

**POST-TRAUMATIC STRESS DISORDER (PTSD) OF THE MAIN
CHARACTER IN *THE EXTRAORDINARY LIFE OF SAM HELL* NOVEL BY
ROBERT DUGONI
(PSYCHOANALYTICAL STUDY)**

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**POSTGRADUATE PROGRAM OF ENGLISH LANGUAGE STUDIES
CULTURAL SCIENCE FACULTY
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Thesis

As one of the requirements for achieving Master Degree

English Language Studies Program

Written and submitted by

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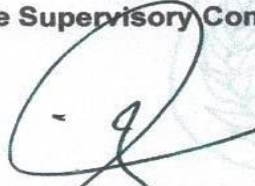
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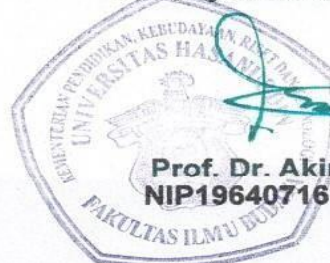
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Truthfully states that the thesis was the result of my own work. If it is proven either in whole or in part of this thesis is the work of others, I am willing to accept any sanctions for my dishonesty

Makassar, March 15th, 2024



OKTIARI PRAMUDIA WATI S. RUSLAN

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This thesis is written as a scientific paper with the title "*Post-Traumatic Stress Disorder (PTSD) of the Main Character in the Extraordinary Life of Sam Hell Novel by Robert Dugoni (Psychoanalytical Study)*" which is submitted to complete the requirements for obtaining a Master's degree, (Magister of Humaniora/M.Hum) at the Faculty of Cultural Science, Hasanuddin University.

The writer is fully aware that the completion of this thesis without the help of guidance and support from various parties, this thesis could not be completed properly. Therefore, the writer convey appreciation and have contributed to the completion of this thesis. The writer would like to express her deepest gratitude to mother Nurlela Dalimbua (Almarhumah) and father

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The writer is aware of the shortcomings in this thesis. As a result, the writer allows any feedback and recommendations from readers with an interest in the same field. Furthermore, the writer thinks that by addressing these weaknesses from a different perspective, this study will contribute to the advancement of science, particularly in the English Language Studies department at Hasanuddin University and beyond. The writer intends to uphold the positive perception of the alma mater within the community, and with any luck, the help provided will be rewarded by Allah SWT. Aamiin.

Makassar, March 2024

The writer

OKTIARI PRAMUDIA RUSLAN

ABSTRACT

OKTIARI PRAMUDIA W. S. RUSLAN. *Post-Traumatic Stress Disorder (PTSD) in the Main Character of the Extraordinary Life of Sam Hell Novel by Robert Dugoni (Psychoanalytical Study)* (supervised by Fathu Rahman and M. Amir Pattu)

Literary works are psychological depictions of fictional characters that reflect real everyday life. Psychological descriptions of characters in literary works can be explained using a literary psychology approach. This research aims to reveal (1) the causes of post-traumatic stress disorder (PTSD) in the main character Sam Hell, (2) the symptoms of PTSD in the main character Sam Hell in the novel "*The Extraordinary Life of Sam Hell*" by Robert Dugoni based on Diagnostic and Statistical Manual of Mental Disorders fifth edition (DSM-5) by the American Psychiatric Association (APA), and (3) Sam Hell's efforts to recover from his PTSD. This study used a qualitative method. The analysis focused on the psychological aspects of Sam Hell who suffers from PTSD in literary psychoanalysis. This research found that PTSD that occurred in the main character Sam was caused by the unpleasant events he experienced in the form of discrimination, bullying and physical violence. Apart from that, Sam Hell's PTSD symptoms are in accordance with APA's DSM-5 symptom criteria. Meanwhile, Sam Hell tried to recover from post-traumatic stress disorder by receiving social support from family or close friends, making internal efforts to confront his fears, and seeking therapy when his symptoms get worse. This study can provide an overview of the PTSD experienced by Sam Hell which is in accordance with the criteria for DSM-5 symptoms by APA so that readers can better understand and be aware of the impact of PTSD in everyday life.

Keywords: *Post-Traumatic Stress Disorder, the Extraordinary Life of Sam Hell, Psychoanalytical Study*

ABSTRAK

OKTIARI PRAMUDIA W. S. RUSLAN. *Post-Traumatic Stress Disorder (PTSD) pada Tokoh Utama Novel The Extraordinary Life of Sam Hell karya Robert Dugoni (Studi Psikoanalisis)* (dibimbing oleh Fathu Rahman dan M. Amir Pattu)

Karya sastra merupakan gambaran psikologis tokoh fiksi yang mencerminkan kehidupan nyata sehari-hari. Deskripsi psikologis tokoh dalam karya sastra dapat dijelaskan dengan menggunakan pendekatan psikologi sastra. Penelitian ini bertujuan untuk mengungkap (1) penyebab terjadinya post-traumatic stress disorder (PTSD) pada tokoh utama Sam Hell, (2) gejala PTSD pada tokoh utama Sam Hell dalam novel "*The Extraordinary Life of Sam Hell*" karya Robert Dugoni berdasarkan *Diagnostic and Statistical Manual of Mental Disorder* edisi kelima (DSM-5) by *American Psychiatric Association (APA)*, dan (3) upaya Sam Hell untuk pulih dari PTSD-nya. Penelitian ini menggunakan metode kualitatif. Analisisnya berfokus pada aspek psikologis Sam Hell yang menderita PTSD dalam psikoanalisis sastra. Hasil penelitian memperlihatkan bahwa PTSD yang terjadi pada tokoh utama Sam disebabkan oleh peristiwa tidak menyenangkan yang dialaminya berupa diskriminasi, bullying, dan kekerasan fisik. Selain itu, gejala PTSD yang dialami Sam Hell sesuai dengan kriteria gejala pada DSM-5 oleh APA. Sementara itu, Sam Hell berusaha pulih dari gangguan stres pasca trauma dengan menerima dukungan sosial dari keluarga atau teman terdekatnya, melakukan upaya internal untuk melawan ketakutannya, dan mencari terapi di saat gejalanya semakin parah. Penelitian ini dapat memberikan gambaran mengenai PTSD yang dialami oleh Sam Hell yang sesuai dengan kriteria pada gejala DSM-5 oleh APA sehingga pembaca dapat lebih memahami dan mewaspadaikan dampak PTSD dalam kehidupan sehari-hari.

Kata Kunci: *Gangguan Stres Pasca Trauma, Kehidupan Luar Biasa Sam Hell, Kajian Psikoanalisis*

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CHAPTER I

INTRODUCTION

1.1 Background of the Study

A mental illness is a medical disorder characterized by abnormalities in emotion, thought, or behavior, or any combination of these. Distress and/or difficulties adjusting to social, professional, or familial situations might be linked to mental diseases. Numerous people with mental illnesses are reluctant to discuss them. But there is no need to be ashamed of mental illness! It is a medical condition, similar to diabetes or heart disease. Additionally, mental health issues are recoverable. (Ihuoma Njoku, 2022)

More research is necessary to understand this facet of human existence: one of the mental diseases. Conversely, someone experiencing mental illness deal with issues related to their bodily and mental well-being. Depending on the specific type of mental illness a person is experiencing, mental disorders can manifest with a wide range of symptoms (Lumongga, 2016). These symptoms can have a substantial impact on one's bodily as well as emotional health. An individual with mental illness may also struggle to comprehend their abilities, regulate their emotions, and blend in with the community.

