

## CHAPTER II

### FRAMEWORKS OF THEORIES

Based on the objective of the research above, I use the concepts of intrinsic and extrinsic approaches. For intrinsic approach, I use literary approaches of characterization, setting and plot. For extrinsic approach is psychoanalysis of trauma and frigidity. In this chapter, I will explain those frameworks and theories:

#### A. Intrinsic Approaches

The word intrinsic means something that is related to the essential nature of thing. Through this approach, I use the concepts of James H. Pickering and Jeffrey D. Hooper in his book titled *Concise Companion to Literature*. There are characterization, setting, and plot. These theories are to analyze the characterization of Hannah and Derek.

##### 1. Characterization

Characterization is about the character in a story. Characterization is the quality of thought and feelings of the character in a work of fiction that includes not only behavior or manner and habits but also the appearance. The methods to analysis the character in this novel are telling and showing methods. (Pickering and Hooper, 1981:26)

##### 1) Telling Method (Direct)

Telling Method (Direct) relies on exposition and direct commentary by the author. We learn and look at what the author calls to our attention. Telling method include characterization through the use of names, characterization through appearance, and characterization by the author. To analysis the character the writer will use characterization by the author and characterization through appearance. (*Ibid.*, p.27)

##### a) Characterization through Appearance

In the literature work, the appearance factor of character takes an important role which related with the analysis of character. The appearance such as what a character wears how he looks or his expression. (*Ibid.*, p.29)

b) Characterization by the Author

This method gives the large place and free to the narrator determine the story. The narrator comments about the characterization and personality of the character until pass the inside of thoughts, feelings and inner the character. (*Ibid.*, p.30)

2) Showing Method (Indirect)

Showing method is the indirect, the dramatic method of showing, which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through and their actions. (*Ibid.*, p.27)

a) Characterization through Dialogue

Some characters are careful and guarded in what they say: they speak only by indirection and what we must infer from their word what they actually mean. (*Ibid.*, p.32)

b) Characterization through Action

The single most important and definitive method of presentating and revealing character is through action. To establish character on the basic of action, it is necessary to several events of the plot for what they seem to reveal about the characters, about their unconscious emotional and psychological states as well as about their conscious attitudes and values. Some actions, of course, are inherently more meaningful in this respect than others. A gesture or a facial expression usually carries with it less significance than some large and overt act. (*Ibid.*, p.34)

2. Setting

Setting is one of elements of the fictions. Setting is a term that, in its broadest sense, encompasses, both the physical locale that frames the action and the time of day or year, the climactic condition, and the historical period during which the action take place. (*Ibid.*, p.37). It may serve in four elements:

a) Setting as Background for Action

Fiction requires a setting or background of some kind, even if it only resembles the stages set of a daytime, sometimes this background is extensive and highly developed, as in the historical novels, all peculiar to a certain time and place.

A kind of setting that exists by and large for its own sake, without any clear relationship to action or characters, or at best a relationship that is only tangential and slight. (*Ibid.*, p.38)

b) Setting as Antagonist

Setting in the form of nature can function as a kind of casual agent or antagonist, helping to establish plot conflict and determine the outcome of events. (*Ibid.*, p.39)

c) Setting as a Means of Creating Appropriate Atmosphere

This setting is as a tool to create an accord atmosphere. Many authors manipulate their settings as a means of arousing the reader's expectations and establish an appropriate state of mind for events to come. (*Ibid.*, p.40)

d) Setting as a Means of Revealing Character

Very often the way in which a character perceives the setting and the way he or she reacts to it, will tell the readers more about the character and his state of mind than it will about the actual physical setting itself. This is particularly true of works in which the author carefully controls the point of view. (*Ibid.*, p.41)

e) Setting as a Means of Reinforcing Theme

Setting can also be used as a means of reinforcing and clarifying the theme of novel or short story. (*Ibid.*, p.42)

