

SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER IN THE NOVEL "DI TANAH LADA"

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Abstract:

This research aims to analyze the post-traumatic stress disorder (PTSD) of a kid named P due to the impact of the violence he experienced in the novel *Di Tanah Lada* by Ziggy Zesyazeoviennazabrizkie. This research utilizes Sigmund Freud's psychoanalytic theory. The researcher used a qualitative description method to describe the PTSD experienced by a kid named P in the novel. The results of the research show that the physical and emotional violence performed by his father caused the kid to experience PTSD, such as anxiety, hallucinations, negative thoughts, despair about the future, traumatic experiences (re-experiencing), and avoidance of specific figures, namely parents (avoid any attachment styles). These negative feelings are then described in various forms, including aggressive behavior, behavior that does not easily trust adults, and even the decision to commit suicide. This research implies that violence against children can harm children's psychological development. Therefore, efforts are needed to prevent violence against children, as well as to provide appropriate treatment for children who experience violence.

Keywords: *Child Abuse, Post-Traumatic Stress Disorder, Psychoanalysis, Novel Di Tanah Lada*

Abstrak:

Penelitian ini bertujuan untuk menganalisis post-traumatic stress disorder (PTSD) tokoh anak-anak bernama P akibat dampak kekerasan yang dialaminya dalam novel *Di Tanah Lada* karya Ziggy Zesyazeoviennazabrizkie. Penelitian ini memanfaatkan teori psikoanalisis Sigmund Freud. Peneliti menggunakan metode deskripsi kualitatif dalam menguraikan PTSD yang dialami tokoh anak kecil laki-laki bernama P dalam novel. Hasil penelitian menunjukkan kekerasan fisik dan emosional yang dilakukan oleh ayahnya menjadikan tokoh utama laki-laki mengalami PTSD, seperti kecemasan, halusinasi, munculnya pikiran negatif, putus asa terhadap masa depan, pengalaman traumatis (re-experiencing) dan menghindari sosok tertentu yaitu orang tua (avoid any attachment style). Perasaan-perasaan negatif tersebut kemudian digambarkan dalam berbagai bentuk, antara lain perilaku agresif, perilaku tidak mudah percaya dengan orang dewasa hingga keputusan untuk bunuh diri. Penelitian ini memberikan implikasi bahwa kekerasan pada anak dapat berdampak negatif terhadap perkembangan psikologis anak. Oleh karena itu, diperlukan upaya-upaya untuk mencegah kekerasan pada anak, serta untuk memberikan penanganan yang tepat bagi anak yang mengalami kekerasan.

Kata kunci: *Kekerasan Pada Anak, Post-Traumatic Stress Disorder, Psikoanalisis, Novel Di Tanah Lada.*

INTRODUCTION

Family is the smallest unit in society and plays a vital role in shaping an individual's personality. A healthy and intact family contributes positively to one's development; however, a structurally dysfunctional family can lead to various problems, one of which is child abuse. Domestic violence against children remains a significant social issue that continues to attract attention in many countries, including Indonesia. Child abuse can negatively affect a child's physical, psychological, and social development. The impacts of domestic violence may manifest as sadness, pain, depression, and prolonged trauma.

Trauma occurs when an individual experiences a distressing event that disrupts their emotional well-being and makes it difficult to accept the negative experience as part of life (Gumelar & Hermawati, 2021). The term trauma is understood not as a physical wound but as psychological damage or a disturbance to one's mental state. If a child experiences continuous trauma resulting from abuse, it may lead to post-traumatic stress disorder (PTSD) (Margolin & Vickerman, 2007). A child's exposure to various forms of violence is a significant factor contributing to the likelihood of developing PTSD (Margolin & Vickerman, 2007). The experiences of children who are victims of physical abuse and domestic violence often result in strong physiological and emotional responses. The forms of abuse they experience may serve as triggers for the emergence of PTSD (Margolin & Vickerman, 2007).

One way to identify these ongoing traumatic experiences is through literary works (Yudistira & Rusdiarti, 2022). Literature represents an individual's expression and creativity conveyed through written works (Putri et al., 2021). Literature holds value in several aspects of human artistic expression and plays an important role in enriching a nation's cultural heritage. The stories presented in literature serve as a response to reality from the author's perspective (Fuadah, 2021). Through literature, individuals can explore various forms of knowledge, customs, culture, worldviews, and life values. One of the most popular forms of literature is the novel. A novel is an extended prose work that narrates a sequence of events revolving around an individual's life and their relationships with others, revealing the personalities and characteristics of its characters (Andini et al., 2023).

