TRAUMA DISORDER & DEFENSE MECHANISM OF
THE MAIN CHARACTER IN HIS VERY SPECIAL NURSE
WRITTEN BY MARGARET MCDONAGH

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ABSTRACT
This research studies Margaret McDonagh’s entitled His Very Special Nurse
published by Harlequin Books S. A, in 2007. The writer uses trauma disorder and
defense mechanism conception as the theoretical framework of this research. This
research analyses the characteristics of the main character, Kyle Sinclair, through
physics, action, and dialogue. This thesis describes, explains, and analyses trauma
disorder and defense mechanism of the main character. The writer concludes that
trauma disorder and defense mechanism are reflected in this novel such as
depression, hopeless, gloomy, and etc. the reflection of defense mechanism that
can be seen from Kyle’s character likes repression, suppression, compensation,
and intellectualization.

Key Words: Characteristics  Trauma Reflection  Defense mechanism
**Background of the Study**

Novel is one of literary work which entertains the reader or listener. It also gives learning for students who learn the study of literature. Clara (1972: 40) explains that novel is a picture of real life and manners, and of the times in which it is written. For this research the writer will discuss about trauma disorder and the reflection of defense mechanism that are reflected in Kyle as the main character. The story tells about a man who has complicated problems after his marriage broken down and the death of his baby in his life, namely Kyle. He becomes different people and he does not expect to get involved with anyone ever again. Sometimes he spends his limited free time on his extreme hobbies by spending the day by walking out on the hills together his friend and this helps him for spirit and eases the pain.

Kyle is reflected as an individual who has trauma since his divorced with his wife, named Helen. Their marriage is broken. Helen argues that though Kyle is a doctor but he cannot save their baby. When Helen is under pressure because of grieving their baby, Kyle never gives attention and support because Kyle never wants a child. So, Helen blames him and leaves him to marry another man.

This condition makes Kyle hurt. Kyle thinks that Helen lies and she leaves him because she betrays him by having another love relationship with another man. For about eighteen months after his divorced, he isolates himself from women. He thinks that they are trouble; they cause hurt, lost, and betrayal. However, the situations changes complicated when he meets a nurse, Alexandra Patterson (Alex), Kyle is surprised to find himself falling in love with Alex.
Method

As the research aims to explain how to analyze a novel telling about trauma and how trauma disorder and defense mechanism are reflected in the main character of the novel His Very Special Nurse. The writer uses descriptive qualitative method, this method is used to described and analyze the trauma disorder and defense mechanism of Kyle as the main character in His Very Special Nurse. The writer collected the data from several source such as books, internet, and from variety sources that related to the study. The writer also uses herself as a main instrument by reading, identifying, and classifying the information to support the arguments.

Findings

The unit of analysis of this study is taken from the novel of His Very Special Nurse that was written by Margaret McDonagh that was published by Harlequin Books S. A, 2007.

Theoretical Framework

A. Character and Characterization

Jerome Beaty (2002: 102) explains that character is someone who acts, appears, or is referred to as playing a part in a literary work.

Robert Diyanni (2002: 54) said characters in fiction can be classified as major and minor, static and dynamic. A major character is an important figure at the center of the story’s action or theme. The major character is sometimes called
a protagonist whose conflict with an antagonist may spark the story’s conflict. Minor characters are often static or unchanging, they remain the same from the beginning of a work to the end. Dynamic characters, on the other hand, exhibit some kind of change the attitude, of purpose, of behavior as the story progresses.

Character has different meaning with characterization. Character is often listed as one of the fundamental elements of fiction. A characterization is the way writers develop characters and reveal those character’s traits to readers. A characterization is the means by which writers present and reveal character. By Robert Diyanni (2002: 55). The method of characterization is narrative description with explicit judgment. We are given facts and interpretive comment.

According to Jerome Beaty et al (2002: 104) explains that a good deal of characterization—the art, craft, method of presentation, or creation of fictional personages—includes a similar process. Characters are almost inevitably identified by category, sex, age, nationality, occupation, and so on.

From the explanation above, the writers concludes that characterization can be seen from variety of aspects such as appearances, age, gender, educational level, vocation, hobbies, sexual orientation, religious beliefs, ambitions, motivation, and personality.

B. Psychological Trauma

1. The Definition of Psychological Trauma

Eve Carlson, et al., (2011: p. 1) argues that trauma happens to many competent, strong, good people. No one can completely protect him or herself
from traumatic experiences. Trauma is also defined as anybody wound or shock produced by sudden injury, as from accident, injury, or impact.

2. Symptoms of Trauma

Symptoms of trauma can be wide and varied, and differ in severity from person to person. A person may re-experience the trauma mentally and physically, hence avoiding trauma reminders, also called triggers. This can be unforgettable and even painful. They may turn to alcohol or psychoactive substances to try to escape the feelings. Triggers and cues act as reminders of the trauma, can cause anxiety and other associated emotions. Often the person can be completely unaware of what these triggers are. In many cases this may lead a person suffering from traumatic disorders to engage in disruptive or self-destructive coping mechanism, often without fully aware of their own actions by Jaelline (2009: 4).

Here are common reactions to trauma (Jaelline, 2009: 4):

- Guilt and self-blame.
- Anxiety and edginess.
- Mood swings and irritability.
- Feeling disconnected or numb.
- Distressing memories about the event.
- Insomnia or bad dreams.
- Withdrawing from others.
- Depression
- Conflict
3. Experienced that may induce the Condition

The example of situations which may be experienced as psychologically traumatic by some individuals include by Jaelline (2009: 4)

- Childhood physical, emotional, or sexual abuse, including prolonged or extreme neglect; witnessing such as abuse inflicted on another child or an adult.
- Experiencing an event perceived as life-threatening, such as: an automobile or other serious accidents, a vicious attack by an animal, medical complications, surviving or witnessing a violent physical assault, robbery or other violent crime.
- Witnessing a death.
- Adult experiences of sexual assault or rape.
- Psychological torture.
- Civilian experiences of warfare.
- Living through a natural catastrophe, such as tornado, tsunami, or severe earthquake.
- Loss of loved one.

C. Defense Mechanism

1. The definition of Defense Mechanism

The definitions about defense mechanism have variety meanings. According to John M. Grohol (2010: 1), said defense mechanisms are one way of looking at how people distance themselves from a full awareness of unpleasant
thoughts, feelings and behaviors. Frank B. McMahon and Judith W. McMahon (1986: 536) said that defense mechanism is an unconsciousness technique used to reduced anxiety and keep the individual in psychological balance.

2. The Classification of Defense Mechanism

The writer classifies defense mechanism from many sources. They are categorized:

1. Repression and Suppression

John Dollard and Neal E. Miller (1950: 220) said that repression refers to the automatic tendency to stop thinking and avoid remembering. Repression is a function of conflict between the ego and the id, serving to maintain balance between them by W. Edgar Vinacke (1974: 413).

Suppression and repression are very similar defense mechanism. They both involve a process of pulling thoughts into the unconscious, and preventing painful or dangerous thoughts from entering consciousness force, while suppression is consciousness process, a conscious choice not to think about something by American Psychiatric Association (2011: 1).

2. Rationalization

According to Psychiatric Association (2011: 1) explains that rationalization means explaining what we do in such way that we avoid responsibility for any consequences.

3. Projection

Projection means mentally giving to someone else what in fact are own feelings or thoughts by Frank B. McMahon and Judith W. McMahon (1986: 536).
4. Regression

Regression is a common way for adults to react to anxiety-producing situations is to revert to earlier, safer, more secure patterns of behavior and to invest their libido onto more primitive and familiar objects by Jess Feist and Gregory J. Feist (2002: 37).

5. Denial

Frank B. McMahon and Judith W. McMahon (1986: 537) denial is refusing to accept that something wrong exists.

6. Undoing and Isolation

Undoing is a type of repression in which the ego attempts to do away with unpleasant experiences and their consequences. Isolation is a closely related defense mechanism by Jess Feist and Gregory J. Feist (2002: 35).

7. Reaction Formation

Reaction Formation is one of the way in which a represented impulse may become conscious is through adopting a disguise that is directly opposite its original form by Jess Feist and Gregory J. Feist (2002: 37).

8. Displacement

In this mechanism, affect is diverted from one object and expressed toward a different object by Jess Feist and Gregory J. Feist (2002: 36).

9. Fixation

The process of psychologically growing up, however, is not without stressful and anxious moments is called fixation by Jess Feist and Gregory J. Feist (2002: 37).
10. Introjection

Defense mechanism whereby people incorporate positive qualities of another person into their own ego by Jess Feist and Gregory J. Feist (2002: 38).

11. Sublimation

Sublimation is the repression of the genital aim of Eros by substituting a cultural or social aim. The sublimated aim is expressed most obviously in creative cultural accomplishments such as art, music, but more subtly, it is part of all human relationships and all social pursuits by Jess Feist and Gregory J. Feist (2002: 38).

