

## Post-Traumatic Stress Disorder As Reflected On Cara Hoffman Be Safe I Love You Novel

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### Abstract

*The aims of this research are to identify the types of Post-Traumatic Stress Disorder as well as to find out the impacts caused by Post-Traumatic Stress Disorder that are contained in Be Safe I Love You novel. In this research the writer applied qualitative descriptive methods and theory by Sigmund Freud to analyse the phases of Post-Traumatic Stress Disorder in the novel Be Safe I Love You. The result shows that there are types and impacts of post-traumatic stress disorder contain in Cara Hoffman's Be Safe I Love You novel base on Sigmund Freud's theory, the writer find that there are two types of post-traumatic stress disorder, namely acute stress disorder and post-traumatic stress disorder without complications. Uncomplicated post-traumatic stress disorder is the most dominant type of post-traumatic stress disorder find in the novel. There are 4 effects of post-traumatic stress disorder find in the novel, namely hallucinations, mood swings, irritability, insomnia.*

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



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### 1. INTRODUCTION

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

In comparison with poetries and dramas, novels were the most popular literary creation among the people. This happens because novels were considered to have more interesting traits than poetries and dramas. The style of writing and the independent clause of a novel were easier to understood so therefore the readers could visualize the contents and stories from the novel whilst poetries and dramas were more complicated and difficult to understand than the unusual use of metaphors and figures of speech. Novels were literary works that had two elements, namely: intrinsic elements and extrinsic elements, both of which were interconnected because they greatly affect the existence of literary works (Ariska, et al., 2020). Novel was a prose narrative created by humans imaginatively based on experience, usually a series of events in the novel were connected with a certain group of people. There were several genres of novels that cover various types and styles, namely: mystery, horror, psychological, romantic, realist, historical, etc.

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

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

Mental illness has a large variety of symptoms depending on from the mental illness that the person suffered from (Lumongga, 2016). Those symptoms could greatly influence physical and mental state. Furthermore, someone who suffered from mental illness could not understand what they were capable of, struggling to control their emotions, and sometimes they find it difficult to blend in the community.

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

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

Anyone has depression with different stages from mild depression to severe depression that needs special medication. Depression was a mood disruption that could be marked by constant sadness and carelessness. Depression was more common in adults. It could be caused by mental pressure and childhood trauma. The focus in this research was the main character's depression in the novel *Be Safe I Love You* by Cara Hoffman. Through this research, the writer wanted to share the knowledge on psychoanalysis in a literary work, because psychological condition has a strong connection with the way people think and the way they speak. This research is expected to be a reference for further writers.

## **2. LITERATURE REVIEW**

### **2.1 Previous Studies**

The following below are related studies conducted by previous researchers:

(Erskine et al., (2017) entitled *The Global Coverage of Prevalence Data for Mental Disorders in Children and Adolescents*. The aim of this study was to identify how much children and adolescents had a mental disorder (ages 5-17 years). This study used qualitative

method to know how much the population children and adolescent had a mental disorder. The result of this study was global coverage of prevalence data for mental disorders in ages 5-17 years was 6.7% (CD: 5.0%, ADHD: 5.5%, ASDs: 16.1%, EDs: 4.4%, depression: 6.2%, anxiety: 3.2%). Of 187 countries, 124 had no data for any disorder.

Hundt et al., (2018) entitled *Failure to Engage: a Qualitative Study of Veterans Who Decline Evidence-Based Psychotherapies for Post-Traumatic Stress Disorder*. The aimed of this study was to identify barriers for veterans who were referred specifically to evidence-based psychotherapy but who did not attend the psychotherapy sessions. This study used a qualitative interview method to gain a better understanding of the experiences and attitudes of these veterans. Many veterans reported that there were multiple barriers to treatment engagement, suggesting that the accumulation of barriers contributed to poor engagement. The results of this study indicate that the barriers were divided into 5 categories: practical, knowledge, emotional, related to therapy, and related to the VA system.

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

Jak et al., (2019) entitled *SMART-CPT for Veterans with Comorbid Post-Traumatic Stress Disorder and History of Traumatic Brain Injury: A Randomised Controlled Trial*. This study aimed to address the emotional and neuropsychological symptoms that commonly occurred in veterans with comorbid Post-Traumatic Stress Disorder (PTSD) and a history of Traumatic Brain Injury (TBI). This study used psychological, neurobehavioral and neuropsychological assessment methods at baseline, and was given 3 months of treatment. The results of this study found that mental health interventions for Post-Traumatic Stress Disorder, combined with a compensatory cognitive training strategy, can reduce Post-Traumatic Stress Disorder and neurobehavioral symptoms and also provide added value by improving cognitive function.

