

## CHAPTER II

### REVIEW OF LITERATURE

#### B.1 Theoretical Framework

In analyzing the novel *It Ends with Us* by Colleen Hoover, the researcher here needs to use a theory of defense mechanism as a core concept that shows domestic violence in the novel. This theory is applied to know the factors that contribute to Lily Bloom's decision to break the cycle of domestic violence and to find out the defense mechanism that Lily Bloom developed in response to domestic violence.

##### B.1.1 Domestic Violence

Domestic violence is defined as violence committed by a man against a woman, sexual partner, or ex-partner in domestic contexts, including familial connections and intimate relationships (Flood & Fergus, 2008). Domestic violence presents itself in diverse forms, such as physical, financial, emotional, etc. The unpleasant treatment causes various kinds of impacts on the victim over a long time. The perpetrator usually tries to control, manipulate, and maintain complete control to dominate the victim.

A report on domestic violence reported by BBC News stated that an estimated 2.3M people were victims of domestic abuse in the year to March 2024, according to the Crime Survey for England and Wales. Just over two-thirds were women while 712,000 were men. The Office for National Statistics (ONS) research

said 1.4M incidents of domestic abuse were recorded by police and of these 39,000 resulted in criminal convictions. ONS analysis found that police recorded around 1.4 M domestic abuse-related incidents and crimes in the year to March 2024. Of these, 500,000 were categorized as incidents and 850,000 as crimes (Leigh, 2024).

Actions that intentionally cause physical injury, pain, or injury to another person constitute harassment. This includes behavior such as slapping and causing injuries which can be potentially fatal if they occur continuously (Casique, Leticia, & Furegato, 2006). Such actions not only result in immediate physical harm but also instill fear and emotional distress in the victim. The cumulative effect of repeated physical abuse can lead to severe health consequences, including chronic pain, disability, and even long-term psychological trauma.

In dating, married, or cohabitation relationships, domestic violence refers to harmful conduct in which one partner attempts to dominate and control the other, resulting in physical, psychological, or sexual harm to those involved. Physical aggression, such as choking, pushing, slapping, etc. Meanwhile psychological abuse, such as isolating the individual from friends and relatives, tracking their whereabouts, limiting their access to information or help, committing sexual violence, and constantly demeaning or humiliating them (Heise & Ellsberg, 2002).

Violence within the family often occurs against women, carried out by members of their own family, whether the perpetrator lives in the same house or

not. This type of violence such as physical, psychological, economic, emotional, and in some cases also causes the death of women (Casique, Leticia, & Furegato, 2006).

