

POST TRAUMATIC STRESS DISORDER AS SEEN IN PI CHARACTER YANN MARTEL *LIFE OF PI*

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Abstract

In this thesis, the writer discusses about novel *Life of Pi* written by Yann Martel 2002. This novel is one of stories that shows the issue of post traumatic stress disorder. The main focus of this research is to describe post traumatic stress disorder as seen in Pi's Character. To overcome the problem structurally, the writer arranged the theoretical framework by discussing about theory and approach. The writer applies psychoanalysis theory especially theory of post traumatic stress disorder. In addition, the data is taken from the novel in the form of narration, the method of the data analysis is descriptive qualitative method. The result of this analysis shows post traumatic stress disorder has big influences in *Life of Pi* novel. Moreover, to describe post traumatic stress disorder, the writer analyzes the symptoms, characteristics, causes and effects people who suffer trauma stress disorder.

Key words: *Life of Pi*, post traumatic stress disorder, symptoms, characteristics, causes, effects

INTRODUCTION

People recover traumatic events have difficulty, anxiety, and depression in a long time (Ahluwalia, 2020; Amelia, 2021; Fadilah & Kuswoyo, 2021). They often suddenly experience trauma through disturbing thoughts, annoying reminders, nightmares, difficulty concentrating, and difficult of sleep. These events can be categorized as post traumatic stress disorder. Post-traumatic stress disorder (PTSD) results from exposure to an overwhelmingly stressful event or series of events, such as war, rape, or abuse (Kardiansyah & Salam, 2020a; Laila Ulsi Qodriani, 2021). It is a normal response by normal people to an abnormal situation (Purwaningsih & Gulö, 2021; Puspita, 2021). This psychological issue can be found in literary works. Yann Martel's novel entitle *Life of Pi* is one of the stories that shows the issue of post traumatic stress disorder issue.

The researcher wants to describe post traumatic stress disorder as seen in the character because the researcher wants to provide knowledge about the description and condition people who suffer trauma. In this research, researcher wants to analyze the disorder such as symptoms, the characteristics, the causes and the effects character suffer trauma and can be lead into post traumatic stress disorder in the form of novel by Yann Martel entitle *Life of Pi*. *Life of Pi* novel was published in 2002 and this novel is one of the successful bestseller novel in 2002 . Moreover, *Life of Pi* novel even has been made into film in 2013. *Life of Pi* is a story about a man named Piscine Molitor Patel, often shortened to Pi, who lives in Pondicherry, India. Pi comes from an Indian family. Pi's parents have own a large zoo while in India. But, Pi's parents want to move to find a new life in Canada and sell the zoo they have. Pi and his family go to Canada by cargo ship from Japan named Tsimtsum. When at sea, Pi and family get an accident ship from Japan sink in the sea. Pi tries to save his family and the animal that they have when the accident happen. Pi can survives from the accident with life boat but Pi cannot save his family that makes the whole family and the animals that they have sinkin the sea. Pi can survives from the accident but not alone.

He accompanied by a tiger named Richard arker during in the sea. After the ship sank, Pi suffered in the sea because beside he loses the whole of his family, he also think the way he survive from the sea. The heat of the sun, the heavy rain, the wind blowing fast, the tides rising and the tides of the sea Pi feeling it alone. Pi also must consider about his condition because there is no food on the sea. Pi thinks usually his parent prepare the breakfast, lunch, and diner together with his family. Moreover, there is tiger in small boat life with him. The tiger often angry with Pi, sometimes the tiger hungry and Pi must preparing the food to Ricard Parker.

Pi can survives from the sea and he is found by people around beach in Mexico. When Pi hospitalizes, he is visited by two people of the Japanese Maritime Department in the Ministry of Transport of Japan. They ask for a description of Pi Patel about the sinking Tsimtsum. Pi is interviewed about what he faces during 227 in the sea but his memory has been severely impaired by the trauma. When the interviewers ask about the sinking Tsimstum and what happen after that on the sea but Pi tries to avoid the coversation between he and the interviewers. Pi's behaviors when at sea make Pi always busy with himself about the activities to avoid the stress of the event that has been experienced.

