

TRAUMATIC NEUROSIS OF WAR IN COLLIN'S *MOCKINGJAY*

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Abstract. PTSD (Post Traumatic Stress Disorder) is the effects of trauma events that affects the traumatic war survivors. It affects survivor's physical, psyche and mental make the survivors become helpless by overwhelming the force. *Mockingjay*, one of trilogy of Suzanne Collin's novel presents the traumatic neurosis of war that is depicted in some characters her novel. Therefore, this research is intended to discuss about traumatic effects and traumatic recovery in the novel. In addition, this research applies Herman's psychological trauma to get understanding about the traumatic neurosis of war and stages of traumatic recovery that affect some characters in the novel. This research also uses qualitative method. The discussion is directed through four characters, Katniss; Peeta; Finnick; Johanna, that experience traumatic neurosis of war. The results of the research present that PTSD not only haunts the victims but also the war survivors and traumatic events construct the personality and mental of the survivors.

Key words: *Traumatic neurosis of war, war, PTSD*

INTRODUCTION

War always contributes bad effects for the world. it can damage some important places or country and kill many people. Moreover, war kill countries economy and future. Indirectly, a war can create trauma. For instance, the victims of war suffer physical injuries that suffer from a loss part of their body or the survivors of war that back to their home suffer traumatic events. The aftermath of that violence brings the survivors into an endless black pit. These effects can damage their nature or the worst they suffer mental illness. As said by Thurschwell, Trauma is a wound that is not only about physical injuries but also mental injuries (2000:30).

Trauma theory initiates the hysteria concepts by Breuer and Freud. Trauma is a wound which arises from the human experiences that create long lasting effects for sufferers. Trauma oppresses unconscious mind by remembering the traumatic events and affect their mind. As Harvey said that (2002:23) trauma is events that have occurred because the extreme past experiences and psychological reaction to major losses. Those experiences make the sufferers get some effects, such as,

depression, shock, denial, guilt, anxiety, and aggression.

In a war, there are a lot of traumatic survivor are rendered helpless by overwhelming traumatic events. Not only the victims of the war but also the soldiers experience some issues in traumatic of war. They get same effects although the superior or inferior in the war. It can be concluded that, No one get a glory or happiness in the war.

One of the casualties of the war's damage is soldiers begin to break down in shocking numbers that is also confined and rendered helpless by war events (Herman, 1992:20). The soldiers start to become mute and unresponsive. They scream and cry uncontrollably. They lost their memory and their capacity to feel. Those are some of the symptoms that the soldiers face after the war.

Trauma is not an ordinary wound. Psychological trauma occurs with or without the physical injuries and also follows traumatic events. For example, sexual abuse, betrayal, major losses (a death lover, a death family, and etc) (Martin et. al. 2013:2). Fortunately, trauma is similar on common disease which can be cured

by some methods or medicines. it needs different methods to overcome the traumatic survivors. There are some methods to cure the traumatic patients, for instance, remembrance, talking cure, mourning, medicines and etc (Herman, 1992).

Traumatic events are extraordinary because they devastate adaptations to life of human. threats to life or close personal encounter with violence and death (Herman, 1992:33). Those reactions can be called post-traumatic stress disorder or PTSD. Herman (1992:35) states that PTSD classify into three main categories. These are "hyperarousal, Intrusion, and Constriction".

Mockingjay's Collins (2010) is one of example a literary works that depicts about the effects of war. This novel talks about a young adult girl that become a victim of combat events, *Hunger Games*, experience traumatic events after she has survived from the events twice. She experiences some trauma and close to encounter to the death and violence. Further, Katniss Everdeen, main character, and others character lead revolution against Capitol and President Snow to overcome and to finish up the *Hunger Games*.

Meanwhile, four characters Katniss, Peeta, Finnick and Johanna who suffered from trauma because of war will be analyzed using Judith Herman's Psychological Trauma. This novel also depicts about some ways to recover from the traumatic events or symptoms. Herman states (1992: 156) that there are three stages of recovery, they are the first stage's is establishing safety, the second stage is remembrance and mourning, the last is reconnection. Therefore, Herman's theory is applied to analyze *Mockingjay* novel.

