

# SYMPTOMS AND CAUSES OF TRAUMATIC EXPERIENCES IN LEILA S. CHUDORI'S NOVEL *FOR NADIRA*

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Received: 2023-04-03

Accepted: 2023-05-21

Published: 2023-05-29

## Abstract

This study aims to analyze the traumatic experiences and their effects in the novel *For Nadira*, written by Leila S. Chudori. She is an Indonesian author who has written various journal and literary works, one of which was awarded the Khatulistiwa Literary Award in 2013. A traumatic condition occurs due to events (single or continuous) whose intensity is beyond everyday human experience or which are interpreted as extraordinary by individuals, causing feelings of anxiety, fear, and helplessness that have a negative impact on the quality of life physically, mentally, spiritually, and socially. The writers chooses this title to determine two objectives: first, to reveal the symptoms of the traumatic experiences, and second, to explain the causes of the traumatic experiences using the theory of trauma from Irwanto and Hani Kumala. This research is completed using the descriptive-qualitative method. The data are taken from the novel *For Nadira*, Leila S. Chudori. The effects of traumatic experiences can make a person feel panic, constant fear, sensitive, angry and have a sense of hatred towards the people involved in the trauma experience.

**Keywords:** *causes and effects; symptoms; traumatic experiences*

## 1. Introduction

Literary works are the results of the thoughts of authors who have ties to psychology because they are related to psychological aspects that are represented through the characters that appear in a story. This is related to the opinion of Minderop (2010: 3), who says that literary texts are a reflection of characters who have psychological problems. The emergence of the novel *For Nadira* by Leila S. Chudori is clear evidence that the opinion above is valid until now because it discusses emotional and behavioural conflicts in a character that are included in psychological problems. Leila S. Chudori is a journalist, novelist, and writer of a television drama entitled "*Dunia Tanpa Koma*," played by Dian Sastrowardoyo in 2006. This television drama won the commendable soap opera award for the 2007 Bandung film and Leila S. Chudori as the screenplay writer of the commendable television drama at the same festival.

*For Nadira* is a novel telling about a family that has three children, namely Nina, Arya, and Nadira. Nadira is a smart girl who is able to make money from writing

short stories at a young age. She is traumatized by her elder sister's bullying, which included in immersing almost her entire head into a toilet bowl filled with urine. Nadira also experiences trauma after the death of her mother, who committs suicide by taking a lot of sleeping pills. The mother's sudden death and the treatment of her elder sister cause psychological scars and affect her life.

Traumatic experience is a single factor that causes fear and helplessness, thereby triggering post-traumatic exposure symptoms (Irwanto and Hani Kumala, 2020: 10) and this is found in the novel. The researchers want to learn more about traumatic experiences in the novel because these events are based on unfair behavior towards one character and disappointment over the death of a loved one. The researchers want to analyze more deeply the traumatic experience through *For Nadira* by Leila S. Chudori; the trauma that occurs is something fatal because it affects the life of the main character in this novel.

## **2. Literature Review**

### **2.1 Traumatic Experience**

A traumatic condition occurs due to events (single or continuous) whose intensity is beyond everyday human experience or which are interpreted as extraordinary by individuals, causing feelings of anxiety, fear, and helplessness that have a negative impact on the quality of life physically, mentally, spiritually, and socially (Irwanto and Hani Kumala (2020: 6). The understanding of traumatic experiences changes in line with the history of the study, requiring a relevant conceptual understanding. In this case, Irwanto and Hani Kumala (2020) explain that the study of traumatic experience has a different picture, which is divided into three perspectives.

#### **1. Medical Perspective: Traumatic Experiences are Disorder**

Traumatic experiences are considered one of the mental disorders caused by something that affects the mental state. The medical perspective assumes that trauma is a disease that originates from the individual, including both physical and mental, intellectual, and behavioral conditions (Irwanto and Hani Kumala 2020: 10). Jones & Wessely in Irwanto and Hani Kumala (2020: 10) state that a traumatic event is the single factor that causes horror and helplessness, thus triggering post-traumatic symptoms. The medical perspective in seeing the nature of this disorder greatly influences the elements that must be intervened in, namely building confidence in oneself and others, developing new views in dealing with life's challenges, and building new goals (Irwanto and Hani Kumala, 2020: 12).