In this study, the writer wants to describe post traumatic stress disorder as seen in character from Yann Martel's novelen title *Life of Pi* by using psychology approach with the issue is post traumatic stress disorder. Therefore, the researcher wants to analyze the characteristics, symptoms, causes and effects toward character who suffer trauma. In order to describe post traumatic stress disorder as seen in Pi character in the novel, the researcher conducts this research, the researcher would like to describe the disorder such as symptoms, characteristics, causes and effect in the character.

This research is also beneficial for readers especially for English Literature students because it increases readers knowledge to comprehend literature especially psychology of literature and become one of the references for the one who attract to analyze novel especially related to post traumatic stress disorder. Moreover, this research is expected to add insight to readers, as one of references in the effort to improve ability in field of literature.

LITERATURE REVIEW

Post Traumatic Stress Disorder

Post traumatic stress disorder is a condition that occurs after a person experiencing traumatic event that threatens his safety or makes him feel helpless (Hutauruk & Puspita, 2020; Mertania & Amelia, 2020; Suprayogi et al., 2021). The things that can trigger post traumatic stress disorder are natural disasters, airplane accidents, shipwreck, car crashes, sexual harassment, physical violence and others (Ayu et al., 2017; Nuraziza et al., 2021). People who suffer post traumatic stress disorder can diagnose symptom of post traumatic stress disorder (Afrianto, 2017; Laila Ulsi Qodriani & Kardiansyah, n.d.; Wahyudin & Kuswoyo, n.d.). In help guide.org trusted guide to mental, emotional & social health. There are three symptoms of post traumatic stress disorder (Pranoto & Afrilita, 2019; Santoso et al., 2021; Zuhud, 2014).

1. Re-experiencing the traumatic event

Re-experiencing symptoms are symptoms that involve reliving the traumatic event. There are a number of ways in which people may relive a trauma. They may have upsetting memories of the traumatic event. **Re-experiencing the traumatic event** is

a return of traumatic events in memory. Traumatic Stress Disorder traumatic events always arise, including the feeling of re-living traumatic experiences, illusions, hallucinations, and flashbacks of events that have occurred. In addition, psychological disturbance is very strong when witnessing something that reminds about traumatic events (Aguss & Yuliandra, 2021b; Kementerian Pertanian RI, 2019; Suhartono, 2014).

2. **Avoiding reminders of the trauma**
People who suffer post traumatic stress disorder works hard to avoid anything that reminds them of a traumatic event (Damayanti & Listyani, 2020; Kiswardhani & Ayu, 2021; Mahfud & Gumantan, 2020). Avoid thoughts, feelings and conversations to remind about trauma. Beside that, trying to avoid an activity, a place that can remind about the trauma event.
3. **Increased anxiety and emotional arousal.**
Loss of passion for life due to always feel anxious (Octavia et al., 2020; Panganiban1 & Madrigal, 2020). Beside that, people who suffer anxiety and arousal also experience difficulty sleeping, it is difficult to concentrate and always wary of things that can trigger recall the trauma event.

Post Traumatic Stress Disorder: Characteristics of Post Traumatic Stress Disorder. There are characteristic of post traumatic stress disorder.

