

CHAPTER I INTRODUCTION

A. Background of choosing the subject

In this life we are observed to make a lot of choices since the beginning of time and there are times where some choices and decisions aren't from our hands. Especially when a person had to endure many life experiences and one of it is a case of trauma. Trauma is an emotional reaction that every individual face in their life time such as: a person had in an accident, rape victims, and murderer cases, toxic or abusive family surroundings and experiences which calls up distressing effects such as fight, anxiety, shame, or physical pain may operate as a trauma" (S. Freud & Breuer, 1961.p.6). People these days claim having stress feeling can conclude to trauma, psychological trauma is the unique individual experience of an event or enduring conditions, in which: the individual's ability to integrate his/her emotional experience is overwhelmed, or the individual experiences a threat to life, bodily integrity, or sanity. (Pearlman &Saakvitne, 1995, p.60).

In case the trauma prolongs it can cause a various type of reactions towards human body for example stress that can lead to increase in blood pressure, increased sweating, increased heart rate and reduced stomach activity loss which leads to loss of appetite. These factors can be normal for a human being to bare but if constantly happening this might lead the person into post-traumatic disorders (PTSD) this disorder often brings a person remembering flashbacks, nightmares, panic attacks, depression and that might lead to taking drugs, alcohol, anger issues and even negative impact addictions. Therefore, in this novel we are about to identify case a of a main character of how she overcome from trauma events and according to affect of life experiences towards self-actualization. Starr Carter the main character from the novel *the hate u give* must live up with the trauma that causes in some of the occasions facing phobias. In which likely to declare the trauma effect life experiences of Starr Carter and how it is resolved.

The novel *the hate u give* written by Angie Thomas in 2017. The novel declares on explanation of how the main character Starr that lives in Garden Heights suburb. Starving for justice in the same name of her best friend Khalil as he was under armed and shot by the police officer during the pull over session. Starr is only 16-year-old teenager who had witnessed and suffered through many murder cases including her own best friends. Her silence was hidden without sharing it with public as she had her brother Seven were transmitted to different schools. Starr changed herself in the new school as she changes her identity of her own background. But not until one day where her only friend was killed right in front of her eyes. Therefore, this causes the main character Starr a traumatic event. Trauma can be based in many cases; murderers and it all can calculate in a term of a person that has the intention to change themselves. There are many similar literary works that talks about trauma, a trauma that causes the main character to suffer until the point to their self-actualization. There are some examples of trauma novels, beloved by Toni Morrison, 1987, untamed state by Roxanne Gay, 2014, the long road home, by Danielle Steel, 1998.

Starr is an African American that lives in between two different lives. The first is the place where she was born and raised and the other is where she hid herself to others in Williamson high school. It is tough for her because she is still a teenager but that's what her parents taught her kids to be. She grew up in a neighborhood where gangsters and drug dealers work but overall, she was never interrupted with their business. Angie Thomas was born and raised in Jackson Mississippi. She was a former teen rapper and one of her great accomplishment articles about her was published in *right on!* Magazine. This is her first novel she wrote it due to her own experiences she lives in her neighborhood and she was inspired by Tupac a rapper who influenced many people back then before he was murdered. This rapper gave a lot impact to Angie's life. In one of Wayan Yunitri's article, she wrote in 2019 is that this novel *the hate u give* main character Starr story is related to Angie's story of where she grew up and how she had to face herself in different school and how she had to hid all her anger within of witnessing many people died without getting any justice (Yunitri's Wayan, 2019).

The researcher analyzes the main character of this novel *the hate u give* by using Abraham Maslow's five hierarchy needs. Which is also called as five humanistic needs. As Starr has been suffering in silence since she was a child and by the time is right, she will lead her way to self-actualization. In this theory '*Theory of human motivation*' there are five basic needs of every individual human being, (1) The Physiological needs, (2) The safety needs, (3) The love needs, (4) The Esteem needs, (5) The needs of self-actualization. These needs have different stages that every human need to acquire in their daily lives. To understand these one should know their true self and needs to compromise their priorities. Any motivated behavior, either preparatory or consummator must be understood to be a channel thought which many basic needs may be simultaneously expressed or satisfied. Typically, an act has more than one motivation. Practically all organism states are to be understood as motivated as an motivating. Motivation theory is not synonymous with behavior theory. The motivations are only one class determinants of behavior. While behavior is almost always motivated, it is also almost biologically, culturally and situation determined as well (Maslow: 1942). Although it's not an easy journey for one to accomplish towards self-actualization. As there are many forms of stages one might face during a healing process. For some it might tend to end in over sadness and tragedy and for some it could challenging and tries to improve themselves into a better person and save people around them. In the matter of fact, a person with trauma effect can be stronger than a person who doesn't witness at all. They have the choice to speak up for themselves and people around them. As in the chapter 26 it is declared that, Ms. Ofrah calls to apologize for putting Starr in danger and for the grand jury verdict. She claims that she was proud of Starr and believes that Starr has a future career as an activism (Angie Thomas: 2017,347). By this case Starr already accepts the fact that there are things cannot be changed from the past but only can changed in the future. Therefore, she declares to not give up and strive for people that are suffering from trauma affect. And so, in here where the self-actualization theme works. For one to have subconscious towards their actions and ready to fulfill the given journey.