The novel *Di Tanah Lada* by Ziggy Zesyazeoviennazabriskie addresses the theme of child abuse. This novel tells the story of children from dysfunctional and broken families. Written from a first-person perspective, it allows readers to witness the world through the innocent eyes of a child. Salva, the main character, is six years old, while P is ten years old. Both characters are victims of abuse perpetrated by their respective fathers. In this novel, the father figure is portrayed as a cruel person who frequently abuses his children, leading Salva and P to develop a skeptical view of fatherhood. They believe that fathers are inherently bad and evil.

This study focuses on the male character P, who experiences physical abuse from his caregiver father. The abuse leads P to exhibit PTSD symptoms, which manifest in various forms such as anxiety, hallucinations, negative thoughts, hopelessness about the future, re-experiencing traumatic events, avoidance of parental contact (avoidant attachment style), and ultimately, suicidal ideation. Post-traumatic stress disorder (PTSD) is a mental disorder resulting from prolonged trauma, causing an extended recovery period for those suffering from acute depression at this stage. Trauma symptoms are often reflected in the behavior and attitudes of literary characters (Gumelar & Hermawati, 2021). Thus, it can be concluded that the character P exhibits symptoms indicative of PTSD due to the trauma he has endured since childhood.

This research employs Sigmund Freud's psychoanalytic theory as its theoretical framework. In literary studies, Freud's psychoanalysis is one of the most influential approaches to analyzing the psychology of characters within literary works. In the context of literary psychoanalysis, trauma is viewed as an individual phenomenon, and its causes are explored through the characters' experiences. One of Freud's key concepts is *The Tripartite Psyche*, which divides personality into three components: the id, ego, and superego. According to Freud, human behavior results from the conflict and reconciliation among these three aspects of personality (Minderop, 2016: 20-22).

In research, a literature review is essential. Its purpose is to provide an explanation of previous studies and analyses that have been conducted. These studies serve as references, comparisons, and benchmarks for the current research. Based on the previous studies identified by the researcher, most of them analyze psychoanalytic symptoms and mental disorders experienced by Salva, the main female character. One of

the relevant studies is titled *Abnormalities of Characters in the Novels by Ziggy Zesyazeoviennazabrizkie*, written by Fauziah Rahma. Among the findings discussed by the author is Salva's PTSD, which resulted from the trauma inflicted by her father figure.

Another related study is a thesis titled *The Child Character's View on the Existence of the Father in the Novel Di Tanah Lada by Ziggy Zesyazeoviennazabrizkie*, written by Suciani Magfirah. This thesis discusses the father figure from the perspective of a child who is a victim of domestic violence. The relevance of these studies lies in the use of the same material object, namely the novel *Di Tanah Lada* by Ziggy Zesyazeoviennazabrizkie. However, the difference between these previous studies and the current research lies in the focus of the analysis, which addresses different characters and problems.

Another relevant study is titled *Self-Healing Efforts of Posttraumatic Stress Disorder (PTSD) in The Woman in Cabin 10*, written by Muhammad Hilman and Sumariella Rusdiarti. The results of this study indicate that the character Laura exhibits specific PTSD behavioral symptoms, including re-experiencing traumatic events, avoidance of fear (avoidance), and hyperarousal (Yudistira & Rusdiarti, 2022). The relevance of this study lies in its focus on the same issue, namely PTSD symptoms experienced by a character. However, the difference lies in the climax of the story: Laura attempts self-healing, while the character P ultimately chooses to end his life. Additionally, the material objects of these two studies differ. This research focuses on the novel *Di Tanah Lada* and specifically on the character P. The researcher observes that P, as the male main character, experiences suffering similar to Salva's. Therefore, this research distinguishes itself from previous studies by focusing on analyzing PTSD symptoms exhibited by the character P through his behaviors, dialogues, and narratives as presented from Salva's perspective in the novel.

RESEARCH METHOD

The research method used in this study is qualitative analysis with a narrative psychology approach. Narrative psychology is employed as a means to identify various psychological symptoms in literary works (Fuadah, 2021). The subject of this study is the symptoms of PTSD experienced by the character **P** as a result of the violence they endured. The object of this research is the character **P** in the novel *Di Tanah Lada* by Ziggy Zesyazeoviennazabrizkie.

The use of a qualitative method in this research serves as a working strategy to analyze the literary object, based on the formulation of the problem to be solved—namely, the factors causing the emergence of PTSD symptoms in the character P. The data used in this research is the novel *Di Tanah Lada*. The data collection technique applied is reading and note-taking.

After the data is collected, it will be analyzed following specific steps, starting with identification, data refinement, and then describing the data in accordance with the research topic, particularly in this study. The analysis results are then presented in the form of a final report as a scientific article, presented descriptively, followed by drawing conclusions based on the conducted analysis (Andini et al., 2023). This research can contribute to the development of educational media regarding psychological topics in literary works.