1. **Recurrent Memories**
People suffering post traumatic stress disorder always recollections of the traumatic event. They collect memories about the past and the tragedy happened by the victim. People who suffer from PTSD always have thoughts about their traumatic memories in their minds (Laila U Qodriani & Wijana, 2020; Samanik, 2019). They collect pieces of the tragedy and build their own assumptions.
2. **Recurrent Dreams**
Having dreams about the traumatic event is considered as characteristics of post traumatic stress disorder, as long as the dreams are related to the event (Kardiansyah, 2019b; Keanu, 2018).
3. **Inability to be Present**
Acting or feeling as if the traumatic event is happening all over again. The patient feels that the traumatic event is happening again. Although someone else may help the patient to realize that it is not the traumatic event, the patient sometimes can not distinguish the reality and his destructive thoughts (KUSWOYO et al., 2013; Rusliyawati et al., 2021; Sacher-masoch, 2017).
4. **Distress**
Intense distress related to internal or external events that remind one of the traumatic occurrence. For example person who experienced incident in the sea. After the event he/she afraid go to the sea (Fahrizqi et al., 2021; Lamada et al., 2020).
5. **Mental Avoidance**
People who always ignore the thoughts or talks relating to particular event may be suffer from post traumatic stress disorder. They ignore people who can remaind them about tragedy the past (Afrianto et al., 2021; Aguss & Yuliandra, 2021a). There are various way of avoiding them. Some people will clearly avoid it by

ignoring the conversations, sometimes they are angry when something reminds them of the traumatic experience

6. **Avoid Activities/People**

Post traumatic stress disorder try to avoid all that remind them about trauma. Efforts to avoid activities, places, or people that might be associated with the trauma.

7. **Memory Loss**

An inability to remember important aspects of the traumatic event. For example people who has experince the accident in the sea but the victim do not remember the time or how the accident could happen.

8. **Disinterest**

Decreased interest or participation in certain activities. Those who suddenly lost interest or afraid to do their routine activity may have a traumatic memories related to their activity.

9. **Detachment**

Feelings of detachment or estrangement from others. It is when someone feels alienated or isolated by their surroundings, whether socially alienated or self-alienated.

10. **Loss of Feeling**

The inability to have certain feelings. This characteristic happens when the patient of post traumatic stress disorder start to have a distance between his circumstances and himself. The phenomenon is often recognized by people who are unable to have love feelings

11. **Fear of No Future**

Scott and Palmer in their book said *Trauma and Post-traumatic Stress Disorder* to be distinguished from a chronic lack of regard for future consequences from someone with antisocial personality disorder (Scott and palmer, 21).

12. **Insomnia**

The patients of PTSD usually have difficulty in sleeping. They have their own thoughts and keep thinking it in their mind and that often make them hard to fall asleep.

13. **Anger Issues**

This happens when the patients got angry easily because someone has brought them into a situation that reminds them of the traumatic events.

14. **Concentration Issues**

People who experience trauma usually difficulty in concentrating making it difficult to do the daily work.

METHOD

To gather the enter data need; the researcher use library research to collect the data need, meanwhile to elaborate the idea from books and internet to support this analysis. In analysis the writer use descriptive qualitative method. Descriptive research includes surveys and fact-finding enquiries of different kinds. The major purpose of descriptive research is description of the state of affairs as it exists at present.

The characteristic of descriptive method focused on resent and actual issue of the analysis. Qualitative research is concerned with the opinions, experiences and feelings of individuals producing subjective data. Qualitative research describes social phenomena as they occur naturally (Choirunnisa & Sari, 2021; Fithratullah, 2019; Putra et al., 2022). Referring to this quotation stated that qualitative method focus on describing to the issue and opinion

which is analyzed from a certain literary works more detail. In this research the writer uses library research to collect the data needed that have correlation to the research.

RESULTS AND DISCUSSION

Post Traumatic Stress Disorder Symptoms in Pi Character

4.1.1 Re-experiencing the traumatic events

Re-experiencing the traumatic event is a return of traumatic events in memory. Thoughts about traumatic events always arise, including the feeling of re-living traumatic experiences, illusions, hallucinations, and flashbacks of events that have occurred (Puspita & Amelia, 2020; Laila Ulsi Qodriani, n.d.; Rasyid, 2017). Re-experiencing symptoms are symptoms that involve reliving the traumatic event. There are several ways can relieve the trauma. They may have disturbed the memory of the traumatic event. This memory can come back when they do not expect it. With just one glance **I discovered that the sea is a city**. Just below me, all around, unsuspected by me, were highways, boulevards, streets and roundabouts bustling with submarine traffic. In water that was dense, glassy and flecked by millions of lit-up specks of plankton, fish like trucks and buses and cars and bicycles and pedestrians were madly racing about, no doubt honking and hollering at each other.

