

PTSD AS PORTRAYED IN FINN'S THE WOMAN IN THE WINDOW AND MURAKAMI'S COLORLESS TSUKURU TAZAKI AND HIS YEARS OF PILGRIMAGE: A COMPARATIVE LITERATURE

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INFO ARTIKEL

Diterima

18 April 2021

Diterima dalam bentuk review 19 April 2021

Diterima dalam bentuk revisi 23 April 2021

Keywords:

post-traumatic stress disorder; comparative literature, anna fox; tsukuru tazaki.

ABSTRAK

This thesis is entitled "Post-Traumatic Stress Disorder as Portrayed in A.J. Finn's Novel The Woman in the Window and Haruki Murakami's Novel Colorless Tsukuru Tazaki and His Years of Pilgrimage: A Comparative Literature Analysis". The writer is interested in analyzing the two novels because they have the same motive is Post-Traumatic Stress Disorder. In this thesis the writer uses two novels as the object, there is The Woman in the Window (2018) from England and Colorless Tsukuru Tazaki and His Years of Pilgrimage (2013) from Japan. This study aims to find out how Post-Traumatic Stress Disorder is portrayed in the two literary works and to find the affinities and differences regarding the issue in forms of Post-Traumatic Stress Disorder that the main characters are suffering from using Post-Traumatic Stress Disorder's theory by American Psychiatric Association through the fifth edition of The Diagnostic and Statistical Manual of Mental Disorders (DSM-V). Both main characters of the two literary works, Anna Fox and Tsukuru Tazaki are suffering from Post-Traumatic Stress Disorder. The study also involves looking at the intrinsic elements to look at the affinities and differences found in the two literary works. In completing the analysis, the writer uses the descriptive qualitative method which represents all the data in the forms of words and sentences. The writer collects data from various sources including The Woman in the Window by A.J. Finn, Colorless Tsukuru Tazaki, and His Years of Pilgrimage by Haruki Murakami, relevant books, articles, and journals to support the analysis. Based on the results of the analysis it can be concluded that the two literary works show affinities and differences regarding Post-Traumatic Stress Disorder that is experienced by the two main characters of both literary works.

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Introduction

According to (Lestari, 2018) in this modern era, people use technological facilities to make their life comfortable and convenient. Various diseases which made human helpless before started to be treated and cured successfully due to the innovative technology and findings in the medical field. But one another problem just starting to

begin. The great works of modern people deal with is another disease. This is about the psychological problem of the modern world.

According to (Basaria, 2010) mental health and its substance are psychological challenges that take many forms. There's depression, anxiety, schizophrenia, addiction, and the list goes on. Some of these challenges are more visible and you might recognize them immediately. Symptoms can be harder to see when you're not looking for them carefully. 5 percent of adults (18 or older) experience a mental illness per year, equivalent to 43.8 million people. (USA Mental Health First Aid)

Every minute in the big cities countless violent cases happened. Statistics data of these cases are enough to scare the bravest and optimistic. Besides, According to (Tanjung, 2019) our technology and science cause lots of problems for modern people like pollution of air and destruction of nature. We read newspapers or watch the news on TV, we encounter so many bad events including theft, murder, robbery, heroin smuggling, rape cases, and of course traffic accidents. These are just some indications and impact of modern people's psychological problems.

There is a big difference in how western people and Asian people face mental problems. Nowadays, psychiatrists and psychologists are one of the favorite jobs in the United States because people in this country often go to a psychologist to find treatment for their mental problems. But it's different from Japanese people. If they got a mental problem, they often keep it to themselves because they don't want to look weak, and also their culture that doesn't want to bother other people. The young people that got a mental problem often choose to withdraw from society and seek extreme degrees of isolation that popularly called '*Hikikomori*' in Japan. And then if they cannot handle their problem, they choose to kill themselves and that's why the suicide rate in Japan is higher than the other countries.