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

Iljazi et al., (2020) entitled *Post-Traumatic Stress Disorder After Traumatic Brain*

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

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

Rosen and Ayers (2020) entitled An Update on the Complexity and Importance of Accurately Diagnosing Post-Traumatic Stress Disorder and Comorbid Traumatic Brain Injury. This study aimed to discuss the importance of diagnosing the two entities, namely Post-Traumatic Stress Disorder and comorbid traumatic brain injury, especially when they were comorbid, by examining how misdiagnoses can interfere with treatment outcomes. In this study a qualitative method was used with a PubMed search with the following search terms: "traumatic brain injury," "post-traumatic stress disorder," "diagnostic challenge," "diagnostic accuracy," "diagnostic uncertainty," and "diagnostic difficulty." The results of this study suggest that it is important to develop more effective methods for diagnosing comorbid Post-Traumatic Stress Disorder and traumatic brain injury, because having an undiagnosed Traumatic Brain Injury may be a variable stratifying respondent from non-responders to evidence-based treatment for Post-Traumatic Stress Disorder.

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

It was stated in Depression of The Main Character Portrayed In Topdog/Underdog Play Script (2001) By Suzan Lori Parks (Anjelia et al., 2021). This study was conducted with the aimed of knowing and explaining the depression experienced by the main characters in the Topdog/Underdog Play Script which was published in 2001. This study uses a quantitative descriptive method through a psychoanalytic approach. The results of this study indicate that in the Topdog/Underdog Play Script (2001) there were 22 ID data, 5 Ego data and 5 Superego data. While the data used were 2 types of symptoms, namely emotional symptoms with 22 data and 1 cognitive symptom.

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

## **2.2 Related Theories**

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

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

Novel was a long work of narrative fiction with some realism. It was often in prose and published as a single book. The word 'novel' comes from the Italian word 'novella' which meant "new". Similar to short stories, novels had several features such as character representation, dialogue, setting, plot, climax, conflict, and resolution. However, not all of these elements have to be a good novel. Wellek and Warren (1956) stated that literary works made had a closed relationship with the social life of the community and also the psychological condition of a person, because in literary works there were emotions given by the author so that they can affect the emotions of the reader.

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

## **3. METHOD**

Writer used qualitative methods in this study, which meant the data collected was in

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

#### 4. RESULTS

Based on the objectives of this study, the writer divided the data into two parts as follows:

##### 4.1 Types of Post – Traumatic Stress Disorder Through the Main Character in Cara Hoffman Be Safe I Love You Novel

###### Acute Stress Disorder

*“Look at you,” Jack said to her. “Look at you.” She worries he would start crying again, but instead he turned to refrigerator and pulled out several deli bags: ham and turkey and cheese, then mustard and vegetables. He set them on the table, then went to the sink to peel carrots, fill the tea kettle. Lauren was surprised to see how relaxed he looked, how the refrigerator was stocked. For a moment she was afraid she was dreaming. (Hoffman, 2014, p.21)*

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

*“You tell me all about it later,” PJ said, and she nodded, but that was the last thing she would be doing. She would not be wasting one more second talking about acts that should not be described and could not be undone. (Hoffman, 2014, p.30).*

From the sentence above, showed symptoms of acute stress disorder found in the sentence *She would not be wasting one more second talking about acts that should not be described and could not be undone* in this sentence Lauren as the main character tried to avoid conversations that referred to events that made her uncomfortable. Followed her instinct (id) Lauren preferred to end the conversation. The action that the female lead took was one of self-protection. Feelings of discomfort due to flashbacks of the past was an alarm for someone with mental disorders. To avoid bad things from happening due to uncomfortable feelings, our minds would automatically helped divert them, but this did not always happen to someone with a mental disorder.

###### Uncomplicated Post – Traumatic Stress Disorder

*She would wake feeling heavy and dehydrate, and grateful to be alert again. The significance of the nightmares was not lost on Lauren. The thoughts that repeat themselves suddenly and unexpectedly, the need to be vigilant. Some of these things she took with her to Iraq, did not gain over there, and she was not ignorant of their meanings nor the way they could be used to keep her sharp. (Hoffman, 2014, p.116)*

From the sentence above, it showed that *The significance of the nightmares was not lost on Lauren* showed that the female lead, Lauren Clay, had another nightmare that made her

woke up from the dream (ego). Lauren Clay's nightmare was a flashback to what happened in Iraq and it kept her on her toes (id). The nightmare that happened to Lauren made her wary, this showed that the fear she felt would continue to carry over in her subconscious in the realization of dreamed and of course this made it difficult for Lauren to sleep. If this continues to happen to Lauren of course it would be a bad impact on her. Decreased immune system due to lack of sleep, unstable emotions and in the worst-case Lauren could hurt the people around her.