From the narration above shows Pi character feels hallucination with his condition. Pi describes hallucination like re-experiencing trauma but he imagined the traumatic event like sea as the city. From the quotation *I discovered that the sea is a city*. It means Pi feel lonely with the silence of the air, the beauty of light. The solitude that makes Pi secure and peaceful with the element of the silence of the sea. Actually, Pi describes sea as a city, but in fact the city is kinds of fish with different shape and colour. All the fish is swimming so fast, spinning like on the streets with incredible and stunning scenery such as marking in Tokyo during rush hour.

4.1.2 Avoiding reminders of the trauma

People who suffer post traumatic stress disorder work hard to avoid anything that reminds them of a traumatic event. People who suffer post traumatic stress disorder try to avoid situations that trigger memories of traumatic events. They may avoid going to places where trauma occurs, avoid thoughts, feelings and conversations to remind them about trauma. Some people feel that they are trying to distract them as one way to avoid thinking about such traumatic events.

I survived 227 days. That's how long my trial lasted, over seven months. **I kept myself busy**. That was one key to my survival. On a lifeboat, even on a raft, there's always something that needs doing. An average day for me, if such a notion can be applied to a castaway.

From the narration above explains the character in order to avoid the suffering that had been occurred, Pi tried to avoid the memory of the sinking Tsimsum, Pi is sad and lonely in the sea. He works hard to avoid his pain, his activities in the sea are trying to forget about the shipwreck and the condition when loses his family members. He always busy with himself and does certain activities like fishing, preparing food for Richard Parker and cleaning up.

4.1.3 Increased anxiety and emotional arousal

Loss of passion for life due to always feel anxious (Kardiansyah, 2019a; Kardiansyah & Salam, 2020b; Puspita & Amelia, 2020). People with PTSD may feel worry after a traumatic event. This is known as increased emotional arousal, and can cause difficult of sleep, anger or irritability, difficulty concentrating and always wary of things that can trigger recall the trauma event. In the morning I could not move. I was pinned by weakness to the tarpaulin. **Even thinking was exhausting. I applied myself to thinking straight.** At length, as slowly as a caravan of camels crossing a desert, some thoughts came together.

The quotation above portrays Pi who is trying to think in the morning with a weak condition, because he does not eat, drink and sleep for three days. Pi thinks today is not different from yesterday. Pi believes that he would die because of thirsty. Pi does not think of anything else, only in his mind just now how to get a drink so as not to die because of thirst. Besides, Pi must think of how to live with a tiger or wild animal in a small place. From the quotation above, it can be seen that *Even thinking was exhausting. I applied myself to thinking straight.* It can be seen from the statements, the reason Pi exhausted because he is hungry and thirsty. Moreover, Pi feels anxious, he prefers to think that is the tiger is not hungry. Pi is exhausted that is why he trying to keeps away from the wild animal.

4.2 Characteristics Post Traumatic Stress Disorder in Pi Character

4.2.1 Recurrent Memories

People who suffer post traumatic stress disorder always recollect of the traumatic events. They collect memories about the past and the tragedy hat had to them happened. People who suffer from PTSD always have thoughts about their traumatic memories in their minds. They collect pieces of the tragedy and build their own assumptions. On the day when I estimated it was Mother's birthday, I sang Happy Birthday" to her out loud.

The quotation above portrays the moment when Pi collect his memory of the past. He guesses his mother's date of birth. Then he sing the song loudly. Pi misses with his family members, the activity he usually does during his mother's birthday.

4.2.2 Mental Avoidance

People who suffer post traumatic stress disorder always ignore the thoughts or talks related to particular event may be suffer from PTSD. They ignore people who can remained them about tragedy the past. There are various ways of avoiding them. Some people will clearly avoid it by ignoring the conversationthat remind them of the accidents in past, sometimes they are angry when something reminds them of the traumatic experience.

Mr. Okamoto: "Very interesting."

