

**BETRAYAL RECOVERY IN *THE GIRL ON THE TRAIN*
BY PAULA HAWKINS (2015)**

THESIS

*Submitted as Partial Fulfillment of The Requirement to Obtain Strata One (S1)
Degree in English Department*



**NADA NYATA PASTI
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**ENGLISH DEPARTMENT
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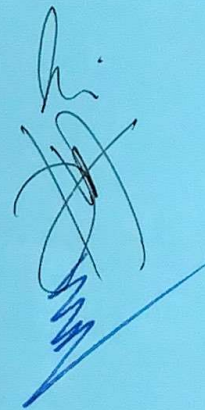
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The researcher realizes that this thesis still has many shortcomings. Therefore, with all humility, the researcher hopes for constructive criticism and suggestions to improve this thesis in the future.

Padang, 21 November 2022

The Researcher

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Abstract

Pasti, Nada Nyata. (2022). Betrayal Recovery in *The Girl on The Train* (2015) by Paula Hawkins. Padang: English Departments, Faculty of Languages and Arts, Universitas Negeri Padang.

Advisor: Desvalini Anwar, S.S., M.Hum., Ph.D.

This research is an analysis of the novel by Paula Hawkins entitled *The Girl on The Train* (2015). This research reveals the kinds of betrayals committed by Rachel's ex-husband and how she was able to manage her life after experiencing trauma, anxiety and depression for a long time. This research is a qualitative descriptive study that uses psychoanalysis theory and is supported by defense mechanism theory. The results of this research indicate several stages that Rachel went through to be able to rise from the adversity she experienced. The stages of recovering the betrayal that are told in this novel are; denial, anger, depression, bargaining and acceptance. These stages have a different time span for each victim, depending on the betrayal experienced and the mental state of each victim. The results of this study also reveal that betrayal can occur not because of the shortcomings and helplessness of the betrayed person, but betrayal can occur purely because the traitors do not have the value of loyalty in themselves. Therefore, no matter how perfect their partner is, traitors will never be satisfied.

Keywords: Betrayal, Trauma, Stages of betrayal recovery

Abstrak

Pasti, Nada Nyata. (2022). Pemulihan Pengkhianatan dalam *The Girl on The Train* (2015) oleh Paula Hawkins. Padang: Jurusan Bahasa Inggris, Fakultas Bahasa dan Seni, Universitas Negeri Padang.

Pembimbing: Desvalini Anwar, S.S., M.Hum., Ph.D.

Penelitian ini merupakan analisis terhadap novel karya Paula Hawkins yang berjudul *The Girl on The Train* (2015). Penelitian ini mengungkapkan macam - macam pengkhianatan yang dilakukan oleh mantan suami Rachel dan bagaimana ia dapat menata kembali hidupnya setelah mengalami trauma, kecemasan dan depresi yang cukup lama. Penelitian ini merupakan penelitian deskriptif kualitatif yang menggunakan teori psikoanalisis dan didukung oleh teori defense mechanism. Hasil penelitian ini menunjukkan beberapa tahapan yang dilalui oleh Rachel untuk dapat bangkit dari keterpurukan yang ia alami. Tahapan pemulihan pengkhianatan yang diceritakan dalam novel ini adalah; penyangkalan, kemarahan, depresi, tawar - menawar dan penerimaan. Tahapan tersebut memiliki rentang waktu yang berbeda untuk setiap korban, tergantung pada pengkhianatan yang diterima dan kondisi mental masing - masing korban. Hasil penelitian ini juga mengungkapkan bahwa pengkhianatan dapat terjadi bukan karena kekurangan dan ketidakberdayaan orang yang dikhianati, namun pengkhianatan dapat terjadi murni karena pengkhianat tidak memiliki nilai kesetiaan dalam dirinya. Karena itu, mau sesempurna apapun pasangan mereka, para pengkhianat tidak akan pernah merasa puas.

Kata kunci: Pengkhianatan, Trauma, Tahapan penyembuhan pengkhianatan

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CHAPTER I

INTRODUCTION

1.1 Background of The Research

As human being we have various feelings as a form of reactions to the events that are being experienced. Some people know how to regulate and express their feeling, but some others are not. Especially for their negative feeling. These people tend to hold back the emotions they feel and let it pass as time passes. In the end, the emotions that are not channeled properly will accumulate over time and make them feel more and more congested for the feelings they have suppressed for a long time.

Zaen Musyrifin (2020) states that life is never free from problems. Starting from problems for individuals, society to problems for the state. Problems of a constructive nature nor destructive. It can be concluded that every individual will never be free from problems, and that is a normal thing. Problem comes and goes is a sign that we are still alive in this world. God gives us problems and trials so that we can learn, we can be more mature and become a better person. We can have conflicts with anyone, even with the closest people such as parents or siblings, bestfriends and spouse. It is because each individual has their own principles and perspective on life. Likewise in the world of marriage. Since marriage combines two individuals with two different backgrounds and personalities to live together in the same place every day. Therefore conflict is

very possible in the household. Domestic conflicts are very diverse, ranging from trivial conflicts such as having different habits in a day, cleanliness and tidiness of the house, to major conflicts such as financial problems, infidelity and domestic violence.