12. Conversion

MIF Baihaqi, et al., (2005: 50) said that conversion is one of mechanism which happen when the emotional conflicts gets expression through sensory perception (a way of seeing or understanding something), motorist (a way of device that changes power into movement), and somatic (a way of defense in involving physical punishment).

13. Compensation

Compensation happens when a person dedicates himself to gets his destination by working hard to reduce the pain by Baihaqi, et al., (2005: 50).

14. Dissociative reaction

James C. Coleman (1969: 243) said this is a relatively rare reaction in which certain aspects are so painful that the individual represses entire episodes of his life from consciousness.
Discussion

It concerns with the analysis of the research findings, mainly characteristics of main character, trauma reflection, and also the reflection of defense mechanism through understanding and analyzing text. Here they are:

**Characteristics of main character**

Singleton, et al (1966: 282) said that character is like creature in fictional story; it is presented with the characteristics and clues that are described in the story such as action, person’s speech, description, environment, thoughts, and explanation. The following are the characteristics of Kyle Sinclair:

1) Good looking

Margaret introduces the first character as a doctor, named Kyle Sinclair. He is described as a doctor, handsome, and good looking.

“..deeper than one would expect from looking at him, his voice had an attractive Scottish burr, and sounded like honey drizzling through gravel: rough, husky and temptingly moreish. The kind of voice that should be employed on TV commercials, enticing people to buy things they didn’t need. Her grey gaze met a sultry, midnight blue one and heat seared through her entire body...” (McDonagh 2007, 7)

2) Bad temper

Kyle is bad temper, he is annoyed and temperament. This is shown when Alex (a girl who applies a job at hospital where Kyle works as a doctor) is received as a new nurse. Kyle does not like her as his colleague at the first time. It can be seen when Alex is able to pursue his grumpy patient who does not want to be examined by Kyle.
“His temper rising, cross with her and himself, Kyle stalked away and returned to the sanctuary of his consulting room, tossing the towel aside and stripping off his jacket and shirt...” (McDonagh 2007, 18)

3) Kind and Intelligence

He goes to Rightownbrae to take at Medical School as a doctor and he becomes intelligence.

“Howevey much he was unsettling her on a personal level, that he felt strongly about the issue pleased her, because it had to mean he cared about this patients.” (McDonagh 2007, 12)

His kindness is also shown when the old woman, one of his patients take examination in Surgery, she feels happy about the presence of Dr. Kyle who want to examine her illness.

“...I’m glad it’s him dear.’ The rotund, middle-aged woman managed a tremulous smile. ‘He’s always kind. I probably shouldn’t say this, but Dr. Ross doesn’t have the same bedside manner’...” (McDonagh 2007, 23)

4) Brotherly

Kyle has close friends, such as Conor and his wife (Kate), Nic and his wife (Hannah). They have been together as close friend for years. He likes them much as close as brotherly.

“...he loved them, would never have survived without them, and would do anything for them...” (McDonagh 2007, 45)

5) Ambitious

He is also described as ambitious man. He works hard to get money to be a doctor.
“...so he and Conor had needed to earn their keep. They had also shared a flat, share food, clothes and anything else needed to keep them going and see them through the years of training...” (McDonagh 2007, 90)

His bravery is shown in his hobby like climbing and hiking.

“...they had walked up from the Devil’s Beef Tub over Great Hill, Chalk Rig Edge and Whitehope Heights, undulating through hidden glens, along tumbling burns, past old ruin and some cascades,...one day he wanted to walk the whole Southern Upland Way, the two hundred-and-twelve-mile path ran from Port Patrick in the West to the North sea cliffs at Cockburnpath on the east coast...” (McDonagh 2007, 44)

**Trauma Reflection of Kyle**

Imam (2006: 28) explains that trauma happens when the individual has a bad experiences, it can cause trauma. Jailline (2009: 4) said that most people experience a variety of emotions, including shock, fear, anger, and relief to be alive. Often, they can think or talk of little else other than what happened.

His divorce, the betrayal of his wife, and the death of his baby, make him hurt when he sees couple in love. It is shown when he and his four best friends, Conor, Kate, Nic, and Hannah take a holiday by walking in the hills.

“...it was the first time they had all managed to get together for days hike like this since Conor had returned from honey Kyle had dreaded the late-summer wedding, having to stand up as Conor’s best man-a reversal of roles from a few years before. But somehow he’d made it through, delivering a funny speech, being cheerful and chatty on the outside, while inside he had felt dead and filled with self-loathing...”

(McDonagh 2007, 44)
He gets depression and he thinks that women are trouble. So, he hates women and he is afraid in making new relationship again.

“He didn’t need anyone. Most importantly, he didn’t deserve anyone. There was nothing left of himself to give, and he certainly didn’t see anything within himself that anyone else could love...” (McDonagh 2007, 31)

Kyle considers himself as unlucky man, which fall under his pain. Kyle feels despair, hopeless, and gloomy.

“..Sometimes he felt as if he was struggling through quicksand, using up all his energy but unable to make any progress, held back from some unknown destination...a place he needed to reach but could never identify...”(McDonagh 2007, 30)

His pain and hurts changes his attitude to become envious and jealous when seeing couples in love, especially his best friends Conor and Kate, Hannah and Nic.

“...he was envious of his best friend’s happiness. The pain of Conor and Kate so much in love had seared inside him, the same way it did when he looked at Hannah and Nic together, the two of them still all over each other and blissfully happy. (McDonagh 2007, 45)

His trauma reflects the reaction of mind disorder. Kyle thinks that the causes of his divorce and the death of his baby are his faults. He blames himself.

“He swore under his breath, and for a second she was scared she had gone too far; ‘I haven’t grief. I can’t grief. I’m still too angry, too lost, and feels so guilty’.” (McDonagh 2007, 74)
The Reflection of Defense Mechanism of Kyle

He has neither wife nor child that can share, care, and accompany him. It is unpleasant condition for him. Despite of that, he has to struggle without wife and children. By doing defense mechanism, Kyle hopes his mechanism or self-esteem can be maintained to defeat unpleasant feeling because of his past failure.

He represses his feeling to a woman for falling in love. Kyle is not helped by being told or by telling himself to think. The reflection defense mechanism can be seen when Kyle meets the girl, named Alex. She is younger, attractive, and beautiful. He knows himself anxious, but he represses and throws away that feeling. He thinks that women are terrible and resentful.

"...he wanted nothing to do with woman. They were a menace as a species and, on a personal level, they were off limits for good. Women were trouble. They caused hurt and loss and betrayal. He was having none of it. Not any more, the last eighteen months had been the worst of his life. All due to a woman, His wife." (McDonagh 2007, 69)

He also has buried his grief for the death of his baby.

"...he had buried his grief for his last child..." (McDonagh 2007, 69)

The second self-defense mechanism that Kyle does is the mechanism of suppression. This happen when his friends, Conor and Nic are talking about Alex, he changes the topic of their conversation.

"What news?’ Kyle questioned, glancing at Nic walking beside him."
“About Alex, of course. The Italian chuckled. ‘How was her first week with you?’"

“Kyle smothered a groan. So much for not thinking about her. Clearly the wretched woman was going to continue to plague his existence, refusing to even allow him peace on his day off in the hills. ‘She seems a competence nurse,’ he allowed grudgingly, unable to keep the grumpiness from his voice.”

“I’m not remotely flustered,’ Kyle snapped. ‘I thought we came up here to forget about work.’” (McDonagh 2007, 47)

The third self-defense mechanism of Kyle is by doing his hobbies and working hard.

“…He’d gone off the rails for a few weeks. Never the type to lose himself in a bottle or chase after a load of women, he had drowned his pain by taking far too many stupid risks out climbing and mountain biking, not caring if he hurt himself or if he ever came back”. (McDonagh 2007, 69)

Kyle tries to ease his pain by working hard for his job as a doctor individually. This condition is his way to ease his pain as his defense mechanism, called compensation.

“… he was always such fun, and now he never smiles or laughs as he used to, just dedicates himself to his patients. It was such a shock to everyone when his marriage broke up the way it did. They seemed a contented couple…” (McDonagh 2007, 27)

He always blames himself because he is unable to save his baby’s life as a doctor. Although, eighteen months has been passed, he still misses his baby. When he misses his baby he always sees his rumpled baby photograph by taking and keeps it into the box with him.
“Sighing, knowing he was torturing himself but unable to stop, he took out the now rumpled photograph he carried with him always, the only one he had. Taken from the last scan when his baby had still been alive.”

(McDonagh 2007, 67)

Kyle tries to cope himself by doing intellectualization (solving the problem by analytic, intellectual, and thinking objectively). Intellectualization can be as the way to ease the pain and hurt. It also gives ability and a good chance to know the causes of his problems.