The novel is a kind of literary work that can apply psychological theory (Minderop, 2010). The author of the novel can apply psychological laws in creating characters in the novel. So, psychology can enter into literature by the study of the creative process. We can find the relationship between psychology and literature. According to Jatman (Wicaksono, 2014a), literature and psychology do have rules that closely, indirectly, and functional. Indirectly, both literature and psychology have the same human object. In functional, psychology and literature have a relationship because to study the psychological state of another person, the difference in psychology the symptoms are real, whereas in literature are imaginative.

The novel also is a kind of work of fiction that mirrors and expresses life that is even more ambiguous (Wicaksono, 2014). It means that the novel can come up from the events happening in society. Nowadays, the novel mostly deals with psychology because the nature of modern humans has a problem with their minds. Depression, stress, bipolar and other mental disorder has the example of modern people problems. In Finn's *The Woman in the Window* and Murakami's *Colorless Tsukuru Tazaki and His Years of Pilgrimage*, there is an interesting problem to be discussed. It is Post-Traumatic Stress Disorder.

According to (Paramitha & Kusristanti, 2018) Post-Traumatic Stress Disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault. The symptoms of PTSD fall into four categories that are intrusive thoughts, avoiding reminders of the traumatic event, negative thoughts and feelings, and arousal and reactive symptoms.

People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear, or anger; and they may feel detached or estranged from other people. People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch (Astuti et al., 2018).

This study used comparative literature as a theory because the writer used two novels to compare the motif in the novels. Comparative literature is a study of cross-culture. It can focus on the theme, genre, culture, or the material on literature itself. In this study, the writer analyzes two novels as a source of the data, *The Woman in the Window* by A.J. Finn and *Colorless Tsukuru Tazaki and His Years of Pilgrimage* by Haruki Murakami. The writer analyzes these two novels, to see whether one author influences the other in writing the novels. This study makes attention to compare culture in literary works by using the aspect of time and place. According to the aspect of time, comparative literature compares two or more periods that are different in literary works. While according to the aspect of the place, this study focused on compared literary works from different geographical areas. In this case, the writer compares the British novel and Japanese novel from two different times to find the differences and affinities of post-traumatic stress disorder in both novels.

The Woman in the Window is a novel written by Daniel Mallory. Daniel Mallory is an American editor and author who writes under the name A. J. Finn. Born in 1979, his 2018 novel *The Woman in the Window* debuted at number one on the *New York Times* Best Seller list and has been adapted into a feature film. Mallory came to attention in 2019 for lying extensively about his past to excuse personal shortcomings and illegitimately further his literary work and career. Post-Traumatic Stress Disorder can be seen in Anna Fox, the leading character of A.J. Finn's novel *The Woman in the Window*. Anna is a child psychologist and not currently practicing, as she is consumed with agoraphobia and substance abuse after got a car accident. Agoraphobia is a type of anxiety disorder in which you fear and avoid places or situations that might cause you to panic and make you feel trapped, helpless, or embarrassed. Confined to her house, she becomes obsessed with her neighbors and witnesses what appears to be Jane Russell being stabbed to death. When Anna goes to the police, they do not believe what she saw due to her psychological state and substance abuse. They find out that Jane is still alive, and she is not the woman Anna believed to have been murdered. To explain this, Anna becomes convinced the Jane that remains living is not the real mother and is part of a

coverup of Jane's murder. To make things worse for Anna, the police uncover a shocking truth: Anna's husband and daughter, whom she does not live with and talks to daily, are dead.