3. Plot

Character and plot are, in fact, intimately and reciprocally related, especially in modern fiction. A major function of plot can be said to be the representation of characters in action, though as we will see the action involved can be internal and psychological as well as external and physical. (*Ibid.*, p.15) The elements of plot are:

a) Exposition

The exposition is the beginning section in which the author provides the necessary background information, sets the scene, establishes the situation, and dates the action. It may also introduce the characters and the conflicts, or the

potential for conflict. The exposition may be accomplished in a single sentence or paragraph, or, in the case of some novels, occupy an entire chapter or more. Some plots require more exposition than others. A historical novel set in a foreign country several centuries ago obviously needs to provide the reader with more background information than a novel with a contemporary setting. (*Ibid.*, p.16)

b) Complication

The complication is sometimes referred to as the rising action, breaks the existing equilibrium and introduces the characters and the underlying or inciting conflict (if they have not already been introduced by the exposition). The conflict is then developed gradually and intensified. (*Ibid.*, p.17)

c) Crisis

The crisis (also referred to as the climax) is that moment at which the plot reaches its point of greatest emotional intensity; it is the turning point of the plot, directly precipitating its resolution. (*Ibid.*, p.17)

d) Falling action

Once the crisis, or turning point, has been reached, the tension subsides and the plot moves toward its appointed conclusion. (*Ibid.*, p.17)

e) Resolution

The final section of the plot is its resolution; it records the outcome of the conflict and establishes some new equilibrium or stability (however tentative and momentary). The resolution is also referred to as the conclusion or the denouement, the latter a French word meaning “unknotting” or “untying”. (*Ibid.*, p.17)

4. Theme

Theme is one of those critical terms that mean very different things to different people. To some, who think of literature mainly as vehicle for teaching, preaching, propagating a favorite idea, or encouraging some form of correct conduct, theme may mean the moral or lesson that can be extrapolated from the work. (*Ibid.*, p.61)

**B. Extrinsic Approaches**

The concepts that I use to analyze the novel *Almost the Truth* by Margaret Yorke through extrinsic approach is abnormal psychology. The concepts that I use are trauma, frigidity and life instinct. I will explain the concepts below:

### 1. Psychology

In simple words psychology is a systematic and scientific study of mental processes, experiences and behaviors - both overt and covert. The word 'psychology' has its origin in two Greek words 'psyche' and 'logos'. The word 'psyche' in Greek language refers to 'spirit' or 'soul' and the word 'logos' refers to 'discourse' or 'study'. During earlier times it was considered as a discipline which deals with the study of soul. (Foundation of psychology, n.d)

### 2. Abnormal Psychology

**Abnormal Psychology:** This branch of psychology tries to describe, assess, predict and control those categories of behaviours which are considered as unusual and non-normative. It also deals with various categories of psychological disorders which affect the mental health of the individual. It assesses abnormality in the individual through standardized psycho-diagnostic tools and suggests problem specific treatment. (Foundation of psychology, n.d)

#### a) Trauma

**Trauma** is an emotional response to a terrible event like an accident, rape or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea. While these feelings are normal, some people have difficulty moving on with their lives. Psychologists can help these individuals find constructive ways of managing their emotions. (American Psychological Association, 2015)

Trauma is derived from a Greek word meaning the wound. The word is used to describe a traumatic event or situation experienced by the victim. Incident or a traumatic experience will be lived differently among individuals with one another, so that each person will have a different reaction when faced with traumatic events.

Traumatic experience is an event experienced or witnessed by individuals, threatening himself.

Therefore, it is a natural thing when a person experienced a shock both physically and emotionally as a reaction to the stress of the traumatic incident. Sometimes the effects of this new aftershock occurred after a few hours, days, or even weeks. Individual responses that occur generally are feelings of fear, helplessness, or cringe. Signs and symptoms that appear depend on how severe the incident. Similarly, the way individuals deal with the crisis will depend also on the experience and their past history.

Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world. Traumatic experiences often involve a threat to life but any situation that leaves you feeling overwhelmed can be traumatic, even if it doesn't involve physical harm. It's not the objective facts that determine whether an event is traumatic, but your subjective emotional experience. The more frightened and helpless you feel, the more likely you are to be traumatized. (Robinson, 2016)

Emotional and psychological trauma can be caused by:

- 1) One-time events, such as an accident, injury, natural disaster, or violent attack
- 2) Ongoing, relentless stress, such as living in a crime-ridden neighborhood or battling a life-threatening illness
- 3) Commonly overlooked causes, such as surgery (especially in the first 3 years of life), the sudden death of someone close, the breakup of a significant relationship, or a humiliating or deeply disappointing experience

An event will most likely lead to emotional or psychological trauma if:

- 1) It happened unexpectedly.
- 2) You were unprepared for it.
- 3) You felt powerless to prevent it.
- 4) It happened repeatedly.
- 5) Someone was intentionally cruel.
- 6) It happened in childhood.

Risk factors that increase your vulnerability to trauma:

A number of risk factors make people more susceptible to emotional and psychological trauma. You're more likely to be traumatized by a stressful experience if:

- 1) You're already under a heavy stress load or have recently suffered a series of losses.
- 2) You've been traumatized before—especially if the earlier trauma occurred in childhood.

Childhood trauma increases the risk of future trauma:

Experiencing trauma in childhood can have a severe and long-lasting effect. When childhood trauma is not resolved, a sense of fear and helplessness carries over into adulthood, setting the stage for further trauma. Childhood trauma results from anything that disrupts a child's sense of safety, including:

- 1) An unstable or unsafe environment
- 2) Separation from a parent
- 3) Serious illness
- 4) Intrusive medical procedures
- 5) Sexual, physical, or verbal abuse
- 6) Domestic violence
- 7) Neglect
- 8) Bullying

Symptoms of emotional and psychological trauma:

People react in different ways to trauma, experiencing a wide range of physical and emotional reactions. There is no "right" or "wrong" way to think, feel, or respond, so don't judge your own reactions or those of other people. Your responses are **NORMAL** reactions to **ABNORMAL** events.

Emotional and psychological symptoms of trauma:

- 1) Shock, denial, or disbelief
- 2) Anger, irritability, mood swings
- 3) Guilt, shame, self-blame
- 4) Feeling sad or hopeless
- 5) Confusion, difficulty concentrating
- 6) Anxiety and fear

- 7) Withdrawing from others
- 8) Feeling disconnected or numb

Physical symptoms of trauma:

- 1) Insomnia or nightmares
- 2) Being startled easily
- 3) Racing heartbeat
- 4) Aches and pains
- 5) Fatigue
- 6) Difficulty concentrating
- 7) Edginess and agitation
- 8) Muscle tension

Symptoms typically last from a few days to a few months, gradually fading as you process the trauma. But even when you're feeling better, you may be troubled from time to time by painful memories or emotions—especially in response to triggers such as an anniversary of the event or something that reminds you of the trauma.

After a traumatic experience, it's normal to feel frightened, sad, anxious, and disconnected. But if the upset doesn't fade and feel stuck with a constant sense of danger and painful memories, it may be suffering from post-traumatic stress disorder (PTSD). PTSD can leave the feeling powerless and vulnerable so it's important to realize that you're not helpless. There are things that can do to alleviate PTSD symptoms, reduce anxiety and fear, and take back control of your life. (Melinda, 2015)

Post-traumatic stress disorder (PTSD) can develop following a traumatic event that threatens your safety or makes you feel helpless. Most people associate PTSD with rape and battle-scarred soldiers—and military combat is the most common cause in men—but any event (or series of events) that overwhelms you with feelings of hopelessness and helplessness can trigger PTSD, especially if the event feels unpredictable and uncontrollable. PTSD can affect:

- 1) People who personally experience the traumatic event
- 3) Those who witness the event
- 4) Those who pick up the pieces afterwards, such as emergency workers

5) Friends or family members of those who experienced the trauma

Traumatic events that can cause PTSD include:

