

Jonas' Post Traumatic Stress Disorder in *The Giver*

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ABSTRACT

This study aims analyze the main character's stress disorder in Lois Lowry's novel, The Giver, using Gerald Davison's Theory of Post-Traumatic Stress Disorder (PTSD). The research focuses on two objectives: (1) identifying the causes of PTSD experienced by Jonas in The Giver and (2) exploring the impacts of PTSD on Jonas in the novel. This research applied a literary criticism. This study used a literary psychology approach with Gerald Davison's post-traumatic stress disorder (PTSD) theory. The data source of this research was The Giver, a novel written by Lois Lowry, published in 1993 by Houghton Mifflin Company. It consists of 156 pages with 23 chapters. The findings of the study reveal that Jonas developed a mental disorder after undergoing compulsory training as the Receiver. His exposure to traumatic memories from The Giver instilled fear, pain, depression, and stress within him. The causes of his PTSD can be attributed to psychological, environmental, and brain structure factors. Consequently, Jonas displayed negative and antisocial behaviors, frequently plagued by haunting thoughts related to his traumatic experiences. This led to significant changes in his behavior, emotions, and mindset.

Keywords: post-traumatic stress disorder, mental disorder, The Giver

INTRODUCTION

The inspiration from writers on psychological phenomena experienced by society is expressed in the form of literary works such as short stories, dramas, and romances. According to Sumardjo, literature expresses the human person through experiences, thoughts, feelings, ideas, passions, and beliefs as a concrete picture that evokes charm with language tools (Nurgiyantoro, 2018). Language in literature can be in the form of oral and written such as short stories and novels.

Literary works seen as psychological phenomena will display psychological aspects through their characters. Thus, literary works can be approached using a psychological approach. Literature and psychology are closely related. It is acceptable because literature and psychology have an indirect and functional cross-relationship (Azwar, 2017).

This research used a psychological analysis of post-traumatic stress disorder (PTSD) as the main theory to analyze the data. This theory sees literary works seen as psychological phenomena would display psychological aspects through their characters. Thus, literary works could be approached using a psychological approach. Literature and psychology are too closely related. It was acceptable because literature and psychology have an indirect and functional cross-relationship (Siswantoro, 2005).

The study aimed to analyze the protagonist, Jonas, from the novel *The Giver*, using Gerald Davison's Theory of post-traumatic stress disorder (PTSD). PTSD typically arises in individuals who have encountered psychologically distressing, shocking, or dangerous situations (Nevid, 2005). The reason for selecting Jonas as the subject of analysis was that he offered a more straightforward character to study compared to others. This was due to the numerous new and traumatic experiences he encountered throughout the novel. While "The Giver," the character responsible for transferring memories, could have been another option, he was not chosen as he merely conveyed memories to Jonas without facing similar traumas. Additionally, other characters in the story, such as Jonas' family and friends, appeared only briefly, making them less suitable for in-depth examination.

Similar research on PTSD in literary works have been conducted by some researchers. One of them was done Nor Islafatun in 2017 entitled "*Pergeseran Peran Anak Sebagai Agen Perubahan Struktur Dalam Ekranisasi*." Islafatun examines the changes that have occurred in the organization of *The Giver* related to domination and resistance to changes in the structure of society. In her research, Islafatun also explains the change in the role of children as agents of change. For further research, namely the research of Randi Hanifa and Hat Pujiati from the University of Jember in 2018 entitled "Violence Beyond the Utopian Society" in Lois Lowry's *The Giver*. Hat Pujiati focuses more on community governance in Lois Lowry's novel *The Giver* (Pujiati, 2018).

The following research was Marlina's research from the Muhammadiyah University of Surakarta 2018, entitled "Resistance to *The Giver* of Quartet Lois Lowry: Psychosocial Perspective." The research conducted by Marlina aimed to discover what types of resistance the novel writer described in *The Giver* Quartet about obtaining identity from a psychosocial perspective (Marlina, 2018). The following research is Ibnu Aziz from Semarang State University in 2017, entitled "The Rebellion Against conformity reflected on Lowry's *The Giver*. "The rebellion is caused by each individual who does not want to follow the belief of the majority group, which is called conformity (Aziz, 2017).