In the novel *Colorless Tsukuru Tazaki and His Years of Pilgrimage* by Haruki Murakami, the setting of this novel is taking place in Japan. The story is about the main character, Tsukuru Tazaki, a man who wants to understand why his life was derailed sixteen years ago. In the early 1990s in his home town of Nagoya, the young Tsukuru in high school, have four best friends all had color as part of their surnames, two boys and two girls, but Tsukuru doesn't have a color that leaving him the "colorless" one in his harmonious community". But one day in 1995, during his second year in college, the fourth of his friends abruptly cut all relationships with him. That never explained, left him feeling suicidal then guilty as an empty person, lacking in color and identity. In 2011's Tokyo, the 36-year-old engineer Tazaki works for a railroad company and builds stations. His new girlfriend Sara spurs him to come face-to-face with the past, not as some naive, easily wounded boy, but as a grown-up and seek his former friends to mend the relationships and find out why they rejected him because she won't commit to him unless he can move on from his past. And so, he will visit them one by one, from Nagoya into rural Finland, on a quest for truth and a pilgrimage for happiness.

In this study, the writer wants to explain the literature, in this case of the novel, can show the psychological disorder that happens in society. It is interesting to know that both characters in *The Woman in the Window* and *Colorless Tsukuru Tazaki and His Years of Pilgrimage* show how Post-Traumatic Stress Disorder affects them. About people that going insane after-feel a terrible situation and the process when a very bad experience in life makes someone suffer a Post-Traumatic Stress Disorder. Therefore, the writer is interested in finding the differences and affinities between these two novels from England and Japan.

Research Methods

This research entitled "Post-Traumatic Stress Disorder as Portrayed in A.J. Finn's *The Woman in The Window* and Haruki Murakami's *Colorless Tsukuru Tazaki and His Years of Pilgrimage*: a Comparative Literature". The material object of this research is a British novel entitled *The Woman in The Window* and a Japanese novel entitled *Colorless Tsukuru Tazaki and His Years of Pilgrimage* by Haruki Murakami. In conduct, research, the methods of the study are an important thing to consider. A right and appropriate method will give the right and appropriate result. A method of study will also determine the successful process of research.

A. Research Design

The method used in this thesis is descriptive-qualitative. This type of research uses a qualitative research method because all data are analyzed in the form of words and sentences. (Wijaya, 2018) said that qualitative data are attractive. They are a source of well-grounded, rich descriptions and explanations of processes occurring in local contexts.

Atar Semi in his book entitled (Hastuti, 2018) said that the object of research is a literary work that is always associated with the human mind and human creativity and art. With a qualitative approach all humanities, including literature, can be answered and analyzed as well as possible. In researching the literature qualitative methods more harmonious to use because the object is a literary work where published meaning and interpretation that requires intensity and inland.

(Manab, 2015) states characteristics of qualitative research on literary works namely:

1. The researcher is a key instrument and natural setting or natural setting which is the source of data.
2. Qualitative research is descriptive.
3. Qualitative research cites process not result.
4. Data analysis tends to be proven.
5. In the qualitative approach, the meaning is something important (essential)

The writer uses library research and internet research to find the data as references to writing this thesis. The writer is collecting the data by using various books, journals, articles, and websites that can be related to the subject matter being analyzed and aim to explore certain psychological phenomena, which in this case post-traumatic stress disorder and other related issues in *The Woman in The Window* and *Tsukuru Tazaki and His Year of Pilgrimage*. Therefore, the writer will do the following steps; collecting, selecting, analyzing, interpreting, and finally creating the conclusion.

B. Data and Data Source

The data of this thesis are from the novels that can be in the form of words, phrases, or sentences while the data sources are *The Woman In The Window* written by A.J. Finn published on January 2nd, 2018, and *Colorless Tsukuru Tazaki and His Years of Pilgrimage* written by Haruki Murakami published in 2014. And the writer also used some related books, articles of journals, or other sources of materials related to the topic of comparative literature and post-traumatic stress disorder to support this thesis. However, the writer only focused on data that points to the post-traumatic stress disorder face by the leading character of both novels.

C. Data Analyzing

This analysis applied a qualitative descriptive method as the technique to analyze this novel. The qualitative descriptive method is a method of analysis by describing and analyzing the data then giving some interpretation and explanation.