METHOD

This study is literary criticism which, As stated by Peck and Coyle (1984:149), includes the analysis, interpretation, and evaluation of a literary work. Furthermore, this study is

psychology of literature that means it discusses about writers, as individual or their creative processes, about the psychological aspects in the literary works, or reader's psychological (Holland, 1990: 30). Then, to analyze the PTSD in this novel, the researcher applied Herman's three categories of PTSD "hyperarousal, Intrusion, and Constriction". To understand about the symptoms of PTSD, the researcher figure out about the causes that four characters in the novel experienced. Then, the researcher also discuss about the stages of recovery by Herman which to get better understanding about the recovery that the traumatic survivors get in this novel. This study uses qualitative research method to analyze the novel. According to Yin (2011:130) data is the foundation in research methodology. The data of this study are the utterances and the author's narration that related to the cause, the effect and the recovery methods of trauma of four characters (Katniss, Peeta, Finnick, and Johanna) in *Mockingjay*.

DISCUSSION

A. Traumatic Events in *Mockingjay*

a. Katniss's Trauma

Mockingjay (2010) depicts Katniss as a mental disorder patient after two participations in *Hunger Games* and has many physics injured after the last *Hunger Games*. These can be seen in the following statement. "A pain stabs my left temple and I press my hand against it, right on the spot where Johanna Mason hit me with the coil of wire" (Collins, 2010: 4). From one of following statement shows that a pain in her left temple makes her remember the event she had in *Hunger Games* when she fight with one of participation, Johanna. That pain make Katniss gets traumatic events that will cause many effects for her life especially for physical trauma.

In another hand, According to Herman (1992:35) that effect is part of hyperarousal, when the human system of self-preservation seems to go onto permanent alert. Katniss's Symptoms shows there is a memory that make her

reaction to remember her traumatic event. When she feel the pain in her left temple, she overwhelm the pain and the intense reaction to specific traumatic events.

In addition, her traumatic moments about the Hunger games becomes serious abnormal form of memory, this called intrusion. She gets flashback about her return into a danger when she plays in Hunger Games. *"Things I will never be able to erase from my memory."*(Collins, 2010:111). It shows the other effect of Katniss's flashback. Katniss will feel and think that she is in danger when she will be in the same situation. That memory will be long lasting effect for her.

Those memories make her experience nightmare while she is sleeping. As intrusion's symptoms that the traumatic memories is embodied consciousness both as flashbacks and nightmare during sleep (Herman, 1992:37). Katniss can't sleep because she always feel dangerous and remind her traumatic events. Even in safe environment she feel in dangerous. As states in this statement, She feels that president Snow haunts her. *"after tossing and turning for hours. I finally accept that it will be a wakeful night"* (Collins, 2010:32). The statement explicates that Katniss can't sleep well because She is haunted by Peeta's condition and President Snow's threat to kill every important people in Katniss's life while she is sleeping in safe normal place. Then, these memories, terror and rage, haunt her and continually buffet her.

Furthermore, Katniss also experience losing her lover and sister. It is happened because her lover, Peeta, is tortured by Capitol. She feels guilty when Capitol takes him as prisoner. *"He's killed Cinna already. Destroyed my home. My family, Gale, and even Haymitch are out of his reach. Peeta's all he has left."* (Collins, 2010: 151). From the statement, the Capitol has taken Katniss's life by killing and destroying what she has in this world. Capitol destroys her home, kill her family and torture her lover Peeta. Through that statement, Capitol leads her falls into the guilty feeling that makes her into mental

disorder. Those causes make some sequences of effects of Katniss's life.

The effect of that sequences also make her restricted her life. it's shown in following statement, *"I haven't left the house. I haven't even left the kitchen except to go to the small bathroom a few steps off of it. I'm in the same clothes I left the Capitol in."* (Collins, 2010:381). Here, Katniss starts to restrict her life because she feels her life is end. Consequently, she never leaves her home and interact with other. She also does not even leave her last place the kitchen. As result of guilty feeling of her fault by joining and starting the war, she feel that the worlds becomes hate her.