Various theories and research have focused on different aspects of Lois Lowry's novel *The Giver*, including government patterns, social aspects, and deconstruction (Daharli, 2021; Utami, 2017; Virtanen, 2012). Notably, none of the previous researchers had examined post-traumatic stress disorder (PTSD) in the novel. Therefore, the current research using the PTSD theory is essential as it sheds light on the experiences of individuals facing this condition due to traumatic events, including distressing past experiences. Additionally, it contributes to a deeper understanding of applying psychological theories to literary works. Based on the aforementioned background, the researcher specifically analyzed how the main character, Jonas, in Lois Lowry's novel *The Giver*, experienced post-traumatic stress disorder (PTSD) and utilized Gerald Davison's PTSD theory for this examination.

RESEARCH METHOD

This study employed a literary psychological criticism, utilizing Gerald Davison's theory of post-traumatic stress disorder (PTSD). The research focused on two main aspects of discussion. Firstly, it explored the traumatic events that triggered PTSD, and secondly, it delved into the impact of post-traumatic stress disorder experienced by the main character, Jonas, in Lois Lowry's novel, *The Giver*. The research followed qualitative research methods, which involve collecting and analyzing data in written form (Hennink et al., 2020).

The researcher interpreted and analyzed *The Giver* as a literary work, employing literary criticism as the framework for examination. This approach was chosen because the research aimed to investigate the novel through the lens of a psychological theory, interpreting the literary elements within it. The primary focus was on analyzing the post-traumatic stress disorder experienced by the main character, Jonas.

The data source for this research was Lois Lowry's novel, *The Giver*, copyrighted in 1993 and published by Houghton Mifflin Company. The novel comprises 156 pages and is divided into 23 chapters. Secondary data sources included related studies that provided relevant information. The research collected data primarily from the novel itself, which served as the primary material for analysis.

The researcher examined the psychological aspects present in the novel and formulated several steps for data collection. Initially, the psychological development of the main character, Jonas, was analyzed, and the causes and effects of his post-traumatic stress disorder were classified separately. The data was then compiled into a list to facilitate the selection of relevant information for further analysis, organized based on the research problem.

FINDINGS & DISCUSSION

Below are the causes of post-traumatic stress disorder that Jonas experienced while undergoing mandatory training in his community as described in Lois Lowry's *The Giver*.

The Causes of Post-traumatic Stress Disorder Experienced by Jonas

Psychological causes

During his mandatory training, Jonas received many memories from the Giver. Among those memories are some terrible and painful memories. These memories made Jonas stressed and depressed. These memories were the cause of Jonas experiencing post-traumatic stress disorder. One of the training experiences that hurt his daily life was when he was stung by the hot sun. As he undergoes training, he is given memories of the climate. At first, the Giver only gave a memory of the sun's warmth that they had never felt in their community, but after a while, Jonas felt pain because the Giver gave the memory of being stung by direct sunlight.

The following quote shows how Jonas feels when reminded of what it feels like to be stung by the sun by Giver.

Jonas obeyed cheerfully. He closed his eyes, waiting, and felt the hands again; then, he felt the warmth and sunshine coming from the sky of this other consciousness that was so new to him. As he lay basking in the beautiful warmth, he felt the passage of time. His authentic self was aware that it was only a minute or two, but his other, memory-receiving self felt hours pass in

the sun. His skin began to sting. Restlessly he moved one arm, bending it, and felt a sharp pain in the crease of his inner arm at the elbow.

"Ouch," he roared and shifted on the bed. "Owwww," he said, wincing at the shift, and even moving his mouth to speak made his face hurt (Lowry, 1993, p. 73).

Jonas' experience of post-traumatic stress disorder in the quote above was caused by the intense pain that Jonas felt. At first, he did not know what term to describe the pain, but then the Giver told him that Jonas felt sunburn—a boiling feeling, like burning. The pain was so imprinted on Jonas' body that when he returned home, he still remembered how painful it was to be stung by the direct sun.

Apart from getting a memory of the climate, he also got another painful memory from the Giver of that day. He had a memory of a sled sliding down a very steep hill. In that memory, he hit a large snow mound that caused him to fall and even fall. The quote below shows how Jonas received memories of going downhill on the sled he rode.

It was much the same, this memory, though the hill seemed to be a different one, steeper, and the snow was not falling as thickly as it had before. It was cold. Also, Jonas perceived. As he sat waiting at the top of the hill, he could see that the snow beneath the sled was not thick and soft as it had been before but hard and coated with bluish ice. The sled moved forward, and Jonas grinned with delight, looking forward to the breathtaking slide through the invigorating air.