In analyzing this research, the first step, the writer read both of the novels to an understanding of the story and to find out how post-traumatic stress disorder is portrayed as the leading character of the novels. After that, the writer selects and picks the data which is the quotations of the words, phrases, sentences, and paragraphs in the novel that relate to the problem. And then the writer finds some information in books, journals, electronic books, and articles related to comparative literature and post-traumatic stress disorder.

The next step is selecting the data. After all information from the whole text that has been selected. The writer will find the most significant data which supports this topic and then the writer would make an interpretation based on the data which already been taken before.

The last step is to summarize the data. the writer will compare and analyze the two literary works *The Woman in the Window* by A.J. Finn and *Colorless Tsukuru Tazaki and His Years of Pilgrimage*. And the writer would make further analysis of affinities and differences of post-traumatic stress disorder in both of the novels and makes the conclusion and the suggestion about this thesis.

Analysis and Findings

Based on the *Diagnostic and Statistical Manual of Mental Disorder (DSM-5)*, Post-Traumatic Stress Disorder (PTSD) is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault (Wati et al., 2020). People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended.

Diagnostic and Statistical Manual of Mental Disorder (DSM-5), explain the symptoms of PTSD are fall into four categories (Irfana, 2018). Specific symptoms can vary in severity.

1. Intrusive thoughts such as repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event. Flashbacks may be so vivid that people feel they are re-living the traumatic experience or seeing it before their eyes.
2. Avoiding reminders of the traumatic event may include avoiding people, places, activities, objects, and situations that bring on distressing memories. People may try to avoid remembering or thinking about the traumatic event. They may resist talking about what happened or how they feel about it.
3. Negative thoughts and feelings may include ongoing and distorted beliefs about oneself or others (e.g., "I am bad," "No one can be trusted"); ongoing fear, horror, anger, guilt, or shame; much less interest in activities previously enjoyed; or feeling detached or estranged from others.
4. Arousal and reactive symptoms may include being irritable and having angry outbursts; behaving recklessly or in a self-destructive way; being easily startled, or having problems concentrating or sleeping.

A. Post-Traumatic Stress Disorder in *The Woman in the Window*

Anna was suffering from post-traumatic stress disorder after got into a car accident and stuck in a blizzard for two days that kill her husband and her daughter. After that accident, she suffers agoraphobia that afraid of the outside world and stuck at her house. Because she works as a psychologist, she knew that she suffers from post-traumatic stress disorder. She once described that she's one of the people who suffer severe post-traumatic stress disorder, she explained that the sufferer of post-traumatic stress disorder seeks an environment that they can control. In Anna's cases,

she can't handle the crushing pressure of the outdoors, the vast skies, and the endless horizon.

1. Intrusive Thoughts

The symptoms of intrusive thoughts may include involuntary memories, distressing dreams, and flashbacks of the traumatic event. Anna often got a flashback that reminds her of the traumatic event. The flashbacks may be so vivid that she feels re-living the traumatic experience or seeing it before her eyes.

Anna's flashback is shown when she meets the son of her neighbor, Ethan, which seems distressed and cries in front of her. Previously worked as a psychologist makes her have the experience to deal with this kind of thing. And she offers him a hug. But, hugging someone the same age as her child triggers a memory of her daughter who already died.

2. Avoiding Reminders of The Traumatic Event

By the previous symptoms, everything that is related to the traumatic experience can trigger a vivid flashback that maybe she feels re-living the traumatic experience or seeing it before her eyes. And that's why the sufferer of post-traumatic stress disorder avoid everything about the traumatic event.

From the beginning of the story, Anna often talking with her dead family. She used the phone as a medium to communicate with them. She used the phone because she cannot prove their existence and she can imagine that they are still alive somewhere. Besides talking to them, she convinced herself and others that she was separating from her husband, and her daughter lives with her.

The avoiding starts right after the accident, the cause is because nobody ever says the words clearly to her that they are already dead. The doctor who handled the accident just says "*Your husband didn't make it,*" the head nurse said, "*I'm so sorry, Mrs. Fox*"—without finishing her sentence. Even after a month, her friends who attended the funerals only said that "*They're no longer with us*". And yet, Anna used that as an excuse to always thought that her family was still alive.