Mr. Chiba: "What a story."

<translation>"He thinks we're fools.</translation> Mr. Patel, we'll take a little break and then we'll come back, yes?"

"That's fine. I'd like another cookie."

"Yes, of course."

Mr. Chiba: <translation>"**He's already had plenty and most he hasn't even eaten. They're right there beneath his bedsheet.**"
"Just give him another one. We kave to humour him.</translation> We'll be back in a few minutes."
(Yann Martel:2002: 158)

From the quotation above shows the moment of conversation between Mr Chiba and Mr Okamoto. Pi is trying to avoid the discussion between Mr Chiba and Mr Okamoto from Japanese Maritime Department in the Ministry of Transport of Japan. They want to asked about what he faces after sinking Tsimsum and what happen after that.

4.2.3 Avoid Activities or People

People who suffer post traumatic stress disorder try to avoid all that remind them about their trauma (Samanik & Lianasari, 2018; Setri & Setiawan, 2020). Efforts to avoid activities, places, or people that might be associated with the trauma.

"What will you be doing now?"
"I guess I'll go to Canada."
"Not back to India?"
"No. There's nothing there for me now. Only sad memories."
(Yann Martel: 2002: 179)

From the quotation above, Pi suffers trauma after the incident happen. Pi loses all of his family members and the animals that Pi and his family have during in India. Pi does not want live in India because for him India right now is empty, there is no activity there due to the shipwreck that makes his family die. Afterthat, Pi chooses go to Canada and live there.

4.2.4 Memory Loss

Memory loss is an inability to remember important aspects of the traumatic event (Al Falaq et al., 2021; Samanik, 2019). It is a situation when people who suffer post traumatic stress disorder can only remember several parts of the traumatic events. They may lose the important parts of the tragedy.

What I remember are events and encounters and routines, markers that emerged here and there from the ocean of time and imprinted themselves on my memory. The smell of spent hand-flare shells, and prayers at dawn, and the killing of turtles, and the biology of algae, for example. And many more. **But I don't know if I can put them in order for you. My memories come in a jumble.**
(Yann Martel:2002:103)

The quotation above happens when Pi is trying to remember what he has faces and the activities in the sea. The quotation, "*But I don't know if I can put them in order for you. My memories come in a jumble*", means Pi cannot explain overall about what happens when he is in the ocean. Losing part of his memory could be one of the reasons why he is lose some memories that are mixed in his mind. Memories such as the activities, the survival actions to save themselves, look for the food, the coldness of the ocean and the heat of the day, have made his memory mixed and he is unable to tell the whole story.

4.2.5 Disinterest

Disinterest is decreased interest or participation in certain activities (Pajar & Putra, 2021; Sari & Oktaviani, 2021; Shi et al., 2021). Those who suddenly lose interest or afraid to do their routine activity may have a traumatic memories related to their activity.

I must say a word about fear. It is life's only true opponent. Only fear can defeat life. It is a clever, treacherous adversary, how well I know. It has no decency, respects no law or convention, shows no mercy. It goes for your weakest spot, which it finds with unerring ease. It begins in your mind, always. **One moment you are feeling calm, self-possessed, happy. Then fear, disguised in the garb of mild-mannered doubt, slips into your mind like a spy.**

(Yann Martel:2002:87)

From the quotation above shows Pi's condition when he is afraid to do something. From quotation, *I must say a word about fear. It is life's only true opponent. Only fear can defeat life. It is a clever, treacherous adversary, how well I know*, that is what Pi thinks about his fear. Fear as a condition where he has lost interest. The fear is always there in his mind and he would faced the end of his life. From the quotation, *One moment you are feeling calm, self-possessed, happy. Then fear, disguised in the garb of mild-mannered doubt, slips into your mind like a spy*, it can be seen that the fear suddenly comes in Pi's mind. After that he feels anxious and he loses his interest to do certain activities.