RESULT AND DISCUSSION

This analysis was conducted to obtain data on the PTSD symptoms experienced by P, in which the analysis interprets the collected data. The study found that P, the male character in the novel *Di Tanah Lada*, exhibits PTSD symptoms caused by both physical and emotional abuse inflicted by his father. As a result of this abuse, P experiences several PTSD symptoms, including anxiety, hallucinations, negative thoughts, hopelessness about the future, depression, re-experiencing traumatic events, and avoidance of parental contact (avoidant attachment style). These negative feelings are manifested in various forms, such as aggressive behavior, distrust towards adults, and ultimately, suicidal ideation.

Table 1. PTSD symptoms form traumatic experiences (re-experiencing)

Data 1	“Pokoknya, jangan. Kalau aku berani pegang-pegang barang Papaku, dia bakal marah setengah mati. Nanti kamu juga bisa-bisa dimarahi.” (halaman 47)
Data 2	“Tapi nanti Kak Suri bilang ke Papa,” keluh P Si Anak Pengamen. “Nanti Papa jadi lebih marah lagi. Papa juga bisa pukul Kak Suri kalau dia jadi marah.” (halaman 68)
Data 3	“Aw!” pekik Pepper. Dia menarik lengannya yang kupegangi. “Sakit.”

	Lalu, kulihat itu: luka bakar mengerikan di lengan Pepper. (halaman 132)
Data 4	“Makanya, dia marah, ya?” Pepper menggeleng. “Nggak. Dia nggak suka aja aku ada di rumah. Kebetulan aja ada setrikaan di situ. Dia pake, deh.” (halaman 135)
Data 5	“Kok, kamu nggak nangis, sih? tanyaku. “Itu, kan, sakit banget. Kalau aku, pasti sudah nangis.” “Soalnya kalau aku nangis, Papa tambah marah.” (halaman 136)

when a child experiences physical or emotional abuse, it can become a traumatic experience. this pain manifests in various forms, including anxiety, panic attacks, and unforgettable memories (andini et al., 2023). the five data excerpts above serve as evidence that the character P experiences traumatic events (re-experiencing). these traumatic experiences stem from his father, who consistently inflicts painful memories, abuse, and leaves deep emotional scars. in data 1 and 2, P’s skepticism and fear toward his father’s anger are apparent, resulting from repeated mistreatment. in the dialogue presented in data 3, physical abuse towards P is explicitly shown. data 4 provides the reason behind the physical abuse, while data 5 illustrates P’s attempt to stay strong due to his fear of provoking his father’s anger. these data indicate that P faces traumatic experiences that lead him to develop skepticism, excessive fear, emotional suppression, and deep sadness.

Table 2. PTSD symptoms of avoiding parents (avoid any attachment style)

Data 1	“Kamu tidak mau pulang?” Dia menggeleng. “Nggak bisa pulang.” “Kenapa tidak bisa pulang?” “Nggak boleh pulang,” katanya. “Nanti, kalau sudah lewat jam 7 baru bisa masuk rumah.” (halaman 26)
Data 2	“Kenapa kamu tidak boleh masuk ke kamar kalau ada Papa kamu?” “Soalnya, nanti dia marah.” “Kenapa? Kamu berisik, ya?” Si Anak Pengamen menggeleng. “Nggak, kok. Papa kesal saja kalau lihat aku.” (halaman 39)
Data 3	Dia, pertama-tama, meletakkan sepedanya dulu di antara semak-semak di

	belakang rusun. “Kalau ketahuan aku punya sepeda, pasti diambil Papa,” katanya. (halaman 115)
Data 4	Dia menggeleng. “Nggak, tapi dia nggak suka kalau aku punya sesuatu. Makanya, HP-ku harus kubawa terus. Kalau ketahuan, nanti diambil juga.” (halaman 116)
Data 5	“Kadang-kadang, aku juga mandi di sini. Aku pinjam bak ibu-ibu, terus mandi di sana. Kalau Papa ada di kamar, aku nggak bisa mandi, soalnya.” (halaman 118)

the data presented above indicate that the character P consistently tries to avoid his father, knowing that his father dislikes seeing him. in data 1, it is shown that P avoids meeting or making eye contact with his father due to his father’s hatred and cruelty. this is further reinforced in data 2, where it is revealed that P's father always becomes irritated whenever he sees P nearby. data 3 and 4 demonstrate that P attempts to hide his belongings from his father to prevent them from being taken or destroyed. to achieve this, P consistently tries to stay out of his father's sight. in data 5, it is again evident that P lacks the courage to be near his father. these symptoms arise as a result of the continuous mistreatment P experiences, leading to trauma and his decision to avoid his father altogether.