“He regretted the past, the hurt, the things that had gone wrong-most of their entire lost child-but he realized now he has let go. He didn’t love Helen, didn’t hate her, just wished he well for the future and hoped he could make a success of his own life from now on.”

(McDonagh 2007, 173)

“Penny has never seen been more to me than a colleague and, I wrongly thought, a friend. I was never faithful to you, ’he assured her now, anger burning inside him, ’so all the time Penny was playing us off against each other, taking advantage of the problems we were having…”

(McDonagh 2007, 174)

Kyle tells to his ex-wife the causes of their divorce is the betrayal of his colleague, penny. He corrects the things well and calmly.

He tries to open his feeling in making new relationship with Alex. He feels comfort and safe with her.

“Talking with Alexandra made some things clearer in his own mind…”

(McDonagh 2007, 95)
“He knew it was Alexandra’s influence, her presence that had made him face the things he had been avoiding. She had helped him put events in a different perspective...Alexandra made him want to think that a different future might be possible after all” (McDonagh 2007, 129)

Hence, he proves that he can cure his trauma and heals himself for better condition.

“Lexie had rescued him from the darkness of his past and brought him into the light. She had freed him to be himself, had accepted him for who and what he was, and loved him anyway. She had awakened him and returned the depth of his desire, was his equal, his friend, his confidant, his lover. In Lexie’s loving care he was safe, as she was in this...now and forever” (McDonagh 2007, 187)

Conclusion

The writer describes and explains trauma and defense mechanism of the main character of the novel. In this thesis, the novel discusses about trauma disorder and defense mechanism of Kyle Sinclair. Trauma reflection is described by Margaret McDonagh through the main character. It can be seen how trauma disorder and defense mechanism influences the characteristics of the main character. Margaret McDonagh creates Kyle as a man who has problems in his life and his family life with his divorce and the death of the baby. Kyle is described as a person who has power and ambitious for getting his career and expectation. In other condition, he has unpleasant condition. The trauma is stared when his marriage broke down and he divorce with his wife. He decides to pulls himself off from the world and throws himself completely into his work. He does not expect to get involved with anyone again, nor does he thinks that he will never
find himself attracted to anyone else. The last is about defense mechanism. The first defense mechanism that is done by Kyle is repression. He represses his feeling to a woman for fall in love. The second defense mechanism that Kyle does is suppression. When he and his friends talk about something that makes him uncomfortable and unpleasant topics, he tends to reinforce suggestion and changes conversation. The second defense mechanism that Kyle does is suppression. When he and his friends talk about something that makes him uncomfortable and unpleasant topics, he tends to reinforce suggestion and changes conversation.

REFERENCES

Books


**Internet and Websites**


Appendixes: The Scheme of the Research

Novel

Main Character

Kyle Sinclair

Characterization
- Good looking
- Bad temper
- Brotherly
- Ambitious
- Intelligences

The Problem of Main Character
- The divorce of his marriage
- The death of his child

Trauma Reflection
- He hates women
- Making him depression
- He sees himself as unlucky man
- He blames himself

Defense Mechanism
- Repression
- Suppression
- Compensation
- Intellectualization
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ABSTRACT


This research studies Margaret McDonagh’s entitled *His Very Special Nurse* published by Harlequin Books S. A, in 2007. The writer uses trauma disorder and defense mechanism conception as the theoretical framework of this research. The method of the research is descriptive qualitative in analyzing the novel. This research analyses the characteristics of the main character through his physics, action, and dialogue. This thesis describes, explains, and analyses trauma disorder and defense mechanism of the main character in *His Very Special Nurse*.

Based on the analysis, the writer concludes that trauma disorder and defense mechanism are reflected in this novel through the main character. Trauma reflection is shown through Kyle’s characteristics such as he hates women, depression, unlucky man, hopeless, gloomy, and he blames himself. The reflection of defense mechanism that can be seen from Kyle’s character such as repression, suppression, compensation, and intellectualization.
APPROVEMENT

TRAUMA DISORDER & DEFENSE MECHANISM OF
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JAKARTA
2011
The thesis entitled “Trauma Disorder & Defense Mechanism of the Main Character in His Very Special Nurse written by Margaret McDonagh” has been defended before the Letter and Humanities Faculty’s Examination Committee on February 9th, 2011. The thesis has already been accepted as a partial fulfillment of requirement for Strata One Degree (SI).

Jakarta, February 9th, 2011

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DECLARATION

I hereby declare that this submission in my own work and that, to the best of my knowledge and belief, it contains no material previously published or written by another person nor material which to a substantial extent has been accepted for another person nor material which to a substantial extent has been accepted for the award of any other degree or diploma of the university or other institute of higher learning, except where due acknowledgement has been made in the text.

Jakarta, December 2010

Muzdalifah
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May Allah SWT, the Almighty and the Merciful blesses us, Amin. Finally, I realize that this thesis is far from being perfect. Accordingly, I hope any suggestion and criticism for this thesis.

Jakarta, December 2010

The Writer
CHAPTER ONE
INTRODUCTION

A. Background of the Study

Novel is one of literary works of fiction which has variety definitions. According to Clara Reeve, “the novel is a picture of real life and manners, and of the times in which it is written.”1 It can give us such thing likes represents ourselves or people in our life. X. J. Kennedy explains that “the novel is an extended piece of narrative fiction.”2

The novel of *His Very special Nurse* is an American romance literary work published in 2007 written by Margaret Mcdonagh. The story tells about romance. It tells about a man who has complicated problems in his life, namely Dr. Kyle Sinclair (Kyle). Kyle is handsome, calm, a caring doctor, a good man, and has trauma in the past couple of years. After his marriage broke down, Kyle decides to shut himself off from the world and throws himself completely into his work. Kyle just dedicates himself to his patients and he becomes a different person. He never smiles or laughs as he used to. He does not expect to get involved with anyone ever again. He also thinks that he will ever find himself attracted to anyone else. Sometimes he spends his free time on his extreme hobbies by walking out on the hills together his friend for spirit and eases the pain. Based on

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the story, Kyle is reflected as an individual who has trauma since his divorced with his wife, named Helen. Their marriage is broken. Helen argues that though Kyle is a doctor but he cannot save their baby. When Helen is under pressure because of grieving their baby, Kyle never gives attention and support because Kyle never wants a child. So, Helen blames him and leaves him to marry another man.

This condition makes Kyle hurt. Kyle thinks that Helen lies and she leaves him because she betrays him by having another love relationship with another man. For about eighteen months after his divorced, he isolates himself from women. He thinks that they are trouble; they cause hurt, lost, and betrayal. However, the situations changes complicated when he meets a nurse, Alexandra Patterson (Alex), Kyle is surprised to find himself falling in love with Alex.

In *His Very Special Nurse*, Kyle is the main character that is really dominant through the story. In this novel, there are two main characters, the first is Dr. Kyle Sinclair (Kyle) and the second is Alexandra Patterson (Alex). This thesis focuses on main character, Kyle Sinclair. The writer interesting in Kyle because he has traumatic problems with love, family, trust in his personal disorder after divorced, and he does many ways to solve his problems by doing defense mechanism.

In this research, the writer wants to find out trauma disorder and how defense mechanism is represented by the main character in the novel of *His Very Special Nurse* through Psychological trauma disorder theory.
B. Focus of the Study

This research focuses on the analysis of the main character, Kyle, in the novel of *His Very Special Nurse* published in 2007 written by Margaret McDonagh.

C. Research Questions

Based on the background of study above and the focus of the research, the writer concentrates on answering questions as follow:

1. How are the characteristics of Kyle Sinclair as the main character described by Margaret McDonagh in the novel of *His Very Special Nurse*?
2. How does Kyle Sinclair reflects his trauma disorder and defense mechanism?

D. The Significances of the Study

The writer hopes the result of the study can be used:

1. For readers who are interested in the study of literature, especially the study of novel *His Very Special Nurse* written by Margaret McDonagh published in 2007.

2. As one of the references to study literary works, especially for the English Letters Department, Letters and Humanities Faculty of Syarif Hidayatullah State Islamic University Jakarta.

3. For researcher who study about Psychological Trauma Approach in a novel.
E. Research Methodology

1. The Objective of the Research

The objective of this research is to understand the psychological trauma and how trauma disorder and defense mechanism are reflected in the main character of the novel *His Very Special Nurse*.

2. Method of the Research

The writer uses qualitative method with the analytic descriptive writing in analyzing this novel. This method is used to described and analyze the trauma disorder and defense mechanism of Kyle as the main character in *His Very Special Nurse*.

3. Technique of Data Analysis

The writer collected the data from several source such as books, internet, and from variety sources that related to the study. The data are analyzed by descriptive analysis.

4. Unit of Analysis

The unit of analysis of this study is the novel of *His Very Special Nurse* that was written by Margaret McDonagh. The writer takes the simplified version that was published by Harlequin Books S. A, 2007.

