look at me. "What sort of mistakes?" he asked. His voice was even, but I couldhear that it was a strain to keep it so.

"Come and sit with me," I said. "Please?"

He shook his head. "What sort of mistakes, Megan?" Louder that time. "There was . . . it's finished now, but there was . . . someone else." I kept myeyes lowered, I couldn't look at him.

He spat something under his breath, but I couldn't hear it. I looked up then, but he'd turned away and was facing the track again, his hands up at his temples.I got to my feet and went to him, stood behind him and placed my hands on hiships, but he leaped away from me. He turned to go into the house and, withoutlooking at me, spat, "Don't touch me, you little whore." I should have let him go then, given him time to get his head around it, but I couldn't. I wanted to get over the bad stuff so that I could get to the good, so Ifollowed him into the house.

"Scott, please, just listen, it's not as awful as you think. It's over now. It's

completely over, please listen, please—" (223)

Moreover, the case is confessed by Megan that she said "there was someone else". That statement more give evidence she did affair.

Megan's emotional state more higher than before. The emotional state arise caused by the rejection from her therapist of Megan' persuading him to date. Her protest pricesly give effect creates bad relationship to people nearby is Rachel's ex husband. Her failed to forcing herself to dating the therapist make Megan wreaked to Rachel'ex husband to release her dejection as unacceptable expression.

I ignored Scott's calls all afternoon, I turned up to my session late and walked straight into his office without a word to the receptionist. He was sitting at his desk, writing something. He glanced up at me when I walked in, didn't smile, then looked back down at his papers. I stood in front of his desk, waiting for him to look at me. It felt like forever before he did. "Are you OK?" he asked eventually. He smiled at me then. "You're late." The breath was catching in my throat, I couldn't speak. I walked around the desk and leaned against it, my leg brushing against his thigh. He drew back a little. "Megan," he said, "are you all right?" I shook my head. I put my hand out to him, and he took it. "Megan," he said again, shaking his head. I didn't say anything. "You can't . . . You should sit down," he said. "Let's talk." I shook my head. "Megan." Every time he said my name he made it worse. He got to his feet and circled the desk, walking away from me. He stood in the middle of the room. "Come on," he said, his voice businesslike-brusque, even. "Sit down." I followed him into the middle of the room, put one hand on his waist, the other against his chest. He held me by my wrists and moved away from me.

On quotation shows how situation threatened towards the therapist. Her

profession as therapist demanding himself have to symphatic to her patient.

Unexpectedly, him symphatic give different perspective to Megan. The symphatic

make Megan have expected perspective that her therapist become a man who can

loving herself sincerity. But her expected result what is her supposition is wrong,

because her therapist does not feeling he will fall in love to Megan. moreover,

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

3.2 The Way Megan Faces her Traumatic Experience

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

The first effort Megan does to face her traumatic experience is to become a nanny. Eventhough becoming a person which is related with a baby may cause something terrible to her, she decides to become a nanny. Becoming a nanny means she faces her trauma directly. Although there is discomfort things that she already got. . "I find myself standing in front of my wardrobe, staring for thehundredth time at a rack of pretty clothes, the perfect wardrobe forthe manager of a small but cutting-edge art gallery. Nothing in itsays 'nanny'. God, even the word makes me want to gag. I put onjeans and a T-shirt, scrape my hair back. I don't even botherputting on any make-up. There's no point, is there, prettyingmyself up to spend all day with a baby?" (27)

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

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

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

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

"There's no sense blaming him for this, it was my idea. I volunteered to do it, to become a childminder for the people down the road. At the time, I thought it might be fun. Completely insane, really, I must have been mad. Bored, mad, curious. Iwanted to see. I think I got the idea after I heard her yelling out inthe garden and I wanted to know what was going on. Not that I'veasked, of course. You can't really, can you?" (28)

The quote gives other supports statements about how Megan deals with

her trauma. The decision to become a nanny was her own idea. She makes convincing and increasing motivation to herself that, all of her experienced will not become obstruction to break of her trauma, so she dismiss her traumatic symptoms in any ways. Scoot & Strading stated that "in general, people who experience trauma will look for other activities that can divert trauma on other things that are not related to the things that causing the shadow of the trauma to appear". in this case, the trauma experienced by Megan even made her motivated not to avoid it. She wanted to do that later if she know that it would impact her emotional state.

