
THE INTERPLAY OF TRAUMA IN COLLEEN HOOVER'S IT ENDS WITH US: A PSYCHOANALYTIC EXPLORATION THROUGH SIGMUND FREUD'S THEORIES

By

Hildegard Chantika Dapawole¹, Restu Arini²

^{1,2} Universitas Mercu Buana Yogyakarta

Email: [1hildegarddapawole17@gmail.com](mailto:hildegarddapawole17@gmail.com), [2arini@mercubuana-yogya.ac.id](mailto:arini@mercubuana-yogya.ac.id)

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Abstract: Trauma is a profound emotional and psychological wound resulting from violent or distressing events. It impacts individuals of all ages, leading to long-term effects on behavior and relationships. This study aims to explore the trauma experienced by Lily in Colleen Hoover's *It Ends With Us* and examine its impact on her behavior and social interactions. Sigmund Freud's psychoanalytic theory as well as neuroses, repression and the compulsion to repeat as supporting theories for types of traumas are used in this study. The method used in this study is a qualitative descriptive method to analyze the data. The data in this study were obtained from conversations, statements and relevant sentences from Lily Bloom in the novel through actions and dialogues. The results of this study indicate that Lily Bloom experienced a combination of acute, chronic and complex trauma. Which affects her psychological and emotional well-being but also her social life that makes it difficult to trust relationships and have social isolation.

INTRODUCTION

Children often experience multiple traumatic events (Michaels, 2010), unintentional victims of violent incidents, such as domestic disputes between their parents, are more susceptible to psychological trauma, which increases the likelihood that they will participate in or imitate the same behavior as adults, Regardless of their age or gender, victims of domestic abuse have the same trauma-related effects (Mardiyati, 2015), difficulties in regulating emotions, focusing and concentrating, and connecting with others are impacts rooted in past wounds or traumas that emerge in adulthood (Munadira, 2023).

Trauma itself is defined as "wound" or "injury caused to the body due to violent acts" (Serena Jones, 2009), involving an event or experience, feelings and emotions that cause long-term negative consequences (Heidarizadeh, 2014) and leaves a continuous and clear memory (Charuth, 1996, cited in Heidarizadeh, 2014). Trauma can be felt by adults and children alike (Freud 1917, 241, cited by Pandin & Maghira, 2022) Which produces the defensive mechanism—a system an individual uses to deal with negative memories from the past—and makes recollections of past humiliations and insults harder to forget. (Freud 1917, 64, cited by Pandin & Maghira, 2022).

Trauma appears as a serious public health problem that results in over 150,000 deaths yearly in the US as well as significant economic damages and lost productivity (Burton et al, 2016), meanwhile, based on the results of the first national mental health survey measuring the incidence of mental disorders in adolescents 10-17 years old, it shows that one in three Indonesian adolescents has a mental health problem, while one in three Indonesian adolescents had a mental disorder in the past 12 months (Indonesia National Adolescent Mental Health Survey, 2022), it can lead to long-term physical impairment, psychological distress, chronic pain, and post-traumatic stress disorder (PTSD), which impact the overall quality of life and functional outcomes (Bhandari & Hussain, 2011). After all, these behavioral health issues can lead to challenges in relationships, careers, and other aspects of life (The Substance Abuse and Mental Health Services Administration, 2024). It is important to investigate trauma and the impact of trauma, to explore healing because mental health conditions and other risky behaviors have been linked to traumatic experiences.

Further, the fact that trauma is very important and relevant to our life, it becomes a source of inspiration for literary works. Numerous works of fiction explore this theme, examining in detail the traumatic experiences of the characters of the story. Colleen Hoover is a #1 New York Times bestselling author known for her diverse range of novels, including contemporary romance, young adult fiction, and psychological thrillers explore dark themes such as abusive relationships, toxic masculinity, sexual assault, miscarriage, and infidelity. Hoover has been open about her personal experiences, including her father's physical abuse of her mother, which has influenced her writing, particularly in novels like *It Ends With Us* and *It Starts With Us*. Hoover's novels are known for their emotional impact, often leaving readers with a deep sense of heartache and understanding of complex, traumatic situations. Her books have been praised for their ability to shift readers' perspectives on domestic violence and inspire personal change. Despite some criticism that her focus on trauma can be dehumanizing, Hoover's approach is generally recognized as a powerful tool for raising awareness and fostering empathy.