5. Instrument

In collecting data, the writer as the instrument reads, identifies, and classifies the information from the novel by quoting evidences to support my arguments.
CHAPTER II
THEORETICAL FRAMEWORK

A. Character and Characterization

Character is someone who acts, appears, or is referred to as playing a part in a literary work. The most common term for the character with the leading male role is hero, the “good guy,” or “bad guy.” The leading female character is the heroine. Heroes and heroines are usually larger than life, stronger or better than most human being, almost godlike. In most modern fiction, the leading character is much more ordinary. Such a character is sometimes called an antihero, because he is not heroic in statue or perfection. An older and more neutral term than hero for the leading character, a term that does not imply either the presence or the absence of outstanding virtue that has the added advantage of referring equally to male and female characters is protagonist whose opponent is the antagonist.

The major or main characters are those we see more of over a longer period of time, we learn more about them, and we think of them as more complex or realistic than the minor characters, the figures that fill out the story. Minor characters may be less prominent and less complex, they are ultimately just as important to a story as major characters. Minor characters often play a key in An influential critic says round characters are not very complex and do not change in

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4 Ibid.
surprising ways, are flat. But, we must be careful not to let terms like flat and round or major and minor turn into value judgments, because flat characters are less complex than round ones. Flat and round are useful as categories but are even more useful as tools of investigations, as ways of focusing our attention and sharpening our perception.\(^5\)

Character is like creature in fictional story; it is presented with the characteristics and clues that are described in the story such as action, person’s speech, description, environment, thoughts, and explanation.\(^6\) Robert Diyanni said characters in fiction can be classified as major and minor, static and dynamic.\(^7\) A major character is an important figure at the center of the story’s action or theme. Usually a character’s status as major or minor is clear. The major character is sometimes called a protagonist whose conflict with an antagonist may spark the story’s conflict. Supporting the major character are one or more secondary or minor characters whose function is partly to illuminate the major characters. Minor characters are often static or unchanging, they remain the same from the beginning of a work to the end. Dynamic characters, on the other hand, exhibit some kind of change the attitude, of purpose, of behavior as the story progresses.\(^8\)

Character has different meaning with characterization. Character is often listed as one of the fundamental elements of fiction. A characterization is the way

\(^5\) Ibid. p. 103.
\(^8\) Ibid.
writers develop characters and reveal those character’s traits to readers. Writers may develop characters through their actions, through their reactions to situations or to other characters, through their physical appearance, through their speech and gestures and expressions, and even through their names.9

A characterization is the means by which writers present and reveal character.10 The method of characterization is narrative description with explicit judgment. We are given facts and interpretive comment. The characterization also reveals characters by letting us enter their consciousness, telling us what character think and feel. The following are major methods of revealing character in fiction:11

1. Narrative summary without judgment.
2. Narrative description with implied or explicit judgment.
3. Surface details of dress and physical appearance.
5. Character’s speech-what they say (and how they say it).
6. Character’s consciousness-what they think and feel.

Jerome Beaty et al., “a good deal characterization-the art, craft, method of presentation, or creation of fictional personages-involves a similar process. Characters are almost inevitably identified by category, sex, age, nationality, occupation, and so on. In most cases we not only see what characters look like, but also see what they do and hear what they say; we sometimes learn what they think, and what other people think or say about them; we often know what kind of clothes they wear, what and how much they own, treasure, or covet; we may told

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11 Ibid. p. 56.
about their childhood, parents, or some parts of their past. And all of this information combines to shape our sense of the character.”

Though characterization is gradual, taking place sequentially through the story, it is not, as it may seem natural to assume, entirely cumulative. For no matter how many methods of characterization are employed, at some point the definition of the individual stops. No matter how the individualized the character may be, he or she remains a member of a number of groups, and we make certain assumptions about that character based on our fixed or notions of groups. This representativeness makes characters meaningful to us, help us to both relate to, and learn from them.

Effective characterization can encourages us to identify so completely with certain characters that they seem to be part of the history that lies behind the story as part of our own world, to exist in a reality that is detachable from the words and events of the story in which they appear.

We must not forget the distinction between the character and the characterization, the method by which he or she is presented; so we must be careful to distinguish the good character, meaning someone whom, if real, we would consider virtuous, the good characterization, meaning a fictional person who, no matter what his or her morality or behavior, is well presented.

From the explanation above, the writers concludes that characterization also can be seen from variety of aspects such as appearances, age, gender,

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13 Ibid. p. 105.
14 Ibid.
15 Ibid. p. 106.
educational level, vocation, hobbies, sexual orientation, religious beliefs, ambitions, motivation, and personality.

B. Psychological Trauma

1. The Definition of Psychological Trauma

Trauma is not always happen in a good situation, it also happen when the individual has a bad experiences, it can cause trauma.\textsuperscript{16} Trauma is the result of extraordinarily stressful events that shatter our sense of security, making us feel helpless and vulnerable in a dangerous world.\textsuperscript{17} Psychological trauma is a type of damage that occurs as a result of traumatic event. A traumatic event involves a single experience or an enduring, repeating event or events that completely overwhelm the individual’s ability to cope or integrate the ideas and emotions involved with that experience. The sense of being overwhelmed can be delayed by weeks or years, as the person struggles to cope with the immediate danger.

Trauma can be caused by a variety of events, but there are a few common aspects. There is frequently a violation of the person’s familiar ideas about the world and their human rights, putting the person in a state of extreme confusion and insecurity. This is also seen when people or institutions depended on for survival violate or betray the person in some unforeseen way.\textsuperscript{18} Eve Carlson, et al., argues that trauma happens to many competent, strong, good people. No one


\textsuperscript{18} \textit{Ibid.}
can completely protect him or herself from traumatic experiences. Trauma is also defined as anybody wound or shock produced by sudden injury, as from accident, injury, or impact.\(^{19}\)

2. Symptoms of Trauma

Symptoms of trauma can be wide and varied, and differ in severity from person to person. A person may re-experience the trauma mentally and physically, hence avoiding trauma reminders, also called triggers. This can be unforgettable and even painful. They may turn to alcohol or psychoactive substances to try to escape the feelings. Triggers and cues act as reminders of the trauma, can cause anxiety and other associated emotions. Often the person can be completely unaware of what these triggers are. In many case this may lead a person suffering from traumatic disorders to engage in disruptive or self-destructive coping mechanism, often without fully aware of their own actions.\(^ {20}\)

Some traumatized people may feel permanently damaged when trauma symptoms do not go away and they do not believe their situation will improve. This can be lead to feelings of despair, loss of self-esteem, and frequently depression. Most people experience a variety of emotions, including shock, fear, anger, and relief to be alive. Often, they can think or talk of little else other than what happened. Here are common reactions to trauma:\(^ {21}\)


\(^{21}\) *Ibid.*
• Guilt and self-blame.

   MIF Baihaqi, et al., said that “Blaming is often said by the individual who got conflict that he is not fault but it is not a sin”.\textsuperscript{22}

• Anxiety and edginess.

• Mood swings and irritability.

• Feeling disconnected or numb.

• Distressing memories about the event.

• Insomnia or bad dreams.

• Withdrawing from others.

• Depression

   According to Mitch Golant, depression is “someone who got depression could be felt up and felt down through unsteady as he stayed on the train uncontrolled without knowing when or how did he get off from the train”.\textsuperscript{23}

• Conflict

   A person who has experienced trauma may have problem in their relationships with others because they often have a hard time feeling close to people or trusting people. A person may also have problems with identity; he thinks himself as unselfish might think he acted selfishly by saving himself during a disaster. This might make him question whether he really is who he


thought he was. The conflict happens when the individual has the same power but contradictory each others.

3. Experienced that may induce the Condition

For an event to have a traumatizing effect it is not necessary that physical damage occur. Regardless of the source of the trauma, the experience has four common traits: it was unexpected, it was psychologically overwhelming, the person was unprepared or unable to cope with it, and there was nothing the person felt they could do to prevent or mitigate it. The example of situations which may be experienced as psychologically traumatic by some individuals include:

- Childhood physical, emotional, or sexual abuse, including prolonged or extreme neglect; witnessing such abuse inflicted on another child or an adult. Experienced and interactions that are experienced as psychological “attacks” for example a continual perception of psychological force, invalidation or emotional abuse.

- Experiencing an event perceived as life-threatening, such as: an automobile or other serious accidents, a vicious attack by an animal, medical complications, surviving or witnessing a violent physical assault, robbery or other violent crime.

- Witnessing a death.

- Adult experiences of sexual assault or rape.

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26 Jaelline Jaffe (2008), *loc. cit.*
• Psychological torture.
• Civilian experiences of warfare.
• Living through a natural catastrophe, such as tornado, tsunami, or severe earthquake.
• Loss of loved one.
• Loss of a loving relationship “traumatic” of romantic failure.