However, the runners, this time, could not slice through the frozen expanse as they had on the other snow-cushioned hill. They skittered sideways, and the sled gathered speed. Jonas pulled at the rope, trying to steer, but the steepness and speed took control of his hands, and he was no longer enjoying the feeling of freedom but instead, terrified, was at the mercy of the wild acceleration downward over the ice.

Sideways, spinning, the sled hit a bump in the hill, and Jonas was jarred loose and thrown violently into the air. He fell with his leg twisted under him and could hear the crack of bone. His face scraped along the jagged edges of the ice, and when he came, at last, to a stop, he lay shocked and still, feeling nothing at first but fear.

Then, the first wave of pain. He gasped. It was like a hatchet lay lodged in his leg, slicing through each nerve with a hot blade. In agony, he perceived the word "fire" and felt flames licking at the torn bone and flesh. He tried to move and could not. The pain grew.

He screamed. There was no answer.

Sobbing, he turned his head and vomited onto the frozen snow. Blood dripped from his face into the vomit.

"Nooooo!" he cried, and the sound disappeared into the empty landscape, into the wind.

Then, suddenly, he was in the Annex room again, writhing

His face was wet with tears.

Able to move, he rocked his body back and forth, breathing deeply to release the remembered pain (Lowry, 1993, p. 92).

From the quote above, it can be concluded that the memory was harrowing. Jonas felt pain after receiving the memory. These memories hurt not only him mentally but also physically. It can be known when Jonas asked the Giver for painkillers.

The next training, which also became the experience of post-traumatic stress disorder, was the memory of the angry roar of an elephant in the forest. The Giver reminded Jonas about hunting elephants in the forest. Jonas saw a hunter with a rifle and many elephants without tusks lying helpless. Jonas also saw hunters carrying tusks from the elephants. After the hunters left, suddenly came a herd of elephants who looked so sad while approaching another elephant who was lying helpless. After that, Jonas heard one of

the elephants roar very loudly. The quote below shows how a giver gave Jonas his memory of the elephant hunter.

Two of these men had dark brown skin; the other was light. Going closer, he watched them hack the rusks from a motionless elephant on the ground and haul them away, spattered with blood. He felt overwhelmed with a new perception of the color he knew as red.

Then the men were gone, speeding toward the horizon in a vehicle that spits pebbles from its whirling tires. One hit his forehead and stung him there. However, the memory continued, though Jonas ached now for it to end.

Now he saw another elephant emerge from where it had stood hidden in the trees. Very slowly, it walked to the mutilated body and looked down. With its sinuous trunk, it stroked the giant corpse; then it reached up, broke some leafy branches with a snap, and draped them over the mass of torn, thick flesh.

Finally, it tilted its massive head, raised its trunk, and roared into the empty landscape. Jonas had never heard such a sound. It was a sound of rage and grief, which never ended.

He could still hear it when he opened his eye and lay anguished on the bed when he received the memories. It roared into his consciousness as he pedaled slowly home (Lowry, 1993, p. 84).

From the quote above, it can be seen that Jonas felt very scared when he saw an elephant roaring very loudly in the middle of the forest. As he walked from the training ground to his home, he constantly remembered and imagined how tense the atmosphere was when the elephants in the forest roared.

A few days after that, Jonas receives memories of the massacre. He saw many corpses everywhere, people lying helplessly screaming in pain, blood splattered everywhere, and many people looking at Jonas with sad faces asking Jonas for help. He had never seen such a terrible murder before. The community is very peaceful, without any significant strife. The quote below tells how the Giver gave Jonas the memory of the horrific massacre.

He was in a confused, noisy, foul-smelling place. It was daylight, early morning, and the air was thick with smoke that hung, yellow and brown, above the ground. Around him, everywhere, far across the expanse of what seemed to be a field, lay groaning men. A wild-eyed horse, its bridle tore and dangling, trotted frantically through the mounds of men, tossing its head, whinnying in panic. It stumbled, finally, then fell and did not rise.

Jonas heard a voice next to him. "Water," the voice said in a parched, croaking whisper.