#### **2. Perspective of Psychology Positive**

This perspective addresses trauma and traumatic experiences in a more optimistic light. In his critique, Fromm sees that the human task is to escape biological instincts in order to love life more and avoid destroying it (Irwanto and Hani Kumala, 2020: 16). It can be concluded that this perspective illustrates that trauma can pass or heal with positive individual thinking leading to life lessons that will lead to a better life in the future. Positive psychology provides empirical evidence regarding posttraumatic growth (PTG), namely that humans grow older because they are able to learn from their traumatic experiences and direct their lives toward new, more positive goals.

### **3. Perspective of Human Development**

From this perspective, it is explained that humans experience good and bad developments that can be seen in the surrounding environment. It is undeniable that traumatic crimes can also occur based on the environment. The human development perspective presupposes that humans grow and develop in dynamic interactions with their environment (Irwanto and Hani Kumala, 2020: 20).

#### **2.2 Symptoms of Traumatic Experiences**

According to Irwanto and Hani Kumala (2020: 38), symptoms are certain behaviours as a reaction to traumatic experience. Irwanto and Hani Kumala (2020) also say that post-traumatic symptoms are divided into three major parts. Based on the behaviour that is often observed, the symptoms are hyperarousal, intrusion, and constriction.

##### **1. Hyperarousal**

Hyperarousal is a symptom showing that an individual is always on guard to face similar events that make the person traumatized; hyperarousal reactions are considered the most prominent reaction (cardinal symptom) of the traumatic experience.

- a) Constant panic and fear reactions so that the person is easily irritated, often becomes aggressive, and cannot sleep well.
- b) This very sensitive state does not only occur when the person is awake but also when she is sleeping and is easily surprised by things (sounds or events) that are unexpected.
- c) Having an intense reaction to stimuli that specifically reminding a person of the traumatic event. Excessive and recurring fear, sadness, emotion, or anger when the traumatic episode is re-experienced or reminded of, either through a real event or viewing a remembrance of the episode.
- d) Loss of trust and an extraordinary sense of hatred towards people or things related to the traumatic event. Victims of violence and rape often experience this feeling.

##### **2. Intrusion**

Intrusion is a very strong and embedded memory depiction of a traumatic event that is experienced both in their sleep and consciously in their behaviour.

- a) Recurrent memories of events when the individual is awake or asleep (in the form of dreams). Repetition of this memory is very disturbing (intrusive), so if it is not addressed, it will be bad for health and social relationships. These repetitive memories can develop into depression and its symptoms.
- b) A great intrusion can affect a child's development. Manifestations of developmental setbacks in these patients take the form of loss of skills to speak, being quiet, and being closed.
- c) Violent intrusion gives the individual a false impression

##### **3. Constriction**

Constriction is helplessness; feelings and thoughts are dulled, and all forms of self-defence collapse completely.

- a) Suicidal behaviour and thoughts. This happens because their way of thinking is affected so that they consider themselves dirty, useless (victims of rape), the cause of death or accident for others, cursed by God, isolated or alone, or unable to do anything.

- b) Avoidance behaviour. The patient frequently experiences amnesia (memory loss), avoiding topics related to the traumatic events.
- c) Emotional numbness. In dealing with events or situations that are similar to traumatic experiences, sufferers do not show interest, and their emotional expressions are flat.
- d) Individuals who cannot eliminate thoughts and feelings related to their traumatic experience will try to numb the feeling by using alcohol/psychoactive substances (hypnotics), which are depressants.

### **2.3 Causes of Traumatic Experiences**

To understand the traumatic experience, it is necessary to pay attention to the subjective nature of the experience itself. There are several reasons why a person has a traumatic experience. According to Irwanto and Hani Kumala (2020), the causes are distinguished into natural disasters, traffic accidents, bullying, rape, and the loss of a loved one.