C. Defense Mechanism

1. The definition of Defense Mechanism

In many ways and areas of psychology, psychologists talk about “defense mechanism” or manners in which we behave or think in certain ways to protect or defend ourselves. The definitions about defense mechanism have variety meanings. According to John M. Grohol, said “defense mechanisms are one way of looking at how people distance themselves from a full awareness of unpleasant thoughts, feelings and behaviors”.27 Frank B. McMahon and Judith W. McMahon said that “defense mechanism is an unconsciousness technique used to reduced anxiety and keep the individual in psychological balance”.28

2. The Classification of Defense Mechanism

The writer classifies defense mechanism from many sources. They are categorized:

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a. Repression and Suppression

John Dollard and Neal E. Miller said that repression refers to the automatic tendency to stop thinking and avoid remembering.\(^{29}\) Repression is a function of conflict between the ego and the id, serving to maintain balance between them.\(^{30}\) James C. Coleman said that repression is the primary defense in such anxiety reactions and operates in such a way as to screen out dangerous desires each time they arise.\(^{31}\) The anxiety attacks proper apparently signal the threat such represses desires are about to break through into consciousness and apparently lead to reinforcement of the repressive defense.\(^{32}\)

The definition repression is also dependent on the arousal of anxiety, and thus observes it we must make subjects fearful and anxious.\(^{33}\) Jess Feist and Gregory J. Feist explain that the most basic defense mechanism, because it is involved in each of the others, is repression.\(^{34}\) In many cases the repression is then perpetuated for a life time, example; a girl may permanently repress her hostility for a younger sister because her hateful feelings create too much anxiety.\(^{35}\)

Suppression and repression are very similar defense mechanism. They both involve a process of pulling thoughts into the unconscious, and preventing


\(^{32}\) Ibid.


\(^{35}\) Ibid.
painful or dangerous thoughts from entering consciousness force, while suppression is consciousness process, a conscious choice not to think about something.\(^\text{36}\)

b. Rationalization

Rationalization means explaining what we do in such way that we avoid responsibility for any consequences.\(^\text{37}\) For example, a man who spends all of his money at the race track might rationalize his behavior by saying that, just like members of the jet set, he is entitled to some enjoyment in life. In theory, he is covering up a different and more accurate reason for his irrational behavior.\(^\text{38}\) Rationalization is often listed as the way for the individual to cover up his bad behavior by pretending a bad thing is a good and a good thing is a bad.\(^\text{39}\)

c. Projection

Projection means mentally giving to someone else what in fact are own feelings or thoughts.\(^\text{40}\) For example is the woman who has been fired from her job for poor performances. She claims that her superiors are incompetent, not she, and her firing resulted from professional jealously. Thus, she is projecting the problem and responsibility onto others, rather than accepting it herself.\(^\text{41}\)


\(^{37}\) Frank B. McMahon and Judith W. McMahon (1986), *loc. cit.*

\(^{38}\) *Ibid.*


\(^{40}\) Frank B. McMahon and Judith W. McMahon (1986), *loc. cit.*

d. Regression

Regression is a common way for adults to react to anxiety-producing situations is to revert to earlier, safer, more secure patterns of behavior and to invest their libido onto more primitive and familiar objects.\(^{42}\) For example, a completely weaned child may regress to demanding a bottle or nipple when a baby brother or sister is born. The attention given to the new baby poses a threat to the older child.\(^{43}\) In regression we defend ourselves by moving backward in time and behaving, like children. We regress to a behavior that was effective when we were children.\(^{44}\)

e. Denial

Denial is refusing to accept that something wrong exists.\(^{45}\) For example, the person denies that they may exist, faced with the loss of loved one, the person refuses to admit that death has taken place.\(^{46}\)

f. Undoing and Isolation

Undoing is a type of repression in which the ego attempts to do away with unpleasant experiences and their consequences. Isolation is a closely related defense mechanism.\(^{47}\)


\(^{43}\) Ibid.

\(^{44}\) Frank B. McMahon and Judith W. McMahon (1986), *op. cit.* p. 537.

\(^{45}\) Ibid. p. 537


\(^{47}\) Ibid. p. 36.
g. Reaction Formation

Reaction Formation is one of the way in which a represented impulse may become conscious is through adopting a disguise that is directly opposite its original form. For example, a girl who deeply resents, so she hates her mother because she knows that society demands affection towards parents, such as conscious hatred for her mother would produce too much anxiety. To avoid painful anxiety, the girl concentrates on the opposite impulse-love. However, her love for her mother is not genuine.

h. Displacement

In this mechanism, affect is diverted from one object and expressed toward a different object. For example, a woman who is angry at her roommate may displace her anger onto her employees, her pet cat, or a stuffed animal. She remains friendly to her roommate, but unlike the workings of a reaction formation, she does not exaggerate or overdo her friendless.

i. Fixation

The process of psychologically growing up, however, is not without stressful and anxious moments is called fixation. When the prospect of taking the next step becomes too anxiety provoking, the ego may resort to the strategy of remaining at the present, more comfortable psychological stage.

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48 Ibid. p. 37.

49 W. Edgar Vinacke (1972), op. cit. p. 421.


51 Ibid. p. 37.
j. Introjection

Introjection is a defense mechanism whereby people incorporate positive qualities of another person into their own ego. For example, an adolescent may introject or adopt the mannerisms, values, or lifestyle of a movie star.\(^{52}\)

k. Sublimation

Sublimation is the repression of the genital aim of Eros by substituting a cultural or social aim. The sublimated aim is expressed most obviously in creative cultural accomplishments such as art, music, but more subtly, it is part of all human relationships and all social pursuits.\(^{53}\)

l. Conversion

Baihaqi, et al., said that conversion is one of mechanism which happen when the emotional conflicts gets expression through sensory perception (a way of seeing or understanding something), motorist (a way of device that changes power into movement), and somatic (a way of defense in involving physical punishment).\(^{54}\)

m. Compensation

Compensation happens when a person dedicates himself to gets his destination by working hard to reduce the pain.\(^{55}\)
n. **Dissociative reaction**

This is a relatively rare reaction in which certain aspects are so painful that the individual represses entire episodes of his life from consciousness.\(^{56}\)

The writer also finds the classifications according George Eman Vaillant’s (1977) categorization, defenses related to their psychoanalytical developmental level.\(^{57}\) Vaillant’s levels are:

1. **Level I (Pathological Defense)**

The mechanisms on this level, when predominating almost always are severely pathological. These four defenses, in conjunction permit one to effectively rearrange external experiences to eliminate the need to cope with reality. The pathological users of these mechanisms frequently appear irrational or insane to others. These are “psychotic” defenses, common in overt psychosis. However, they are fond in dreams and throughout childhood as well. They include:\(^{58}\)

- **Delusional Projection**: Grossly frank delusions about external reality, usually of a persecutory nature.

- **Denial**: Refusal to accept external reality because it is too threatening, arguing against an anxiety-provoking stimulus by stating it doesn’t exist, resolution of emotional conflict and reduction of anxiety by refusing to perceive or consciously acknowledge the more unpleasant aspects of external reality.


\(^{57}\) American Psychiatric Association, *Diagnostic and Statistical Manual of Mental Disorders DSM-IV* (1994), *loc. cit.*

\(^{58}\) *Ibid.*
- Distortion: A gross reshaping of external reality to meet internal needs.
- Splitting: A primitive defense, negative and positive impulses are split off and unintegrated. Fundamental example: an individual views other people as either innately good or innately evil, rather than a whole continues being.
- Extreme Projection: The blatant denial of a moral or psychological deficiency, which is perceived as a deficiency in another individual or group.

2. Level II (Immature Defense)

These mechanisms are often in adults and more commonly present in adolescents. These mechanisms lessen distress and anxiety provoked by threatening people or by uncomfortable reality. People who excessively use such defense are seen as socially undesirable in that immature, difficult to deal with and seriously out of touch with reality. These are the so-called “immature” defenses and overuse almost always leads to serious problems in a person’s ability to cope effectively. These defenses are often in severe depression and personality disorders. In adolescences, the occurrence of all these defenses is normal.\(^{59}\) They include: \(^{60}\)

- **Acting out**: Direct expression of an unconscious wish ort impulse in action, without conscious awareness of the emotion that drives that expressive behavior.

\(^{59}\) *Ibid.*

\(^{60}\) *Ibid.*
- *Fantasy*: Tendency to retreat into fantasy in order to resolve inner and outer conflicts.

- *Idealization*: Unconsciously choosing to perceive another individual as having more positive qualities than he or she may actually have.

- *Passive Aggression*: Aggression towards others expressed indirectly or passively such as using procrastination.

- *Projection*: Projection is a primitive form of paranoia. Projection also reduces anxiety by allowing the expression of the undesirable impulses or desires without becoming consciously aware of them, attributing one’s own unacknowledged unacceptable or unwanted thoughts and emotions to another, includes severe prejudice, severe jealousy, hyper vigilance to external danger, and injustice collecting. It is shifting one’s unacceptable thoughts, feelings and impulses within oneself onto someone else, such that those same thoughts, feelings, beliefs and motivations are perceived as being possessed by the other.