He turned his head toward the voice and looked into the half-closed eyes of a boy who seemed not much older than himself. Dirt streaked the boy's face and his matted blond hair. He lay sprawled, his gray uniform glistening with wet, fresh blood.

The colors of the carnage were grotesquely bright: the crimson wetness on the rough and dusty fabric, the ripped shreds of grass, startlingly green, in the boy's yellow hair.

The boy stared at him. "Water," he begged again—a new spurt of blood drenched the coarse cloth across his chest and sleeve when he spoke.

One of Jonas's arms was immobilized with pain, and he could see something that looked like ragged flesh and splintery bone through his torn sleeve. He tried his remaining arm and felt it move. Slowly he reached to his side, felt the metal container there, and removed its cap, stopping the slight motion of his hand now and then to wait for the surging pain to ease. Finally, when the container was open, he extended his arm slowly across the blood-soaked earth, inch by inch, and held it to the lips of the boy. Water trickled into the imploring mouth and down the grimy chin.

The boy sighed. His head fell back, his lower jaw dropping as if he had been surprised by something. A dull blankness slid slowly across his eyes. He was silent.

However, the noise continued all around: the cries of the wounded men, the cries begging for water and Mother and death. Horses lying on the ground shrieked, raised their heads, and stabbed randomly toward the sky with their hooves.

From a distance, Jonas could hear the thud of cannons. Overwhelmed by pain, he lay there in the fearsome stench for hours, listened to the men and animals die, and learned what warfare meant.

Finally, when he knew he could no longer bear it and would welcome death himself, he opened his eyes and was again on the bed (Lowry, 1993, p. 101).

The illustration in the quote above showed how horrific the massacre was that day. Jonas was terrified. These memories made Jonas reflect, and they no longer wanted to be the recipient of memories in the community. He was constantly contemplating and anxious about the training he had to undergo as a recipient.

Environmental causes

Apart from psychological causes, environmental causes can also cause post-traumatic stress disorder. During the training as the recipient of memories, Jonas was often under pressure from his surroundings. It is because Jonas knew many things but was not known by people in his community. There were many things that people in the community where Jonas lives do not know. Many words were no longer used in the community. The quote below shows how much Jonas felt belittled, even by his parents. It was because the Giver gives a memory to Jonas, which makes Jonas heartfelt happy after receiving the memory. However, when they came home and talked to their parents, they laughed at Jonas's words.

"Father? Mother?" Jonas asked tentatively after the evening meal. "I have a question I want to ask you."

"What is it, Jonas?" his father asked.

He made himself say the words, though he felt flushed with embarrassment. He had rehearsed them in his mind all the way home from the Annex.

"Do you love me?"

There was an awkward silence for a moment. Then Father gave a little chuckle. "Jonas. You, of all people. Precision of language, please!"

"What do you mean?" Jonas asked. Amusement was not at all what he had anticipated.

"Your father means that you used a very generalized word, so meaningless that it's become almost obsolete," his mother explained

carefully. Jonas stared at them. Meaningless? He had never before felt anything as meaningful as the memory.

"And our community smoothly cannot function if people don't use precise language. You could ask, 'Do you enjoy me?' The answer is 'Yes,'" his mother said.

"Or," his father suggested, "Do you take pride in my accomplishments?" And the answer is wholehearted 'Yes.'"

"Do you understand why it's inappropriate to use a word like 'love'?" Mother asked.

Jonas nodded. "Yes, thank you, I do," he replied slowly.

It was his first lie to his parents (Lowry, 1993, p. 108).

Based on the quote above, Jonas felt his parents belittled him. He was considered not to use the correct language because he no longer uses words. Before he got a memory from The Giver about "love." He felt the warmth and happiness of a family filled with love at the memory that the Giver gave. He never felt it in his family. When he talked about "love," his parents laughed at him.

The environmental influence that was also the cause of Jonas' post-traumatic stress disorder was when he felt ostracized by his friends. At that time, Jonas saw his friends playing together. He intended to join his friends to play together. At first, Jonas had no idea what they were playing. As he approached, he heard his friends say, "Boom...bang," while holding toy guns. At that moment, Jonas immediately remembered the memories given by the Giver of wars and terrible massacres. The quote below shows how Jonas responded when he found out that his friends were playing war games.

He skidded to a stop and dropped his bike beside the others. "Hey, Ash!" he shouted, looking around. There was no one in the play area. "Where are you?"