The reason why Anna always avoided the fact that her family had died was a feeling of guilt. Guilty feeling is the cause of post-traumatic disorder. Anna blames herself for what had happened to her family. Even though she knows that too much contact is not good for her mental, she used a *coping mechanism* as an excuse to keep talking and answering them, to manage the pain of their absence.

3. Negative Thoughts and Feelings

This symptom has several parts include ongoing and distorted beliefs about oneself or others, ongoing fear, horror, anger, guilt, or shame; much less interest in activities previously enjoyed; or feeling detached or estranged from others. Anna showed several symptoms such as ongoing fear, distorted beliefs about others, hopelessness about her future, and guilt.

The first is ongoing fear, Anna suffered severe post-traumatic fear. The fear that Anna cannot overcome and it became worse to be agoraphobia. Agoraphobia in translation the fear of the marketplace, it's fear of the

environment that the sufferer cannot control. In Anna's case, because she is stuck in the blizzard and only accompanied by the endless horizon for two days, she becomes terrified of the vast skies and cannot go outside.

The second is distorted beliefs about others. This was shown when Anna started to suspecting her tenant, David. Although she didn't hallucinate when she saw her neighbor being stabbed as said by the police, she started accusing her tenant, because she thinks that only David can do it even though he doesn't. And then, when someone broke into her house and took a picture of her when she fell asleep, Anna immediately accusing David of doing it. This illustrates that Anna had a distorted belief in others.

The third, hopelessness about her future. After the accident and stuck at her house, Anna doesn't care about herself anymore because her family was gone. She consumed a lot of alcohol without thinking about her health. We can see it when David asked if she wanted to see her family, he hopes she wants to see them soon. This quotation clearly said that she was not thinking about her future because she wanted to see the dead people.

And the last one is guilt. This is the cause of the post-traumatic disorder suffered by Anna. Anna feels guilty and responsible for what happened to her family. She keeps blaming herself because she's the one who suggested her husband for the vacation that ended up being the accident.

4. Arousal and Reactive Symptoms

This symptom may include being irritable and having angry outbursts; behaving recklessly or in a self-destructive way; being easily startled, or having problems concentrating or sleeping. Anna shows some of these symptoms such as being irritable and having angry outbursts and behaving recklessly or in a self-destructive way such as consuming too much alcohol and drugs.

As a symptom of post-traumatic stress disorder, Anna shows that she cannot control her emotions. It's showed that she couldn't refuse to talk to her dead family. And sometimes Anna couldn't control her anger, she was angry towards an insignificant thing that she shouldn't. She noticed it as she lives alone without the consent of anybody and she swears more often.

In the previous symptom, the writer has explained that Anna doesn't care about her future because she just wants to be with her family that already dead. And it's related to this symptom. Anna shows self-destructive and reckless behavior by consuming too much alcohol and drugs. As consuming too much alcohol, she's become addicted.

B. Post-Traumatic Stress Disorder in *Colorless Tsukuru Tazaki and His Years of Pilgrimage*

After reading this novel, the writer can gather some symptoms of post-traumatic stress disorder that is portrayed in this novel through its main character, they are; Intrusive thoughts including some distressing dreams and flashback; avoiding reminders of the traumatic event; negative thoughts and feelings including

ongoing fear and feeling detached or estranged from others; and some arousal symptoms.

The traumatic event begins when Tsukuru got a rejection by his high school friends without any reason. This drastic change took place during the summer vacation of his sophomore year between the first and second semesters. Afterward, Tsukuru Tazaki's life was changed forever. After this traumatic event, Tsukuru show some symptoms of post-traumatic stress disorder.