- *Projective identification*: The object of projection invokes in that person precisely the thoughts, feelings or behavior projected.

- *Somatization*: The transforming of negative feelings towards others into negative feelings toward self, pain, illness, and anxiety.

3. **Level III (Neurotic Defenses)**

   These mechanisms are considered neurotic but fairly common in adults. Such defenses have short-term advantages in coping, but can often cause as one’s primary style of coping with the world. They include:  

- **Displacement**: Defense mechanism that shifts sexual or aggressive impulses to a more acceptable or less threatening target, redirecting emotion from it is real object and redirection of the intense emotion toward someone or something that is less offensive or threatening in order to avoid dealing with what is frightening or threatening. For example, a mother may yell at her child because she is angry with her husband.

- **Dissociation**: Temporary drastic modification of one’s personal identity or character to avoid emotional distress, separation or postmen of a feeling that normally would accompany a situation or thought.

- **Hypochondriasis**: An excessive preoccupation or worry about having a serious illness.

- **Intellectualization**: A form of isolation, concentrating on the intellectual components of a situation so as to distances oneself from the associated anxiety-provoking emotions, separation of emotion from ideas, thinking about wishes in format, effectively bland terms and mot acting on them, avoiding an acceptable emotions by focusing on the intellectual aspects (isolation, rationalization, ritual, compensation, magical thinking).

- **Isolation**: Separation of feelings from ideas and events, for example, describing a murder with graphic details with no emotional responses.

- **Rationalization (making excuse)**: Where a person convinces him or herself that no wrong was done and that all is or was all right through faulty and reasoning. And indicator of this defense mechanism can be seen socially as the formulation of convenient excuses or making excuses.
• Reaction Formation: Converting unconscious wishes or impulses that are perceived to be dangerous into their opposite belief because the true belief causes anxiety. This defense can work effectively for coping in the short term, eventually break down.

• Regression: Temporary reversion of the ego to an earlier stage of development rather than handling unacceptable impulses in a more adult way.

• Repression: The process of attempting to repel desires towards pleasurable instincts, caused by a threat of suffering if the desire r satisfied, the desire is moved to the unconsciousness in the attempt to prevent it from entering consciousness, seemingly unexplainable naivety, memory lapse or lack of awareness of one’s own situation and condition, the emotion is consciousness, but the idea behind it is absent.

• Undoing: A person tries to ‘undo’ an unhealthy, destructive or otherwise threatening thought by engaging in contrary behavior.\(^6^2\)

4. Level IV (Mature Defense)

These are commonly found among emotionally healthy adults and are considered mature, even though many have their origins in an immature stage of development. They have been adapted through the years in order to optimize success in life and relationships. The use of these defenses enhances pleasure and feelings of control. These defenses help us integrate conflicting emotions and

\(^6^2\) Ibid.
thoughts, while still remaining effective. Those who use these mechanisms are usually considered virtuous. They include:  

- **Altruism**: Constructive service to others that brings pleasure and personal satisfaction.
- **Anticipation**: Realistic planning for future discomfort.
- **Humor**: Overt expression of ideas and feelings (especially those that are unpleasant to focus on or too talk about) that gives pleasure to others.
- **Identification**: The unconscious modeling of one’s self upon another person’s character and behavior.
- **Introjections**: Identifying with some idea or objects so deeply that it becomes a part of that person.
- **Sublimation**: Transformation of negative emotions or instincts into positive actions, behavior, or emotions.
- **Thought Suppression**: The conscious process of pushing thoughts into the preconscious, the conscious decision to delay paying attention to an emotion or need in order to cope with the present reality, making it possible to later access uncomfortable or distressing emotions while accepting them.

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63 Ibid.
A. The Characteristics of Kyle Sinclair

The writer examines Kyle as the main character in the novel of His Very Special Nurse written by Margaret McDonagh. The author describes Kyle’s attitude and actions as a central figure in the story as a protagonist. In this chapter, the writer analyzes Kyle’s characteristics through several aspects by using clues that can be found from each character’s narration in the novel. The writer begins the analysis from physical appearances of Kyle, his behavior which can be seen from his thought, direct statement, and his interaction between the others and surroundings.

The following are the characteristics of Kyle Sinclair:

1. Good looking

In the beginning of the story, Margaret introduces the first character as a doctor, named Kyle Sinclair. In the first chapter, he meets a girl, named Alexandra who applies a job as district nurse at Glenside Surgery in Rightownbrae (the place where Kyle works as a doctor) to meet him for interview. He is described as a doctor, handsome, and good looking. He has blue eyes, dark hair, husky voices, and athletic body.

“...deeper than one would expect from looking at him, his voice had an attractive Scottish burr, and sounded like honey drizzling through gravel: rough, husky and temptingly moreish. The kind of voice that should be employed on TV commercials, enticing people to buy things they didn’t...”
need. Her grey gaze met a sultry, midnight blue one and heat seared through her entire body...” (McDonagh 2007, 7)

“...his athletic build...six feet of lean muscle encased in a charcoal suit, the crisp whiteness of his shirt highlighting his bronzed skin. In his early thirties, she judged, his dark hair was short and thick, the couple of stray that flopped onto his forehead failing to soften the brooding expression on his far too-handsome face..”

(McDonagh 2007, 8)

After his marriage broke down, the betrayal of his ex-wife, and the dead of his baby. Kyle decides to shut himself off from the world to throw himself completely in his work and dedicates himself to his patients. Although Kyle has divorced, he can easily get woman because he is handsome and good looking but he won’t.

2. Bad temper

Kyle is bad temper. This is shown when Alex is received as a nurse. Kyle does not like her as his colleague at the first time. It can be seen when Alex is able to pursue his grumpy patient who does not want to be examined by Kyle. Then, he is annoyed and temperamental.

“His temper rising, cross with her and himself, Kyle stalked away and returned to the sanctuary of his consulting room, tossing the towel aside and stripping off his jacket and shirt...” (McDonagh 2007, 18)

“...his temper far from improved, Kyle let himself into his soulless house not far from the surgery dumped his belongings and stalked to the kitchen, smothering groan as the telephone rang...”

(McDonagh 2007, 19)

It also can be seen when his friends, Conor and Nic give him advice and suggestion that he should see the future after divorce and begin to put the past behind. He does not give respect at all, but he shows his emotional his bad temper because of his negative thinking. It can be seen in the text below.
“...his temper returning, Kyle marched on a head, leaving his friends to trail in his wake, shutting his ears to their gentle teasing...he just wished everyone, however well meaning, would leave him the hell alone...”

(McDonagh 2007, 47)

3. Kind and Intelligence

Kyle is born in Ayshire. He grows up there before he moves to Rightownbrae. His family have farm which have been inhibited for three generations, whose his father and his brother work there as farmer, except Kyle. Then, he goes to Rightownbrae to take at Medical School as a doctor and he becomes intelligence.

“However much he was unsettling her on a personal level, that he felt strongly about the issue pleased her, because it had to mean he cared about this patients.” (McDonagh 2007, 12)

His kindness is also shown when the old woman, one of his patients take examination in Surgery, she feels happy about the presence of Dr. Kyle who want to examine her illness.

“...I’m glad it’s him dear.’ The rotund, middle-aged woman managed a tremulous smile. ‘He’s always kind. I probably shouldn’t say this, but Dr. Ross doesn’t have the same bedside manner’...” (McDonagh 2007, 23)

From the explanation above, it can be seen that he is intelligence and kind in caring his patients.

4. Brotherly

In this story, it is described that Kyle has close friends. He meets Conor and his wife (Kate), Nic and his wife (Hannah). All of them have been together as close friend for years. He likes them much as close as brotherly.

“...he loved them, would never have survived without them, and would do anything for them...” (McDonagh 2007, 45)
In spite of that, Conor is Kyle’s best friend. They have shared a flat, food, clothes, and other things to keep them together for years of training in the phase of study.

“...he’d been away at Medical School, which was where he had met and befriended Conor Anderson...” (McDonagh 2007, 98)

“He was close close to Nic, Hannah and Kate, had let them onto his life, but he had only really shared his real self, his thoughts and feelings, with Conor.” (McDonagh 2007, 94)

From the explanation above, it can be seen that Kyle is very friendly to other characters. Besides that, it shows that how close Kyle and Conor as best friend. Kyle only could share his feelings, thoughts, and his real self to Conor.

5. Ambitious

He is also described as ambitious man. He works hard to get money to be a doctor. Kyle works every time on his studies to survive during his education.

