

ABSTRACT

ROM, BEATRIX DA SILVA. (2023). **The Effects of Abusive Treatments Experienced by the Main Character Jude in *A Little Life* by Hanya Yanagihara.** Yogyakarta: Department of English Letters, Faculty of Letters, Universitas Sanata Dharma.

This study examines one of the issues in the novel *A Little Life* by Hanya Yanagihara (2015). The researcher aims to discuss the significant effects of abusive treatment resulting in the story's main character, Jude St. Francis, experiencing prolonged childhood trauma into adulthood. The researcher considers that the main points related to the issue of trauma experienced by the main character need to be examined in more detail. It includes how the main character is portrayed in the novel and every detail of the abusive treatment he has experienced since childhood. The severe long-term effects include the trauma on his physical damage, behavioral, and cognitive (thoughts), mainly affecting his psychological (emotional) aspect.

There are two main objectives of this study. Firstly, the researcher examines the abusive treatment experienced by the main character, Jude. Secondly, the study's objective is to analyze how these abusive treatments have significantly resulted in the main character experiencing childhood trauma, primarily in his psychological aspect. The method used in this study is the library method which includes primary and secondary sources. The primary source is the novel *A Little Life* by Hanya Yanagihara. The secondary sources include some books, journal articles, and undergraduate theses, which provided material relating to the topic of this study. The researcher included the psychological approach, which helps examine the abusive treatment issue, significantly traumatizing Jude's emotional/psychological aspect.

From this study, the researcher concluded that Jude's abuse treatment significantly impacted him in his adulthood. In the story, Jude has experienced much abuse in his childhood, including verbal, emotional/psychological, neglect, sexual, and physical. All types of lousy treatment given to him affect Jude's life into adulthood. Jude is physically disabled. Jude's traumatic experience also affects his cognitive aspect (mind) related to his self-understanding. Subsequent impacts include Jude's behavior, which often dissociates himself, and the issue of self-destructiveness, which is worsening. Jude could not save himself and refused therapy because he thought nothing would help him. Thus, the tremendous psychological damage he experienced heavily influenced him to end his life by committing suicide.

Keywords: *Abusive Treatment, Psychological Trauma, Cognitive, Behavior, Physical*

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Penelitian ini mengkaji salah satu isu dalam novel *A Little Life* karya Hanya Yanagihara (2015). Peneliti bertujuan untuk membahas dampak signifikan dari perlakuan kasar yang mengakibatkan tokoh utama cerita, Jude St. Francis, mengalami trauma masa kecil yang berkepanjangan hingga dewasa. Peneliti memandang bahwa poin-poin utama terkait isu trauma yang dialami tokoh utama perlu ditelaah lebih detail. Ini termasuk bagaimana karakter utama digambarkan dalam novel dan setiap detail dari perlakuan kasar yang dia alami sejak kecil. Efek jangka panjang yang parah meliputi trauma kerusakan fisik, perilaku, dan kognitif (pikiran), terutama mempengaruhi aspek psikologis (emosional) nya.

Ada dua tujuan utama dari penelitian ini. Pertama, peneliti akan mengkaji perlakuan kasar yang dialami oleh tokoh utama, Jude, di dalam cerita. Tujuan kedua dari penelitian ini adalah untuk menganalisis bagaimana jenis perlakuan kasar ini secara signifikan mengakibatkan tokoh utama mengalami trauma masa kecil, terutama dalam aspek psikologisnya. Metode yang digunakan dalam penelitian ini adalah metode kepustakaan yang meliputi sumber primer dan sekunder. Sumber utamanya adalah novel *A Little Life* karya Hanya Yanagihara. Sumber sekunder meliputi beberapa buku, artikel jurnal, dan tesis sarjana, yang memberikan materi yang berkaitan dengan topik penelitian ini. Peneliti memasukkan pendekatan psikologis, yang membantu mengkaji isu perlakuan kekerasan yang secara signifikan menimbulkan trauma pada aspek emotional/psikologis Jude.

Dari penelitian ini, peneliti menyimpulkan bahwa perlakuan kekerasan yang dilakukan Jude secara signifikan berdampak pada dirinya di masa dewasa. Dalam ceritanya, Jude telah mengalami banyak pelecehan di masa kecilnya, termasuk pelecehan verbal, emosional/psikologis, penelantaran, seksual, dan fisik. Segala jenis perlakuan buruk yang diberikan kepadanya mempengaruhi kehidupan Jude hingga dewasa. Jude cacat fisik. Pengalaman traumatis Jude juga mempengaruhi aspek kognitifnya (pikiran) yang berkaitan dengan pemahaman dirinya. Dampak selanjutnya adalah perilaku Jude yang sering mengucilkan diri dan isu perusakan diri yang semakin parah. Jude tidak bisa menyelamatkan dirinya sendiri dan menolak terapi karena dia pikir tidak ada yang bisa membantunya. Sehingga, kerusakan psikologis yang luar biasa yang dialaminya sangat mempengaruhinya untuk mengakhiri hidupnya dengan bunuh diri.

Kata Kunci: *Abusive Treatment, Psychological Trauma, Cognitive, Behavior, Physical*