#### **1. Natural Disasters**

Natural disasters can be classified into three kinds. First, disasters due to biological events. These disasters are caused by bacterial or viral pathogens that can take the form of a pandemic, epidemic, or epidemic of infectious disease. Second, disasters due to hydro-meteorological events. This disaster can be caused by high or low rainfall, such as floods, storms, and droughts. Lastly, disasters due to geophysical events. This disaster is caused by energy generated from various geophysical events. This disaster is divided into three:

- a. Disasters due to seismic energy, such as earthquakes and tsunamis.
- b. Disasters due to volcanic energy, such as volcanic eruptions and the flow of mountain larvae.
- c. Disasters due to gravitational energy, such as landslides (debris avalanches, mudslides, volcanic lava avalanches, and avalanches). (Keim in Heryana, 2022: 6).

#### **2. Traffic Accident**

Traffic accidents are "an unexpected and unintentional event involving a vehicle with or without other road users, involving human victims or property loss." In this paragraph, victims are dead victims, victims of serious injuries, and victims of minor injuries. From the statement above, unexpected events have victims who are still alive, and unpreparedness can cause trauma to victims because the process is fast without realizing it (I Nyoman, 2019). To prevent accidents, there are several factors that must be considered. First, the condition of the vehicle is good and it is equipped with seat belts (cars and trucks). Second, the condition of the road surface must be monitored frequently. Third, the human factor of driving has an official letter and is not in a state when drunk (Gopalakrishnan, 2012).

#### **3. Bullying**

Bullying occurs when someone in power targets someone who is weaker. The dictionary defines bullying as an act of abuse of power to hurt a person or group verbally or physically so that the victim feels depressed and helpless. The use of excessive power in an effort to discipline children by parents, caregivers, and teachers indirectly encourages bullying behavior; an imperfect upbringing has the potential to make someone a bully (Sejiwa in Narwastu, 2011). Trauma that occurs due to bullying

results in pent-up anger. The anger that is held in self-control will overflow, which has the potential for the victim to become the next bully and the potential for suicide for the victim who cannot stand bullying (Yusuf, 2012).

#### **4. Rape**

Someone who has experienced sexual violence faces a dual sector, namely, being given empathy, pity, and a negative label as a child who has been tarnished from society (Irwanto and Hani Kumala, 2020: 73). A society that stigmatizes children's experiences (especially sexual violence) places an additional psychological and emotional burden that exacerbates the situation; this has the potential to cause various problems such as depression and post-traumatic disorders (Irwanto and Hani Kumala, 2020: 71).

#### **5. Losing of a Loved One**

Parents have an important role in children's lives to help them overcome psychological trauma (Irwanto and Hani Kumala, 2020: 71–72). Adolescents can survive stressful conditions if they have a good and loving relationship with their parents, especially their mothers. The loss of parents has an impact on adolescent development because it leaves a deep sadness. Based on Suzanna's research in Hudria (2020), the meaning of parental death is a sense of loss, namely the loss of affection, attention, and friends to share.

### **3. Research Method**

In this research, the writers use the descriptive qualitative method because the data are not in the form of numbers but are instead taken from excerpts or narratives taken from the novel as a data source, then analyzed in a descriptive way, and the findings are presented descriptively. Sandelowski (2000) says that qualitative descriptive research has the aim of making a comprehensive summary of events in everyday life from events. Researchers conducting studies and using qualitative descriptive methods remain close to the data, but in different and sensible combinations of data collection and data analysis.