1. Intrusive Thoughts

Tsukuru had several distressing dreams after the traumatic event. Five months after rejected by his high school friends and dumped into the death gate, Tsukuru's got the first distressing dream. This dream is so vivid where it took a while after he woke up to understand that it was a dream. In this dream, he burned with desire for a woman. It wasn't clear who she was. He had never once personally experienced those feelings because in real life he never passionate about love. This woman had a special ability to separate her body and her heart. Tsukuru must choose one or the other, and what he didn't choose must give to another man. And in this dream, he was tormented by strong feelings of jealousy because Tsukuru wanted all of her. He couldn't stand the feelings about to hand over one half to another man.

Subsequently, that dream becomes worse. Slowly he felt a horrendous pain as if his entire body were being wrung out by enormous hands. His muscles snapped, his bones shrieked in agony, and he felt a horrendous thirst as if every cell in his body were drying up, sapped of moisture. His body shook with rage at the thought of giving half of her to someone else. As he wakes up, the dream stayed in his mind.

Even though Tsukuru doesn't want death anymore, the impact of that traumatic event still hangs on his mind. This is proven by the dreams that Tsukuru experiences repeatedly. The sexual dream with two of his high school friends, Shiro and Kuro. In that dream, the two of them were a teenager or the time Tsukuru was close with two of them.

In the entire story, Tsukuru often got a vivid flashback that reminds him of the traumatic event. The first time that happened when Sara (Tsukuru's girlfriend) asked how Tsukuru's high school life was, he immediately remembered the traumatic event that changed his life forever, the feeling when he got expelled from four of his high school friends.

2. Avoiding Reminders of The Traumatic Event

One year after Tsukuru was thrown into the gates of death, he tried to keep on his life and got a new friend named Haida. He met Haida in the swimming pool when he tried to restore her unhealthy body which was struggling with the desire of death for over half a year. To this new friend, Tsukuru began to open up about all personal things in his life. But the truth is, he was avoided talking about his four friends to Haida because it can open up the old wounds.

3. Negative Thoughts and Feelings

Tsukuru got this symptom after experienced that traumatic event including, ongoing and distorted beliefs about himself or others (e.g., “I am bad,” “No one can be trusted”), ongoing fear, and feeling detached or estranged from others.

Diagnostic and Statistical Manual of Mental Disorder (DSM-5) was giving the example of this symptom which is saying bad about himself. It happened to Tsukuru after he told the traumatic event that he kept for years to his girlfriend (Prasetio et al., 2019). By this following quotation, we can see how he felt after the traumatic event that makes him suffer from post-traumatic stress disorder.

4. Arousal and Reactive Symptoms

After reading this literary work, the writer can find the arousal and reactive symptom experienced by Tsukuru in form of sleeping problems, self-destructive behavior such as drinking and barely eat and being easily startled or frightened.

First of all, he got a problem sleeping. This problem was beginning during the summer vacation of his sophomore year, between the first and second semesters. When vacation rolled around, he packed his belongings and rode the bullet train back home. After a short visit with his family in Nagoya, he called up his four friends, but he couldn't get in touch with any of them.

That night, after he still hadn't heard from his friends, Tsukuru had trouble sleeping. He felt agitated. Random, senseless thoughts flitted around in his head. The next day, he got a call from Ao. He told him to not contact them again.

At this point, he started being self-destructive. He barely noticed what he ate. He had lunch at the college cafeteria, but other than that, he hardly consumed a decent meal. When he felt hungry, he stopped by the local supermarket and bought an apple or some vegetables. Sometimes he ate plain bread, washing it down with milk straight from the carton. And to make things easy for him, he started to consumed alcohol to easily put him to sleep.