Moreover, Katniss does not only experiences hyperarousal and intrusion but also constriction. Katniss sometimes tries to escapes from her traumatic by restricting her life and living in drug life. Constriction is when the traumatic survivor shuts down into state of surrender. *"But when I finally have a visitor, it's sweet. Morphling. Coursing through my veins, easing the pain, lightening my body so that it rises back toward the air and rests again on the foam."* (Collins, 2010:349). The following statement shows that Katniss uses drugs to overcome her trauma. It also shows that she feels powerless and need some morphling to control her stress. As Herman states that (1992:42) when a person completely powerless the self-defense shuts down entirely. Using of drugs or alcohol is often engaged by the traumatic survivor to overcome their hyperarousal and intrusive symptoms ,such as nightmares, insomnia, and irritability.

b. Peeta's Trauma

Peeta , one of the Hunger Games participants and Katniss's lover, is arrested and tortured by Capitol after he has been suspected as traitor for Capitol. Peeta is tortured and persuaded for seeking information about Katniss and the revolutionary plan. *"I was in the Hunger Games. I escaped. The Capitol hates me. Peeta was taken prisoner. He is thought to be dead."*

Most likely he is dead. It is probably best if he is dead." (Collins, 2010:4). In that statement, Katniss tells that Peeta is under arrested by Capitol. In the Capitol, Peeta has been abused and hijacked. The Capitol try to manipulate Peeta's memory and attitude with unusual technique. The uncommon technique itself, in the novel, called as *hijacking*. Hijacking as explained in this novel is that replaces and gives new memory "involves the use of tracker jacker venom, and the jack suggested hijack". (Collins, 2010: 180), this technique uses jacker venom to attack Peeta. The results of that make terror and hallucinations feeling for Peeta. This technique makes Peeta loses some memories especially memory about Katniss and changes his memory that Katniss is dangerous person. As said in following statement, "His hands are reaching for me, too, to caress my face, I think. My lips are just forming his name when his fingers lock around my throat." (Collins, 2010:177) In short, Peeta experiences physical trauma from his torture and also mental trauma.

From that traumatic events Peeta gets some hyperarousal and intrusion. From the hyperarousal symptoms, Peeta's body turns into danger when he saw Katniss. His memory about Katniss turns his self-preservation into permanent alert, then the his body tries to react facing the danger. As shown in this statement, "Peeta looks down at me, gone, mad, flashing back into the land of the hijacked, his gun raised over me, descending to crush my skull." (Collins, 2010:279). When traumatic survivors get trauma experience, especially combat veterans, they will get startle reactions, hyperalertness, and vigilance for the return of danger (Herman, 1992:35). In Peeta's condition, can be concluded that he gets hyperalertness that makes his body start to overcome his anger by attacking Katniss.

Peeta also experiences intrusion symptoms, long after his traumatic experienced, he cannot resume for his normal life. he is interrupted by traumatic events that he

got. He also experienced nightmares during his sleep.

In short, his traumatic events give him a long lasting traumatic memories. After his traumatic events, he experience hyperalertness that makes normal situation become danger, especially when he meet Katniss. Long after trauma, he also gets nightmares during his sleep that makes changing his life for the trauma repeatedly interrupts.

c. Finnick's Trauma

Mockingjay depicts Finnick is as different with Peeta and Katniss, the latest Hunger Games participants. He is the 65th Hunger Games's winner with combat ability. Then, he depicts as past traumatized survivor from following the Hunger Games.

In the last Hunger Games, he receives electrical shock. "...the doctors say it's from the electrical shock he received in the arena" (Collins, 2010:11). Here, this is happened because he wants to help Katniss, unfortunately he receives electrical shock. From the electrical shock, he gets concentration problems.

From his events, Finnick gets intrusion and constriction symptoms. These are happened because he get his combat traumatic from long ago. Even though, he live like normal person, he is still haunted by his traumatic memory. But, in the second participation in Hunger games he gets some physical injured that makes him become numbing. In his physical injured, he got from saving Katniss that makes him getting serious concentration problems. Sometimes, he lost consciousness and numbing. As shown in following statement, "They'll have to get him to stay awake for more than five minutes. Even when he is conscious, you have to say everything to him three times to get to his brain " (Collins, 2010:11).

