

**SEXUAL VIOLENCE EXPERIENCED BY LEILA IN
ELIF SHAFAK'S *10 MINUTES 38 SECONDS IN THIS
STRANGE WORLD*: A PSYCHOSOCIAL ANALYSIS**

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ABSTRACT

This research entitled Sexual Violence Experienced By Leila in Elif Shafak's *10 Minutes 38 Seconds in this Strange World*: A Psychosocial Analysis aims to identify what kind of Sexual Violence experienced by the main character Leila and to analyze how this affects Leila's psychosocial development.

The novel *10 Minutes 38 Seconds in a Strange World* is the primary data source for this research, and the secondary source is previous research. This study uses a qualitative method. Data collection was carried out by reading novels so that the researcher gained a mature understanding of the story. In analyzing the data, researcher applied three of the eight stages of Erik H. Erikson's theory of psychosocial development while trying to classify the various types of understanding that Leila experienced. The data is in descriptive form, which is why the analysis is explained by the researcher descriptively.

The results of this research show that Leila experienced various sexual violence, namely, sexual harassment, rape, forced marriage, trafficking in women for sexual purposes, and difficulties passing through the stages of psychosocial development. In terms of psychosocial development, Leila may have been successful in the baby phase, but since he experienced sexual violence and rape, coupled with his father being very protective of him, she failed to get through the next two stages. As a result, she develops an unhealthy personality and becomes increasingly lost in his life.

Keywords: *Psychosocial Development, Sexual Violence, Psychoanalysis*

INTISARI

Penelitian ini berjudul *Sexual Violence Experienced By Leila in Elif Shafak's 10 Minutes 38 Seconds in this Strange World: A Psychosocial Analysis* bertujuan untuk mengidentifikasi kekerasan seksual seperti apa yang dialami karakter utama Leila dan untuk menganalisis bagaimana kekerasan seksual tersebut memengaruhi perkembangan psikososial Leila.

Novel *10 Minutes 38 Seconds in this Strange World* adalah sumber data primer penelitian ini, dan sumber sekundernya adalah penelitian terdahulu. Penelitian ini menggunakan metode kualitatif. Pengumpulan data dilakukan dengan cara membaca novel sehingga peneliti mendapatkan pemahaman yang matang mengenai cerita. Dalam menganalisis data, peneliti menerapkan tiga dari delapan tahap teori perkembangan psikososial oleh Erik H. Erikson sambil mencoba mengklasifikasikan berbagai jenis pelecehan yang dialami Leila. Data dalam bentuk deskriptif itulah sebabnya analisisnya dijelaskan oleh peneliti secara deskriptif.

Hasil penelitian ini menunjukkan bahwa Leila memang mengalami berbagai kekerasan seksual yaitu, pelecehan seksual, pemerkosaan, pernikahan paksa, perdagangan perempuan untuk tujuan seksual dan kesulitan melewati tahap perkembangan psikososial. Dalam tahap perkembangan psikososial Leila mungkin berhasil dalam fase bayi tetapi sejak ia mengalami pelecehan seksual dan pemerkosaan, di tambah lagi dengan ayahnya yang sangat protektif terhadap dirinya, dia gagal melewati dua tahap selanjutnya. Akibatnya, dia menumbuhkan kepribadian yang tidak sehat dan semakin tersesat dalam kehidupannya.

Kata Kunci: *Perkembangan Psikososial, Kekerasan Seksual, Psikoanalisis*

INTRODUCTION

A. Background of the Study

10 Minutes 38 Seconds in the Strange World adult novel 2019 written by Elif Shafak. She was born on October 5, 1971, and is a writer of Turkish descent. She also published the novels she wrote in English. His first novel *Pinhan* (Sufi) received the "Meylana Prize" in 1998, which is awarded to the best work in mystical literature in Turkey. Likewise, the novel, *10 Minutes 38 Seconds in this Strange World* also won the Booker Prize as the best novel written in English. This novel tells about the problems experienced by the main character Tequila Leila. She is a forty-year-old sex worker in Istanbul. She is the daughter of her father's second wife but she is raised by the first wife. At the age of 6, she fell prey to her uncle who snuck into her bed. Then, when she was 16, she tried to tell her family about what her uncle had done to her. she forced to drop out of school and is forced to marry her uncle's daughter. Out of fear, she eventually ran away from her family home to Istanbul. While living in the city, she is drawn into prostitution. Leila experiences cruelty in the metropolis that makes her headstrong and rebellious.