The source of this research data is a novel entitled *For Nadira* by Leila S. Chudori. Data collection technique is done using documentation techniques. In research by Awalludin & Anam (2019), it says that document techniques means the data are collected from related documents, whether in the forms of books, journals, articles, or the text of the novel *For Nadira* by Leila S Chudori. Furthermore, the steps of the analytical procedure in this study are reading novels, making story synopses, identifying and classifying symptoms and causes of traumatic experiences, as well as summarizing the results. The research validity test of data using expert validity tests is related to the results of research data analysis. The collected data are then classified based on the symptoms and causes of the traumatic experience. Furthermore, the data are analysed by explaining the quotations to prove that the data are in accordance with the subject or scope of this research. This is followed then by describing the data to emphasize that each quotation really meets the matter being analysed in this research. Finally, the findings of this study are presented after the analysis is completed.

## 4. Discussion

This research shows that:

Nadira's symptom is Hyperarousal, with the following characteristics:

- a) Panic and constant fear.
- b) Being sensitive when staying awake or asleep.
- c) Excessive anger when a traumatic experience is recalled.
- d) A sense of hatred for the person associated with the traumatic experience.

The causes of Nadira's traumatic experiences are

- a) Bullying
- b) Losing a loved one

### 4.1. Symptoms of Traumatic Experiences

This sub-chapter contains a discussion about the symptoms of the traumatic experiences suffered by Nadira in Leila S. Chudori's novel *For Nadira*. Hyperarousal is a symptom characterized by individuals who are always on guard, which causes panic and anxiety that occur in their lives after the traumatic experience occurs. Nadira is the main character in this novel and the protagonist of this subject. She experiences a traumatic experience in accordance with the statements of Irwanto and Hani Kemala (2020), which refer to hyperarousal symptoms that have several characteristics. First, panic and constant fear; second, a very sensitive state either while staying awake or sleeping; third, excessive anger. Lastly, there is hatred. The following shows that Nadira experiences hyperarousal symptoms.

#### **Panic and Constant Fear.**

“Nadira ran to the bathroom. She plunged her head into the clean water of the tub. Then she lifted it out. Only now did she understand that this had become a habit because she had been punished by having her head held in the toilet bowl. She plunged her head again. Everything was black as night like black ink. She plunged her head. Again. Again. Over and over” (Chudori, 2017: 83).

The data above illustrate that Nadira has a sense of panic and fear. This is indicated by the sound of dishes falling. Without a command, she runs to the bathroom and throws her whole head into the toilet. The panic and fear arise because of her father's reaction to her dismissing a plate of cake and lasagna that she has bought from the office where her father works, according to orders. She runs without understanding what is going on. After lifting her head from the closet, only then does she understand that it is a punishment that is often received if something goes wrong, even though the cause is not her own. The image of the traumatized Nadira continues to fill her mind and soul, so that the fear persists. It can also be seen in the following quotation:

“The space under her desk had transformed into the place where she hid all her sadness. I often saw her feet in sneakers sticking out from under her desk. That was a month after her mother died, one afternoon in 1991” (Chudori, 2017: 171).

The data above explain that Nadira again shows a sense of fear due to a traumatic experience, namely the death of her mother. She makes being under the table a better place to hide fear and sadness than the house. According to Nadira, a home is a

place that holds a myriad of experiences that she wants to forget, even though in reality the traumatic experience always appears in her memory wherever she is. Not only the psychological state changes, but also the physical one. Nadira's hair is getting messy. Her face is disheveled, and there are traces of tears on her cheeks.

### **Sensitive When Staying Awake or Asleep**

“I dream that my head was being plunged into the toilet bowl, over and over. In, out, in, out. And every time my head came out, I was forced to say, I'm sorry, I won't steal again, I'm sorry, I won't steal again. But the more I said that the longer my head was held in the toilet that was filled with piss that had not been flushed”  
(Chudori, 2017: 79).

The data above show that Nadira has a sensitive state when she deals with her traumatic experiences, whether she is awake or asleep. That sensitive state is in the form of memories that come back about the torture that her sister does. After the tragedy that is committed by Nina, it turns out that her younger sister does not remember her at all. She starts telling stories about her head being put in the toilet repeatedly, and when her head is lifted, Nadira is forced to say sorry and would not steal again. The longer Nadira says that sentence, the longer it takes for her head to be put into the toilet with urine that has not been flushed. The memory returns when Nadira connects with someone who traumatizes her; she is Nina. A scene memory opens in the form of a flashback of past events when the torture that is carried out by her sister occurs. Then Nadira realizes that it is not a dream but has actually happened because she could still taste and smell the urine from the toilet that has not been flushed until then.