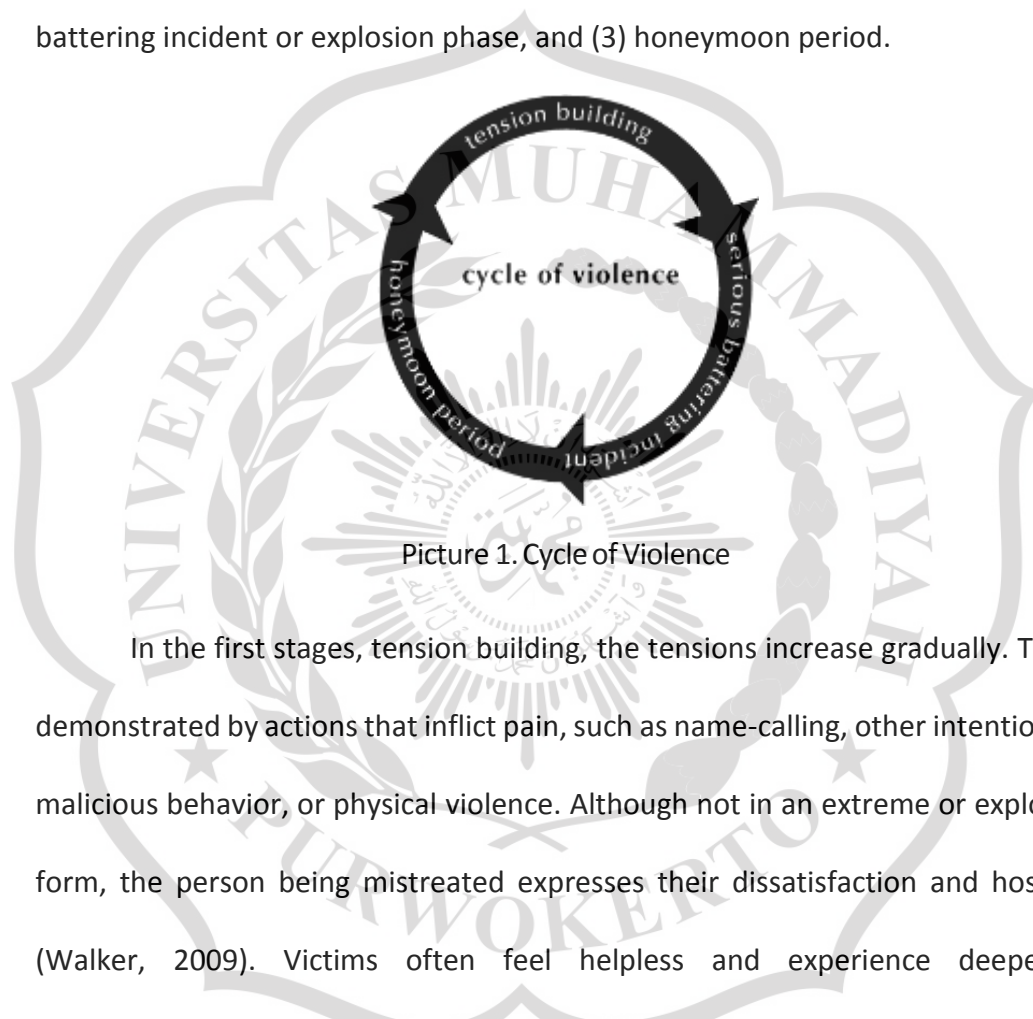
## **1. Types of Domestic Violence**

### **a. Physical Violence**

Physical violence may includes spitting, scratching, biting, grabbing, shaking, shoving, pushing, restraining, throwing, twisting, slapping, or can even involve weapons, such as knives, and household items. The physical violence may or may not cause injuries (Anne L. Ganley, 1995). Physical abuse involves deliberately causing bodily harm to another person. These actions have an impact on the victim, leaving scars from the physical violence committed. Injuries caused by physical violence cause pain and trauma. These actions are also caused by physical pain and long-term damage to strength and physical health. A meta-analysis conducted by Stoltenborgh *et al.* (2013) has found that the prevalence of physical violence that occurs in childhood in the world is 17,7% from 168 studies with a total of 9.643.299 participants. Contrasting differences between studies with professional assessments and self- reports, each showed a prevalence of 0,3% and 22,6% (Stoltenborgh *et al.*, 2013). The significant difference between professional assessments and self-reports suggests the potential for serious underreporting, which may be due to a number of factors, including fear, shame or inability to openly disclose their experiences. This highlights the importance of a comprehensive approach to addressing the issue of child abuse, which requires

collaboration between the closest stakeholders, including families, educational institutions, health practitioners, and child protection agencies.

According to Dr. Lenore E. Walker, the cycle of violence occurs because of repetitive patterns. This cycle has 3 phases: (1) tension building, (2) serious battering incident or explosion phase, and (3) honeymoon period.



Picture 1. Cycle of Violence

In the first stages, tension building, the tensions increase gradually. This is demonstrated by actions that inflict pain, such as name-calling, other intentionally malicious behavior, or physical violence. Although not in an extreme or explosive form, the person being mistreated expresses their dissatisfaction and hostility (Walker, 2009). Victims often feel helpless and experience deepening psychological distress, while trying to defuse the situation and avoid further conflict. They may try various strategies such as appeasing the abuser, changing their own behavior, or even blaming themselves for the violence, which ultimately only exacerbates the unhealthy relationship dynamics. Then the second is the serious battering incident or explosion phase. At this stage, the perpetrator begins