Mental illness is a very crucial thing to discuss because there are so many cases of mental illness that attack almost all living creatures in this world.

Everyone must have felt something called stress. In people whose cases are the most severe and not treated properly, this can cause someone with mental illness to decide to commit suicide. Mental illness not only attack people from the lower-middle social class but also people from the middle to upper social class. It not only attacks ordinary people but also famous people such as artists too. This is what makes the author interested in researching a mental illness, namely Post-Traumatic Stress Disorder.

The American Psychiatric Association (APA) defines post-traumatic stress disorder (PTSD) as the experience of a person who has had a traumatic event that has disrupted their sense of self-integrity and left them feeling afraid, helpless, and threatened (American Psychiatric Association, 2013). After experiencing a terrible event, some people develop post-traumatic stress disorder (PTSD). According to Endiyono and Hidayah (2019), such conditions might have a psychological impact on a person's behavior in the form of excess anxiety, irritability, insomnia, tension, and other reactions.

Post-Traumatic Stress Disorder (PTSD) can endure months, years, or even decades after being exposed to a traumatic experience (Endiyono & Hidayah, 2019). Tantirangsee (2018) states that post-traumatic stress disorder (PTSD) includes key characteristics, such as psychiatric symptoms when danger happens, such as floods, riots, train wrecks, or terrorist acts, and so on. Traumatic symptoms that frequently appear include constantly remembering the event, withdrawing from the surrounding environment or social environment,

feeling alienated from people they know such as family members and closest relatives, and feeling easily startled, with a decreased level of concentration, difficulty concentrating, and sleep problems.

Post-Traumatic Stress Disorder (PTSD) is a frequent and disabling disorder that can develop in the aftermath of life-threatening or catastrophic events. A significant majority of persons who have PTSD recover normally, but approximately one-third are left with severe, often lifetime, psychological problems. Many persons suffering from PTSD lead seemingly normal, albeit constrained, lifestyles. Because of the disorder's avoidance, isolation, and detachment, sufferers may be sluggish to seek therapy, and when they do, the ailment may be misdiagnosed. Furthermore, PTSD is frequently associated with a wide range of negative health and social repercussions, such as increased rates of disease and early death.

Over the last 20 years, research into the psychological effects of traumatic events has substantially advanced our understanding of PTSD, and several extremely successful therapies have been developed and distributed widely. Even with 'gold standard' evidence-based therapy, not everyone with PTSD recovers, and a significant number is left with lingering symptoms. While textbooks that extensively evaluate the 'state-of-the-art' in PTSD therapy are available (Friedman et al., 2014), numerous issues remain concerning how to best apply therapies to maximize their effectiveness in 'real world' clinical settings.

Traumatic or stressful situations like war, injury, violence, or sexual assault can lead to post-traumatic stress disorder (PTSD), a disorder. Post-traumatic stress disorder is defined by Townsend & Morgan (2017) as an incident that follows a tragedy or calamity, such as an accident, natural disaster, war, or violence, and results in symptoms including anxiety and a loss of personal integrity. A person is more likely to get PTSD and have it last a longer, chronic period of time if the trauma they encountered was significant and they were in a position to experience it. An individual who has gone through a stressful event is more likely to acquire PTSD.

One of the characteristics of PTSD is disrupted memory, and the symptoms known as "re-experiencing" go beyond simple memory loss. Contrary to typical autobiographical memories, trauma memories are felt strongly and are filled with vivid sensory details, intense emotions, and a sense of "nowness." Along with these strong automatic memories, trauma survivors may have trouble recalling specific specifics, miss information, or feel blank when reminded of the incident. Such symptoms point to a deficit in the processing, encoding, storing, and/or retrieval of trauma memories. (Murray & El-Leithy, 2022)

Emotion, not just fear, but frequently shame, horror, rage, helplessness, hopelessness, guilt, grief, and many other emotions, is at the heart of the PTSD experience. Both pre- and post-traumatically, these feelings can interact in complex ways. For instance, one might feel guilty for being angry or afraid of

once again feeling helpless. In addition to emotional numbness, people with PTSD frequently experience powerful emotions that alternate with dulled affect. For those who experienced trauma early in childhood, repeatedly, or over an extended period, this may be very evident.

The maintenance of PTSD relies heavily on emotions. Attempts to deal with and avoid unpleasant emotions may be maladaptive if they unintentionally worsen or perpetuate PTSD symptoms, or if they are momentarily successful but cause further issues. Beliefs regarding emotions, such as "I must control this feeling or I will become overwhelmed," or "Showing my distress means I am weak," are also significant. When we "follow the emotion" in therapy, it frequently leads us to the main problematic assessments that support a person's PTSD. Emotions are also cues to crucial meanings. (Murray & Eileithy, 2022). Because post-traumatic stress disorder encompasses a broad range of issues that elicit sympathy from the public, it is the heir to the adage "nervous breakdown." Anxiety symptoms, memory issues, intrusive thoughts, issues with controlling mood and interpersonal connections, and loss or deterioration in functioning are all signs of PTSD.

Since the symptoms of PTSD and other related mental illnesses frequently overlap, determining the traumatic event that caused the clinical syndrome is the single most important factor in making the diagnosis. PTSD provides a succinct explanation for emotionally potent past events that interfere with the present as it serves as an idiom for everyday distress. The widespread

application of this largely stigma-free condition becomes a generalized way to convey, "You are having a nervous breakdown," in today's culture (Haaken, 2020).

Referring to several definitions from the experts above, researchers concluded that Post-Traumatic Stress Disorder (PTSD) is a case of mental illness that occurs because a person experienced a traumatic event in their past. Someone who experiences PTSD can be caused by discrimination, bullying, physical violence, sexual violence, natural disasters, loss of loved ones, accidents, etc. People with PTSD symptoms often feel fear, anxiety due to excessive psychological pressure, difficulty sleeping, difficulty concentrating, etc.

Someone experienced depression can range in severity from moderate to severe and necessitates the use of particular medicine. The mood disorder known as depression can be characterized by persistent melancholy and carelessness. Trauma experienced as a kid and emotional stress are potential causes. The focus in this research was the main character's PTSD in the *Extraordinary Life of Sam Hell* Novel by Robert Dugoni.