### **Excessive Anger**

Mr. X, this famous psychiatrist, was quoting the line from a poem by Anne Sexton:

“But suicides have a special language.  
Like carpenters, they want to know which tools.  
They never ask why build.”

Nadira gave no response at all and had no intention of pandering to Mr. X's madness. But, damn it! His question reopened a picture of the past, three years ago to be precise, when she first discovered her mother sprawled on the floor of the house, no longer alive. Her body was blue. Her lips were whitish from dried froth. Chrysanthemums fill her grave. (Chudori, 2017: 99-100).

In the quotation above, we see the beginning of Nadira's excessive anger. She is assigned to interview a psychiatrist named Mr. X. During the interview, Mr. X always mentions and asks questions about Nadira's life and her family, especially the death of Kemala Yunus, Nadira's mother. He starts asking how Kemala ends her life, accompanied by a soft laugh that stabs right in the middle of Nadira's heart. Then she asks what Nadira sees for the first time when she finds her mother, who has committed suicide, and states that suicide has a special language. That statement unfolds a memory from the past: exactly three years ago, Nadira finds her mother lying on the floor with her body, face, and lips blue because of dried foam. Nadira feels that she is not in the

police station but in a room from the past twenty years ago. Nadira never understands why her mother wants white chrysanthemums. Mr. X says the tuberose is too mystical and the white chrysanthemums are perfect for people who are tired of life and the world. And Nadira's peak of emotion and anger continues in the quotation below:

“What?” Nadira was almost exploding.

“Someone who is tired of the world... someone who wants to retire from life”.

“Mr. X's voice was so soft and regular, like the verse of a song. He was speaking with his eyes closed. He had reached the state of ecstasy he wanted. Two seconds later, his face was hit with an almighty punch” (Chudori, 2017: 107-108).

The data above show that Nadira experiences increased emotional turmoil when forced to recall the events that lead to the traumatic experience. The series of memories in the form of flashbacks to the past and statements about her mother that she thinks truly make the emotional spike explode like a bomb. In general, a woman's physical strength is not comparable to a man's, but with a single punch from her fist, she is able to break the nose of Mr. X. This is a characteristic of hyperarousal symptoms, namely excessive anger when the traumatic episode is recalled again, which is clearly illustrated in the data quoted above.

### **A Sense of Hatred**

“You hate your sister, I can see it in your eyes.” Mr. X's cheerful voice brought Nadira back to the police sergeant's room. She quickly pulled herself together. She took a tissue from her backpack and wiped her lips” (Chudori, 2017: 105).

The quotation above explains the emergence of a sense of self-hatred for someone related to the traumatic experience. In the quotation above, Nadira does not say clearly that there is hatred towards Nina, but with the movements and reactions she gives when the question is directed at her, with closed lips there is a diversion, namely trying to rub her lips and starting to sweat, it can mean that there is hatred in her eyes and in her heart, but she cannot say it.

“I was hardly listening to Yu Nina's grumbling. I was taking notice only of her muffled instructions from behind her face mask, telling us to move this and that according to categories: the chairs and antique table that had to be refinished; some plates, bowls, and antique cutlery; some antique lamps; and last of all some of Ibu and Ayah's books in Dutch on a big bookshelf” (Chudori, 2017: 16-17).