"Psssheewwww!" A child's voice, coming from behind a nearby bush, made the sound. "Pow! Pow! Pow!"

A female Eleven named Tanya staggered forward from where she had been hiding. Dramatically she clutched her stomach and stumbled about in a zig-zag pattern, groaning.

"You got me!" she called and fell to the ground, grinning.

"Blam!"

Jonas, standing on the side of the playing field, recognized Asher's voice. He saw his friend, aiming an imaginary weapon in his hand, dart from behind one tree to another. "Blam! You're in my line of ambush, Jonas! Watch out!"

Jonas stepped back. He moved behind Asher's bike and knelt so he was out of sight. He had often played it with the other children, a game of good guys and bad guys, a harmless pastime that used up their contained energy and ended only when they all lay posed in freakish postures on the ground.

He had never recognized it before as a game of war.

"Attack!" The shout came from behind the small storehouse where play equipment was kept. Three children dashed forward, their imaginary weapons in firing position.

An opposing shout came from the opposite side of the field: "Counterattack!" From their hiding places, a horde of children-Jonas recognized Fiona in the group emerged, running in a crouched position, firing across the field. Several stopped, grabbed their shoulders and chests with exaggerated gestures, and pretended to be hit. They dropped to the ground and lay suppressing giggles.

Feelings surged within Jonas. He found himself walking forward into the field. "You're hit, Jonas!" Asher yelled from behind the tree. "Pow! You're hit again!"

Jonas stood alone in the center of the field. Several of the children raised their heads and looked at him uneasily. The attacking armies slowed, emerged from their crouched positions, and watched to see what he was doing.

In his mind, Jonas saw again the face of the boy who had lain dying on a field and had begged him for water. He had a sudden choking feeling as if it were difficult to breathe.

One of the children raised an imaginary rifle and attempted to destroy him with a firing noise. "Psssheew!" Then they were all silent, standing awkwardly, and the only sound was the sound of Jonas's shuddering breaths. He struggled not to cry (Lowry, 1993, p. 113).

From the quote above, it can be concluded that Jonas was traumatized and frightened when he saw his friends playing war games. Before Jonas became the recipient of memories, Jonas also often played wars like children in general. He felt happy then because he thought it was just a game and never happened in his community. However, when Jonas became the recipient of the memory, he was shocked that the game he often played with his friends had happened, and it was terrifying.

Amid the excitement of playing war, Jonas was silent while holding back his tears. Immediately his friends also fell silent and stopped their game. Jonas was still very great fear standing among his friends, who were confused by Jonas' attitude. What happened to

the memory of the war and the massacre that Jonas experienced made Jonas very traumatized by the war. He remembered how people looked at Jonas for help; the blood was pouring out everywhere, and the commotion at that time. That memory has always haunted Jonas.

The quote below shows how Jonas' friends responded to what Jonas did at that time. Gradually, when nothing happened, nothing changed; the children looked at each other nervously and went away. He heard the sounds as they righted their bicycles and began to ride down the path that led from the field.
Only Asher and Fiona remained.
"What's wrong, Jonas? It was only a game," Fiona said.
"You ruined it," Asher said in an irritated voice.
"Don't play it anymore," Jonas pleaded.
"I'm the one who's training for Assistant Recreation Director," Asher pointed out angrily.
"Games aren't your area of expertness."
"Expertise," Jonas corrected him automatically.
"Whatever. You can't say what we play, even if you are going to be the new Receiver." Asher looked warily at him. "I apologize for not paying you the respect you deserve," he mumbled (Lowry, 1993, p. 114).

From the quote above, it can be concluded that the environment around Jonas, his friends, and even his close friend, Asher, cannot accept the changes that have occurred to Jonas. Asher looked very angry when Jonas stopped the war games. They thought were very exciting that day. Jonas's friends thought that Jonas was the one who messed up the fun game. They did not know what Jonas was feeling, and Jonas could not explain it to them because they would not understand what Jonas was going through. It made Jonas even more depressed and stressed.

Brain Structure Causes

Brain structure is also the cause of post-traumatic stress disorder experienced by Jonas. In his community, there is the term "Detachment." The word is used for old community members whom the community members do not want and those who do not want to be in the community anymore. There is a ceremony in every "Release." However, so far, the release ceremony has always been carried out in secret, only attended by certain people who have been elected in the community.