The *Extraordinary Life of Sam Hell* Novel by Robert Dugoni tells the very inspiring story of a boy who overcomes an extraordinary obstacle caused by the color of his eyes. Samuel James Hill was born with ocular albinism, which causes his eyes to be bloodshot. Nicknamed the "devil boy" by his classmates

at Our Lady of Mercy, the Catholic school his mother, Madeline, worked hard to get him into, he faces loneliness, alienation, and ridicule on a daily basis, especially from David Bateman, a merciless bully who constantly finds new ways to torment him, and Sister Beatrice, headmaster and Bateman's supporter, who is as vindictive as he is in her own more subtle way. Only the friendship of two other outsiders, African-American athlete Ernie Cantwell and free-spirited non-conformist Michaela Kennedy, allowed him to survive his trying years at Our Lady of Mercy School.

Sam realized in high school that practically every typical accomplishment—tryouts for the basketball team, senior prom, class valedictorian appointment—was a new obstacle. Even Sam's graduation is marred by a new dilemma, though this one is unrelated to his bloodshot eyes. He is determined to leave the Bay Area suburb of Burlingame, but he keeps running into the same difficulties, which typically manifest in the same people. Despite his rejection of her mother's unwavering faith in divine providence, he eventually triumphed by identifying himself in others and taking on the role of friend and mentor who helped carry him into maturity (Dugoni, 2018). Dugoni planned everything except a pilgrimage to Lourdes, which he eventually added to the itinerary. Through this research, the writer wants to share knowledge about psychoanalysis in a literary work, because psychological conditions are very closely related to everyone's life.

1.2 Research Questions

Based on the background of the problems described earlier, in this research, the writer proposed three questions as follows:

1. What are the causes of PTSD experienced by the main character Sam Hell?
2. What are the PTSD symptoms experienced by Sam Hell?
3. How did Sam Hell recover from his PTSD?

1.3 Objective of the Study

Based on various questions that have been raised in the previous section, then there are several things that the destination wants to be achieved in this study, which are as follows:

1. To explain the causes of the main character Sam Hell so he has PTSD
2. To Identify the PTSD symptoms experienced by Sam Hell
3. To explain the ways Sam Hell recovers from PTSD.

1.4 Significance of the Study

Based on the formulation of the problem above, the general objective of this research is for the reader to be able to recognize one of the psychological problems contained in the novel by Robert Dugoni. The benefits of this research are as follows:

Theoretical Benefits

The results of this research can be used as a reference for those who wish to conduct research in the same field.

Practical Benefits

It was hoped that the findings of this study would increase public awareness of mental illnesses and discourage stigmatization of those who suffer from them. This would also aid in the treatment of mental disorders by preventing stigmatization of those who are afflicted with mental disorders.

It was hoped that readers would develop more sensitive feelings and not discriminate against people with physical disabilities because a person's physical condition is a creation of God, whose condition cannot be controlled by anyone.

1.5 Scope of the Study

For this research to be more focused, perfect, in-depth, and not widespread, the researcher views that the research problems raised need to be limited by variables. Therefore, the researcher limits the object of study only to the causes of PTSD, PTSD symptoms experienced by the main character Sam Hell, and how to overcome that trauma.

CHAPTER II

REVIEW OF RELATED LITERATURE

2.1 Previous Studies

Literary analysis of psychological problems has been carried out by several previous researchers. The following will describe some researchers who discuss this psychological problem such as:

Sulaeman (2014) analyzed about psychological problems entitled *The Analysis of Trauma in Staub's Novel Scared to Death*. In this research, the author found that the novel *Scared to Death* by Wendy Coursi Staub showed the symptoms of post-traumatic stress disorder caused by Two main characters experienced differently, such as intrusiveness, avoidance, and arousal symptoms. Elsa is more dominant in intrusive symptoms than avoidance and arousal symptoms, while Maris is more dominant in arousal symptoms than others. The author also figured out how the characters can heal from the post-traumatic stress disorder described in the novel, such as the sensible mastery of caring bonds with others and a meaningful meaning in life when they become perfect mothers. Elsa uses all of them, while Marin only uses two of them, caring attachment to others and a meaningful purpose in life. However, everyone who suffers from post-traumatic stress disorder will deal with the symptoms and recovery options differently.

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

Lehavot et al. (2018) analyzed about psychological problems entitled *Post-traumatic Stress Disorder by Gender and Veteran Status*. This study aimed to determine the appropriate treatment modality for veterans based on gender. This study used a qualitative method. Data were drawn from direct interviews with a representative sample of U.S. adults. The DSM-5 version of the Alcohol Use Disorders and Related Disabilities Interview Schedule was used to assess past-year and lifetime posttraumatic stress disorder in veterans and civilians. The results of this study found that female veterans reported the highest rates of posttraumatic stress disorder relative to age and race/ethnicity compared to civilian women, male veterans, and civilian men. Both male and female veterans were more likely to suffer from post-traumatic stress disorder.

Soegijono (2018) analyzed about psychological problems entitled *Cadence's Defense Mechanism in Recovering Her Lost Memory in We Were Liars* by E. Lockhart. His studies focus on the challenges faced by Cadence Sinclair, a woman who suffered a brain injury and lost her memory. According to this study, Cadence's defense mechanisms could help her regain the lost memories. Sigmund Freud's psychoanalytic theory was used in this study to examine Cadence Sinclair's defense mechanism. The results showed that the defense mechanism protected her and helped restore memory after Cadence accepted the accident. It was also mentioned that this analysis distinguishes between three categories of defense mechanisms: sublimation, repression, and fantasy.

White et al., (2020) analyzed about psychological problems entitled *Post-Traumatic Stress Disorder is Associated with Further Increased Parkinson's Disease Risk in Veterans with Traumatic Brain Injury*. The purpose of this study was to examine the potential risk factors for Parkinson's disease associated with traumatic brain injury and posttraumatic stress disorder. In this study, an algorithm based on a validated International Classification of Diseases 9 code was used to confirm Parkinson's disease, traumatic brain injury, and post-traumatic stress disorder using a qualitative method. According to the study's results, individuals with comorbid traumatic brain injury and posttraumatic stress disorder may be at low risk of moderate synergistic overload, as well as an independent association between both conditions and

an increased risk of relative PTSD. The disease has been diagnosed in a diverse national cohort of military veterans.

Paudel, B. (2021) analyzed psychological problems entitled *Psychoanalytical Study of The Main Character's Personality in The Film 'Fight Club'* Was Carried Out to Identify the Aspects of the Psychological State of the Film's Main Character Who Had Severe Insomnia and Anxiety Problems. Based on the theoretical teachings of Sigmund Freud, Carl Jung and Jacques Lacan, the identification is complete. The main character's conversations, experiences, actions, mindsets and thoughts were all collected by the researcher. The researchers organized them according to the different facets of psychoanalytic theories developed by different psychologists. This is followed by a concise analysis of how the information collected relates to the specific psychoanalytic theory and how these elements reflect or are connected to the personality of the main character. The relationship between the main character and the female protagonist was also examined by the researcher. The results show that the main character's strange sexual and non-sexual behaviors were due to a large amount of repressed thoughts, feelings and desires.