One of her works that reflect her concern with psychology titled "*It Ends With Us* (2016) explores abusive relationships and the complexities of love and trauma. endured by the protagonist, Lily Bloom. As a 23-year-old adult Lily's upbringing, where she witnessed her father consistently physically assault her mother, left her deeply scarred. Keeping her emotions bottled up, Lily confided only in Ellen through letters and diary entries. Writing to Ellen served as the only way that she used to express her buried feelings. After her father passed away, Lily decided to distance herself from her family, aiming to live independently and heal from her past trauma. Unexpectedly, Lily finds herself falling for a man named Ryle in her new life in Boston. Ryle's affection provides Lily with a fresh perspective on love, as he treats her with kindness. However, it's not last longer, as Ryle's behavior takes a drastic turn when he becomes angry. His abusive actions trigger memories of Lily's father mistreating her mother, resurfacing the deep-seated traumas within her.

Trauma is divided into three main types: acute, chronic, and complex. Acute trauma is a sudden and severe traumatic incident that significantly affects a person's life and can result from a single occurrence, such as a vehicle accident, physical assault, or natural disaster, that causes quick and extreme distress but it might have long-term ramifications if not managed; it can cause a trauma reaction, particularly the "fight to flight" response, which activates the

sympathetic nervous system and floods the body with stress hormones like adrenaline and cortisol (Olf et al. 2011), Physical effects can include elevated heart rate, fast breathing, and muscle tightness. These are typical during and immediately after a severe occurrence. Individuals may also suffer dissociative symptoms, which include feeling separated from their bodies or emotions to cope with the overwhelming event. Supported by Freud's neurosis theory, stated that neurosis occurs when an individual experiences an overwhelming event that disrupts their ego, leading to a breakdown in their mental apparatus. This can manifest in symptoms such as anxiety, phobias, and flashbacks (Freud 1926, cited by Bulut, 2019), Freud emphasized that the essence of trauma is the "experience of helplessness," where the individual feels unable to cope with the overwhelming stimuli, thus highlight the psychological impact of acute trauma on mental health.

Chronic trauma happens when a person is subjected to a series of distressing events that last for an extended period of time. This can include long-term major illnesses, sexual assault, domestic violence, bullying, or being exposed to extreme conditions like war. Chronic trauma symptoms can include labile or unpredictable emotional outbursts, anxiety, excessive rage, flashbacks, weariness, bodily aches, headaches, and nausea. Characterized by abnormal behavioral and physiological processes, which are described in the DSM-5 as the following symptom clusters: (1) hyperarousal states, (2) avoidance behaviors, (3) intrusive trauma-associated memories, and (4) altered cognitions and moods. (Bisson et al,2015), these symptoms can occur in both Acute Stress Disorder (ASD) and Posttraumatic Stress Disorder (PTSD), which are further defined by the duration of the symptoms following a traumatic event, with ASD lasting less than a month and PTSD lasting more than a month, respectively (Bryant, 2011) In line with Freud's theory of repression are closely related with chronic trauma, as it describes a defense mechanism where uncomfortable memories or thoughts are unconsciously blocked from awareness to avoid dealing with them. This can lead to symptoms and behaviors influenced by the repressed trauma, such as flashbacks and emotional distress. Repressed memories can resurface and impact daily life, illustrating the powerful effect of the unconscious mind on behavior and psychological distress (Freud, 1980, cited by Cherry, 2024).

Complex trauma is caused by exposure to a variety of traumatic events or experiences, which frequently occur within the framework of an interpersonal relationship. This can include childhood abuse, neglect, spousal violence, family conflicts, or recurring circumstances such as civil instability. It can severely affect a person's mental health, relationships, and performance at work or school. Complex trauma is a type of trauma that occurs frequently and cumulatively, typically across time and in specific relationships and circumstances (Courtois,2004). The phrase came into being over the past decade as researchers discovered that some forms of trauma were far more ubiquitous and complex than others. Courtois also stated that the broadened concept of complex trauma now includes all forms of domestic abuse and attachment trauma that occur within family and other intimate relationships. Supported by Freud's theory of repetition-compulsion, posits that individuals unconsciously reenact traumatic experiences as a means to master or understand them, despite the associated pain. This phenomenon illustrates the human psyche's tendency to repeat past traumas, indicating unresolved conflicts that have not been fully processed. Freud noted that this compulsion can be difficult to understand, as one might expect the

pleasure principle to lead individuals to forget painful events, yet the reality is that the psyche often seeks to confront and repeat these traumas (Freud, 1914, cited in Modules on Freud, 2002) In context of complex trauma, individuals may find themselves repeating the harmful patterns, such as engaging in abusive relationships, as a way to confront and work through their past traumas.