In Leila's story, there are acts of sexual violence. She lives in a house where there is a lot of sexual violence, this can affect the child's mental and social well-being and can even shape the child's behavior. Tragic experiences such as experiences of sexual violence that occur during childhood will have a traumatic impact on the child's growth and development and survival. According to the World Health Organization (WHO),

sexual violence is any act carried out to obtain sexual acts or other acts directed against a person's sexuality using coercion regardless of the status of their relationship with the victim (WHO, 2017). Perpetrators of sexual violence usually do not know their age, position, education, and status. Children are very vulnerable to experiencing cases of sexual violence. Sexual violence against children in this world needs to receive serious attention so that the parties involved receive punishment. Based on data from the National Commission for Women throughout 2022, sexual violence as a form of violence amounted to, 2,228 cases (38.21%) followed by psychological violence with, 2,083 cases (35.7%) while data from service institutions showed differences. the number of physical violence dominated with 6,001 cases (38.8%) followed by sexual violence with 4,102 cases (5.5%).

Therefore, researcher explores how sexual violence is depicted in novels, what impact sexual violence has on children, and how it affects the psychosocial development of victims of violence. The researcher analyzed the sexual violence experienced by Leila and its impact using Erik Erikson's psychosocial theory approach which includes eight stages, namely Trust vs Distrust, Autonomy vs Shame and Doubt, Initiative vs Guilt, Industry vs Inferiority, Identity vs Role Confusion, Intimacy vs. Isolation, Generativity vs Stagnation, Ego Integrity vs Despair. The researcher's analysis was carried out using three stages, namely infancy Trust vs Distress, Initiative vs Guilt, Identity and Role Confusion (Adolescents). The reason for using a psychological approach in this research is because this approach is suitable for

understanding the psychological aspects of literary works, and can also be used to explain or interpret the process of character development in a story. Researcher used a psychological approach to help analyze the impact of sexual violence and the psychosocial development of the characters in the novel *10 Minutes 38 Seconds in this Strange World*.

From the data above, it can be concluded that sexual violence is a detrimental behavior and can cause trauma for the victim. This can certainly worsen if it is not treated seriously. Unfortunately, this problem is very difficult to avoid. Therefore, the researcher reasons for researching this research is to show that the impact of sexual violence is very influential on the growth and development of children. and also previous researcher who studied the same object have not researched much about this problem.

Psychosocial development was developed from personality theory by Sigmund Freud. Freud believed that the basis of human personality was formed at the age of five, while Erikson stated that humans develop throughout their life span. Erikson's theory of psychosocial development is the study of the ego, this theory focuses on the relationship between the ego and society. In addition, Erikson's theory considers the influence of external factors such as parents and society on personality development from infancy to adulthood. Researcher believes that a psychological approach is best suited to reveal the impact of sexual violence that forms the main character in *10 minutes 38 seconds in this strange world*, Leila's personality.