C. The Central Features of Post-Traumatic Stress Disorder Portrayed in Both Literary Works

Table 1
Post-Traumatic Stress Disorder Portrayed in Both Literary Works

Central Features of PTSD	<i>The Woman In The Window</i>	<i>Colorless Tsukuru Tazaki and His Years of Pilgrimage</i>
Intrusive Thoughts	<ol style="list-style-type: none"> 1. Anna often got the flashback that reminds her of the traumatic event. 2. Flashback when she meets the son of her neighbor that makes her remember her daughter. 3. The questions about her family can be triggering the traumatic event. 	<ol style="list-style-type: none"> 1. Tsukuru got distressing dreams. Dreaming about his old best friends that dumped him. 2. Flashback when Sara asking about his high school life. 3. Flashback when he sees the list of his friend's name. 4. Tsukuru takes a trip to his past. 5. After meeting his friends,

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		<p>Tsukuru vividly remembered how he was dumped that triggered PTSD</p> <p>6. When he sees his girlfriend with another man, he remembers the feeling when he was dumped by his best friends.</p>
Avoiding Reminders of the Traumatic Event	<ol style="list-style-type: none"> 1. Anna talks to her dead family using a phone as the medium to communicate to refused that they are already dead 2. She convinces herself that she was separating from her husband to avoid that they already dead 3. Dr. Fielding warned her about the denial that she uses to avoid the traumatic event. 	<ol style="list-style-type: none"> 1. Tsukuru avoids talking about the rejection from his high school friends to Haida. 2. When his girlfriend asks about his past, at first, he refused. 3. Sixteen years after the traumatic event, after talking with all of his high school friends, he confesses that he avoids the traumatic event.
Negative Thoughts and Feelings	<ol style="list-style-type: none"> 1. Anna suffers from Agoraphobia as the result of PTSD 2. When she is in places where she cannot control, she got the panic attack 3. She doesn't believe anyone and suspecting her tenant. 4. She doesn't care about her future and becomes an alcohol addict. She wants to meet her dead family. 5. She keeps blaming herself for the accident that triggers the PTSD 	<ol style="list-style-type: none"> 1. Tsukuru keeps thinking a bad thing about himself. 2. After got the traumatic experience, his body is growing visibly worse. But he keeps thinking that he was already dead. 3. When his new friend left him without explaining, he thought that he was the reason.
Arousal and Reactive Symptoms	<ol style="list-style-type: none"> 1. Anna cannot control her anger. 2. She becomes self-destructive by consuming too much alcohol and drugs. 	<ol style="list-style-type: none"> 1. After a traumatic event, he got 2. a sleeping problem. 3. He started to lose his appetite and become self-destructive by barely notice what he ate. 4. Tsukuru was easily startled.

Kesimpulan

Both literary works come from different writers and different countries, each writer tells the mental problem in the leading character in different ways, certainly under their respective cultures in the social life of their country. Even though the writer can find all the symptoms through both leading characters. Nevertheless, the symptoms experienced by the two characters were different. In Finn's *The Woman in the Window*, the leading character keeps talking to her husband and her daughter to avoid the fact that they are already dead, while in Haruki Murakami's *Colorless Tsukuru Tazaki and His Years of Pilgrimage*, the leading character closed himself and never talking or find out why his four friends unexpectedly cut him off for sixteen years. After analyzing the previous chapter, I found conclusion which is listed as below: 1) According to the function of comparative literature that represents culture, the writer assumes that each author of these novels is not influenced, because no mentioned text could be found between these two novels that related to each other. However, the writer can see cultural differences between the two literary works about self-destructive behavior after experiencing a traumatic event. Western people that reflected by Anna in *The Woman in the Window* tend to choose drugs and alcohol as an escape to their mental problem while Japanese people in *Colorless Tsukuru Tazaki and His Years of Pilgrimage* tend to be alone and barely eat. 2) Another cultural difference is in how the treatment for mental illness between the United States and Japan. Western people reflected by the leading character in *The Woman in the Window* find a psychiatrist six week after she got the traumatic event while Tsukuru Tazaki in *Colorless Tsukuru Tazaki and His Years of Pilgrimage*, endure the pain of the traumatic event alone, and the result is he couldn't get rid of the suicidal thoughts for almost a year. This is the big difference between how Western people and Asian people faced mental illness.

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