Trauma is an overwhelming experience of abrupt or catastrophic events, where the response shows as the uncontrollably delayed, recurrence, and often delayed appearance of hallucinations and other intrusive events (Caruth, 1996), that may have an impact on "learning, behavior, social, emotional, and psychological functioning." (Kuban & Steele, 2011). Supported by the Center for Substance Abuse (2014), trauma impacts individuals emotionally, psychologically, socially, and behaviorally. Common emotional responses include anger, fear, sadness, and shame, which can be immediate or delayed. Psychologically, trauma can lead to difficulties such as anxiety, depression, and concentration issues, with most survivors eventually coping through support and resilience. Socially, trauma often strains relationships, making trust and connection challenging. Behaviorally, survivors may engage in avoidant, compulsive, impulsive, or self-medicating behaviors to manage their distress. These varied reactions highlight the complexity and depth of trauma's effects on individuals.

Freud's psychoanalytic theory, which emphasizes the long-term influence of childhood experiences on mental health, highlights the importance of dealing with repressed traumatic memories, which may reappear later (Freud, 1895). Psychoanalysis is a study used to trace the hidden thoughts of a mind and to treat mental illness in human character, where psychoanalysis reads literature through psychological glasses, be it about a person's character traits, a wounded background, or anything that describes the nature of the human soul.

Several previous studies have discussed trauma, and psychoanalysis in literature. Bulan et. al. (2019), applying Freudian psychoanalysis to Jamie Sullivan's behavior in Nicholas Sparks' *A Walk to Remember*, shows how personality traits influence responses to trauma. Olugenge (2019) examines the interaction of literature and psychology in *Lonely Days* and *Madame Bovary*, describing how the characters' psychological conditions drive their actions and experiences. In addition, Waham (2023), explores trauma and memory in Kazuo Ishiguro's *Never Let Me Go* and *The Remains of the Day*, analyzing how repressed memories and unresolved past experiences shape the characters' identities and their perceptions of reality. Korucu (2018), discusses trauma theory by Freud, specifically neuroses, focuses on trauma in characters like Gertrude, William, and Paul in D.H. Lawrence's *Sons and Lovers*. Showed that characters in "Sons and Lovers" cope with traumatic events and trauma theory by Freud and Rank influences character development. Wicaksono ((2023), analyzed the dynamics of Personality the Main Character Drama Partners Korea 2: Justice for the Study Psychoanalysis Sigmund Freud. The finding showed the description of Id, Ego, Superego in Drama Partners for Justice 2. Presents literary psychological analysis based on Sigmund Freud's structures. Santyaputri & Kurnia (2022), analyzes the main character's psychological condition in the film "Everything Everywhere All at Once" using Freud's psychoanalysis theory, focusing on trauma and repetition-compulsion.

This study aims to explore the trauma experienced by Lily in Colleen Hoover's *It Ends*

With Us and examine its impact on her behavior and social interactions. By analyzing Lily's psychological and emotional responses, the study seeks to understand how trauma shapes her character and relationships.

RESEARCH METHOD

To analyze the data, this study used a qualitative method. Qualitative research is an inquiry process of knowing based on various methodological traditions of inquiry that study a social or human challenge (Creswell, 1998) Supported by Moelong, qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from the behavior and people observed (Cited in Bogdan & Taylor, 2004) The data for this study is gathered in the form of scripts or texts, and content analysis is the method of analysis used. Krippendorff (2004) states that content analysis is a research method for generating specific and identical findings from texts or other items that are relevant in the context in which it is used. The data was analyzed in three steps: data reduction, data presentation, and conclusion drawing (Astuti & Arini, 2022)

RESULT AND DISCUSSION

This novel *It Ends With Us* by Colleen Hoover tells the story about Lily Bloom whose childhood was spent witnessing her fathers' continual physical abuse of her mother. These experiences had left her profoundly affected. In this novel, Lily's trauma is explored in depth through her life journey and her relationship with others. It was found out that Lily exposed a combination of acute, chronic and complex trauma that persisted till she was 23 years old and had a remarkable impact on her life.