Method of Research

This chapter consists of data and data sources, steps of data collection, and steps of data analysis.

a. Data and Source of Data

The data source is 10 minutes 38 seconds in this strange world (2019) by Elif Shafak which was published in 2019. This novel consists of 312 pages in the printed version.

b. Method and Technique of collecting

There are two types of data in research that can be used in the library research process to create papers, namely primary sources and secondary sources. Where primary data sources are taken from original documents that represent initial ideas or facts, such as statistical data, works of art, or literary works, and the author analyzes and reads the novel repeatedly. Investigations carried out using previous research that examines primary sources such as books, journals, encyclopedias and reviews are called secondary sources (Saputrie, 2020). The novel 10 Minutes 38 Seconds in this Strange World is the primary data source in this research, while secondary data is in the form of previous research and supporting documents from library research, websites, journal articles, books and the internet related to this research.

c. Method of Analyzing Data

Researcher answered questions using Erik Erikson's psychosocial theory. The researcher analyzed how sexual violence is depicted in this novel. According to the National Women's Commission (2013), there are fifteen types of violence, namely rape, sexual intimidation including threats or attempted rape, sexual harassment, sexual exploitation, trafficking of women for sexual purposes, forced prostitution, sexual slavery, forced marriage including divorce, forced pregnancy, forced abortion, forced contraception and sterilization, sexual torture, inhumane punishment and sexual nuances, traditional practices with sexual nuances that harm or discriminate against women, sexual control.

Therefore, in this study, the researcher tried to classify the types of violence against Leila that she experienced. then the researcher tried to describe the events in the novel using Erikson's theory of psychosocial development and to determine the influence of experiences of violence on psychosocial development. The final step is to draw conclusions based on the answers to the problems that have been formulated.

ANALYSIS

This research explains sexual violence and the stages of Erik Erikson's theory of psychosocial development in the previous chapter. Therefore, in this chapter, the researcher analyzes how sexual violence is depicted in the novel *10 Minutes 38 Seconds in This Strange World* and tries to explain how sexual violence influences the psychosocial development of the main character Leila.

Apart from that, in the first sub-chapter, the researcher focuses on analyzing how sexual violence is depicted in this novel, and the second sub-chapter the researcher focuses on finding out how sexual violence influences Leila's psychosocial development.

Analyzing Leila's psychosocial development starts from her childhood because there is no story about her baby phase.

A. Sexual Violence Leila Experienced

Family plays an important role in shaping a child's personality. However, not all children have the luck to live in good, comfortable, and safe family conditions. Domestic violence has been happening for a long time, and what's worse is that some children experience violence from their parents or those closest to them. Violence that occurs in children can disrupt the child's psychological health, physical well-being, and personality development. In *10 Minutes 38 Seconds in this Strange World*, Leila has to

live a very difficult life at home because of the behavior of her uncle who often commits sexual violence against her. Being abused growing up would have affected Leila's personality.

According to the National Woman's Commission (2013), there are 15 types of sexual violence namely rape, sexual intimidation including threats or attempts at rape, sexual harassment, sexual exploitation, trafficking in women for sexual purposes, forced prostitution, sexual slavery, forced marriage including hanging divorce, forced pregnancy, forced abortion, coercion of contraception and sterilization, sexual torture, punishment is inhumane and has sexual overtones, traditional practice with sexual nuances that harm or discriminate against women, and sexual control. In Leila's case, she experienced 3 violence, there are :

1. Sexual Harassment

In *10 Minutes 38 Seconds in this Strange World*, Leila experiences sexual harassment by her uncle. At that time they would all travel with their families. At a resort in summer. When dividing the bedroom, Leila shared a bed with several toddlers. Not long after, his uncle came into the room. He slowly entered the room and spoke in a low voice.

"I won't stay long, just a moment, will you let me?"

"Did you come to check on Tolga?" (Shafak, 2019: 39)

The quote above is a question that Leila asked her uncle when he suddenly entered her room. Tolga is the youngest son of his uncle.

"I want to make sure that everything is fine" said his uncle.

Hearing the answer from her uncle, Leila felt relieved, but soon her uncle pulled the bed sheet and immediately lay down next to Leila, and not long after, her uncle pulled Leila's nightgown.