It made Jonas curious about what was done during the release. He had only heard of the term all this time, but he did not know what "release" was. Finally, he decided to ask the Giver. The Giver finally tells Jonas directly about releasing Jonas' father to his adopted son, Jonas' adopted brother. It so happened that Jonas's father became the chosen one in the community for the release. However, Jonas' father has never told anyone how the release process took place.

The quote below shows how releasing Jonas' father to his adopted sister occurred. Jonas and the Giver watch the release process through a camera connected to the Giver's room.

Obediently Jonas concentrated on the screen, waiting for what would happen next. He was especially curious about the ceremony part.
His father turned and opened the cupboard. He took out a syringe and a small bottle. He carefully inserted the needle into the bottle and filled the syringe with a clear liquid.

Jonas winced sympathetically. He had forgotten that new children had to get shots. He hated shots himself, though he knew that they were necessary.

To his surprise, his father carefully directed the needle into the top of the new child's forehead, puncturing the place where the fragile skin pulsed. The newborn squirmed and wailed faintly.

"Why's he "

"Shhh," The Giver said sharply.

His father was talking, and Jonas realized he was hearing the answer to the question he had started asking. Still, in a unique voice, his father said, "I know, I know. It hurts, little guy. However, I have to use a vein, and the veins in your arms are still too teeny-weeny."

He pushed the plunger very slowly, injecting the liquid into the scalp vein until the syringe was empty.

"All done. That was not so bad, was it?" Jonas heard his father chirp. He turned aside and dropped the syringe into a waste receptacle.

Now he cleans him up and comforts him, Jonas said, aware that The Giver didn't want to talk during the little ceremony.

As he continued to watch, the new child, no longer crying, moved his arms and legs in a jerking motion. Then he went limp. His head fell to the side, his eyes half open. Then he was still.

With an odd, shocked feeling, Jonas recognized the gestures and posture, and expression. They were familiar. He had seen them before. However, he needed help remembering where.

Jonas stared at the screen, waiting for something to happen. But nothing did. The little twin lay motionless. His father was putting things away. Folding the blanket. Closing the cupboard.

Once again, as he had on the playing field, he felt the choking sensation. Once again, he saw the face of the light-haired, bloodied soldier as life left his eyes. The memory came back.

He killed it! My father killed it! Jonas said to himself, stunned at what he was realizing. He continued to stare at the screen numbly.

His father tidied the room. Then he picked up a small carton waiting on the floor, set it on the bed, and lifted the limp body into it. He placed the lid on tightly.

He picked up the carton and carried it to the other side of the room. He opened a small door in the wall; Jonas could see darkness behind the door. It was the same chute into which trash was deposited at school.

His father loaded the carton containing the body into the chute and gave it a shove (Lowry, 1993, p. 128).

From the quote above, it can be seen that Jonas was shocked by what he saw. All this time, he did not know what release was. It turned out that the release was terrible, according to Jonas. Intentional kill old community members who no longer wanted in the community and no longer wanted to be in that community. Immediately Jonas recalled the memories of the war and massacre he had received earlier. He felt a suffocating and suffocating sensation at that moment. The quote below shows how shocked Jonas was when he discovered the release ceremony was being carried out secretly.

The Giver turned to him. "Well, there you are, Jonas. You were wondering about release," he said in a bitter voice.

Jonas felt a ripping sensation inside himself, the feeling of terrible pain clawing its way forward to emerge in a cry (Lowry, 1993, p. 130).

From the quote above, it can be concluded that Jonas was amazed, breathless, and very uncomfortable when he saw the process of the release ceremony. He felt that it was cruel and should not be done to community members.

The Impacts of Post-traumatic Stress Disorder Experienced by Jonas

The impact of post-traumatic stress disorder on Jonas' mental health has been linked to a traumatic event that contributed to his psychological breakdown. The impact was finally discovered after researchers understood the causes of the post-traumatic stress disorder that Jonas experienced. In this section, the researcher exposed the impact of PTSD on Jonas, the protagonist of *The Giver*.

Behavior Changes

The impact of post-traumatic stress disorder on Jonas's behavior change has a massive impact on his mental condition. The behavior changed; he appeared to object to undergoing his mandatory training. Several bad experiences led to this condition in the mandatory training. His bad experiences hurt his life. The changes in Jonas's behavior can be seen in the following quotation above:

"Is something wrong, Jonas?" his father asked at the evening meal. "You're so quiet tonight. Aren't you feeling well? Would you like some medication?"

