



Childhood Trauma in the Main Character in the Novel *Jogja with Bastian* Works by Visya Nabila

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Abstract

The novel *Jogja with Bastian* tells the trauma of childhood and the impact of trauma experienced by the main character, with the example of Domestic Violence (KDRT). The trauma theory used in the preparation of this study uses Maslow's theory, namely the humanistic personality theory. The research method used in this study is qualitative descriptive using reading and note-taking analysis techniques, and the data produced is in the form of quotations from the novel *Jogja with Bastian* by Visya Nabila. For the results of the study, there are nine data, of which six data are for childhood trauma with the need for a sense of security, the need to be accepted, the need to be appreciated, the need for self-actualization, and three of the data for the impact of trauma, namely being closed to the people around them, like to hide their problems, and lack of confidence.

Keywords: *Childhood Trauma; Domestic Violence; Novel Jogja with Bastian*

Introduction

One example of a literary work is a novel. Novels are the result of the author's experience in dealing with his social environment with the author's imagination (Al Ma'ruf & Nugrahani, 2019:57). The following is an example of trauma problems in the novel titled *Di Tanah Pepper* by Ziggy Zezszyzeoviennazabrizkie. The results of the analysis discussed the story of a child who committed many acts of physical violence and finally chose to commit suicide. The incident occurred because a child was sexually abused by his stepfather. This makes the impact of physical and psychological trauma (Intan, 2017).

In addition to the problems in the novel, there is one news that is being talked about, namely about a celebrity child from Malang who was abused by his caregiver. The child was beaten, grabbed by his hair until he suffered injuries and bruises on his face, eyes and ears. Her caregiver did all of that because her employer left her out of town for two days. Until now, the child's condition has been traumatized, namely not wanting to meet new people and fearing a lonely situation (Rosa, 2024).

Childhood trauma is a bad or bad experience experienced as a child (Irwanto & Kumala, 2020). According to Cavanagh, there are four types of trauma, namely developmental, intrapsychic, extensive,

and situational trauma (Hatta, 2016:3). According to Maslow (in Minderop, 2011:49) his theory of multi-layered needs consists of physiological, security, love and belonging, self-esteem and self-actualization.

In this study, the researcher took the theory according to Maslow to be used as a reference for research. The researcher took Maslow's theory because the results of the analysis were more dominant using Maslow's theory. There are three examples of relevant research, namely:

The Impact of Domestic Violence (KDRT) on Children's Psychiatric Development in the Novel in the Land of Pepper by Ziggy Zezsyazeoviennazabrizkie Psychological Review The development of the research was compiled by (Intan, 2017). The results of the research are to discuss the plot, setting, impact, and forms of violence that occur in the novel. One of the objectives of the above research is to determine the impact of domestic violence (KDRT) on children's psychiatric development.

The Impact of the Main Character's Traumatic Event on Shozuai's Novel The study was compiled by (Purnami, 2022). The results of this study discuss some data on the impact of traumatic events experienced by the main character, namely inherent trauma, continuous fear, aggression, negative self-assessment, depression, false beliefs, excessive emotional responses, and also taking sedatives. The purpose of this research is to describe the impact of the traumatic events experienced by the main character in the novel.

Childhood Trauma, Romantic Relationships, and Threshold Personality was written by (Wibhowo, 2019). The research was taken in a psychology journal which was very helpful in the course of this research in the field of psychiatry. The results of this study discuss a person's psychological problems which are driven by several factors, one of which is a lack of understanding from a person and a lack of confidence. The purpose of this research is to find out about childhood trauma, romantic relationships, and borderline personality experienced by a person.