to unleash a rage that is passionate and unavoidable. The uncontrolled release of the built-up tension from the first phase marks the second phase (Walker, 2009). The pent-up anger begins to explode with alarming intensity and creates increasing emotional distress. In this phase, perpetrators often feel as if their emotions are on the edge, ready to explode at the most unexpected moment. Anger outbursts have detrimental consequences because they can express pain, disappointment and helplessness that have been pent up for too long. At this stage, victims experience the most extreme violence, both physically and psychologically, which can cause serious injuries and deep trauma. Fear and helplessness reach their peak, making victims feel trapped in a seemingly endless cycle of violence with no way out. In the last phase, the perpetrator does the opposite of the second phase. The honeymoon period is a phase that the perpetrator does to their victim such as apologizing, doing good things, giving gifts to the victim or all means in order to make amends, and showing sincere regret (Walker, 2009). They will convince and build the victim's trust that the violent incident will not happen again. This makes the victim have positive thoughts that will support them to change. However, this phase is actually the most manipulative part of the cycle of violence, where the abuser psychologically rebuilds the victim's trust and hope. Victims who have been emotionally distressed for a long time often fall into this false trap, hoping that the changes promised by the abuser will actually happen. In fact, this honeymoon phase becomes the mechanism that keeps victims in unhealthy relationships, as sweet

promises and expressions of remorse lead them to believe that the violence will not happen again.

### **b. Psychological Violence**

Psychological violence is a type of violence that involves a person's mental state when they receive violence. The victim's psychological involvement becomes a target for the perpetrator to feel deep emotional wounds. In contrast to physical violence, physical violence which involves psychology and mental health affects thoughts and behavior. Victims can experience fear, anxiety, low self-esteem, and even the desire to end their life, which are some of the consequences of the violence they experience. Emotional and behavioral problems such as depression and antisocial behavior have been linked to this violence, as well as problems in future relationships (Arslan, 2015). This is detrimental to their mental well-being and affects their relationships and daily life as a whole. Perpetrators who carry out psychological violence usually gaslighting, intimidate, manipulate, control, and harassment their partners. The victims feel unwanted, have low self-esteem, and always blame themselves. This has an impact on the victim's mind and their mental health which will be disturbed in the future in the long term.

### **c. Sexual Violence**

According to WHO, sexual violence is an act of committing something related to sex through coercion, such as rape; unwanted sexual touching, and various things related to sexual acts. There have been many reports of acts of

sexual violence, but it cannot be denied that there are many victims who do not report it. This violence also has long-term consequences like others. The impact of this violence can be both, physical and psychological (WHO, 2003). The physical health of the victim has fatal consequences such as sexually transmitted infections, unwanted pregnancies, and other health-related illnesses. This problem is a global issue affecting individuals regardless of age, gender, social status, etc. Women and children are often the victims that are affected, but it cannot be denied that men can also be victims. The impacts are complex and damaging, with long-term consequences that include depression, anxiety, also difficulty forming healthy interpersonal relationships. In addition, victims often experience reduced quality of life, productivity, and ability to interact normally within their social environment.

### **B.1.2 Psychoanalysis**

Psychoanalysis opposes self-evaluation. Psychoanalysis transforms the self into the only area of deep subjectivity. In several versions of psychoanalytic theory, the self or ego is described as a dimension of subjectivity forming an interpersonal relationship (Elliott, 2015). This focus on subjectivity suggests that individuals cannot be separated from their unconscious influences.

Sigmund Schlomo Freud known as Sigmund Freud was born on May 6, 1856, in the part of the Austro-Hungarian Empire which is currently located in the Czech Republic (Society, 2015). Freud stated that psychoanalysis is a scientific

discipline whose goal is to discover the true basis of psychological life (Frosh, 2012). He believes that by exploring the depths of the subconscious mind, psychoanalysis can uncover hidden motivations, unresolved conflicts, and repressed experiences that shape human behavior. His thoughts on experiences since childhood can influence how he forms relationships as an adult (Frosh, 2012). The early interaction of experiences in the developmental stage significantly affects a person later in life. Furthermore, the developmental stage of childhood is particularly formative; during this time, individuals begin to internalize their positive and negative experiences. A nurturing and supportive environment can foster healthy relationship dynamics, while negative experiences, such as neglect or trauma, may lead to difficulties in forming secure connections later on. This early interplay of experiences highlights the importance of understanding the past to comprehend present behaviors and interpersonal dynamics.