The next researcher, Fadillah (2021) analyzed about psychological problems entitled "Post-Traumatic Stress Disorder as Portrayed in A.J. Finn's Novel *The Woman in the Window* and Haruki Murakami's Novel *Colorless Tsukuru Tazaki and His Years of Pilgrimage*: A Comparative Literature

Analysis". The theories of Sigmund Freud, Carl Jung and Jacques Lacan form the basis of the final identification. The author wants to examine both books as they both focus on post-traumatic stress disorder. The two books used as objects in this work are "Colorless Tsukuru Tazaki and His Years of Pilgrimage" (2013) by a Japanese author and "The Woman in the Window" (2018) by an English author. Referring to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V), which presents the American Psychiatric Association's theory of posttraumatic stress disorder, the purpose of this study is to examine the nature of posttraumatic stress disorder. traumatic stress disorder and identify similarities and differences in this regard. Anna Fox and Tsukuru Tazaki, the main characters in each book, both suffer from post-traumatic stress disorder. This study also examines the basic elements of the two literary works to identify their similarities and differences. To complete this analysis, the author used a qualitative descriptive method as all data were provided in the form of words and sentences. Many sources, including A, are used by the author when compiling information. The Woman in the Window by... H. In addition to relevant books, articles and magazines, the analysis is supported by Finn, Colorless Tsukuru Tazaki and His Years of Pilgrimage by Haruki Murakami. Conclusion: There are both similarities and based on the results of the analysis.

Fridah & Qolbi (2022) analyzed about psychological problems entitled Post Traumatic Stress Disorder Tokoh Aku dalam Novel Asybahul Jahim Karya

Yasmina Khadra Tinjauan Psikologi Sastra (*Post Traumatic Stress Disorder at Character of Me in the Novel Asybahul Jahim by Yasmina Khadra Review of Literary Psychology*). The article was conducted to analyze the forms of Post Traumatic Stress Disorder that my character experienced in Yasmina Khadra's novel *Asybahul jahīm*. The study resulted in the conclusion first, that the character of I in Yasmina Khadra's novel *Asybahul jahīm* underwent Post Traumatic Stress Disorder (PTSD). Second, through an analysis of the approach to literary psychology with Kaplan & Sadock theory, several important things have been found, among other things, there have been causes that led to the character I experienced PTSD in the novel, such as, Sulaiman's death, Haitem family events and insults to the family of my figures. Third, some characteristics of someone experiencing PTSD according to Kaplan and Sadock are found in the novel, among others, a) The Figure I see, hear, and even experience some events related to serious injury or death, as well as receiving threats to the physical integrity of himself or the person around him. b) The reaction of the character I involve fear and helplessness, c) The character I experience a recurring dream of the tragedy that inflicts suffering, etc. Fourth, there were some attempts by my character to exit the PTSD he experienced, such as leaving Kafr Karam which was none other than his hometown, seeking a new life in Baghdad, and joining the resistance group.

Psychoanalytical Study is a study in the same field among several previous studies and this study. Several previous studies also discussed PTSD

but different theories were used to analyze PTSD, some used the theories of Flannery, Kaplan and Sadock, Sigmund Freud, Carl Jung, and Jacques Lacan, but in this study used Diagnostic and Statistical Manual of Mental Disorder (DSM-5) by American Psychiatric Association (APA). Apart from the theory being different from previous research, the object studied is also different. The object of this research is the novel. The researcher uses the novel "*The Extraordinary Life of Sam Hell*" by Robert Dugoni.

2.2 Theoretical Background

2.2.1 Psychology

The term psychology comes from Greek. "Logos" means knowledge and "Psyche" means soul. Unless psychology can be defined as knowledge that learns about behavior and mental processes, psychology cannot directly learn about the soul or mind due to its abstract properties. Rather, psychology is tied to the manifestation and expression of the soul or spirit, which is behavior and process or activity. Conversely, the findings of psychology relate to the soul and are based on systematic scientific methods. The scientific study of the human mind and behavior is called psychology. (Hebb & Donderi, 2013).

According to Sigmund Freud in (Chandrapedia, 2013), The three components of psychology are ego, superego, and id. Each element has a unique origin, aspect, function, operating principle, and toolset. According to Alfred Adler, people have a social and individual psychological structure.

Adler's primary theory views individuality as the primary problem. According to his theory, there are two main forms of encouragement: selfish and social encouragement, and modest encouragement and compensation as an improvement in human life. A person's lifestyle serves as the basis for understanding his behavior. Our creativity serves as the primary motivator, the foundation of philosophy, and the source of all behavior.

Carl Gustav Jung in Chandrapedia, (2013), explains that there are three different types of psychological concepts: self, emotional and spiritual person, and personality function. A totality of mental content is called a psyche. The self is a completely conscious and unconscious personality. Since each person has a personality that is very different from the others, he believed that humans were special. Jung differentiated between the terms unconscious and subconscious. One of the older sciences is psychology, also known as the science of the "breath of life." For many centuries, psychology was understood as the philosophy or science of the soul. However, neither the literal interpretation nor the antiquated definition accurately captures psychology as it exists today. One of the leading minds was asked to define psychology in the early years of the current century when psychologists were working hard to establish psychology as a science in the modern sense. His answer, which has since been quoted many times, was that psychology is "what psychologists are interested in" and that the only way to understand the nature of this science is

to look at the work of psychologists and understand the goals, that they are trying to achieve (Woodworth and Marquis, 2013).

The study of human behavior is called psychology. The science of human behavior is a collection of sciences. While physiology studies the organs and cells that carry out an organism's tasks, social science studies the different countries and groups of people. An individual-centered middle science has its place. In between lies psychology. The study of behavior from conception through childhood, adolescence, and maturity to later years of reduced functioning is called psychology. He does not undergo any personal development throughout his life and his behavior shows both continuity and a lot of scope for variation. Psychology draws analogies between children and adults and between humans and animals. It is fascinated by individual differences and, if possible, even more by universal laws of behavior that apply even to the most diverse people - laws that relate to growth, learning, thinking, and emotions, for example. Psychology is defined as "the science of the activities of the individual."

Psychology is the science that studies the mind. It used to be taken for granted that you could always look within and control your thoughts. In 1820, the German philosopher Herbart realized that a lot of things happen in your head that you don't know about. Around 1900, Sigmund Freud made this a central tenet of his theory. Similar to Herbart, Freud believed that "things that one is ashamed of or that one finds unpleasant are retained and suppressed

in the unconscious.” Like many others at the time, Freud believed that it was possible to study any other mental process. But it is now obvious that no mental process can benefit from introspection or “looking within.” You don't know you're conscious. You are aware of your surroundings, your speech, your body language, and your “inner language,” but you are not aware of your inner thoughts. (Hebb and Donderi, 2013)

2.2.2 Personality

In psychology, the term “personality” refers to the entire collection of ideas, emotions, and actions that make up the psyche. The word “personality” comes from the Latin word *persona*, *persona* refers to the masks that actors wear in plays and games. Therefore, the ordinary person's understanding of personality is based on social behavior and the self-perception one desires from the social environment. A person's personality can influence whether they behave well or badly, and a person's appearance can often reflect their personality. The concept of personality includes not only the entire mind, but also actions, emotions, consciousness, and unconsciousness. When we look around, we see a wide variety of human behaviors. This is because every person has different characteristics. Reason is one of the inherent abilities of humans that other living beings do not possess. Because of this ability, humans can control the natural environment around them. Prawira (2017).