However, Jonas remembered the rules. He has no medication for anything related to his training.

And no discussion of his training. At the time-sharing of their feelings, he said that he felt tired and that his school lessons had been unusually demanding that day.

He went to his sleeping room early, and from behind the closed door, he could hear his parents and sister laughing as they gave Gabriel his evening bath.

They have never known pain, he thought. The realization made him feel lonely, and he rubbed his throbbing leg. He eventually slept. Again and again, he dreamed of the anguish and the isolation on the forsaken hill (Lowry, 1993, p. 93).

From the quote above, we can see Jonas's behavior changed after undergoing his mandatory training. He felt depressed and very stressed with the rules he had to obey. His family also felt the changes in Jonas. Jonas could not help it with all of this. He decided to be alone in his room while hearing his family happy together while bathing his adopted sister, Gabriel, in his absence. Jonas felt very lonely and stressed by all this. Recalling these painful memories, Jonas chose loneliness as an attempt to free himself from the memories that had a traumatic effect on him. The peaceful state he felt did not last long, the traumatic memories he even experienced always seemed to haunt his mind, and it was hard for him to get over what he had gone through so far. Exposure to this post-traumatic stress disorder caused him to avoid environments that could potentially exacerbate the disruption to his current psychological state.

Feeling Changes

Post-traumatic stress disorder has impacted the change in Jonas's feelings. Feel change has impacted his life after he underwent mandatory training in his community, which changed his mind. Such quickly being sad and depressed. This condition negatively impacts the training he underwent as a recipient of memory in his community. Many memories depress him and change his feelings. The change in his feeling, such as:

Jonas feels despair with what he lived when he became the recipient of his community. He feels incapable of living it because he lacks some aspects the recipient should possess. The quote below shows Jonas' despair over his election as the recipient.

For a moment, he froze, consumed with despair. He did not have it, the whatever-she-had-said. He did not know what it was. Now was the moment when he would have to confess, to say, "No, I do not. I cannot," and throw himself on their mercy, ask their forgiveness, to explain that he had been wrongly chosen, that he was not the right one at all (Lowry, 1993, p. 52).

From the quote above, it can be seen that Jonas felt despair when he was chosen to be the recipient of his community. He felt that the election was wrong. He felt he did not deserve to be the recipient of memory in his community.

After Jonas received some painful memories, he became frightened by some things he had taken for granted. Things in their community are considered things that can even be called fun things. However, Jonas felt afraid because the memories he received showed the ugliness of this pleasant thing.

Several things make you feel scared and depressed after receiving the memory of the Giver. The first was after Jonas received a memory of an angry elephant because his friends were killed and had their tusks taken by the hunter. He felt scared and depressed and remembered how the elephant roared loudly and furiously toward the sky. The sound continued to haunt him until coming home from training and was at home. While at home, he found his little brother playing with an elephant-shaped toy, and he felt that fear again. The quote below shows how Jonas felt terrified after receiving the elephant's memory.

He could still hear it when he opened his eyes and lay anguished on the bed where he received the memories. It continued to roar into his consciousness as he pedaled slowly home.

"Lily," he asked that evening when his sister took her comfort object, the stuffed elephant, from the shelf, "did you know that once there really were elephants? Live ones?"

She glanced down at the ragged comfort object and grinned. "Right," she said skeptically. "Sure, Jonas."

Jonas went and sat beside them while his father untied Lily's hair ribbons and combed her hair. He placed one hand on each of their shoulders. With all of his being, he tried to give each of them a piece of the memory: not of the tortured cry of the elephant, but of the being of the elephant, of the towering, immense creature and the meticulous touch with which it had tended its friend at the end. However, his father continued combing Lily's long hair, and Lily, impatient, had finally wiggled under her brother's touch. "Jonas," she said, "you are hurting me with your hand."

"I apologize for hurting you, Lily," Jonas mumbled, taking his hand away.

"Ccep your apology," Lily responded indifferently, stroking the lifeless elephant (Lowry, 1993, p. 85).