### **B.1.3 Trauma**

Judith Herman's landmark work, *Trauma and Recovery*, was published in 1992. It discussed new ideas on how to understand, define, and treat post-traumatic stress disorder (PTSD) (Kristen L. Zaleski PhD, 2016). Herman's theory comes from her experience working with traumatized people, such as survivors of sexual violence, family violence, and others (Herman, 1992). The theory highlights the need to create a safe space for survivors to share their experiences and begin the healing process. Therefore, in trauma there are various responses carried out by each individual.

a. Fight

Shows aggression or confrontational behavior. Symptoms of this form of trauma are usually feelings of anger, frustration, aggressive, and defensive behavior. Individuals will try to control situations or other people to feel safe. Most signs to tell that someone is in a fight response includes (Olivia Guy-Evan, 2023):

- Tight jaw or grinding of the teeth
- Urge to punch someone or something
- Desire to stomp or kick
- Crying
- Glaring at people, conserving angrily
- Attacking the source of the danger

b. Flight

Avoiding or running away from situations that are felt to be threatening. Symptoms usually like anxiety, panic attacks, and a desire to escape from others. Individuals will feel restless and try to get out of the unpleasant situation. These responses signify in flight mode (Olivia Guy-Evan, 2023):

- Excessively exercising
- Feeling fidgety or tense or trapped
- Constantly moving legs, feet, and arms

- Dilated eyes, darting eyes
- Sensing tolerated stress

c. Freeze

The behavior of staying in place or not being able to move in a threatening situation. This kind of behavior has a feeling of being trapped, numbness, and dissociation. The individual finds it difficult to respond to what the situation is. Most signs to tell that someone is in a freeze response includes (Olivia Guy-Evan, 2023):

- Pale skin
- Sense of dread
- Feeling stiff, heavy, cold, numb
- Decreasing in heart rate
- Sensing tolerated stress

d. Fawn

Attempting to please or align oneself with the perpetrator in a threatening situation. Individuals will have excessive compliance, ignore their needs, and try to please others rather than themselves as a way to avoid conflict.

#### **B.1.4 Defense Mechanism**

Sigmund Freud first shed light on the topic by calling it a defense mechanism. He identified several defense mechanisms used by individuals to overcome emotional conflict and anxiety. Each defense mechanism identified by

Freud represents a unique strategy used to manage anxiety and prevent internal conflicts from becoming fully conscious. These mechanisms are not only defensive in nature, but also demonstrate the complexity of human psychological adaptation to life's challenges. Some of the basic defense mechanisms includes:

### **1. Repression**

Repression is a process that lowers consciousness. Repression is divided into two subclasses: (1) inhibitory or subtractive processes (e.g., degrading the “signal”), and (2) elaborative or additive processes (e.g., adding “noise” to the signal) (Erdelyi, 2006). Repression is one of a series of ego defenses, regarding the extent to which a person moves away from unpleasant or threatening feelings (Ashley & Holtgraves, 2003). This type usually has the characteristics of being friendly, rarely conveying what they feel to others, and describing themselves as someone optimistic and in good condition (Garssen, 2007). Another characteristic is that people experiencing repression usually avoid conflict and confrontation. They prefer not to engage in negativity, trying to restrain themselves rather than express disagreement or dissatisfaction.

### **2. Denial**

Denial is associated with a medical condition by denying or reducing its importance, not denying a common painful event or emotion (Garssen, 2007). Psychology refers to denial as a variety of ways for a person to protect themselves from various forms of threats, whether they are real or imagined. Denial can be psychologically dangerous for someone who refuses to accept what is happening

in the real world that they see (Ritchie, 2014). Denial can occur in various aspects of life, such as health, interpersonal relationships, or financial situations. A person struggles to get out of this behavior because it has an impact on themselves and the people around them. The process of getting out of denial does require a high level of self-awareness, the courage to face reality, and the support of an environment that understands the complexity of psychological defense mechanisms.

### **3. Sublimation**

Sublimation is an instinct when it is expressed in a way that is not in accordance with the original intention. In particular, the concept of sublimation meant taking a fundamentally antisocial or unacceptable desire and channeling the energy into socially valued activities (Baumeister, Dale, & Sommer, 1998). This concept is considered to be the most constructive and adaptive defense mechanism, where individuals are able to divert psychic energy from primitive or traumatic drives into meaningful and socially acceptable activities. This transformation process allows someone to change negative experiences or psychological stress into creative work, academic achievement, or constructive social contributions. Sublimation is considered the most mature and healthy defense mechanism, which allows individuals not only to survive, but also to thrive through the psychological challenges they face. Through sublimation, someone can divert destructive energy into productive activities that provide meaning and social contribution. For example, a person who has a desire for power and control

channels this desire into becoming a successful leader or entrepreneur, thereby satisfying their need for control in a socially acceptable way.