- 1) War
- 2) Natural disasters
- 3) Car or plane crashes
- 4) Terrorist attacks
- 5) Sudden death of a loved one
- 6) Rape
- 7) Kidnapping
- 8) Assault
- 9) Sexual or physical abuse
- 10) Childhood neglect

PTSD symptoms: Everyone is different:

PTSD develops differently from person to person. While the symptoms of PTSD most commonly develop in the hours or days following the traumatic event, it can sometimes take weeks, months, or even years before they appear. There are three main types of symptoms:

- 1) Re-experiencing the traumatic event. This may include upsetting memories, flashbacks, and nightmares, as well as feelings of distress or intense physical reactions when reminded of the event (sweating, pounding heart, nausea, for example).
- 2) Avoiding reminders of the trauma. You may try to avoid activities, places or thoughts that remind you of the trauma or be unable to remember important aspects of the event. You may feel detached from others and emotionally numb, or lose interest in activities and life in general, sensing only a limited future for yourself.
- 3) Increased anxiety and emotional arousal. These symptoms include trouble sleeping, irritability or outbursts of anger, difficulty concentrating, feeling jumpy and easily startled, and hypervigilance (on constant “red alert”).

Other common symptoms of post-traumatic stress disorder (PTSD):

- 1) Guilt, shame, or self-blame
- 2) Substance abuse
- 3) Feelings of mistrust and betrayal

- 4) Depression and hopelessness
- 5) Suicidal thoughts and feelings
- 6) Physical aches and pains

b) Frigidity

Frigidity in psychology is the inability of a woman to attain orgasm during sexual intercourse. In popular, nonmedical usage the word has been used traditionally to describe a variety of behaviours, ranging from general coldness of manner or lack of interest in physical affection to aversion to the act of sexual intercourse. Because of the derogatory connotations that have become associated with the term frigidity, it has been replaced in the vocabulary of sex therapists by the general term [hypogyneismus](#), the inability of a woman to obtain sexual satisfaction under otherwise appropriate circumstances. (Encyclopedia Britannica, 1998)

The lay term frigidity encompasses three distinct problems recognized by sex therapists: inability to experience a sexual response of any kind; ability to achieve sexual arousal only with great difficulty (hyposexuality); and the inability to achieve orgasm ([anorgasmia](#)). Failure of sexual response in females—as in males—may have specific physical sources; such is the case of women who experience vaginal spasms ([vaginismus](#)) or pain ([dyspareunia](#)) during attempted intercourse. Likewise, [female](#) sexual response may be impaired by purely psychological causes, triggered by emotional conflicts outside the sexual relationship or by anxiety and other stresses within the relationship.

Sexual dysfunction in women may involve a reduction in sex drive, a strong dislike of sexual activity, difficulty becoming aroused, inability to achieve orgasm, or pain with sexual activity or intercourse.

Considerations: Traditionally, sexual dysfunction in women was thought to be largely due to psychological problems. Recent research is beginning to uncover many physical causes for sexual problems in women. While many sexual problems have an underlying psychological component, possible physical causes must be ruled out in the initial examination.

Causes:

- 1) Anxiety or depression
- 2) Changes related to menopause
- 3) Communication problems with partner
- 4) Damage to nerves due to surgery or trauma
- 5) Fear of pain, infection, or being pregnant
- 6) Feeling of guilt and shame about sex
- 7) History of sexual abuse
- 8) Infection or gynecological disease
- 9) Lack of appropriate stimulation
- 10) Lack of lubrication
- 11) Medication
- 12) Stress or fatigue

An expert once said that sex before marriage is always bringing psychological disorders and regret prolonged. Indeed, a sense of regret, disappointment, and other psychological consequences with regard to sex before marriage is sometimes also depends on an individual view, and even social group about it. For example, if the behavior of sex before marriage that resulted in open conflict with society, the effects can be very serious. As will appear psychological disorders such as shame, contempt, despair, and even sometimes to occur attempted suicide.