From the quote above, it can be seen that Jonas felt very scared and depressed after receiving memories of hunting elephants in the forest, which caused a herd of elephants to roar with anger. That fear constantly haunted him until he felt depressed. It unwittingly made Jonas lose control. Unknowingly Jonas hurt his brother. He felt like he was holding his brother's shoulder, but his little brother suddenly whimpered and told Jonas that he felt pain from the touch. Jonas' depression caused him to lose control. Post-traumatic stress disorder caused this depression she went through, and it caused her feelings to change. This depressive event was often experienced in his compulsory training when he had post-traumatic stress disorder with varying degrees of depression.

Mind Changes

The mandatory training Jonas underwent while he was the recipient of the memories changed his mind. Changes in his mind have a terrible effect that affects his mind, such as frequently remembering traumatic events that were previously experienced. Jonas often revives the bad memories the Giver gives him when bad things happen. Because he was recording with a bad memory, he also felt what happened when he got the memory. The state of mind Jonas experienced here was influenced by a traumatic event he experienced while training as a memory recipient in his community. The changes in his mind are described in the data below:

Jonas stood alone in the center of the field. Several of the children raised their heads and looked at him uneasily. The attacking armies slowed, emerged from their crouched positions, and watched to see what he was doing. In his mind, Jonas saw again the face of the boy who had lain dying on a field and had begged him for water. He had a sudden choking feeling as if it were difficult to breathe. One of the children raised an imaginary rifle and attempted to destroy him with a firing noise. "Pssheew!" Then they were all silent, standing awkwardly, and the only sound was the sound of Jonas's shuddering breaths. He struggled not to cry (Lowry, 1993, p. 114).

His mind changed when he saw his peers playing war games during the holidays. Jonas suddenly felt a sensation when the Giver of Wars and Massacres gave him memories. He again imagined how people saw Jonas asking for help with much blood dripping everywhere, and also lightened the commotion he felt when he received the memories of the war and the massacre. Jonas felt a suffocating sensation like he was having trouble breathing. Even though Jonas' friends were having fun together, Jonas was reminded of the memories of the massacre and the war.

After going through all the obstacles that Jonas had to go through while being a recipient of memories, he felt very depressed and could no longer continue. He felt that what he had received so far was very heavy and unfair, and no one could help ease the burden he was experiencing in his community except The Giver. Ultimately, he decided to leave the community with the baby, who was about to be released from the community. The quote below explains how Jonas plans to leave the community:

Throughout the school day, Jonas went over the plan in his head as he did his lesson. It seemed startlingly simple. Jonas and the Giver had gone over it again late into the night. As the December Ceremony approached, The Giver would transfer every memory of courage and strength to Jonas for the next two weeks. He would need those to help him find the Elsewhere they were both sure existed. They knew it would be an arduous Journey. Then in the middle of the night before the ceremony, Jonas would secretly leave his dwelling. It was the most dangerous part because it violated a significant rule for citizens not on official business to leave their dwellings at night.

From the quote above, we can see that Jonas' desire to leave the community was unanimous. He has also discussed what plans he will do with the Giver. It was because Jonas was no longer comfortable with the mandatory training he was undergoing, so he decided to leave the community and seek a more just life.

CONCLUSION & SUGGESTION

In conclusion, Jonas's experience of post-traumatic stress disorder (PTSD) in Lois Lowry's novel, *The Giver*, was influenced by psychological, environmental, and brain structure conditions during his mandatory training as a memory recipient in his community. The reception of distressing memories as a recipient led to psychological causes, causing stress and trauma. The environment's inability to comprehend his experiences also contributed to the disorder, as did the exposure to new and unexpected stimuli that affected his brain structure.

The research identified three main impacts of PTSD experienced by Jonas. Firstly, it manifested as behavioral changes, making him withdrawn and preferring solitude over social interactions. Secondly, there were notable shifts in his emotions, leading to feelings of anxiety, hopelessness, fear, and depression. Lastly, the disorder altered his cognitive processes, causing frequent recollections of traumatic events and resulting in a sense of suffocation and breathlessness.

Lois Lowry's novel, *The Giver*, effectively illustrates how a seemingly carefree child can be compelled to undergo compulsory education and endure distressing experiences that impact their mental well-being. The usage of post-traumatic stress disorder as a lens for studying this novel offers a valuable benchmark for future literary analyses. Moreover, the novel incorporates Abraham Maslow's hierarchy of needs theory, providing an alternative perspective to explore how Jonas seeks fulfillment within this hierarchical framework.

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