Acute Trauma

Lily's experience and reactions to the physical assault are a clear representation of acute trauma, both physically and psychologically. The physical effects, such as shaking and sobbing, align with the body's response to acute stress as outlined by Olf et al. (2011), while her psychological distress and feelings of helplessness are consistent with Freud's theory of neurosis.

Ryle Kincaid's physical assault on Lily could be considered as acute trauma. As mentioned in the introduction, acute trauma is caused by a sudden, serious event that severely impacts a person's life. In Lily's case, the trauma was caused by an incident of physical violence that manifested not only in direct physical injury but also in profound psychological distress. Lily's physical responses to the assault are in line with the body's natural response to acute trauma. *"There was enough force behind it to knock me off balance. In a matter of one second, Ryle's arm came out of nowhere and slammed against me, knocking me backward. When I lost my footing, I hit my face on one of the cabinet door handles as I came down."* (Hoover, 2016: 185). For the first time, Lily got physical assaulted by Ryle when they were in Lily's apartment. At that time, Lily, who was under the influence of alcohol after drinking wine, laughed at Ryle who accidentally injured his own hand because he was holding a hot pan. Lily's reaction provoked Ryle's emotions which then could not be controlled, so he committed physical violence against Lily. *"He grabs my wrists and pushes me away from him"*

(Hoover, 2016: 230), which was considered as direct physical harm that Lily endures, highlighting the force of the assault and her subsequent physical disorientation and injury.

Not only through the physical violence she experienced, the acute trauma experienced by Lily can be seen through her reaction to the violence she experienced. *"I can feel my whole body start to shake with the sobs"* (Hoover, 2016 :231). *"I grab one of my pillows and throw it at him, like it could actually do damage"* (Hoover, 2016:234).

Lily's body reacts to the overwhelming stress of the situation. Her shaking and the involuntary sobs reflect the activation of her sympathetic nervous system, which floods her body with stress hormones like adrenaline and cortisol. This aligns with the acute trauma response, as described by Olf et al. (2011), where physical symptoms such as shaking and heightened emotional responses are typical during and after a traumatic event.

Freud's theory of neurosis provides a framework to understand Lily's psychological response to the trauma. According to Freud, neurosis can occur when an individual's ego is overwhelmed by a traumatic event, leading to psychological symptoms like anxiety, flashbacks, and feelings of helplessness.

Lily's immediate psychological response to the trauma, where she tries to mentally escape the reality of the assault by wishing it away and physically shielding herself. The feeling of helplessness is palpable as she realizes the gravity of what has occurred, which, according to Freud, is central to the experience of trauma. *"I wrap my arms over my head and try to wish away the last ten seconds"* (Hoover, 2016:185). *"He tries to pull my arms from my head, but I refuse to budge"* (Hoover, 2016: 186).

Further, Lily's intense emotional reaction to the experience. Her feelings of shock and sadness point to a severe psychological injury. It is related with Freud's view that an overwhelming event that throws off a person's internal balance and makes them feel helpless is the main cause of trauma. *"The realization of what has just happened hurts worse than the actual action"* (Hoover, 2016:187). *"I'm a little in shock... I can feel it in every part of me"* (Hoover, 2016:187). *"No physical pain could even compare to what my heart is feeling in this moment"* (Hoover, 2016:231).

Chronic Trauma

This can be seen through Lily's experience of witnessing domestic violence perpetrated by her father on her mother and herself, as well as her flashback reactions.

"My father was abusive...I found myself looking forward to the nights they would fight." (Hoover,2016:16-17)

"He was choking her, Ellen!...I don't know why he was mad, really, because all I could hear was her silence while she struggled to breathe." (Hoover,2016:109-110) *"He was on top of her...She kept begging him to get off her and then he hit her right across the face and told her to shut up."* (Hoover,2016:153-154)

Lily's experience of watching her father abuse her mother. Lily Bloom's experiences reflect the long-term effects of chronic trauma from witnessing domestic violence. Freud's theory of repression is evident in Lily's childhood memories of her father's abusive behavior, where she unconsciously associates violence with the subsequent peace that followed, leading to a distorted view of these events. The chronic nature of the trauma is reinforced by Lily's

flashbacks, where she relives the abusive scenarios, and by her inability to fully process the events at the time they occurred.

Lily's chronic trauma is not only caused by watching her mother, but caused by experienced violence by her father. Lily was abused by her father while she tried to help her mother.