Based on the quotation above, it tells us that Nadira and her two elder siblings are in the warehouse to clean up the place, which is full of the belongings of her mother and father. Nadira sees Arya taking out some antique chairs to be refinished and Nina, who starts grumbling about her parents' habit of collecting things but in the end, never using them at all. But it turns out that Nadira barely hears her complaint. In this part, it can be concluded that Nadira does not respond to anything Nina says, she loses respect for her elder sister after what she has done. And the following quotation also proves that Nadira begins to feel hatred and disappointment towards her elder sister:



“Yai, yaiyai... you’ve got father virus, replaying the old recording. I’ve heard Ayah.s biography since you were a baby. But, even with all his intellectual background, anyway? Does he feel insulted?”  
(Chudori, 2017: 68)

The conversation above is a quotation when Nadira calls Nina, who is in America. She discusses her father, who rarely eats and has insomnia due to retiring from work and his position being taken over by his friend. Nina responds to the complaint by saying her father is just too stubborn and feels humiliated to be the head of the advertising division. Hearing her elder sister's response, Nadira could not stand it. She feels her chest burn and her heart scald because it is too hot, then slowly puts the phone down. When the phone rings again, Nadira ignores it and heads to the bathroom to repeatedly dip her head into the tub full of water while her father is pacing around using clogs in the kitchen.

## 2. Causes of Traumatic Experiences

In this sub-chapter, the researchers analyse the causes of the traumatic experiences suffered by the main character Nadira in Leila S. Chudori's novel *For Nadira*. Traumatic experiences are not caused by one single factor. According to Irwanto and Hani Kumala (2020), the causes are distinguished into five categories: natural disasters, traffic accidents, bullying, rape, and losing a loved one. But in this analysis, there are only two causes of the traumatic experience suffered by Nadira in Leila S. Chudori's novel *For Nadira* they are bullying and losing a loved one. The following quotations are the details:

### Bullying

“One, two, three...”Nadira's head is still down the toilet. A few seconds. She can stand the stink of piss and the fizzing fumes entering her nose and mouth. But she cannot bear the pain of Nina pulling her hair”(Chudori, 2017: 31).

The quoted data above show bullying in the form of torture that Nina does to Nadira to get her honesty. Nina's actions of pulling her hair and dipping her sister's entire head into the toilet are part of bullying. There are many ways to make someone tell the truth without resorting to physical torture, but Nina chooses the wrong path when she traumatizes her younger sister. Nadira is forced to confess to stealing shopping money from Yu Nah. Even though she says it is her money, her sister still does not believe it. Nina does not give her a chance to explain where the money comes from. Until finally, she gives up on Nina's cruel treatment and wants to be in the toilet forever. Another quotation showing bullying experienced by the main character is seen below:

“Read it.”

Nina glances at it. There is a children's short story titled “Journey to the Blue Land”. The writer: Nadira Suwandi. Now the night breeze is becoming angrier; she feels dry and hot. But this is nothing compared to her mother's stabbing glare” (Chudori, 2017: 34).

The quotation above explains that Nina has made a fatal mistake because she deliberately commits bullying, torture, and accuses Nadira of stealing money. After

that, her mother brings a magazine to give to Nina and asks her to read it. The magazine bears the title of a short story, namely *Journey to the Blue Land*, written by Nadira Suwandi. Her mother says that the money that Nina finds is the result of Nadira's part-time job writing short stories and that she is not a thief. Immediately, Nina hugs her mother with tears in her eyes. The mother, who always teaches about respect and politeness to others regardless of skin color, gender, or social status, feels disappointed with Nina's treatment. She is supposed to take good care of her younger sibling, but in the end, she mistreats her and never apologizes:

“I never told Nadira I'm sorry.”

“Why not?”

“I felt more guilty towards my mother”

(Chudori, 2017: 34-35).

The data above states that after the incident, Nina never apologizes for everything she has done to her sister, considering what she does is just a small tragedy that would not have any effect on Nadira's life. Nina ignores the incident as if nothing has happened between the two of them. Concerning childhood of Nina, then comes Ruth, a psychologist who manages to get Nina to open up about her childhood again. Shortly after the childhood memories flash back, Nina says that she has never apologized to her sister until she is an adult because she feels more guilty towards her mother, who wants to make her an elder sister who loves and cares for her younger sibling. And what she does is only because she wants to be a good elder daughter. The psychologist says that Nina has tortured and accused Nadira of stealing and owes her an apology, but Nina casually says she could never apologize because it is an event that happens a long time ago and has already been deleted from the memory cupboard whose key is thrown into the ocean. But not for Nadira; it is an event that traumatizes her. Basically, she is guilty of both and must apologize for the bad deeds she has done.