#### **4. Rationalization**

Rationalization is defined as a defense mechanism in the form of denial that allows someone to face emotional conflict, by creating an explanation that convinces themselves that is not true for their own thoughts and feelings or those of others that cover up the facts (Perry, 1990). By engaging in rationalization, individuals convince themselves that their distorted interpretations are valid, thereby shielding themselves from the painful realities of their emotions or behaviors. A person uses excessive abstract thinking to disengage from a dispute and feels more prepared to endure the anxiety of not having the facts changed. Thus, the individual will continue to avoid the associated unpleasant feelings, even though they have acknowledged the truth (Knoll, Starrs, & Perry, 2020).

#### **5. Regression**

Regression is defined as a defense mechanism in which a person reverts to an earlier or more primitive stage of emotional development in order to avoid experiencing severe emotional distress. In this context, regression occurs when a person, in the face of a stressful or traumatic situation, behaves or responds more childishly in an attempt to protect themselves from excessive emotional stress. When people use regression as a defense mechanism, they are coping with stress by acting immaturely or age-inappropriately. In other words, they are reverting to

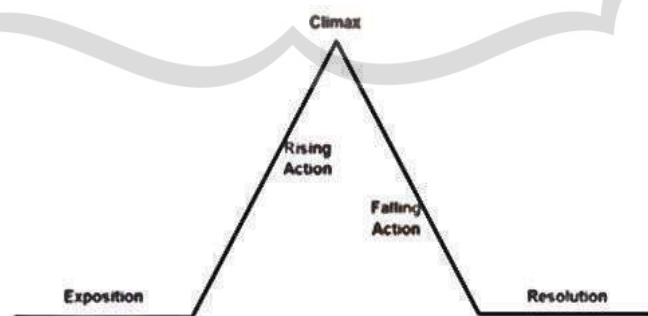
an earlier stage of development where over- dependence or over-anger were normal (Knoll, Starrs, & Perry, 2020).

### **B.1.5 Novel**

A novel is any work of fictitious prose longer than 50,000 words. Aspects of the novel includes story, character, plot, fantasy, prophecy, pattern, and rhythm (Forster, 1927). Characters are an important aspect of novels that bring the story to life and provide emotional depth to the reader. Characters are created in a complex and realistic manner that can reflect various aspects of human life. Thus, characters not only serve as plot drivers, but also as mirrors for readers to understand themselves and the world around them.

#### **1. Plot**

Plot is something that happens when characters are moved around like chess pieces on a chess board. The plot shows how the pieces move strategically (Birkerts, 1993). The plot demonstrates how these characters interact, their motivations and actions driving the story forward. The plot diagram consists of exposition, rising action, climax, falling action, and resolution.



Picture 2. Diagram of Plot of Novel

- Exposition

Exposition is the first element of the plot which functions as an introduction to the story. It is the beginning of the movie where the main characters of the movie are introduced and the viewer finds out something about the characters (Reich, 2017). The author will show the reader about background, such as name of the character, setting, mood, also situation of the story. This can make it easier and useful for readers to understand the story.

- Rising Action

The part where a story's conflict or tension begins to emerge. This involves a series of events that develop the main conflict and deepen the character in the story. This momentum is built to sharpen the conflict that will bring the story before it reaches a climax.

- Climax

Climax is the high point of the movie where the protagonist, based on the knowledge gained from the rising action, determines what the final action needs to be taken in order to resolve the conflict (Reich, 2017). This moment determines a major change that affects the direction of the story. The culmination of the main conflict and provides a turning point that determines the fate of the characters in the story.

- Falling Action

The part of the plot after the climax, in which the tension or conflict begins to subside and slowly resolve. Falling action usually indicates that the story is

coming to an end. The direction in the story towards the end and also describes how the situation will be after the climax. This helps to explain what the situation and state of the character will be after the climax.