Table 3. Symptoms of PTSD: Emergence of Negative Thoughts

Data 1	Si Anak Pengamen berpikir-pikir. “Papaku juga suka bilang makasih.” “Papa kamu baik?” Dia menggeleng.
Data 2	“Tapi Papa aku juga benci aku, Kak. Makanya nama aku juga aneh.”
Data 3	“Oh ya? Papaku juga jahat, kok. Mungkin semua Papa memang jahat.”
Data 4	“Ngerti, kok. Lagian, kata Papa, aku bikin sakit mata. Kalau kena lada juga jadi sakit mata.”
Data 5	“Kamu mau bilang ke Mas Alri sama Kak Suri, nggak, kalau mau pergi?” “Nggak, ah. Nanti, mereka larang. Repot.”

Violence against children can cause long-term traumatic effects, which often leads child victims to develop persistent negative thoughts. This is also experienced by the character P, who shows PTSD symptoms through the emergence of negative thinking. In data 1 to 4, P’s emotions reveal that he consistently thinks negatively about his father's

behavior. P always perceives his father as evil because of the abusive treatment he receives. He also believes that his father hates him, which he sees as the reason for the frequent abuse he endures. In data 5, P shows a skeptical attitude—he does not trust adults. This stems from the fact that, since childhood, P has never experienced love or felt that his presence was valued. As a result, when he decides to leave, he chooses not to say goodbye to Mas Alri and Kak Suri because of the negative thoughts he has about what those two adults might do to him.

Table 4. Symptoms of PTSD: Hopelessness and Hallucinations

Data 1	<p>“Bisa mati, nggak?”</p> <p>“Bisa saja, sih. Tapi aku, sih, maunya, terbang.”</p> <p>“Memangnya, kamu bisa terbang?”</p> <p>“Aku maunya gitu. (halaman 117)</p>
Data 2	<p>“Aku nggak bisa terbang, ya?”</p> <p>Dia menggeleng. “Aku yang bisa terbang. Kamu bisanya berenang. Aku nggak bisa berenang.” (halaman 119)</p>
Data 3	<p>“Mungkin susah juga kalau mau pintar, tapi nggak sekolah.”</p> <p>“Iya, sih,” gumamnya.</p> <p>Wajah Pepper datar saja, tapi kurasa dia sangat sedih</p>
Data 4	<p>Dia tidak mengatakan apa-apa, tapi entah kenapa aku merasa bisa mendengar Pepper berteriak “AAAAA!!!” Dia diam saja. Tapi wajahnya tampak seperti orang yang berteriak “AAAAA!!!” keras-keras.</p>
Data 5	<p>Lalu, tertegun. Aku tertegun karena Pepper bukan hanya bicara. Dia juga <i>terisak</i>. Seperti ketika orang menangis. Dan, kemudian, aku sadar kalau dia memang menangis. Yang menetes dari batang hidungnya itu adalah air mata.</p>

Violence against children can lead to depression, in which characters in a novel may experience deep sadness, hallucinations, and hopelessness (Andini et al., 2023). They may feel hopeless or lose all sense of optimism due to the traumatic experiences they have endured (Magfirah, 2023). In data 1 and 2, it is shown that the character P is hallucinating, imagining that he can fly. This indicates that the dominance of the *id* may be a driving factor behind P’s desire to fly, which implicitly suggests a wish to end his life. In data 3, it is evident that P feels hopeless about his future because he does not

attend school, which causes him to feel sad and insecure around Salva. In data 4 and 5, Salva's narrative perspective highlights expressions of P that indicate despair. The emotional climax of this hopelessness appears in data 5, where P finally breaks down in tears and releases everything he has been suppressing all this time.

CONCLUSION

The novel *Di Tanah Lada* by Ziggy Zesyazeoviennazabrizkie raises the theme of violence against children. The story revolves around the life of a child from a dysfunctional and broken family. A structurally broken family can lead to various issues, one of which is violence inflicted on children. The impact of domestic violence may include sadness, pain, depression, and prolonged trauma. Trauma occurs in an individual as a result of experiencing a deeply disturbing event that makes it difficult to accept the negative experience as part of life (Gumelar & Hermawati, 2021).

If a child experiences ongoing trauma due to violence, it is likely that the child may suffer from post-traumatic stress disorder (PTSD) (Margolin & Vickerman, 2007). This research reveals that the character P in the novel *Di Tanah Lada* exhibits symptoms of PTSD caused by physical and emotional abuse perpetrated by his father. The violence inflicted leads the main male character to experience various PTSD symptoms such as anxiety, hallucinations, negative thoughts, hopelessness about the future, depression, traumatic flashbacks (re-experiencing), and avoidance of parental attachment (avoidant attachment style). These negative feelings are portrayed through several behaviors, including aggressive actions, distrust toward adults, and even the decision to commit suicide.

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