The American Psychiatric Association defines personality as “the enduring characteristics, interests, drives, values, self-concepts, abilities, and emotional patterns that constitute an individual's unique adaptation to life.” Although different theories provide different explanations for the structure and development of personality, they all agree that personality plays a role in shaping behavior. The definition and nature of personality, as well as its development, structure, trait constructs, dynamic processes, variations (with an emphasis on permanent and stable individual differences), and maladaptive forms, are studied in the field of personality psychology.

A person's personality is a balanced mix of complex and ever-changing psychological and physical systems that determine how they perceive, think, act, and adapt to their surroundings to stand out from the crowd. This suggests that each person has a unique personality (Riadi, 2012). For example, younger and older siblings exhibit significantly different characteristics and behaviors even though they have the same mother. In addition, a person's environment can play a supporting role in shaping his personality by motivating him to take certain actions. To interact and influence an individual's behavior, the environment also serves as an interface between people.

A person's personality can change based on factors other than their environment. A person's personality may need to change due to external circumstances (Fridah and Qalbi, 2022). Psychology is a fascinating topic to talk about further. Bullying, insults, and other forms of harassment are

commonplace today and can hurt a person's mental health, both in person and on social media. A mental disorder, also known as mental illness, is a medical condition that affects mood, behavior, thinking, and feelings. Some mental disorders occur sporadically, while others are chronic and persist over a very long period. Mental disorders can affect the ability to have interpersonal relationships and everyday functioning.

2.2.3 Psychoanalytical Study

Psychoanalytical Study demonstrates how modern psychology has influenced both literature and literary criticism. Sigmund Freud, an essential figure in psychological criticism, revolutionized our understanding of human behavior by delving into new or contentious areas such as wish-fulfillment, sexuality, the unconscious, and repression, as well as expanding our understanding of how language and symbols work by demonstrating their ability to reflect unconscious fears or desires. The goal of psychological research has three aspects. First and foremost, the goal of studying behavior is to identify the elements that contribute to its development and expression. Second, the psychologist is working to build a procedure for accurately predicting behavior. Third, psychology seeks to develop strategies that will allow for the regulation of behavior, i.e., the means of. (Paudel, 2021).

Psychoanalysis is a form of psychology founded by Sigmund Freud, a Viennese physician, in the 1890s and further developed by him, his students,

and other followers. It entails doing acts such as using methodology to investigate the human mind, building a systematic understanding of the mind, and devising a way to treat psychological or emotional problems. Psychoanalysis evolved over time to encompass many elements of life, including literature, rather than only the treatment of mental illness, giving rise to what is now known as psychoanalytic criticism. Psychoanalytic critique adopts the "reading" procedures developed by Freud and other theorists to interpret texts. It contends that literary writings, like dreams, express the author's inner desires and fears, and that a literary work is a reflection of his or her neuroses. (Zemmitti, 2021).

Scholars ranging from Aristotle to Friedrich Nietzsche have pursued intuition, creativity, personalities, and human emotions. All of our attempts were to improve our personalities. Sigmund Freud (1856-1939) established a broader theoretical basis for the formation, organization, and understanding of the human mind. (Dobie, 2002; Paudel, 2021)

Freudian psychoanalysis. Freud was one of the most prominent and controversial intellectuals of his time, in addition to being one of history's finest psychiatrists. His theories contribute significantly to our understanding of personality, dreams, sexuality, cognitive mechanisms, awareness, and other topics. He gained both a following and a lot of criticism, which helped make psychoanalysis a popular theory from the twentieth century to the present.

We may take it for granted now, given the advances in the discipline of psychoanalysis, but it was not always easy. Sigmund Freud was born on May 6, 1856, in the earlier Austro-Hungarian Empire (now part of the Czech Republic), and went to Vienna (Austria's capital) with his father in 1860, where he remained until the end of his life. He excelled in school and had a keen interest in history and literature, which eventually turned to science. He was accepted into the University of Vienna for medical studies. His teachers impacted him, and he developed an interest in 'Mechanistic Physiology'. He worked on it for 6 years and published several studies on neuroanatomy. He aspired to be a research physiologist but had to work as a practicing physician and in a hospital for clinical training due to some strange issues at the time. His previous neuropathological interests prompted him to diagnose organic brain diseases under senior supervision. He decided to specialize in the field. He then received a fellowship and spent some time studying with French neurologist Jean Charcot (1825-1893). Charcot's specialty was polio and multiple sclerosis, but after meeting Freud, they were deeply involved in the study of Hysteria. Freud intended to specialize in brain injuries and disorders, but it did not attract enough patients, so he began treating patients who had symptoms of hysteria.

Freud tried those as well, but they were ineffective, so he switched to Direct Hypnosis. This was slightly more effective than the prior ones. (Freud and Fancher. 1910). He then co-authored 'Studies in Hysteria' with Joseph

Breuer in 1895, claiming that hysterical symptoms are caused by unresolved but forgotten childhood traumas (Dobie, 2002; Paudel, 2021). He wrote 'The Interpretation of Dreams' five years later, in which he addressed the essential notions of psychoanalysis. Thus, early psychoanalysis was established for the treatment of hysteric patients.

Freudian 'Unconscious'. According to Freud and Fancher (1910; Paudel, 2021), two challenges arose while using hypnosis to treat hysterical patients. First, it was impossible to captivate everyone. Second, Freud was curious about the 'how' and 'why' aspects of repressed ideas and their entry into the unconscious. The Freudian unconscious differs from today's unconscious or subconscious. Today, we may refer to the unconscious mind as when we see something unnoticed or when our mind processes thoughts without our conscious awareness. However, Freud's unconscious was a vast ocean of repressed wants, socially unacceptable and unmet taboos, traumatic childhood experiences, and others. There has been consistent interest in Contemporary Literary Studies in the Unconscious and the notion and effects of repression associated often with arguments about.

Jung's unconscious. Freud's unconscious differed from Jung's in that Freud believed that one's understandings, past experiences, memories, childhood traumas, and similar personal kinds of stuff shape the unconscious, whereas Jung believed that past personal experiences are only a part of the human unconscious and that this deeper layer of unconscious is shared by all

of us, which Jung called the "Collective Unconscious." Literature is respected all over the world because it symbolizes the collective unconscious of all people, which is comparable to the writers. So, if someone is analyzing literature from a Jungian perspective, they should consider not only individual personality features but also where the collective unconscious is active. (Paudel, 2021).

2.2.4 Mental Disorder

A mental disorder refers to a group of symptoms that indicate a malfunction in the psychological, biological, or developmental processes that underlie mental functioning. These processes can manifest as clinically significant disruptions in a person's cognitive abilities, emotion regulation, or behavior. Inability to participate in social, occupational, or other important activities and/or severe distress are typically associated with mental illness. The loss of a loved one or another common stressor may elicit expected or culturally acceptable responses. These reactions are not signs of mental illness. Unusual behavior in social situations (e.g. conflicts that are primarily between a person and society (political, religious or sexual) and deviations from social norms are not considered mental illnesses unless they are the result of an underlying personal dysfunction (Cockerham, 2020).