The researcher finds this novel quite fascinating and it has been sold worldwide copies and won several best book awards. And it has sold more than 2M over globally copies over the years since first published (The Guardian, Tim Lewis, 2019). The novel talks about a lot of what is happening in today's world not only focusing on the human rights between people who are different skinned or cultures but also it tells a lot how to hear the other side of the story the true events because not everything we hear or see in the media are true. While *The hate u give* is a work of fiction, it resonates with real-world issues and reflects the experiences of many individuals who have faced discrimination and systemic injustice. The novel encourages readers to critically examine their own beliefs and to take against inequality. It emphasizes the idea that by addressing hate and promoting empathy, understanding, and social justice, we can work towards a more equitable and inclusive society. There are many things that are hidden behind the door's untold stories (Angie Thomas, 2017).

B. Problem Formulation

Based on the background of the study the researcher would like to analyze the problem formulation by the main character Starr Carter in novel *the hate u give* internal conflict from traumatizing events to self-actualization journey.

1. How does the trauma affect in life experiences of Starr in Angie's Thomas *the hate u give*?
2. How does the self-actualization achieve by Starr Carter in Angie Thomas '*the hate u give*'?

C. Objectives of the Studies

1. To analyze the trauma, affect life experiences of Starr Carter in the novel *the hate u give*
2. To analyze the self-actualization, achieve by the main character.

D. Scope of the study

This study focuses on the self-actualization of the main character Starr Carter in the novel *the hate u give* by Angie Thomas. Analyzing through Abraham Maslow's theory about human motivation in self-actualization. Analyzing the main character from her past events in developing trauma affect in life experiences Throughout her self-actualization in where she can speak for her people and herself and the researcher will analyze the stages of self-actualization in psychoanalysis. The event that is happening to Starr has occurred towards traumatic reactions. Therefore, the trauma affects through life experiences according to Freud statement are childhood trauma, repression, unconscious influence, dream analysis, neurosis, catharsis, and the talking therapy (Freud, 1915). And from the point view of Lawrence Robinson, Melinda Smith, and Jeanne Segal on their article about traumatic events, Traumatic experiences often involves a threat to one's life and safety. (Lawrence Robinson: 2022).

E. Review of the Related Studies

The novel *the hate u give* combines into bigger category that starts from racism, human rights, and even internal conflicts that each character joins in. The researcher found many related studies that discusses about racism of the given novel, finding the main character identity which also can be described that has the similar topic with the researcher but consuming different theories. The researcher finds journal and thesis on this behalf by analyzing and those are:

First, the related thesis who discusses this similar novel *the hate u give* is Dita Dwipujowati from literature department in Universitas Sanata Dharma 2020. Dita focuses her thesis on the behalf theory character characterization, theory of the double consciousness and theory of racial discrimination in which it titles as Starr's struggle to find her identity in Angie's Thomas's *The Hate U Give*. Since Starr has shown two identities inside the novel in where she had to act different in Williamson High school and different in her own neighborhood. Also, Dita indicates that she watched the interview of the author Angie Thomas describing the racism that happening through America and that is her main part of analyzing her thesis. The

objective studies that she had chosen are to reveal the depictions Starr's consciousness through her characteristic. And the second objective is to analyze to find her identity. Moreover, the researcher majors the main character and how the justice has been based and the other statement is the importance of true self, about how they can stand up within their own choice (Dita, 2020:16). The difference with this researcher is that Dita analyzed the character characterization theory while current researcher would like to analyze the main character, Starr Carter by using psychoanalysis.