4.2.6 Insomnia

People who suffer post traumatic stress disorder usually have difficulty in sleeping. They have their own thoughts and keep thinking about their traumatic experiences in their mind and that often make them hard to fall asleep. They suffer insomnia due to the tragic experiences. They try to avoid the experience and want to forget about the experiences but the memory always recollect the experiences the past.

My sleep pattern changed. Though I rested all the time, I rarely slept longer than an hour or so at a stretch, even at night. It was not the ceaseless motion of the sea that disturbed me, nor the wind; you get used to those the way you get used to lumps in a mattress. It was apprehension and anxiety that roused me. It was remarkable how little sleep I got by on.

(Yann Martel:2002:106)

From the quotation above, this condition happens when Pi cannot sleep. He is afraid and anxious, because sometimes Richard Parker is angry. The condition in the sea always changes like the tide of sea water, rain, and cold air.

4.3 The Causes of Post Traumatic Stress Disorder

4.3.1 Unintentional Human (Accidents & Technological disasters)

According to Schiraldi, trauma is not only caused by human actions, trauma can also be caused by accidents and technological disasters. Technical errors that cause damage can also trigger trauma to the post traumatic stress disorder.

For example in industrial work there is a crane crashes down, a fireburn affected by building collapse, and explosion. While the causes of trauma caused by accidents such as, car crashes, sinking ships, aircraft crashed etc.

The ship sank. It made a sound like a monstrous metallic burp. Things bubbled at the surface and then vanished. Everything was screaming: the sea, the wind, my heart. From the lifeboat I saw something in the water.
(Yann Martel:2002:54)

From quotation above, the accident is from the ship sank. The first problem that causes trauma in *Life of Pi* novel is the sinking Tsimtsum. After that, Pi loses his family members and he is in the sea in 227 days. Pi tries to survive in the ocean, though he always thinks of his family drowning in the sea.

And what of my extended family, birds, beasts and reptiles? They too have drowned. Every single thing I value in life has been destroyed. And I am allowed no explanation? I am to suffer hell without any account from heaven? In that case, what is the purpose of reason.
(Yann Martel: 2002: 56)

The quotation above explains, Pi cannot save his family and the animals that they have, they all drowned in Tsimtsum. Pi is worried about how he can survive, get food, take shelter and sleep after losing everything he has.

CONCLUSION

In this thesis, the researcher analyzes how is post traumatic stress disorder as seen in Pi character in Yann Martel *Life of Pi* novel. After analyzing the data by using the theory of psychoanalysis in the previous chapter, this research concerns dominantly about main character that suffer traumatic stress disorder which is drawn from the data that were found in the novel entitled *Life of Pi* published in 2002. Therefore, in this chapter, the researcher writes conclusion of what have been discussed, in order this research is easier to be understood by the reader. This chapter also contains the suggestion that the researcher gives for the future researcher and readers.

Post traumatic stress disorder symptoms in Pi character are re-experiencing the traumatic event, avoiding reminders of the trauma and increased anxiety and emotional arousal. Re-experiencing the traumatic events like Pi re-living traumatic experience and feels hallucination with his condition. Therefore, avoiding the reminders of the trauma means Pi tried to avoid the memory of the sinking Tsimtsum and Pi only remembers the events that occur, routines and activities. The last is increased anxiety and emotional arousal portrays Pi difficult to concentrate and always worry about the things can trigger recall the traumatic events.

Besides the symptoms, in order to know the characteristics people who suffer post traumatic stress disorder in character. The researcher analyzes recurrent memories, mental avoidance, avoid activities or people, memory loss, disinterest, and insomnia. Those characteristics are explained about experiencing the event after the accident happen.

There are factors can cause Pi suffered traumatic stress disorder. They are unintentional human, it is caused by shipwreck and make Pi loses his family and then there is natural disaster such as storm and thunder. From those factor make Pi causes traumatic stress

disorder. The effect of people suffer post traumatic stress disorder are the intrusion, avoidance, negative alterations in thoughts and mood and arousal. From the symptoms, characters, causes and effects, the writer find post traumatic stress disorder is seen in Pi character in the story *Life of Pi* by Yann Martel.

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