"Can I put my hand here" (Shafak, 2019: 39)

After hearing that sentence, Leila was silent and couldn't say anything. His uncle started drawing circles around his navel

"Hmm, do you feel ticklish" (Shafak, 2019:40)

At first, his uncle's hands were only around his navel but over time his hands reached his genitals. He scooted closer. And then started smelling things he didn't like. Not long after that, his uncle kissed his forehead and then left the room. Leila tried to forget the incident and tried not to think about it.

The data above, it explains that the first time Leila was sexually harassment by her uncle was at a resort when Leila and her family were on a trip.

2. Rape

Leila also experienced rape three days after her uncle committed the abuse, her uncle came back to Leila's room. Seeing her uncle coming, Leila immediately closed her eyes and pretended to be asleep. Silently his uncle pulled the bed sheet and curled up next to him. And then Leila felt pain. He writhed, groaned, and clenched his teeth. He moved back and forth and his breathing quickened. Leila was silent and afraid.

"What have you done to me?" (Shafak, 2019: 41)

From the question above, Leila asked what happened. Leila felt confused and then Leila realized that this should never have happened. Then Leila cried and her uncle tried to calm her down. Her uncle also asked Leila not to tell anyone about this incident. how scared Leila was every night when she wanted to sleep. The deep trauma from that first tragedy made Leila alert every night. Unfortunately, even though he was careful, his uncle again, and again abused him.

"They swarmed around her head and buzzed inside her ears. They waited for the darkness to become complete and slipped into the room at the same time – both the mosquitoes and her uncle."

"Late at night Leila lay awake, wide-eyed and very still, alert to every a creak of every passing shadow"

"When you grow up, I will protect you from boys. You don't know what they are like, I won't let them get close to you." (Shafak, 2019: 49-41)

These images continued to haunt Leila, she kept thinking how her uncle could do something like that to her. Meanwhile, many people in the family are prettier than him, so why should he be the one to experience that. Uncle kept touching him every time there was a family gathering. Uncle always found a way to approach him, all week Uncle continued to visit him every night.

The data above explains that after her uncle sexually assaulted Leila a few days later her uncle returned to meet Leila and raped Leila. At that time, Leila tried to ask her uncle to explain what her uncle had done to her, but her uncle asked Leila not to tell anyone about this incident.

3. Forced marriage

Often women marry because they are forced to or because their parents want to marry. Her family's very indifferent behavior towards this incident disturbed Leila's heart. Moreover, when she found out that Leila was pregnant, her mother even gave her medicine to abort the pregnancy.

"Leila is six years old; his uncle was forty-three years old."

"We know he is younger than you, but it's okay, we will announce your marriage, so everyone will know." (Shafak, 2019: 68-69)

But her family was not at a loss, to maintain the honor and dignity of her father and family, Leila was forced to marry her uncle's son. As a result, Leila rebelled against her family and left the house. Leila had planned this for a long

time but she often hesitated to do it until the right moment came and she immediately went even though her heart and thoughts were racing in her mind.

4. Trafficking in women for sexual purposes.

After arriving in Istanbul, Leila didn't know where to go until she met a man and a woman she didn't know before.

"You can't go back to your family, listen, I know girls like you, most of whom come from bad cities, if you're smart, stay with me and you'll be fine." (Shafak, 2019: 71)

The woman is trying to convince Leila to stay with her. That woman was the same woman who sold Leila to a stranger that same night and over the next few weeks to several other people. Even so, in her small heart, Leila wanted to run away from that place because she felt uncomfortable being there.

B. The Psychosocial Development of Leila

Leila is one of the characters in the novel *10 Minutes 38 Seconds in this Strange World* by Elif Shafak. She is described as a girl who has experienced trauma from Sexual Violence. The main point of this chapter is to analyze Leila's psychosocial development, specifically how the abuse affected her psychosocial development.

The analysis of this research starts from the first stage, namely Trust vs Distrust, the third stage Initiative vs Guilt and the fifth stage of psychosocial development, identity and role confusion.