On the other hand, the novel entitled *Jogja with Bastian* by Visya Nabila raises various conflicts about psychology, especially on childhood trauma. The novel *Jogja with Bastian* tells the story of the main character experiencing Domestic Violence (KDRT) when he was a child until now he is an adult, thus causing trauma and the impact of trauma on the main character. This novel also tells the events experienced by the main character in easy-to-understand language and uses slang which makes it easier for readers to understand the content of the novel. From the synopsis, the theory used by the researcher, namely the trauma theory according to Maslow using the book *Literary Psychology: Literary Works, Methods, Theories, and Case Examples*.

Method

The research approach used is literary psychology using a type of qualitative research. According to (Sugiarti et al., 2020:18) qualitative research is research that is described as it is. According to Arikunto (2014:161) explained that the object of research is what is the point of attention in a research. The object of this research is childhood trauma in the main character in the novel *Jogja with Bastian* by Visya Nabila. Data means the basis for producing information and knowledge in research and literary works. The data in this study are quotes, namely words or sentences in novels. The data source in this study is the novel *Jogja with Bastian* by Visya Nabila which was published by Cloud Books with a full address at JL. Adikarya, Bakti Karya, Sukmajaya Depok, West Java. It was published in July 2023 and has 300 pages. The data collection technique used in this study is reading and recording techniques. The validity of the data uses data triangulation and theoretical triangulation.

Results and Discussion

The results of the study that will be described in this study are childhood trauma where the author found six data, while for the impact of trauma there are three data for a total of eight data. The following are the results and discussion:

a) Childhood Trauma

According to Maslow (in Minderop, 2011:49) childhood trauma is a psychological wound that occurs in childhood, both physically and psychologically and humanistic personality which consists of physiological, security, acceptance, appreciation, and self-actualization.

- Need to be appreciated:

1. "You don't know me, dog!"

Bugh!

Bastian chuckled slightly by holding his cheek that had just been hit by his Brother's punch.

"You and Dad are the same, Bang. You guys have a problem venting it to me. Indeed, you think I'm a bag, huh?! I'm also human, Bang. I'm a human, not an animal that you can torture. Even animals should not be treated badly, let alone a human. Why don't you just kill me, Bang? Let the burden of your life disappear, Dad, and Mommy." (T.01/JWB:34)

Bastian, who had just been hit by his brother, was protesting to him. Bastian really disliked his brother's rude nature towards him because his brother had already slapped him on the cheek. He felt that the attitude of his father and brother made Bastian upset, because he always vented his anger on him through punches. Therefore, Bastian considers himself to be a child who has never been considered and always underestimated by his parents and his brother. His father and brother treat Bastian as if he were an unworthy animal to be treated well by his owner. Bastian's presence is a burden for both his parents and his brother. Bastian only wanted affection and love from his brother, father, and mother, but they instead treated Bastian the opposite.

- The Need for a Sense of Security:

2. "That's right! This little boy was in pain after his hand was hit with a hammer by his own biological father. Actually, if people see this painting, they won't be able to interpret it that way because it's next to here," Bastian pointed to one of the sections. "There was blood on this side that was not very visible, and on this side there was a hammer that his father used to hit him. Then, don't you see that there is someone behind here who is his father." (T.02/JWB:60)

Bastian was explaining a painting that had been seen by one of his friends, but his friend did not know that it was a painting drawn and taken from Bastian's true story. In the painting it depicts a small child who is being beaten with a hammer by his father and is bleeding so much that it makes the child in pain. His father, who hit the child with a hammer, did not help treat his wounds but just kept silent and was left behind. His father, who did all this to Bastian, did not admit that it was wrong and caused trauma to Bastian later. The painting has a very negative effect when shown to people. Meanwhile, there is a hidden impression of his paintings, namely about someone expressing himself through paintings.

3. *BUGH!*

BUGH!

BUGH!

Sakura closed her mouth in disbelief seeing the middle-aged man suddenly hit Bastian mercilessly. He saw Bastian lying down. The man who always comforted her, the man who liked to make her angry, it turned out that the man also had his own wounds

BUGH!

BUGH!

BUGH!