- Resolution

Resolution is the final part of a series of plots in the story. The main conflict and tension that previously emerged have been resolved and the story ends. The closure is provided by the author and concludes the entire story. Readers can see the fate of the characters and the results of the conflict subsiding until it is resolved.

## **B.2 Review of Related Research**

Before conducting the research, it is necessary to explain several results from previous research that are relevant to the research. Previous research will provide a theoretical basis and show several aspects that are different from previous research.

A study by Novita and Al-Hafizh (2022) in their paper "The Impact of Domestic Violence on Women in the Drama *Behind Closed Doors* by Janet Shaw (2005)". This study examines the issue of the impact of domestic violence on women by the husbands. The analysis uses the concept of "abnormal behaviors" by Freud and there are also elements of drama that help reveal the impact of domestic violence. It found that there are two impacts of domestic violence, mental and physical impact. The mental impact can be seen in the abnormal behavior of the woman in the drama *Behind Closed Doors* that she has imaginary

friends as a way to cope with the stress of violence, as well as experiencing deep depression due to the suffering she experienced. Meanwhile, the physical impact is in the form of cuts and bruises due to acts of violence such as being hit, kicked and abused, causing significant pain to the victim.

A different analysis was conducted by Marlini, E *et al.* (2024) entitled “The Analysis of Moral Values Found in *It Ends with Us* Novel by Colleen Hoover”. It was found that there are intrinsic elements of the novel, such as setting, character, plot, theme, and subject matter. In addition, there are other themes discussed, jealousy and emotional abuse, which found that there are seven moral values in the novel: humility, honesty, love, courage, empathy, kindness, and sincerity. The researcher used several data collection methods, such as FGD, literature study, and interviews.

A study by Cindy and Yenni (2020) in their paper “Representation of Domestic Violence in *La Barka*”. This study suggests that female characters experience various domestic violence, such as physical, psychological, and sexual violence. The psychological abuse is seen in how the husband uses inappropriate words that hurt his wife. In addition, other factors that cause domestic violence against women in the Novel *La Barka* are cultural factors that position men as superior and women as inferior, non-compliance factors that both characters are unwilling to respect each other's wishes. This is one of the reasons why women are vulnerable to becoming objects of violence. Men who always want to dominate

make it difficult for women to give their opinions, also foster pattern, a man who does not get good parenting makes him a person who behaves disrespectfully and develops being rude. This is in accordance with their research that one of the factors causing the action domestic violence stems from family factors such as poor parenting patterns. (Apriani & Hayati, 2020).

A previous study by Septianda, Wibowo, and Fuady (2024) entitled "Content Analysis: Portrayals of Partner Aggression in the Novel *It Ends with Us*". This study examines that gender-based aggression can happen to anyone. In the gender category, perpetrators of aggression are measured using two subcategories, men and women. In the category of physical aggression, it was measured using ten sub-categories, including pushing, biting, grabbing, slapping with open hands, strangling, kicking, punching with fists, bondage or confinement, using weapons, and torture, mutilation, or attempted murder. Categories of verbal aggression are measured using two sub-categories, name-calling or insulting, and threatening physical injury. The perpetrators of physical aggression are dominated by men, while verbal aggression is carried out by women.

Another analysis by Sarungu and Andayani (2023) in their paper "The Analysis of Lily Bloom's Trauma in Coleen Hoover's *It Ends with Us*". The research highlights the trauma experienced by Lily Bloom in the novel *It Ends with Us*. Researchers use a psychological approach to analyze the trauma of the main character with several theories, such as Cathy Caruth, Judith Herman, and James Pennebaker. Her trauma came from her father when she was little and he

always acted violently towards her mother. The impact of the trauma made her have difficulties expressing her feelings and relationships. At the end of the story, Lily breaks the cycle of violence.

Based on the five previous studies above, the aims and objectives of the researchers are different from each other. The research that has been briefly described mostly used qualitative methods, but also there is researcher using quantitative methods. The main source of data used in this research is the same as previous studies, but the theory uses is different from previous research. By using the novel *It Ends with Us* as the primary data, the researcher want to describe and explain how the main character faces domestic violence and defense mechanisms. Therefore, the researcher intends to use theories from Judith Herman's trauma and recovery theory and Sigmund Freud's defense mechanism. The theories are used to facilitate the description of the analysis of the main character regarding domestic violence, trauma, and the defense mechanisms used.