“...they had two young men out to take on the world for the first time and eager to have some fun, Kyle recalled with a wry smile. Only both of them had struggled for money, and all their time and energy had been consumed working every moment on their studies and in various jobs to pay their way...so he and Conor had needed to earn their keep. They had also shared a flatm share food, clothes and anything else needed to keep them going and see them through the years of training...” (McDonagh 2007, 90)

From the explanation above, it shows that how he and his best friend are ambitious; struggle to survive for their study. Besides that, his ambitious is drawn in his bravery. His bravery is shown in his hobby like climbing and hiking.

“...they had wlked up from the Devil’s Beef Tub over Great Hill, Chalk Rig Edge and Whitehope Heights, undulating through hidden glens, along tumbling burns, past and old ruin and some cascades,...one day he wanted to walk the whole Southern Upland Way, the two hundred-and-twelve-mile path ran from Port Patrick in the West to the North sea cliffs at Cockburnpath on the east coast...” (McDonagh 2007, 44)
The text above represents how ambitious he is. He never surrenders to get what he wants. From the analysis above, the dominant character is presented by Kyle. The author implies Kyle’s character through narrator’s explanations, descriptions, dialogues, thoughts, feelings, actions, and reactions.

The writer concludes that every character has his or her own personality, which a creative author uses to assist in forming the plot of a story creating mood. The different attitudes, mannerism, and even appearances of characters can greatly influence the other major elements.

B. Trauma Reflection

Relates to the previous chapter both negative and positive characters of Kyle become basic needs of him to defense his life and try to satisfy himself. Kyle’s character also represents reactions of trauma reflection.

The result of people adjustment process is not always good. The betrayal of his wife, the death of his baby, and his divorced are reasons that make Kyle trauma in making relationship again with women. These hurt, especially when he sees couple who are in love. However, different people will react differently to similar problems. One person may see it as a trauma while another person would not see it as a trauma. In other words, not all people who experience a potentially traumatic event will actually become psychologically traumatized.

In this chapter, the writer will analyze the reflection of trauma and self-adjustment that happen to Kyle through several aspects such as behaviors, thoughts, feelings, some descriptions about him that represent self-defense mechanism and trauma reflection, and then classify them into certain categories.
1. Trauma Reflection of Kyle

People who have traumatic experiences often have certain symptoms and problems afterwards. How severe symptoms are depends on the person. Reactions and symptoms of trauma can be wide and varied differ from person to person.

His divorce, the betrayal of his wife, and the death of his baby, make him hurt when he sees couple in love. It is shown when he and his four best friends, Conor, Kate, Nic, and Hannah tale a holiday by walking in the hills. It can be seen in below this sentence.

“...it was the first time they had all managed to get together for days hike like this since Conor had returned from honey Kyle had dreaded the late-summer wedding, having to stand up as Conor’s best man—a reversal of roles from a few years before. But somehow he’d made it through, delivering a funny speech, being cheerful and chatty on the outside, while inside he had felt dead and filled with self-loathing...” (McDonagh 2007, 44)

It shows how trauma reflections appear in his deep feeling. The individual looks well if seen outside, but inside he is someone who needs from woman, but afraid to be hurt again.

He gets depression and he thinks that women are trouble. They cause hurt, loss, and betrayal. So, he hates women and he is afraid in making new relationship again.

“...He wanted nothing to do with women. They were a menace as a species and; on a personal level, they were off limits for good. Women were trouble. They cause hurt and loss and betrayal. He was having none of it. Not anymore. The last eighteen months had been worst of his life. All due to a woman. His wife. Ex-wife.” (McDonagh 2007, 21)

“He didn’t need anyone. Most importantly, he didn’t deserve anyone. There was nothing left of himself to give, and he certainly didn’t see anything within himself that anyone else could love...” (McDonagh 2007, 31)
Kyle is an excellent doctor and he has best friends who always give him support and his patients who care about him, but these mean nothing for him. Kyle considers himself as unlucky man, which fall under his pain.

“...Sometimes he felt as if he was struggling through quicksand, using up all his energy but unable to make any progress, held back from some unknown destination...a place he needed to reach but could never identify...” (McDonagh 2007, 30)

From the text above, Kyle feels despair, hopeless, and gloomy. He thinks that his struggle means nothing because it is far from expectation.

The divorces of his marriage and the lost of his child are not only make him trauma in making new relationship with a woman, but also changes his attitude to become envious and jealous when seeing couples in love, especially his best friends Conor and Kate, Hannah and Nic.

“...he was envious of his best friend’s happiness. The pain of Conor and Kate so much in love had seared inside him, the same way it did when he looked at Hannah and Nic together, the two of them still all over each other and blissfully happy. “How could he be jealous of his own friends, resentful that they had what he had lost? He hated himself for his selfish feelings...” (McDonagh 2007, 45)

From the text above, the writer analyzes that this character is presented by internal conflict. It shows that, his hopes cannot be reached as what he wants. In one side, he feels envious, jealous, hurt, and painful when seeing his friend’s happiness through their couples. It shows how he feels hurt inside and sense of failure which is drawn in his deep emotion. But, in the other side, it makes him has to throw away his bad feelings far away from his mind, because he does not want to make his friends hurt as best friend.
His trauma reflects the reaction of mind disorder. In this reaction, Kyle thinks that the causes of his divorce and the death of his baby are his faults. He blames himself.

Although he feels fault and blames himself but he cannot grief what has happen when he shares his feeling to Alex.

“He swore under his breath, and for a second she was scared she had gone too far, ‘I haven’t grief. I can’t grief. I’m still too angry, too lost, and feels so guilty.’” (McDonagh 2007, 74)

From the sentences above, it shows that Kyle cannot solve the problem that his ex-wife does the adultery with another man. In the other side, as a doctor he is unable to save their child as a result of their child is dead. These conditions make them divorce. Kyle cannot solve his problem and these disturb his mind to face the problem and being negative thinking.

2. The Reflection of Defense Mechanism of Kyle

Kyle feels hurt, and painful and lonely because he has neither wife nor child that can share, care, and accompany him. It is unpleasant condition for him. Despite of that, he has to struggle without wife and children. By doing defense mechanism, Kyle hopes his mechanism or self-esteem can be maintained to defeat unpleasant feeling because of his past failure.

The defense mechanism (self-defense) can be the way to help him to survive into pleasant condition. He represses his feeling to a woman for falling in love. Kyle is not helped by being told or by telling himself to think. It eliminates the possibility of planned action but not direct, unreasoned responses to drive and cues. It may help to eliminate certain problems.
The reflection defense mechanism can be seen when Kyle meets the girl, named Alexandra (Alex). She is younger, attractive, and beautiful. He knows himself anxious, but he represses and throws away that feeling. He thinks that women are terrible and resentful.

“...he wanted nothing to do with woman. They were a menace as a species and, on a personal level, they were off limits for good. Women were trouble. They caused hurt and loss and betrayal. He was having none of it. Not any more, the last eighteen months had been the worst of his life. All due to a woman, His wife.
Ex-wife
The bitter sting of pain and grief lanced through him. No way he ever going there again...” (McDonagh 2007, 69)

He also has buried his grief for the death of his baby.

“...he had buried his grief for his last child...” (McDonagh 2007, 69)

From the text above, it can be seen that by doing repression of his feeling, it eases his pain. So that, he will never hurt again in making his heart far from women.

The second self-defense mechanism that Kyle does is the mechanism of suppression. The reflection of this condition can be seen below. When his friends, Conor and Nic are talking about Alex, he changes the topic of their conversation.

“Hannah will never forgive me if I fail to find out all the news”.
“What news?’ Kyle questioned, glancing at Nic walking beside him.
“About Alex, of course. The Italian chuckled. ‘How was her first week with you?’
“Kyle smothered a groan. So much for not thinking about her. Clearly the wretched woman was going to continue to plague his existence, refusing to even allow him peace on his day off in the hills. ‘She seems a competence nurse,’ he allowed grudgingly, unable to keep the grumpiness from his voice.”
“I hope she’s settling in all right. It must be strange for her, getting back to work after all she’s been through,’ Nic commented.”
“I wouldn’t know. I’ve not spoken to her.’ Kyle’s frown deepened when he caught Nic and Conor exchanging an amused look, their eyebrows raised.
‘What?’

‘Unconcerned at the glower he sent him, Conor smiled. ‘You seem unusually flustered.’

‘I’m not remotely flustered,’ Kyle snapped. ‘I thought we came up here to forget about work’.

‘Sure!’ Conor and Nic exchange another smiled.’

(McDonagh 2007, 47)

It also happens when Kyle and his friends hold a gathering at Lochanrig. He wishes that they did not talk about Alex. But, they are disappointed with him because he is unwelcome and let Alex goes home. Then, they ask him to be gentle and not to be cold person.

‘Which made him feel even worse, Kyle acknowledged, wishing they would change the subject and talk about something else. He didn’t want to talk about Alexandra, didn’t want to think about her. It wasn’t that he didn’t like her. He was scared he could like her too much—that was the problem. She was a threat.’ (McDonagh 2007, 57)

In short, Kyle tends to avoid unpleasant topics of conversation and this shows his self-defense mechanism.