A mental disorder is a pattern of behavior or thought that significantly impairs a person's personal functioning or causes significant distress. It is also

known as mental illness or psychiatric disorder. A clinically significant disorder in a person's behavior, emotion regulation, or thought processes is another indicator of mental illness. It is usually associated with suffering or impairment in critical areas of functioning. Mental illnesses come in a variety of forms. Mental illnesses also include mental disorders. These symptoms can occur sporadically or continuously, recurrently and intermittently. There are numerous known medical conditions and each has its unique signs and symptoms. Mental health professionals, typically clinical psychologists or psychiatrists, can diagnose these disorders.

The causes of mental disorders are often unclear. Theories can incorporate insights from different areas. Mental disorders are usually defined by a combination of a person's behavior, feelings, perception, or thinking. This may be associated with specific regions or functions of the brain, often in a social context. A mental disorder is an aspect of mental health. When making a diagnosis, cultural and religious beliefs as well as social norms should be taken into account. Services are based in psychiatric hospitals or in the community and assessments are carried out by mental health professionals such as psychiatrists, psychologists, psychiatric nurses and clinical social workers, using various methods such as psychometric testing, but often relying on observation and support surveys.

A person's ability to function in daily life can be affected by mild to severe mental illness. Socializing, working, and maintaining family ties all fall into this

category. Despite their complexity, mental illnesses are curable illnesses. Truth be told, the majority of people with mental illness are still able to live normal lives. If a person's condition is more serious, they may need to be hospitalized in the intensive care unit. Sometimes this illness can make you feel like you're hurting yourself or giving up. Various mental health specialists offer treatment. The two main forms of treatment are psychotherapy and psychotropic medications. Social interventions, peer support, lifestyle changes, and self-help are other forms of treatment. In a small percentage of cases, involuntary detention or treatment may occur. Depression has been shown to decrease with prevention programs. Although there are many different types of mental disorders, PTSD is the main topic of this research.

2.2.5 Post-Traumatic Stress Disorder

PTSD is defined as the persistence of these symptoms long after the event has occurred. PTSD involves trauma and anxiety, negatively impacting social relationships (APA, 2013). According to Friedman (2014), traumatic or stressful events such as war, injury, violence, or sexual abuse can lead to post-traumatic stress disorder (PTSD). Therefore, experiencing or witnessing a traumatic event can lead to a mental illness known as post-traumatic stress disorder (PTSD). The incident can cause severe anxiety, uncontrollable thoughts, nightmares, and flashbacks.

Traumatic experiences are, by their very definition, frightening and overwhelming. PTSD is often associated with events such as car accidents, natural disasters, or acts of violence. It is common after experiences like these to feel flooded with powerful emotions such as fear or sadness, and to begin avoiding situations that remind you of the trauma. PTSD refers to the presence of these symptoms well after the event is over. Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and severe anxiety, as well as uncontrollable thoughts about the event. Some people in the real-world experience PTSD like Lady Gaga. She admitted to suffering from post-traumatic stress disorder after being raped at age 19, followed by Oprah Winfrey admitting to experiencing sexual abuse at age 9, and many others (Sativa, 2016).

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD. Getting effective treatment after PTSD symptoms develop can be critical to reducing symptoms and improving function.

Causes of PTSD

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder caused by a traumatic incident. The event could involve an accident, a natural disaster, rape, or war. The disorder causes sufferers to experience anxious sensations as well as intrusive memories, flashbacks, and nightmares related to the traumatic event (APA, 2013). Experiences that have caused trauma are inherently frightening and overwhelming. PTSD is often caused by acts of violence, natural disasters, and car accidents. It is normal to feel overwhelmed by intense emotions such as fear or sadness after such experiences and begin to avoid situations that provoke the trauma.

Symptoms of PTSD

Symptoms of post-traumatic stress disorder can appear as early as a month after a traumatic event, but can take years to manifest. These symptoms have a significant impact on relationships, at work and in social settings. They can also make it difficult for you to carry out your everyday activities. Typically, four categories apply to PTSD symptoms: intrusive memories, avoidance, negative cognitive and affective changes, and altered physical and emotional responses. Symptoms can change over time or from person to person.

PTSD was added to the DSM-5 classification of trauma and stress-related disorders by the American Psychiatric Association in 2013. In the DSM-5 there are eight criteria for diagnosing PTSD.

Criterion of PTSD

If a person fits the criteria or diagnostic criteria for PTSD, he or she can be diagnosed with the condition. The DSM-5 has eight criteria, each with its own set of points and conditions to meet. Each criterion indicates a different element of PTSD. The American Psychiatric Association's fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (APA, 2013) summarizes all of the criteria listed below.

1. Criterion A: Stressor.

Criterion A offers four points concerning how people get PTSD. PTSD's stressors can include exposure to death, injury, and sexual abuse. Criterion A requires one of the following:

- 1) Directly experiencing the trauma;
- 2) Seeing suffering firsthand;
- 3) Finding out that a close relative or friend experienced the trauma.
- 4) Repeatedly experiencing the unpleasant aspects of trauma.

2. Criterion B: Intrusion Symptoms

According to criterion B, those affected by PTSD perceive the haunting images of their trauma in five different ways. Criterion B requires at least one of the following:

- 1) Reliving memories of the terrible event;
- 2) Recurrent nightmares;
- 3) Several flashbacks;
- 4) Excessive psychological pressure;
- 5) Vivid reactions to stressful memories.

3. Criterion C: Avoidance Symptoms

To meet this criterion, one must do one of the following two things:

- 1) Avoid disturbing memories or internal memories; or
- 2) Avoid or make efforts to avoid external reminders.

4. Criterion D: Negative Changes in Cognition and Mood Symptoms

PTSD patients experience negative changes in their mood, cognition, and mental activity. At least two of the following are required for this criterion to be met:

- 1) Inability to recall the essential details of the trauma;
- 2) Constantly believe something negative about oneself or others;
- 3) Constantly blaming oneself or others for the trauma;
- 4) Circumstances of persistent negative emotions;
- 5) Decreased interest in activities;
- 6) The feeling that one is distancing oneself from others; and
- 7) Being unable to experience happy emotions.

5. Criterion E: Changes in arousal and reactivity symptoms

These symptoms are summarized in Criterion E, which requires at least two of the following:

- 1) Great aggressiveness with little or no provocation;
- 2) Self-destruction;
- 3) Hyper-alertness;
- 4) Exaggerated agitation or reaction;
- 5) Concentration problems; and
- 6) Sleep problems.

6. Criterion F: Duration:

After exposure, PTSD symptoms typically manifest for three months or later. For PTSD to be diagnosed, symptoms must last longer than a month. A chronic or persistent illness occurs when symptoms persist for more than six months.

7. Criterion G: Impact on the social life of those affected:

Any symptoms or disorders caused by PTSD must have an impact on the relationships, jobs, and daily lives of those affected.