"I don't really know what happened, but I'm guessing he threw me off of him. I just remembered one second I was on his back and the next second I was on the ground and my forehead hurt like you wouldn't believe...I had to get nine stitches in my forehead. I'm still not sure what hit my head on, but it doesn't really matter. The fact is, my father was the reason I was hurt and he didn't even stay and check on me. He just left us both there on the floor of the garage and left." (p. 110-111)

Further, Lily's chronic trauma could also be seen from her flashbacks. As mentioned in the introduction, Chronic trauma symptoms can include labile or unpredictable emotional outbursts, anxiety, excessive rage, flashbacks, weariness, bodily aches, headaches, and nausea.

"I'm so sorry, it all happened so fast. I didn't mean to push you, Lily, I'm sorry."

I don't hear Ryle's voice this time. All I hear is my father's voice.

"I'm sorry, Jenny. It was an accident. I'm so sorry"

"I'm sorry, Lily. It was an accident. I'm so sorry." (p. 186)

Lily experienced flashbacks while Ryle apologized to her, because of her traumatic memory about her father. The flashback Lily experienced is a clear manifestation of repressed memories resurfacing, a concept central to Freud's theory of repression. The blending of her current reality with past trauma shows how unresolved experiences continue to affect her present-day interactions and emotional responses. This intrusion of past memories into the present moment is a hallmark of PTSD, where traumatic memories are not just recalled but relived with intense emotional and psychological distress.

Complex Trauma

The complex trauma that Lily Bloom encountered could be seen through the repeated violence perpetrated by Ryle on her, in addition Lily also received manipulative behavior from Ryle. Lily received physical violence multiple times at the hands of her partner, Ryle, who later became her husband. The repetition of these violent acts, such as grabbing her wrists and pushing her away, underscores the recurring nature of her trauma. Each instance of violence compounds her psychological distress, reinforcing the cycle of abuse.

"He pushed me away from him. Ryle pushed me.." (p.189)

"He grabs my wrists and pushes me away from him." (Hoover, 2016:230)

My phone.

Atlas's number.

The stairwell

I grabbed his shirt.

He pushed me away.

"You fell down the stairs."

*But I didn't fall.
He pushed me. Again.
That's twice.
You pushed me, Ryle. (p. 231)*

This repetition is indicative of complex trauma, where the traumatic events are not isolated incidents but rather recurring patterns that persist over time. Besides, the complex trauma that Lily experienced could also be seen from Ryle's manipulative action. *"I'm sorry, Lily. It was an accident. I'm so sorry." (p. 186)* Ryle says his aggressive behavior was inadvertent, trying to downplay it, while he tries to affect Lily's perception of reality, suggesting she dropped down the stairs while, in fact, he pushed her, this deception carries on (p. 231).

Common in abusive relationships, these gaslighting strategies help Lily to understand her experiences and identify the abuse for what it is, therefore contributing to the psychological complexity of her suffering. Lily's behavior well illustrates Freud's theory of repetition-compulsion, in which people unintentionally recreate painful events to master or comprehend them. One may argue that her ongoing participation with Ryle, despite mistreatment, represents a kind of unconscious trauma repeat.

Lily's struggle to escape this cycle points to unresolved psychological difficulties and the ongoing impact of her prior traumas—both with Ryle and with her father—as shown by her analogy of the two though it causes more damage, this repetitive behavior can also indicate a subconscious attempt to regulate her pain. *"I hate him. I hate him at this moment more than I've ever hated my father. But concern for his career still somehow breaks through the hatred. When I realize this, I hate myself just as much as I hate him." (p. 270)*

Impact of Lily Bloom's Trauma

According to Kuban & Steele (2011) trauma can affect "learning, behavior, and social, emotional, and psychological functioning." Supported by The Center for Substance Abuse (2014) trauma can have subtle, shady, or completely catastrophic effects on a person, such as the person's traits, the nature and features of the event or events, developmental processes, the significance of the trauma, and sociocultural elements. Unfortunately, the trauma of Lily Bloom had a significant impact on some aspects of her life psychologically, emotionally, and socially.

Psychological and Emotional Impact

Lily Bloom trauma could be seen in her behaviors that show the symptoms of her trauma. In her old journal that contains stories about her daily life addressed to Ellen DeGeneres, she states that she is going through traumatic symptoms, *"..shuffling cards just calms me down sometimes and gives me something to focus on." (Hoover, 2016: 31)* Shuffling cards give her comfort and help her stay focused.