Second, the researcher found a thesis by Putri Erina BR. Pinun from Universitas Sumatera Utara 2020. Putri is analyzing 'racial discrimination that is portrayed in Angie's Thomas novel *the hate u give* the aims of this thesis is to find out how racial discrimination portrayed in the novel. Putri used sociology of literature as the main theory, and the characteristics that related to discriminations such as stereo type, prejudice, and rejection in analyzing the problem. Putri describes in her thesis of how the discriminations happen in America between these two different skins white and black. This can relate to the first researcher but uses different theory and background. And the situation with the current researcher is that the researcher uses psychoanalysis in main character while as for the second researcher focuses on social characterization. And till today discrimination doesn't have an ending which means prejudice characteristic is still been played. The majority race in this novel is white people and, in the novel, they have a negative perception towards black people in the United States. They have their own opinion towards black people such as they have a different class from them and feel superior to black people. Black people get unequal treatment from them and there is no justice for them (Putri, 2020:17).

Third, thesis that discuss the theory of Self-actualization by Abraham Maslow which is also related with the researcher's theory but consuming in different novel. This thesis topic is "Self-actualization in the main character of Claire Legrand's *some kind of happiness* by Alfian Maulana from English literature department Universitas Ahmad Dahlan 2020. Alfian focuses on the main character self-actualization as a broken home Finely Hart in Claire Legrand's *Some Kind of*

Happiness declares analyzing being psychologically broken journey into self-actualization which basically used the four basic needs by Abraham Maslow's theory (Alfian, 2020:4). Alfian thesis also focuses on inner conflict of the main character which can be described similar as the researcher will analyze on Starr Carter inner conflict traumatic events and stages right straight through self-actualization journey.

Finally, these studies above have many majority and unique factors while every researcher analyzing it. Other researches use discrimination of racism in one's country, also others use character characterization theory. The researcher has a different aspect while researching; the researcher focuses on the psycho analysis of the main character from traumatic event right through self-actualization. The researcher also tries to find the traumatic stages and symptoms that every human being suffers.

F. Method of Research

According to Denzin and Lincoln, Qualitative research involves studies use and collection of a variety of empirical materials-case study, personal experience, introspective, life story, interview and so on (Denzin & Lincoln, 1994). This is led searching into something that can be related through what every researcher searching. Qualitative researches employ multiple data collections (Johnson & Christensen, 2012).

1. Data and Source of Data

A. Main Data

The main data is taken from novel *The hate u give* by Angie Thomas; it was published in United States of America 2017. The novel consists of 361 pages. The data will be taken from the novel and based on analyzing the main character Starr Carter in psycho analysis.

B. Secondary Data

For the secondary data the researcher uses other undergraduate thesis, journals and thesis that is based about self-actualization and trauma.

2. Method of Collecting Data

The researcher uses library research and internet research on collecting the data. There are some steps to do for collecting the data. First, the researcher would read the novel all over again to understand the story and overview the data. And then identifies and classifies the text that are showing Starr's self-actualization by using the theory from Abraham Maslow supported by the theories from secondary data. The last is identification of what are the findings based on the research questions.

3. Method of Analyzing Data

After the data are collected, they are analyzed by using a qualitative method and then to analyze the select data that are revealed to psychological condition of the main character in the novel *the hate u give* by Angie Thomas. Trauma can cause a profound and lasting impact towards an individual's life experiences, affecting various aspects of their life including their thoughts, emotions, behaviors, relationships, and overall well-being. It's a major point to recognize that trauma affects individuals differently, and the extent and nature of its impact can vary based on factors such as the type, severity, duration, and timing of the trauma, as well as the individual's resilience, support system, and coping mechanisms (Courtney E. Ackerman, MA:2018). Hence, the researcher reveals the need progress of self-actualization achieved by the main character in this novel. The researcher uses the five stages of human needs by Abraham Maslow's theory, namely, psychological needs, safety needs, belonging and love needs, esteem needs, and the need for the self-actualization. According to Freud's statements is that the word trauma refers mainly mental injury rather than a physical one. Therefore, it is still labeled a double wound such as; psychological and physical. The psychological injury results from a "mental conflict between the ego and itself during the period of incubation, relatively than a conflict between the ego and the Id." It can occur for a person with traumatic experience to haunt into unforgettable memory chasing one like a ghost. Although the

traumatized may forget the details of the given trauma. Hence, they can still suffer from the phobias and obsessions related towards the events that happened in the past. (MacCannell and Maccannell 205).

G. Presentation

This research will be presented in four chapters. Chapter I is an introduction which contains the background of choosing the subject, scope of the study, review of related studies, method of research, in chapter II theoretical approach, which contains the theories and the approach of research and how it affect the main character with traumatic events. Chapter III is an analysis of this research. The last chapter, chapter IV, is a conclusion which contains of this research.