8. Criterion H:

The disorder has nothing to do with medical conditions or the physiological effects of alcohol. The above criteria for PTSD apply to adults, adolescents, and children over the age of six. There are some slight differences in the criteria for PTSD patients under the age of six (APA, 2013).

Recovering PTSD

For many PTSD sufferers, talking about their symptoms and diagnosis can be challenging. They may feel alone, helpless, or ashamed when thinking about your post-traumatic stress disorder. However, they must remember that a diagnosis is only a tool. By identifying, labeling, and understanding their symptoms, they can choose healing exercises.

The symptoms don't have to define them or dictate their life. Human resilience is strongly supported by the available data.

- Experiencing one traumatic event instead of several;
- having friends and family who support them;
- receiving support from people who have experienced similar trauma;
- Discovering meaning and purpose for your life;
- The feeling that you can overcome life's challenges (a feeling of mastery);
- maintaining routines and participating in daily activities;
- Seek therapy if symptoms become overwhelming;
- Using coping strategies that help them face their fears and symptoms rather than avoid them are some of the factors that predict recovery from a traumatic event.

The sufferers do not have the power to change some of these variables. For example, they have no control over whether they have had more than one

traumatic experience. However, they can control many other variables, such as their level of social support and their efforts to confront their fears. (Raja, 2012)

2.3 The Sketch of the Work

Robert Dugoni is the critically acclaimed *New York Times*, *Wall Street Journal*, *Washington Post* and #1 Amazon bestselling author of the Tracy Crosswhite police series set in Seattle, which has sold more than eight million books worldwide. He is also the author of the Charles Jenkins espionage series, and the David Sloane legal thriller series. He is also the author of several stand-alone novels, including *the 7th Canon*, *Damage Control*, *The Literary Novel* *The Extraordinary Life Of Sam Hell* --- *Suspense Magazine's* 2018 Book of the Year, for which Dugoni's narration won an Audio File Earphones Award --- *The World Played Chess*, as well as the nonfiction exposé *The Cyanide Canary*, a *Washington Post* Best Book of the Year. Several of his novels have been optioned for movies and television series.

Dugoni is the recipient of the Nancy Pearl Award for Fiction and a two-time winner of the Friends of Mystery Spotted Owl Award for best novel set in the Pacific Northwest. He is also a two-time finalist for the International Thriller Award, the Harper Lee Prize for Legal Fiction, the Silver Falchion Award for mystery, and the Mystery Writers of America Edgar Award. Robert Dugoni's books are sold in more than 25 countries and have been translated into more than two dozen languages. (Benson, 2013)

- Books by Robert Dugoni

Series

- David Sloane

It has five books. They are *The Jury Master* (2006), *Wrongful Death* (2009), *Bodily Harm* (2010), *Murder One* (2011) and *The Conviction* (2012)

- Tracy Crosswhite

It has ten books. They are *My Sister's Grave* (2014), *Her Final Breath* (2015), *In the Clearing* (2016), *The Trapped Girl* (2017), *Close to Home* (2017), *A Steep Price* (2018), *A Cold Trail* (2020), *In Her Tracks* (2021), *The Last Line* (2021), *What She Found* (2022) and *One Last Kill* (2023)

- Charles Jenkins

It has three books. They are *The Eighth Sister* (2019), *The Last Agent* (2020) and *The Silent Sisters* (2022)

- Keera Duggan

Keera Dugan is the newest series by Robert Dugoni. He just release one collection entitled *Her Deadly Game* (2023)

Novels

Dugoni has released several novels such as *Damage Control* (2007), *Hotel Angeline* (2011) (with others), *The 7th Canon* (2016), *The Extraordinary Life of Sam Hell* (2018), and *The World Played Chess* (2021). (*Fantasticfiction*, 2023)

In this research, the researcher will analyze a novel by Robert Dugoni entitled "The Extraordinary Life of Sam Hell". The researcher will analyze the mental disorders in the novel, namely Post Traumatic Stress Disorder. The Story tells us about Sam Hill was born with red pupils, and was called "Devil Boy" or Sam "Hell" by his classmates. He believed it was God who sent Ernie Cantwell, the only African American kid in his class, to be the friend he so desperately needed. And that it was God's idea for Mickie Kennedy to storm into Our Lady of Mercy, uprooting every rule Sam had been taught about boys and girls. Forty years later, Sam, a small-town eye doctor, is no longer certain anything was by design - especially not the tragedy that caused him to turn his back on his friends, his hometown and the life he'd always known. Running from the pain served little purpose. Now, as he looks back on his life, Sam embarks on a journey that will take him halfway around the world. (Dugoni, 2018)

About Robert Dugoni, He is also the author of the Charles Jenkins spy series and the David Sloane legal thriller series. He is also the author of several standalone novels, including the 7th Canon, Damage Control, The Literary Novel, and The Extraordinary Life Of Sam Hell - Suspense Magazine's 2018 Book of the Year, for which Dugoni's narration has an audio File Earphone Award won --- "The World Played Chess" as well as the non-fiction exposé "The Cyanide Canary," which was named best book of the year by the

Washington Post. Several of his novels have been adapted into films and television series.

In addition to receiving the Nancy Pearl Award for fiction, Dugoni twice won the Friends of Mystery Spotted Owl Award for best novel about the Pacific Northwest. Additionally, he was a two-time finalist for the Mystery Writers of America Edgar Award, the Silver Falchion Award for Mystery, the Harper Lee Prize for Legal Fiction, and the International Thriller Award. Robert Dugoni's books, which have been translated into more than 20 languages, are sold in more than 25 countries.

2.4 The Author and His life

Robert Dugoni was born in Idaho in 1961 and grew up in Northern California. He currently lives in Seattle, Washington. He had always known that writing was his dream job. Since he was the middle child of nine siblings, he spent a lot of time alone and enjoyed writing. Plus, he always joked that he never had the time to really talk because he was always around kids. By seventh grade, he knew he wanted to be a well-known author. Robert Dugoni studied journalism and creative writing while attending Stanford University. At the same time, he was employed as a journalist at the Stanford Daily. After receiving a Phi Beta Kappa award from the university, he worked for a time at the Los Angeles Times in both the Metro Office and the San Gabriel Valley

Office. He then enrolled at the UCLA School of Law and began practicing law in San Francisco at Gordon and Rees.

Before he decided to devote himself full-time to writing in 1999, he spent thirteen years there. Robert Dugoni then moved with his family to Seattle, where he settled into a small, windowless office and began writing his first book. It took him three years to finish writing his first book. Before his first success there was a setback. When Robert goes to a neighborhood bookstore that specializes in writing books, he discovers the “How To” section. After his manuscript is rejected several times, he begins reading it while taking notes. He read writings by Christopher Vogler, Lawrence Sanders and Saul Stein, among others. He also attends seminars given by renowned writers who pass on their knowledge about the craft and art of writing.