"I walked straight to the kitchen and I opened a drawer. I grabbed the biggest knife I could find and . . . I don't know how to explain it. It was like I wasn't even in my own body. I could see myself walking across the kitchen with the knife in my hand, and I knew I wasn't going to use it." (p. 154)

As mentioned by Caruth (1996), "trauma" is an overwhelming experience of abrupt or catastrophic events, where the response shows as the uncontrollably delayed, recurrence, and often delayed appearance of hallucinations and other intrusive events. Lily writes in her journal about how she felt at the moment and how, even though she knew she wouldn't use the knife, she still managed to take it. It implies that hallucinations have been happening to Lily.

The Center for Substance Abuse (2014) stated that Anger, fear, sadness, and shame are the emotions that are most likely to surface after the initial ones experienced during the occurrence. Supported by van der Kolk et al. (1993) In their study, state that anger, worry, grief, and shame are among the emotions that some trauma survivors find difficult to control; this is particularly relevant if the incident happened when they were young.

Lily Bloom's anger in *It Ends With Us* is triggered by several pivotal events that reflect her traumatic past and the abusive dynamics in her present relationships. When Lily and Ryle's relationship grew closer, a significant trigger occurred after the happy moments they spent together, Ryle suddenly pushed Lily when he was angry. This happened when they were drinking wine in Lily's apartment. Lily laughed at Ryle who was hurt after opening the oven.

"In a matter of one second, Ryle's arm came out of nowhere and slammed against me, knocking me backward..... Pain shoots through the corner of my eye, right near my temple..... So much gravity, pushing down on my emotions. Everything shatters. My tears, my heart, my laughter, my soul. Shattered like broken glass, raining down around me."
"Goddammit, Lily," I hear him say. "It's not funny. This hand is my fucking career." (p.185)

Another part that shows Lily's anger that is caused by her trauma, while Lily and Ryle fight because Ryle reads Lily's old journal, which she had written during school. After the intense conversation between Ryle and Lily, when she phones Atlas to come get her. She decides to write Ellen a letter at Atlas' House, exactly as she did in her sixteenth year. Knowing that Ryle wants to talk to her and that she is experiencing contradictory feelings that make her agitated to react, Lily starts by asking him the naked truth. Lily waits for Ryle to speak first because she doesn't have anything to say to him at the moment and is curious about his response. Lily leads her emotions and throws everything on Ryle after he admits to her that he doesn't know what to say either.

"Yes. I kept the magnet Atlas gave me when we were kids. Yes. I kept the journals. No, I didn't tell you about my tattoo. Yes, I probably should have. And yes, I still love him. And I'll love him until I die, because he was a huge part of my life. And yes, I'm sure that hurts you. But none of that gave you the right to do what you did to me. Even if you would have walked into my bedroom and caught us in bed together, you still would not have the right to lay a hand on me, you goddamn son of a bitch!" (p. 323)

In this section, Lily expressed her anger due to the physical violence committed by Ryle in their previous fight. This is related to the opinion of The Center for Substance Abuse (2014), which stated that Anger, fear, sadness, and shame are the emotions that are most likely to surface after the initial ones experienced during the occurrence. Lily's outburst of anger is a

reaction she shows due to the violence she experienced; the incident made Lily remember the violence experienced by her mother again.

Not only anger, but the effects of the trauma experienced by Lily also affect her emotions through feelings of denial that she shows several times in the novel.

The first can be seen after Ryle pushes her for the first time, *"He's not like my father. He can't be. He's nothing like that uncaring bastard."* (p. 188) in this section, Lily reassures herself that what Ryle did was unintentional and Ryle is not like his father. This is also because Lily melted with Ryle's apology. Then Lily's denial action was supported again after Ryle told his past, about the trauma that made Ryle have to undergo therapy since he was six years old.