Besides that, the intrusion symptoms happens "I drag myself out of nightmares each morning and find there's no relief in waking" (Collins, 2010:156)". He turns into nightmares every morning in his life. Those memory often

return all vividly and he feel that his environments may come to danger. His life is haunted by the nightmares then he suffers that his life is engaged by his trauma.

As Herman states (1992:42) constriction is when a person completely powerless, the systems of self-defense shuts down. Finnick try to overcome his traumatic events by drinking alcohol and join the party. In constriction, the survivors kept traumatic memories out of normal consciousness, that allow a fragment of memory and engage in heavily consumptions narcotics and drugs (Herman, 1992:45).

d. Johanna's Trauma

Johanna gets physical and mental trauma. In the novel, Johanna get tortured by Capitol such as physical scars because her participation in last Hunger Games. *"We're sideswiped by a gurney bearing an unconscious, emaciated young woman with a shaved head. Her flesh shows bruises and oozing scabs. Johanna Mason"* (Collins, 2010: 175)". The torture makes her unconscious and emaciated. That way is enough to make her lose her control to her body. Hyperarousal symptoms that makes her loses her mind, affects her appetite, then makes her body becomes emaciated.

Along with the causes of Johanna trauma, she suffer some constant anxiety and anger . she get hyperarousal when she has been tortured by Capitol . "They try to ferret out a soldier's potential weaknesses. So they flooded the street," says Haymitch. This doesn't help"(Collins, 2010:253). Following statement depict Johanna's hyperarousal symptoms that explains about the weaknesses of Johanna with water. She feels afraid when she is flooded by water in combat training. Unfortunately, the water makes traumatic memory in Johanna's head. The flashback about her torture lead to her constant anxiety that makes her numbing and Johanna's back into her sedation. So, the effects of her traumatic events about water make her

get hyperarousal symptoms that lead her to get anxiety and startled or easily scared.

Johanna also experiences constriction. It is happened because Johanna joined the Hunger Games. The constriction symptoms is explained in the following statement. "Johanna sighs as the morphling enters her bloodstream [...] Not such a bad life. Seemed happier than the rest of us, anyway." (Collins, 2010:219-220). following statement explains that how Johanna uses morphling to escape from her trauma that also make her completely powerless. Johanna surrenders from her trauma because she thinks that her trauma will haunt her. Then, Johanna uses the morphling to escape from her trauma. The constriction's survivor usually use drugs to overcome their life from other traumatic experiences. Furthermore, the survivor's suffered gets that traumatic events it is been long time.

B. Recovery of Trauma

In *Mockingjay*, four characters can be categorized as Complex- PTSD patients because they get some physical and mental trauma. Some character gets different therapies to overcome traumatic events, but according to Herman's recovery stages (1992:156) those can be divided into three categories establishing safety, the remembrance and mourning, and reconnection.

According to Herman's stages of recovery, Katniss gets therapies that start from restoring control and establishing safety. "My eagerness to escape into the woods, if only for two hours, overrides my current concerns. An immersion into greenery and sunlight will surely help me sort out my thoughts. (Collins, 2010:51)". Following statement explains that she is brought back to control her body with exercise, she chooses hunting as her therapy in controlling her body. Hunting offers some physical exercises for Katniss such as, running, bowing, and lifting. Hunting also helps her to get her concentration.

Nevertheless, Katniss is complex-PTSD patient that needs more stages to make her through the trauma. The second stage for her therapy, it is remembrance by using flooding. In flooding, Katniss must narrate her traumatic experiences. She has to tell the story from she gets the first traumatic experiences. She start tell about she has succeeded to win against Capitol. But, she has to lose her sister (Collins, 2010:351-352). Katniss uses this technique to reduce her wound that is caused her last trauma. This technique is very useful for Katniss to make her stay with the reality and help her to know about the wrong and false in her life.