The third self-defense mechanism of Kyle is by doing his hobbies and working hard. This can be seen below this paragraph.

‘... He’d gone off the rails for a few weeks. Never the type to lose himself in a bottle or chase after a load of women, he had drowned his pain by taking far too many stupid risks out climbing and mountain biking, not caring if he hurt himself or if he ever came back’. (McDonagh 2007, 69)

The writer concludes that Kyle does his hobbies to ease his painful through climbing and hiking and he does not care if he can hurt himself.

Eighteen months after the death of his baby, Kyle tries to ease his pain by working hard for his job as a doctor individually. This condition is his way to ease his pain as his defense mechanism, called compensation.
“... he was always such fun, and now he never smiles or laughs as he used to, just dedicates himself to his patients. It was such a shock to everyone when his marriage broke up the way it did. They seemed a contented couple...” (McDonagh 2007, 27)

“He had shut himself emotionally, closed himself down, and he had never wavered in his determination to remain alone from now on, to guard his feelings. To concentrate all his energies on his work, spending his limited free time on his hobbies and doing extra shifts as a BASICS doctor, on call to attend local accidents or emergencies”. (McDonagh 2007, 30)

“He had pushed all his own need aside, had buried himself in work so he wouldn’t think, and his whole life had slipped more and more beyond his control as he had felt isolate and lost in his marriage as it crumbled around him”. (McDonagh 2007, 95)

From the explanation above, it shows that how Kyle solves his problems by doing certain activities like dedicating himself for his work.

Kyle feels guilty for the death of his baby. He always blames himself because he is unable to save his baby’s life as a doctor. Although, eighteen months has been passed, he still misses his baby. He cannot forget the time when his baby was alive. When he misses his baby he always sees his rumpled baby photograph by taking and keeps it into the box with him.

“Sighing, knowing he was torturing himself but unable to stop, he took out the now rumpled photograph he carried with him always, the only one he had. Taken from the last scan when his baby had still been alive.” (McDonagh 2007, 67)

“Kyle closed his eyes on the memories, the pain, his body rigid with tension. A nerve pulsing along his jaw. Setting down the photograph. He scrubbed his hands over his face, wishing he could wipe out everything that had happened make it all go away”. (McDonagh 2007, 70)

In this action, it seems that Kyle has unpleasant condition. It shows that how he miss his child and how deep his feeling towards his baby as a father. By keeping his child photograph, he feels comfortable and eases his pain.
From the analysis above, the writer concludes that the author reflects Kyle’s self-adjustment in several aspects. Self-adjustment that he does by doing self-defense mechanism is to reduce his tensions that may lead him from unpleasant condition to pleasant condition even though with negative emotion.

In self-adjustment process, Kyle tries to cope himself by doing intellectualization (solving the problem by analytic, intellectual, and thinking objectively). He tries to solve the problems emotionally by learning them. Intellectualization can be as the way to ease the pain and hurt. It also gives ability and a good chance to know the causes of his problems.

“He regretted the past, the hurt, the things that had gone wrong-most of their entire lost child-but he realized now he has let go. He didn’t love Helen, didn’t hate her, just wished he well for the future and hoped he could make a success of his own life from now on.” (McDonagh 2007, 173)

“I know things were difficult in the past, I’m sorry about that, ‘he began once they sat down with their tea. ‘I hope we can speak without acrimony and bad feeling.’” (McDonagh 2007, 173)

“Penny has never seen been more to me than a colleague and, I wrongly thought, a friend. I was never faithful to you, ‘he assured her now, anger burning inside him, ‘so all the time Penny was playing us off against each other, taking advantage of the problems we were having...’” (McDonagh 2007, 174)

“He left Ayshire with the answer he need, but still angry that Penny’s calculating lies and scheming had contributed to the wrecking of his already damage marriage, adding unnecessary pain and ill-feeling. It was true that he and Helen had not have given up so easily when things had been hard. But now Penny’s actions threatened to destroy what he had with Alexandra, and this time he was fighting tooth and nail for what he wanted... the woman he loved more than anything and needed as much as his next breath.” (McDonagh 2007, 176)

The above texts show that how Kyle tells to his ex-wife the causes of their divorce is the betrayal of his colleague, penny. He corrects the things well and calmly.
Kyle also tries to cope his problem by making relationship again with Alex. It begins when he meets the girl, namely Alex, after all of his thinking that women are trouble maker, he feels anxious, rigid, and unwelcome to her. Long time has passed, and then he knows her as a good woman, smart, kind, and mature.

However, she also has the same experience, unpleasant condition likes Kyle. She is painful and hurt because of the betrayal of her boy friend, and the death of her father. In addition, she has to struggle to keep her farm and her house. Nevertheless, she copes everything balances.

The similar experiences make them care each other. She helps him and gives him support with sincerity. Because of her, he is being conscious to change his life better. Then, he tries to open his feeling in making new relationship with Alex. He feels comfort and safe with her.

“Talking with Alexandra made some things clearer in his own mind…”
(McDonagh 2007, 95)

“She was a remarkable woman, he acknowledge, some of his edginess returning his awareness of her increased again...she had a natural inner beauty that had drawn him from the first moment they had met”
(McDonagh 2007, 97)

“He knew it was Alexandra’s influence, her presence that had made him face the things he had been avoiding. She had helped him put events in a different perspective...Alexandra made him want to think that a different future might be possible after all”
(McDonagh 2007, 129)

They have met and known each other. Alex has given him awareness and motivation for better condition. Hence, he proves that he can cure his trauma and heals himself for better condition.
“Lexie had rescued him from the darkness of his past and brought him into the light. She had freed him to be himself, had accepted him for who and what he was, and loved him anyway. She had awakened him and returned the depth of his desire, was his equal, his friend, his confidant, his lover. In Lexie’s loving care he was safe, as she was in this...now and forever”
(McDonagh 2007, 187)

From the description above, the writer concludes that the processes of defense mechanism of Kyle are in variety ways and they have different impacts both positively and negatively. Kyle tries to solve his problems to have better condition by doing self-defense.
CHAPTER V

CONCLUSION

After analyzing the novel of *His Very Special Nurse* written by Margaret McDonagh published by Harlequin Book S.A. The writer describes and explains trauma and defense mechanism of the main character of the novel. In this thesis, the novel discusses about trauma disorder and defense mechanism of Kyle Sinclair.

In this novel, trauma reflection is described by Margaret McDonagh through the main character. It can be seen how trauma disorder and defense mechanism influences the characteristics of the main character. Kyle is described as a doctor who is temper, intelligence, and ambitious with unpleasant condition.

Margaret McDonagh creates Kyle as a man who has problems in his life and his family life with his divorce and the death of the baby. Kyle is described as a person who has power and ambitious for getting his career and expectation. It can be seen when Kyle lives in Ayshire where his family work there as farmers, except Kyle who wants to be a doctor. He goes to the town, Rightownbrae to take Medical School as a doctor. He has to work hard to get money in various jobs for his study.

In other condition, he has unpleasant condition. The trauma is stared when his marriage broke down and he divorce with his wife. Kyle decides to pulls himself off from the world and throws himself completely into his work. He just
dedicates himself to his patients. He does not expect to get involved with anyone again, nor does he thinks that he will never find himself attracted to anyone else.

The last is about defense mechanism. In the novel, Margaret describes Kyle as a person who struggles without wife and child. The betrayal of his wife and the death of his baby make him hurt. He also sees the happiness of his friends as painful for him, even though, in the outside he looks cheerful and happy. By doing defense mechanism or self defense, he can defeat unpleasant feeling like his guilty feeling.

The first defense mechanism that is done by Kyle is repression. He represses his feeling to a woman for fall in love. He thinks that women are trouble and causes the problem. The second defense mechanism that Kyle does is suppression. When he and his friends talk about something that makes him uncomfortable and unpleasant topics, he tends to reinforce suggestion and changes conversation.

The second defense mechanism that Kyle does is suppression. When he and his friends talk about something that makes him uncomfortable and unpleasant topics, he tends to reinforce suggestion and changes conversation.

Finally, he has motivation to make new relationship with another woman after knowing Alex as a special woman for him. He gets motivation, support, and helps to have better condition from Alex. Then, he succeeds to cure his trauma and heals himself.
REFERENCES

Books


Internet and Websites


APPENDIXES

Scheme of the Research

Novel

Main Character

Kyle Sinclair

Characterization
- Good looking
- Bad temper
- Brotherly
- Ambitious
- Intelligences

The Problem of Main Character
- The divorce of his marriage
- The death of his child

Trauma Reflection
- He hates women
- Making him depression
- He sees himself as unlucky man
- He blames himself

Defense Mechanism
- Repression
- Suppression
- Compensation
- Intellectualization
The Cover of the novel entitled “His Very Special Nurse”