"I'm supposed to hate him. I'm supposed to be the woman my mother was never strong enough to be. But if I'm emulating my mother's behavior, then that would mean Ryle is emulating my father's behavior. But he isn't. I have to stop comparing us to them. We're our own individuals in an entirely different situation. My father never had an excuse for his anger, nor was he immediately apologetic. The way he treated my mother was much worse than what happened between Ryle and me." (Hoover, 2016: 242)

In this part, Lily compared the violence she experienced with that experienced by her mother. Lily compares how her father behaves with Ryle's behavior and she also returns to denial after finding the difference. Ryle has a reason or background why he cannot control his anger, while his father does not, *"Ryle just opened up to me in a way that he's probably never opened up to anyone. He's struggling to be a better person for me."* (Hoover, 2016: 243) So, Lily concluded that what Ryle did was based on jealousy because Lily kept Atlas' number. *"It was an accident. He thought I was cheating on him. He was hurt and angry and I got in his way"* (Hoover, 2016:242) This is supported by the opinion of The Center for Substance Abuse (2014) which states that denial is an immediate emotional reaction to trauma. In line with the data obtained, it shows Lily's immediate reaction after receiving violence from Ryle, which reminded her of her trauma due to her father's actions in the past.

Since her fight with Ryle, Lily has been constantly comparing Ryle's behavior to her father's, *"I am a strong woman. I've been around abusive situations my whole life. I will never become my mother. I believe that a hundred percent. And Ryle will never become my father."* (p. 246) In this section, Lily continues to show her belief that she believes Ryle is not like his father. From comparing Ryle's behavior to his father's, to how she and her mother deal with similar violence.

Social impact

The trauma experienced by Lily could be seen through the behavior she showed, such as hallucinations and self-defense, and then through her emotions shown through anger and denial. The impact of the trauma experienced by Lily also affects her social behavior.

It can be shown when Lily is with Atlas in her kitchen and is about to make cookies, *"There have been times I've wondered if I could ever allow myself to trust a guy. For the most part, I hate men because the only example I have is my father."* (p. 148) Lily showed that she has difficulty trusting a relationship with a man because the only male figure she knew was her father. In line with the opinion of The Center for Substance Abuse (2014) which states

that while protective in nature, this fear of trusting others can make it harder to connect with people and make people more aware of their conduct, especially those of mental health service providers. Lily has doubts about trusting men because of her father's bad behavior, making Lily hate men.

"I have friends at school, but they're never allowed to come over to my house for obvious reasons. My mother is always worried something might happen with my father and word might get out about his temper. I also never really get to go to other people's houses but I'm not sure why. Maybe my father doesn't want me staying over at friends' houses because I might witness how a good husband is supposed to treat his wife. He probably wants me to believe the way he treats my mother is normal." (p. 104)

Relationships and social connections could act as buffers against traumatic stress. When she was still in school, through a journal written by Lily, she said that she was not allowed to visit her friends' houses, she was not allowed by her parents to invite her friends to visit her house. This is one of the reasons why Lily hates men because she is limited in knowing how other men behave out there

CONCLUSION

Trauma is a significant and pervasive issue that can have long-term negative consequences on individuals. Trauma can be experienced by both adults and children and can result from various types of traumatic events, such as domestic violence, physical assault, and chronic exposure to distressing situations. The impact of trauma can be seen in individuals' psychological and emotional functioning, including difficulties in regulating emotions, feelings of helplessness, and the development of mental health disorders such as anxiety and depression. Trauma can also affect individuals' social behavior, leading to challenges in forming and maintaining relationships and a lack of trust in others.

The trauma experiences and how they give impact on someone's life is portrayed very well by Colleen Hoover in his novel "It Ends With Us" through Lily Bloom, the main character. Experiencing and being exposed to domestic violence from a young age caused Lily to suffer from three types of trauma, a combination of acute, chronic, and complex trauma that persists until she is 23 years old.

Those traumatic exposures are resulting from several incidents: getting sudden physical attack by Lily's partner, Ryle, triggered immediate physical and psychological responses, such as shaking and sobbing (acute trauma); witnessing her father abusing her mother and herself in the past (chronic trauma); being repeated abuse and manipulation by Ryle (complex trauma) Resultantly, Lily is struggling with psychological, emotional, and social behavior disorders, leading to difficulties in regulating emotions, feelings of denial, anger, and not easy trusting of others.

Since trauma cases are increasing, as is known from the survey by Indonesia National Adolescent Mental Health Survey that one in three teenagers in Indonesia experiences mental health disorders, it is not an exaggeration to say that this issue should be a concern for all of us. Government, school, and society must work hand to hand together to overcome trauma and resolve traumatic memories through therapy as well as support to promote healing and improve overall well-being. As we know, healthy people drive strong economics; and strong economics enhances the prosperity of the country.

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