"I'm upstairs, in the bedroom. Tom's watching TV with Evie. We're not talking. It's my fault. He walkedin the door and I just went for him.I was building up to it all day. I couldn't help it, couldn't hide from it,Megan was everywhere I looked.Here, in my house, holding my child, feeding her, changing her, playing with her while I was taking anap. I kept thinking of all the times I left Evie alone with her " (109)

The quote above shows that Megan is really accepting her activity as a

nanny. It is seen from the way she takes care the baby very well like commonly

the woman treating a baby. Nothing happens to herself, like as she will get

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

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

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

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

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

" I stop at the corner and peer into the underpass. That smell of cold and damp always sends a little shiver down my spine, it's like turning over a rock to see what's underneath: moss and worms and earth. It reminds me of playing in the garden as a child, looking for frogs by the pond with Ben." (21) The quote above discribes about the situation of the street that Megan passed. The situation is cold, damp and dirty. The place is discribed as same like the place when she got accident with her brother. The situation makes her feel chilled and her body a bit trembled and uncomfortable because she feel frightened. Although it will arise her trauma, her fear does not make her feel discomfort toward herself. Moreover, at her statement she explains that she feels happy at that time, because she can remember anything memorable about their togetherness, when her brother was still alive.

Megan knows all the things that will make her feel uncomfortable and insecure that concerned with her trauma. She realized that her life is can not be far from streets and vehicles. Absolutely she has to face it everyday. Commonly, the people who had traumatic experience will not face the activity although they have to. Although she knows it will arise all the feelings she does not want to feel such as anxiousness, worry and insecurity Megan keeps doing her activity although it will make her get frightened and chaotic.

"I carry on, towards the corner, and without really thinking about it, I continue down into the underpass. I'm about halfway through when the train runs overhead, and it's glorious: it's like an earthquake, you can feel it right in the centre of your body, stirring up the blood. I look down and notice that there's something on the floor, a hair band, purple, stretched, well used. Dropped by a runner, probably, but something about it gives me the creeps and I want to get out of there quickly, back into thesunshine." (21)

This quotation above shown the courage of Megan in doing her activity normally although passing by the road still makes feel very nervous. She is really fighting her fear although the situation surely makes her frightened. As like her statement that she does not feel comfortable to walk through the road. She has to feel something attack and disturb inside her body such as like she was feeling in earthquake in the whole body as there are self-propelled. Although she feels really insecure, because what had happen at the street that makes she feeling back to her trauma. But she keeps quiet to facing it, she effort to adapt with the streets took the best way to end her insecure to go in the more safe street.

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

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

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

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

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

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

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

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

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

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

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

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

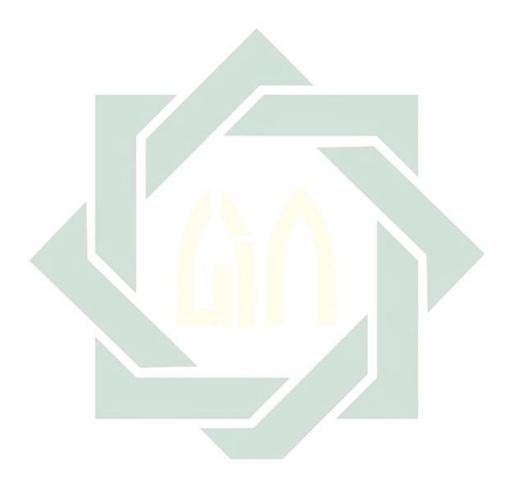
In my session with Kamal, we were talking about Scott, about the thing with the laptop. It happened about a week ago. I'd been looking for Mac-I'd doneseveral searches, I just wanted to find out where he was, what he was up to. There are pictures of almost everyone on the Internet these days, and I wanted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

On the quotation shows how relax Megan receive rules of her therapy

during her session. Her pleasuring to tell everything about Ben, concerning about

her past shows her good reaction to deals with her symptoms. There is no regret

feeling to things she already did. The session does not take Megan become disorganized person. Her planned to looking her past give sign that she get decrease her symptoms effect.



CHAPTER IV

CONCLUSION

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

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

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

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

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

The second result of statement problem found on Megan case is, she adapts strategy to her trauma. She does not avoid the things that remind her about her trauma. Instead, she wants to do the activity that can prevent her trauma. There are three efforts Megan does to deals with her trauma. The first is becoming a nanny and the second is by fighting her fear of passing the streets. The third is going to the therapist. Her purpose doing that is to break her symptoms of Post Traumatic Stress Disorder (PTSD) and try to adaptation with her reality.



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