Robert Dugoni’s books have been nominated for and have won several awards. He received the 2015 Nancy Pearl Award for Fiction for her book *My Brother's Grave* and received two literary awards from the Pacific Northwest Writers' Association. His nonfiction exposé “The Cyanide Canary” won the 2004 Washington Post Book of the Year award. Additionally, Dugoni was twice nominated for the Harper Lee Award for Legal Fiction and was a finalist for the 2015 International Thriller Writers' Thriller of the Year. The author's books have been translated into several languages, including German, French, Spanish, and Italian, and have been sold in over 20 countries to date.

Robert Dugoni is a New York Times bestselling author who fits many of these descriptions. A reporter, actor and lawyer, he was also the author of fast-paced legal thrillers such as “The Jury Master,” “Wrongful Death,” “Bodily Harm” and “Murder One.” In addition to the knowledge gained from his previous careers, he brings to his writing an exceptional talent for developing characters and placing them in thought-provoking, realistic circumstances. It's not hard to see where Robert got some of his inspiration. He was raised by a mother who encouraged him to read and by nine brothers and sisters. But his father's influence remained and is evident in everything he writes, be it books, articles or remarks on Facebook or his website. Robert's bond with his father, which he valued, made him a great husband and father.

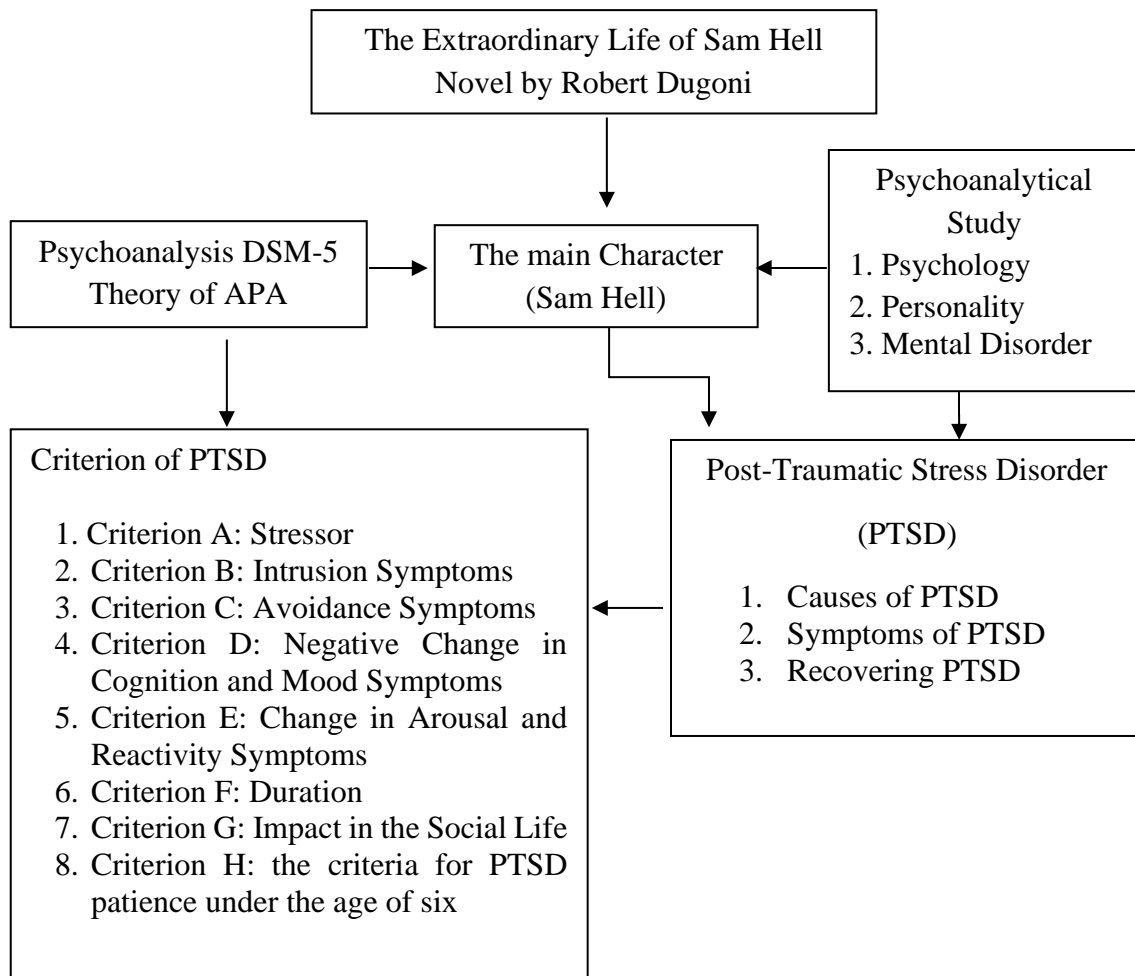
Robert stated in Bodily Harm's Acknowledgments: “I have always said that [my father] should have been a writer because he lived his life by the writer's mantra: show, don't tell. Robert claims he never saw his life give a lecture to his father, but rather be an example of correct behavior. In the acknowledgments, Robert adds: “Without my father, I would never have started writing books.” It seemed that his only purpose in life was to give his children every opportunity to realize their desires. That belongs to me. My career is thanks to both him and my mother. “You can read Robert's story about “farewell to his father” on his website. Robert was fortunate enough to be able to visit his father on Father's Day 2008 and spend the last three days with him before he passed away from cancer.” He shared the lesson with Cassandra Overby in an

online interview on April 18, 2013, which he had learned on the day of his father's death. He then explained: "I have concluded that it is more important to leave a legacy of quality than to leave a legacy of quantity."

The protagonist of Robert's work, David Sloane, is cursed. He has to deal with many people who want him to fail because of his reputation as an unbeatable lawyer. David is a strong, independent man. He is afraid to form relationships until the other person proves their worth because he grew up without a father figure. Jake's presence as stepson both reinforces and complicates David Sloane's isolated existence. Even more challenging than his cases are the moral issues David faces as he tries to do what's best for his stepson, such as "The Conviction" cases (the rescue of Jake from a horrific government-run internment camp in the wilderness). and "Bodily Harm" show. Help Jake re-establish contact with his biological father.

As wonderful as it is to see how Robert's father's influence has permeated his writing, it is equally inspiring to see how it shapes his life. He writes enthusiastic reports about his children on Facebook. He recently wrote about his son: "What does it mean when your 16 years old son borrows your shirt and suits and they fit him?" Where have the years gone?". He also proudly boasts that his young daughter was featured in the pages of The New York Times. He wrote an article about his feelings when his daughter locked the bathroom door while she was using it. How it helped him realize how quickly precious time was passing and how his child was growing. (Benson, 2013).

2.5 Conceptual Framework



Conceptual framework helps researcher to design the research. Conceptual framework makes researcher is easier to arrange and to analyze the data from novel. The Researcher uses Diagnostic and Statictical Manual of Mental Disorder, fifth edition (DSM-5) by American Psychiatric Association (APA) to analyze Post-Traumatic Stress Disorder in the main character of *the Extraordinary Life of Sam Hell* novel by Robert Dugoni. This research will analyze the causes, symptoms, and recovering PTSD to Sam Hell as the main character.