1. Infancy (Trust vs. Distrust)

His mother Leila was his father's second wife, his mother married his father because he had a very poor family background. Since getting married and moving into her husband's house, she has always been reminded that she has nothing when she comes home.

“All his possessions are as temporary as dandelion seeds, one strong wind and another heavy rain, and they will simply be gone.” (Shafak, 2019: 12)

The quote above is the feeling that Leila's mother experienced when she married Leila's father. Leila's mother has had 6 miscarriages, which makes her always feel inferior, her hope of being recognized at home is to have children.

"The only hope and source for him to be safe and comfortable is to have children" (Shafak, 2019:13).

When her mother was able to give birth to a child, her husband ordered her to give the child to his first wife. Of course, her mother didn't want to let this happen, but Leila's mother couldn't refuse because Leila's father was a strict figure. Her husband's decision hurt her psychologically. From the explanation above, there is a failure at this stage where Leila's biological mother does not have the trust to care for her child, which makes her mother have bad psychology which will have an impact on Leila's development. luckily her mother always made sure Leila was safe and loved and treated well and it seemed like that was enough for Leila's personality development.

2. Preschool (Initiative vs Guilt)

Leila's parents are quite protective of Leila's growth and development. His father was religious and strongly opposed anything he considered Western. Since he was little, his father increasingly restricted women and forced them to live a pious life.

"Most people in this eastern city are stupid, oppressed under the burden of rigid religion and convection" (Shafak, 2019: 38).

His father kept telling him that he had to be what he wanted to be to be appreciated and respected by society. Leila's father is not too interested in Leila's education but rather he just wants Leila to be an ideal girl, fulfill a social role, and get married at a certain age. Even though she lacks love from her father, Leila has a mother who loves her very much, but her mother can't do anything when her father has made a decision. When she was little, Leila's character was truly chaotic and destroyed.

"A toddler hanging from her feet, a baby in her arms, a husband must be obeyed, a house must be kept in shape, this is her life." (Shafak, 2019: 38)

Her father often forced her to become a version where a real woman must be like what society expects, humble, pure, obedient, and quiet who doesn't

she speaks but only listens and obeys whatever she is told. Knowing that her father is very protective and limits everything Leila does.

Likewise, at school, he had no friends in his class. Students find it strange or scary. Leila often heard her friends gossip about her, calling her a bad child.

"I always avoid them, especially girls who give me judgmental looks and sharp comments." (Shafak, 2019: 54)

Leila also often gets low grades and her father doesn't mind that. Her father didn't expect Leila to be a model student but he just hoped Leila would be a good and simple girl.

3. Adolescence (Identity vs Role Confusion)

Being a teenager can be difficult even if life is normal, especially for a child who has experienced abuse. At this stage, Leila has difficulty finding her identity. He is confused about what he wants, especially since he lives where everything he lives is regulated by his father. Leila's life is very complicated, all she can do is survive. Erikson states that at this stage a person is trying to discover who they are as an individual and confusion and insecurity about themselves may arise.

It's not enough that her father is full of rules. Leila also has to find out the truth that their family has been hiding.

"Suzan is not your mother, do you want to know who your mother is?"

"I was the one who gave birth to you!"

"Weird, huh? If I tell you then they will return me to the village or maybe they will lock me in a mental hospital and we will never see each other again." (Shafak, 2019: 26)

How shocked Leila was to hear that sentence, all this time the person she considered to be her aunt was her biological mother. Leila could only remain silent when she heard that sentence. Leila smiled and tried to relax and thought that her aunt's words were just a joke.

"No one in this house takes what auntie says seriously, so why should I believe it" (Shafak, 2019: 27)

At that moment Leila tried to forget what she had heard, but the seeds of doubt gnawed at her mind. On the one hand, he believes what his aunt has said, but on the other hand, he is not ready or will never be ready to accept that reality. Leila always thought her family was normal, but knowing this, Leila doubted it and tried to distance herself from her family.

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