"DAD, ALREADY!" shouted Baskara as he saw Bastian lying limp and bleeding.

Bima-Bastian's father-did not listen to his first child's words. He actually tortured Bastian even more. Bima stepped on Bastian's hand with his foot that was still wearing his work shoes. (T.03/JWB:83)

Sakura is one of Bastian's friends. Sakura accidentally saw firsthand the incident where Bastian's biological father suddenly hit her for no reason and left Bastian lying limp on the floor of his house, after his father hit her repeatedly. Sakura, who saw the incident, was shocked and surprised that there was a biological father who had the heart to beat his own child until he was merciless. Baskara, who could not bear to see his brother lying on the floor with blood pouring out, finally separated his father by keeping him away from Bastian. Baskara tried to mediate the incident but, to no avail. Bastian's condition had fainted and was bleeding everywhere because his father was constantly beating Bastian. Like a dog beaten by its owner, there is no mercy. The incident made Sakura stunned to see her and could not say anything but to help Bastian who had fainted due to being beaten by her father. Then, his father left Sakura and Bastian in a helpless state.

4. Bima kicked Bastian in the stomach until the man fell. After that, Bima stepped on Bastian's chest until the man coughed and held a sting in his chest. Not stopping there, Bima squatted down and hit Bastian in the face without the slightest pity. He had the heart to beat his own son blindly. It didn't just end there, now his father grabbed Bastian until his head was lifted and then he slammed it just like that, making a loud noise. Bastian is still alive, even he can still show a smile to his father.

"Let's torture Bastian even deeper, as long as it can make Dad relieved"

Bima paused for a moment when he heard his son's words. But after that, he slammed Bastian's head on the floor many times until fresh blood came out of his head. After that, Bima hit Bastian in the face again. Not just once, but many times. (T.04/JWB:252)

Bastian who was being tortured by his father until he bled in one part of his body and was too weak to withstand the blows done by his father but, Bastian could still smile at his father. Several punches made Bastian unable to bear the pain. Then, Bastian had the courage to tell his father to continue torturing him while it made his father relieved and happy, Bastian said. His father, who heard the words, paused for a moment. Then, not long after, his father hit him many times until he lay on the floor and Bastian fainted. His father, who beat Bastian as if he was torturing an animal, did not make him realize that the tortured was his own biological child.

- Self-Actualization Needs:

5. "Sometimes I think, why was I born? I have a lot of shortcomings, many people leave me, I don't have many people in my life." (T.05/JWB:133)

Bastian, who is regretting his life because of his family who should love him, actually makes Bastian disappointed in his family. He always felt a lot of lack because Bastian didn't have many people

in his life. Bastian has such thoughts because his family never cared and loved him. His family could only torture him and often Bastian thought that he was not worthy of life because of the actions of his father who always tortured him and his mother and brother who were always busy with his personal affairs.

- Requirements to Be Accepted:

6. "What is Bastian wrong with Dad?" A weak voice entered Bima's sense of hearing, but his father never stopped torturing him.

Bima stood up again and stepped on Bastian's hand on the floor. He stepped on Bastian's hand with his work shoes, even the step was very strong. His son was still alive; his smile was still there. (T.06/JWB:252)

Bastian, who was already weak because he had no energy and was not strong enough to withstand the blows taken by his father, made Bastian resigned himself to the situation. Finally, Bastian asks his father if Bastian has ever made a mistake that made his father hate him. Bastian asked like that because, Bastian wanted to get love from his biological father, not to get violence from his biological father. After Bastian asked such a question, his father did not utter a single word to answer Bastian's question. Because Bastian's question made his father even hotter and continued to torture him, but Bastian was still able to withstand the pain from the blows and his smile was still awake for his father.

b) Impact of Trauma

Trauma in children begins with excessive fear of a situation (Mardiyati, 2015). Parents who are often rude to their children cause trauma that is difficult to remove in the child's soul. Examples of cases in the novel of the impact of trauma experienced by the main character include being closed to the people around them, like to hide their own problems, and lack of confidence. The following are the results of the analysis on the novel *Jogja with Baastian* :

7. "Bus, I want to ask."