### **Losing Her Mother**

“The sudden death of her mother aged Nadira. Since her mother's funeral a year ago, the dark circles under her eyes. had not disappeared. And since then, Nadira saw everything in front of her without color. It was all bland and grey. She slept, woke up, and daydreamed in the space under her desk. Every day”

(Chudori, 2017: 64).

The data above illustrate Nadira's condition after losing her mother traumatizing her and making her not to take good care of herself. The appearance of dark circles under the eyes indicates that there is a lack of time to rest, and she sees that everything is colorless. She always make it under the table as a place to rest and dream instead of home. Nadira feels such a deep loss; she not only loses a mother figure but also a friend to whom she could pour out all her complaints and sorrows. Mental unpreparedness makes her live without passion, with sadness and fear that occur continuously. The same situation can be seen in the following quotation:

“Kang Arya, have you ever felt that the only thing your life touches is the four walls of the grave; and all you can see is the sky changing color? Have you ever felt that you want to just fuse with the earth

because you want to be one with all the elements within it? Don't the holy books tell us that we are all created from dust?"

"Do you know, Kang, that for years after Ibu died leaving us, there was a huge rock that pressed on my body, my liver, my heart, that meant all I could do was lie on my back in that grave, unable to live, but also unable to die?" (Chudori, 2017: 133)

The quotation above also describes how Nadira lives after her mother's death. She feels her life only intersected with the four walls of the grave with a view of the sky changing color and wants to immediately merge with the ground. It can be interpreted that Nadira's life is like only living in a lonely place with a bitter past, while she sees other people living with happiness. And after the departure of her mother, she also feels that there is a large stone that hits her body, her heart, and her heart in the grave so that she could neither live nor die. No one else can lift her from the grave. For years, Nadira slumps in the grave and never gets an answer to the question that always weighs on her mind, namely, why her mother breaks ties and chooses to leave them in a very futile way. From the quotation above, it can also be concluded that the grave that Nadira is referring to is a bitter experience in the past until someone can get her out of the grave, as in the following quotation:

"Was Niko the sun that warmed Nadira's life? Arya had never forgotten her corpse-like face when their mother died four years ago. He could bury himself in his work. And true, it was only how that he saw light in Nadira's eyes. Arya knew he had to allow Nadira to choose her own path in life. He could only hope that she had made the right choice" (Chudori, 2017: 140)

After all these years, finally, a man comes who, without hesitation, gives his hand to lift Nadira from the grave and convinces her and makes her realize that Nadira is a woman who has the right to be happy like the others. That man is Niko Yuliar. Arya can never forget Nadira's face, which looks like a living corpse after her mother's death because she buries herself with a myriad of jobs without rest. Through difficult considerations, Arya finally tries to understand her sister's decision and hopes that her younger sister's choice is the right one.

## 5. Conclusion

Based on the analysis of the novel Leila S. Chudori *For Nadira* about the symptoms and causes of Nadira's traumatic experiences, the following results are obtained: Nadira Suwandi is the main character in the novel *For Nadira*. Nadira Suwandi is formerly a very active, cheerful woman who loves her elder sister. But after being bullied and losing her mother, she becomes rigid, having no zest for life, and harbouring hatred for her elder sister. In other words, bullying and losing her mother cause Nadira to suffer traumatic experiences. The incident also changes her physique; she then appears neglected, with messy hair and a thin body, and there are tear marks on her cheeks.

A traumatic experience is something that is not good because it has a negative impact on a person, and is difficult to heal, and can leave a mark on their life. Based on the data, the name of Nadira's traumatic symptom is hyperarousal, which has several

characteristics, such as panic, constant fear, excessive anger and hatred, a very sensitive state either while staying awake or asleep.

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