Being betrayed by spouse is one of example of an action that can cause the victim to experience trauma. According to S. Rachman (2015) what makes it harder is the betrayal is done by a trusted person with intentional actions. The most common forms of betrayal are harmful disclosures of confidential information, disloyalty, infidelity and dishonesty. It may interfere with developing social capacities, including the ability to make healthy decisions about whom to trust. It can be concluded that betrayal can happen to anyone. According to Jennifer J Freyd (2012) Betrayal trauma is associated with young adults' physical and mental health difficulties to a greater extent than are other forms of trauma. It can be concluded that betrayal may sound trivial but can have a huge impact on someone's life. The impact is different for each person, depending on the betrayal experienced and how the person responds to it because everybody has different ways of dealing with their problems. Some are able to find a way out of every problem they have more easily, but some others are not. In the end as the result, for those who can not find a way out, they end up getting stuck in the same issue and trauma for a long time.

According to Freyd & Allard (2005) the trauma caused by betrayal may be associated with other problems such as depression and anxiety. This unpleasant event makes people who experience it feel insecure and powerless to continue live

their lives. Long-term reactions states for unstable emotions, strained relationships with other people and even physical symptoms such as shaking, insomnia, no appetite and many more.

According to Jones and Burnette (1994) betrayal occurs in an established relationship where partners are invested in, and to some extent, trust one another, but rejection tends to happen early in the process of trying to develop a connection. However, betrayal is terrible because it destroys a lasting, meaningful relationship in which participants have expended time and emotional energy. From the quotation above it can be concluded that betrayal usually tends to lead to deception. It causes the victim to experience negative emotions such as disappointment, hurt, sadness, anger or even feelings of self-hatred. This feeling may be considered a natural reaction to betrayal. However, not everyone can respond well to the effects of betrayal. For some people, the effects of betrayal may only last for a few days, but for some others, the betrayal they experienced can have a profound effect on their psychological state or may even cause deep and irreversible trauma for a long period of time. The traumatized people will try to avoid the similar incident in the future. They usually feel excessive fear and try to distance themselves from the cause of the trauma they have. They also tend to find it difficult to trust other people and always be suspicious of others because of the fear of betrayal once received.

The researcher uses defense mechanism psychoanalysis theory as the basis for this research to reveal how Rachel's psychological condition is and how she lives her life after being betrayed by her ex-husband. Through psychoanalysis

theory, the researcher can reveal how the structure of the human personality namely the id, ego and superego affects Rachel in survival and how the ego develops a self-defense system, namely a defense mechanism to reduce anxiety and tension due to an unfulfilled id. In addition, through this theory, the researcher can also reveal the steps that Rachel went through to be able to rise and get out of her adversity and how she manage her life to live a better life.

The Girl On The Train is a psychological thriller novel by British author Paula Hawkins published in early 2015. According to Transworld Publisher as the end of July 2015, the book has sold more than 800.000 copies in the United States. This novel is one of literary works that uses trauma and betrayal as the conflicts suffered by the main character. This conflict can be analyzed by using the psychoanalysis theory of Sigmund Freud which discusses changes in behavior that the main character in this novel goes through and how the main character deal with it.

This novel is a mystery thriller novel that tells the story from three different perspectives from each character namely Rachel, Megan and Anna. Each point of view has its own story of family feuds and betrayals. In this study, the author will be focus on the point of view of Rachel Watson, a woman who was betrayed by her ex-husband and took a long time to get up from her trauma. The researcher chose to focus on Rachel because this novel tells more from Rachel's point of view. Also, Rachel's conflict is told in more detail than the other two characters. In addition, the plot in this novel also explains more about Rachel's journey to rise from the trauma she experienced due to the infidelity of her ex-

husband, Tom.

1.2 Brief Explanation of Author's Biography

Paula Hawkins was born on August 26th, 1972 in Zimbabwe. She worked as a journalist for fifteen years before turning her career to a novelist. She is a British author best known for her top-selling psychological thriller novel *The Girl On The Train* (2015) which deals with themes of domestic violence, alcoholic, trauma and betrayal. The novel was also adapted into a film starring by Emily Blunt in 2016. *The Girl on the Train* has been a global phenomenon, selling 23 million copies worldwide and published in over forty languages.

1.3 Focus of The Problem

This research wants to reveal the kinds of betrayal that the main character experiences and the stages that she goes through during the betrayal recovery period that enables her to live a better life also the stages that she went through her betrayal recovery period.

1.4 Research Questions

To analyze the kind of betrayal and the stages of betrayal recovery that the main character goes through in the novel *The Girl On The Train*, the researcher would like to elaborate some questions to analyze the novel. The questions are as follows :

1. What kinds of betrayal does the main character experience in the novel *The Girl on The Train* by Paula Hawkins?

2. How can the main character manage to recover from the trauma caused by the betrayal she experiences in the novel *The Girl on The Train* by Paula Hawkins?

1.5 Purpose of The Research

Based on the formulation of the problem above, the purposes of the research are :

1. To reveal the kinds of betrayal that the main character experiences in the novel *The Girl on The Train* by Paula Hawkins
2. To reveal how the main character can recover from the trauma caused by betrayal she experiences in the novel *The Girl on The Train* by Paula Hawkins

1.6 Conceptual Framework

This research sees that the betrayal or infidelity that occurs to the main character named Rachel in this novel is purely caused by a male character named Tom who does not have values and loyalty in himself that is proven by his tendency always commit the same betrayal and affair to each of his partners. KJ Sibi (2020) states that “Psychoanalysis theory helps us to understand personality and personality development person”. Therefore, from the quotation above, the analysis of this research can be based on the psychoanalysis theory by Sigmund Freud. The researcher in this case have to find and understand how the main character is betrayed and each stage of betrayal recovery she goes through until she rises from adversity.