Moreover, the other step in the second stage is mourning. Mourning is the most anxiety task in the second stage of recovery. Mourning is learning to forgiveness from the trauma, the patient learns to leave out from the fantasy of revenge (Herman, 1992:188-189). Unfortunately, Katniss miscarries in this task because her desire to kill President Snow still exist. It is shown in this following statement, "*I KILL SNOW*. If he's captured, I want the privilege." (Collins, 2010:38). This technique's purpose to overcome his traumatic events by learning to forgiveness from trauma, but this therapies doesn't always succesfull, such as Katniss.

Then, last stages is reconnection. This method is the patients should overcome the trauma by creating the future. It is shown in this statement, "The promise that life can go on, no matter how bad our losses. That it can be good again. And only Peeta can give me that." (Collins, 2010:388) Hence, Katniss makes a new future life by marrying Peeta. By marrying Peeta can help Katniss overcome the traumatic events. In short, the three stages of Herman's recovery can help Katniss to overcome from the traumatic events. Even so, those stages do not make full recovery for Katniss. It can help Katniss overcomes her trauma.

Meanwhile, Peeta suffers mental disorder that is very complex. Because of hijacked and

tortured by the Capitol as prisoner war. After Peeta has been rescued from his torture, the doctors directly try hard to make Peeta back into normal. So, the doctors use restoring control and establishing safety.

Firstly, he has to restore his memory by remembering the childhood memory. He has to remember his good childhood memory to restore his mind and his body. Besides that, the doctors don't limit his activity. They lets his ability in baking. Then, Peeta also needs to restore control his body that is recommended by his doctors to make a few exercises. Peeta starts his restoring control with morning workouts. After that, Peeta is still busy with his therapy. He takes a training with the soldier. This method makes him to be busy with his activity than his vulnerability. The result of this method is very significances for his condition. Therefore, the first stage can overcome and cover Peeta's recovery.

In establisng safety, because of hijacked memory, he should overcome his traumatic experiences by facing his traumatic sequences. The doctors try to reintroduce with his last traumatic. The doctors uses videos to establishing his safety. The doctors try to reduce his anger and anxiety.

In other hand, Finnick has constriction and intrusion problems. Finnick does not experience long sequences of trauma like Katniss or tortured like Peeta. In *Mockingjay*, Finnick is depicted as the electric shock traumatic patient or physical trauma. *Mockingjay* explains Finnick's recovery in one stage only. Because of his numbing, he has to restore control and establish safety. This stage actually can cover him from his trauma.

Johanna's recovery is only explained the first stages of Herman's recovery, those are restoring control and establishing safety. "At least twenty times a session he reminds me that I'm totally safe." Johanna said" (Collins, 2010:210). From the following statement, the doctors try to help her by convincing her that she is safe in this place. This method is useful especially for the

patient like Johanna that has had traumatic events that help her release from her traumatic events and avoid further serious effects.

The other establishing safety, it is show in this statement, "What? My head doctor says I'm not supposed to censor my thoughts. It's part of my therapy," replies Johanna. (Collins, 2010:241). It is the further evident that tells about the establishing safety. This statement shows that Johanna has not to censor her thought by the doctor. It is done by Johanna because the doctors believe that through this method Johanna can overcome the traumatic events and she will be in safe refuge.

CONCLUSION

After analyzing the trauma of war which is reflected in the novel, it can be concluded that literary work also present some physiological issues. It is presented from the characters in the novel. Understanding about human's being in the literary work enable us to have comprehension understanding about physiological issues in the realty world.

Furthemore, Herman's psychological trauma can be used to analyze this novel. Herman's three main catagories symptoms can be found in four character. Katniis gets three kinds of symptoms hyperarousal, intrusion, and constriction. Peeta suffers hyperasousal and intrusion. Finnick suffers hyperarousal and constriction. Meanwhile, Johanna gets hyperarousal and constriction. Those symptoms is gotten from their participation in war. Besides that, Herman's recovery stages can be found in this novel.

In short, this novel explains that the effect of war gives the participations of war get traumatic events. The war can't guarantee a glory for the soldier instead giving a bad effect for them. The effects lead him into a horror traumatic that lead them into post traumatic disorder, such as hyperarousal, intrusion, and constriction.

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