*Something about that information was disorienting and she felt she was about to lose her temper, what little of it she still had hold of. While she wandering around town in the rain her father had gone work and just left Danny in front of his computer. She sat down on the floor and rested her back against his bed and listened to the ping of instant messages and concentrated on her breathing the way they tell you to. But concentrating on a thing you can do that your friends can not anymore is some pretty fucking bad advice.* (Hoffman, 2014, p.120)

From the sentence above, it showed that *Something about that information was disorienting and she felt she was about to lose her temper* meant that Lauren was having trouble controlled her own emotions (id). Lauren's emotions were very volatile when there was something she had not like or made her uncomfortable. Emotional changed that occur suddenly, of course, would greatly disrupt Lauren's daily life. Every little thing that happened and did not match what Lauren wanted would made her angry and this was beyond Lauren's control.

#### **4.2 The Impact of Post – Traumatic Stress Disorder Through the Main Character in Cara Hoffman *Be Safe I Love You* Novel**

*A sound that proved she was home. That this was real. She had left the FOB, left Amarah. She had not dreamed this.* (Hoffman, 2014, p.21)

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

*Danny was still asleep when Lauren woke again a few hours later. She went to her room to change, then sat in the kitchen for an hour drinking coffee.* (Hoffman, 2014, p.26)

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

*Lauren went into the bathroom to brush her teeth. When the dog came in the shut her eyes so she could pretend he wasn't there, leaned over and drank mouthfuls of cool water from the tap, and found herself wishing something that would have been inconceivable just days ago.* (Hoffman, 2014, p.135)

At this moment on data above, Lauren's difficulty sleeping made her tired and hallucinated. This could be seen from the sentence that read *When the dog comes in the closed her eyes*. Lauren hallucinated seeing her pet dog that had died while Lauren was in Iraq.

*She looked to see if Sebastian was there, which would mean she was dreaming and didn't have to take this so seriously.* (Hoffman, 2014, p.154)

Based on data above, Lauren experienced hallucinations where she saw her dead pet dog

Sebastian, Lauren tried to determine whether what she saw was a dream or reality. Because at this moment Lauren woke up to the sound coming from her bedroom window. Based on Sigmund Freud theory there were six types of post – traumatic stress disorder namely, normal stress response, complex post – traumatic stress disorder, comorbid post – traumatic stress disorder, dissociative post – traumatic stress disorder, acute stress disorder and uncomplicated post – traumatic stress disorder. But in novel *Be Safe I Love You* there only 2 types of post – traumatic stress disorder found by the writer namely: there were 4 data found for the acute stress disorder type and 10 data found for the uncomplicated posttraumatic stress disorder type.

## **5. DISCUSSION**

### **5.1. Types of Post-Traumatic Stress Disorder**

Post-traumatic stress disorder was one of the many mental disorders that people were very rarely aware of. This mental disorder arises because of the trigger from a sense of trauma due to past events. Traumatic incident could trigger post – traumatic stress disorder such as physical violence, sexual harassment, earthquakes, war, discrimination and others. Patients with post – traumatic stress disorder would usually remember bad moments that happened previously continuously, for example, such as nightmares or flashbacks, this could trigger the patient's emotions to become unstable or in certain cases the patient could not arouse emotions at all. Sigmund Freud stated that every traumatic event that happened in the past had an impact on the future.

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

The second type, uncomplicated post - traumatic stress disorder. This type usually showed when a person experiences a major traumatic event. Post – traumatic stress disorder was the easiest to treat because the symptoms seen in someone with this type of post – traumatic stress disorder were very clear. Post – traumatic stress disorder was an early-stage post – traumatic stress disorder which means the recovery rate of someone with post – traumatic stress disorder would be greater.

### **5.2. The Impact of Post – Traumatic Stress Disorder**

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

Lauren Clay, who played the main character in Cara Hoffman's *Be Safe I Love You*, suffers from post-traumatic stress disorder. A person with post-traumatic stress disorder would



experience excessive anxiety, avoid traumatic events, nightmares, experienced flashbacks of events, uncontrollable emotions and unstable moods and based on data analysis, Lauren Clay suffers from post – traumatic stress disorder type acute stress disorder and uncomplicated post – traumatic stress disorder.

Based on the explanation above there were 2 types of post – traumatic stress disorder found in the novel *Be Safe I Love You* namely acute stress disorder and uncomplicated post - traumatic stress disorder based on Sigmund Freud theory. uncomplicated post - traumatic stress disorder was the most dominant types of post – traumatic stress disorder found in the novel *Be Safe I Love You*. There were 4 impact of post – traumatic stress disorder that found in the novel *Be Safe I Love You* they were hallucination, mood swing, easy to get angry and insomnia..

## 6. CONCLUSIONS

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

The same theory was applied to determine the impact of post – traumatic stress disorder. There were many bad effects if someone had post – traumatic stress disorder and of course this was very detrimental. The writer found 8 data from the impact of post-traumatic stress disorder which is reflected in this novel in the form of hallucinations, feelings of discomfort and excessive fear and damage to relationships with the closest people because people with post-traumatic stress disorder have difficulty controlling their feelings. People with post – traumatic stress disorder often felt unappreciated and hopeless. In general, people who suffered from post – traumatic stress disorder would avoid social environments.

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