"Yes, what's up?"

Sakura stared at Bastian for quite a long time. "Why do you rarely talk about your situation?"

Bastian was silent for a moment, staring in the other direction. He then looked back at the woman beside him with a smile. "I just don't want the people around me to be worried."

"But, with you, are they not worried? Precisely when you are hiding and only find out when your condition is like this, they feel even more guilty because they feel that they have failed to be your friend. I also felt that I had failed to understand other people's circumstances. You often help me, but I'm never sensitive to your situation." The girl lowered her head. (T.07/JWB:89)

One of Bastian's friends, Sakuraa, suddenly asks Bastian about him who rarely tells his life problems to those closest to him. Sakura asks like that because Sakura thinks that Bastian is very introverted to the people around him, so he tells Bastian to hide the problems he is experiencing not to make him cool and tell when it has happened it only makes Bastian's friends feel upset about his attitude and they also feel like they have failed to be Bastian's friends. Bastian's friend said that he just wanted to bully Bastian to be more open with his friends about his personal problems and not to hide alone. So that later his friends can help solve his problems. The function of friends is to help each other, not to play secrets. That was the implicit message that Bastian's friend wanted to say to him.

8. "Do you like that with the stars?" asked Sakura looking at Bastian who was next to her staring at the stars in the sky.

Bastian smiled, his eyes still staring at the stars.

"Yes, that star is a silent witness to my life since I was a child. I have nothing to complain about with the stars. Worried? I even came up with a name for them." (T.08/JWB:91)

Sakura, who was invited by Bastian to see the stars, asked Bastian, why do you like stars so much. Then Bastian told one of his friends that when he had a problem or was feeling distressed, he always told the stars. The star in the sky is a silent witness to Bastian's life because, he has a personality trait that likes to solve his own problems without telling his friends. This habit made Bastian give special names to the stars in the sky. That's why the stars in the sky were so precious to Bastian when he felt that the world was not on his side. His friend who listened to it all from Bastian's mouth directly felt guilty for being insensitive to his friend.

9. Bastian does like to paint, but he rarely shows his paintings in front of many people. Today, for the first time, he will show his work for many people to see. And for Bastian, today is a special hasri. (T.09/JWB:271)

One of Bastian's friends told everyone that Bastian had a talent for painting, but Bastian was embarrassed to show his paintings to people. Bastian, who always thinks that his paintings are not worthy of being displayed in public. Even though the paintings he makes are always beautiful and beautiful. Then Bastian's friends persuaded Bastian to participate in an exhibition and finally Bastian agreed. Everyone who saw Bastian's painting immediately fell in love with the painting he made. However, Bastian is still not confident that his paintings are worthy of being shown to the public because the paintings he made have an implicit message in them about his personal life and are afraid that people who see his paintings will not like them.

Conclusion

Based on the results and discussion above, the researcher found 9 data, including 6 data on childhood trauma and 3 data on the impact of trauma. The theory used uses Maslow's theory of humanistic personality. For the results of the research on childhood trauma with cases of Domestic Violence (KDRT), the need for security, the need to be accepted, the need to be appreciated, and the need for self-actualization (Iskandar, 2016), while the impact of trauma is acquired closed to the people around them, likes to hide their problems, and lacks confidence.

The story in the novel *Jogja with Bastian* by Visya Nabila is written with familiar problems in our environment, so that readers are very enthusiastic about literary works, one of which is reading novels. In addition, this research was conducted to achieve two factors. The first factor is that researchers want to attract attention so that people love to read. Both authors want to convey an implicit message to readers so that they can take the positive side and practice it in daily life about childhood trauma and the impact of that trauma.

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