



**THE GIRL'S INFLICTION CAUSED BY
RAPE AS REFLECTED ON LAURIE
HALSE ANDERSON'S *SPEAK***

A FINAL PROJECT

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Submitted by:

MELANI NURFITA ARIFIN

13020114120008

FACULTY OF HUMANITIES

DIPONEGORO UNIVERSITY

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PRONOUNCEMENT

The writer honestly states that this project paper is made and compiled by herself and without taking the results from other research paper in any university, in S-1, S-2, S-3, and diploma. Furthermore, the writer also explains that she does not take any material from other people's work except for the list mentioned in references.

Semarang, February 13th 2018

Melani Nurfiti Arifin

MOTTO AND DEDICATION

“If you don’t sacrifice for what you want, what you want becomes the sacrifice.”

Anonymous

“Through hard work, perseverance, and a faith in God, you can live your dreams.”

Ben Carson

“Survival was only my hope, success my only revenge.”

Patricia Cornwell

I dedicated this paper for my beloved parents and brothers,
and to everyone who strengthened and motivated me

Thank you for your abundance love.

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LAURIE HALSE ANDERSON'S *SPEAK*

Written by:

Melani Nurfita Arifin

13020114120008

is approved by the project advisor

On February 13th 2018

Project Advisor,

Drs. Siswo Harsono, M.Hum

NIP. 196404181990011001

The Head of English Department

Dr. Agus Subiyanto, M. A.

NIP. 196408141990011001

VALIDATION

Approved by

Strata 1 Project Examination Committee

Faculty of Humanity Diponegoro University

On 6th March 2018

Chair Person

Dra. R Aj Atrinawati, M.Hum
NIP.196101011990012001

Second Member

Dr. Ratna Asmarani, M.Ed., M.Hum
NIP.196102261987032001

First Member

Dra. Astri A Allien, M.Hum
NIP.196006221989032001

Third Member

Mytha Candria, S.S., M.A
NIP.197701182009122001

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Abstract

In this paper, the writer analyses a novel by Laurie Halse Anderson entitled *Speak*. The novel tells about a woman who has a traumatic experience because of being a rape victim. The purposes of the paper are to analyze and to explain the traumatic experience faced by the main character and her attempt to recover from her traumatic experiences. The writer uses the theory of Post-Traumatic Stress Disorder (PTSD) by Merrill D. Smith in order to analyze the issue. To analyze the data, the writer uses internet and library research through textual method. The result of this analysis shows that the main character of the novel has a mental suffering that is reflected on her daily attitudes. She suffers from shame, guilt, revenge, and depression. But finally, she can find the ways to recover her traumatic experiences and speak the truth to the people.

Keywords: Rape, Rape effects, Traumatic experience.

1. Introduction

People create many kinds of memories during their life. Indirectly, the memories influence the way they live and interact with other people. It is according to how beautiful or painful the memories are. *Speak* by Laurie Halse Anderson is a novel about a young girl who suffers from a traumatic experience after being a rape victim. Melinda Sordino as the central character, has to face the traumatic experience and also the bullying done by her friends. By joining art class, she can slowly express her burden through drawing. Slow but sure, through many difficulties and hard work she is finally be able to admit and speak the truth that she has been raped on the summer party.

Rape is an endless nightmare for a girl. As we know, rape is a sex activity which is done by compulsion and without the woman's permission. It can be verbal and sexual harassment. Rape can happen in any situation and any time by a stranger in any place, on a date, or at the home by someone you know.

Rape gives traumatic experiences to the victim which can lead to a post-traumatic stress disorder (PTSD). According to Glenn R. Schiraldi in *The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery and Growth*, traumatic experience that is made by a sudden tragedy can make the victim to stop believing in herself and the people surrounding her (2009:7). The victim will be forced to have a "different life" that will change their normal life. Their life will no longer be the same because there is a traumatic experience that haunts them every day. The bad experience will often be remained in the victim's life. Their reaction

can be various, from the visible up to invisible one. The visible reaction can be seen from the performance, the behavior, and sometimes the way of speaking. Whereas, the invisible reaction includes distress, anxiety, shame, revulsion, helplessness, and guilt. Generally, the change of that emotions is not aware by the victim but it can be seen exactly by other people. Mostly, people can recover from rape in three to four months, but many people have continuous trauma. The continuous trauma may lead the victim to have anxiety, stress, self-hurting, isolation, anger, or flashbacks. Besides, rape survivors may have long term anxiety disorder that can be seen in their social life.

The objectives of this paper are to analyze the impacts of rape reflected in the central character's attitudes and the central character's attempt to recover her traumatic experiences. In analyzing this novel, the writer adopts the concept of Post-Traumatic Stress Disorder (PTSD) caused by rape. The concept is postulated by Merrill D. Smith. The writer sees the traumatic experience felt by the central character and the writer intends to describe the traumatic experience in the *Speak*.

To describe the impacts and the central character's attempt to recover, the textual analysis is used in this paper. According to Alan Mckee in his book *Textual Analysis: A Beginner's Guide*, the textual analysis is a methodology used in a research to collect the information from a text and to interpret the meaning of it (2002:1). Moreover, the writer also uses a library research in collecting the data. The writer uses some references from final academic papers, internet, online journal, and books. The primary data of this research is the concept of Post-Traumatic Stress Disorder (PTSD) by Merrill D. Smith in her book *Encyclopedia of*

Rape, while the object of this research is a novel entitled *Speak* written by Laurie Halse Anderson.

2. The Author's Biography and The Novel Summary

A city named Potsdam is a place where Laurie Halse Anderson was born on October 23rd 1961. It is a beautiful city in the north of New York City, United States of America. Having a father worked as a reverend, she liked writing and reading since Laurie was on second grade. Science fiction and fantasy are the examples of her favorite book.

When Laurie was sixteen, she attended Malius High School in New York. In her school, she had difficulty in Math but it did not make her give up in other subject lesson. She kept trying until she finally got over it. Then, Laurie joined an exchange program to Denmark which forced her to move out from her parents' house.

In 1981, Laurie entered Onondaga Community College which later she was transferred to Georgetown University. After three years, she finally graduated with a bachelor degree in Linguistics. Because she liked writing, she started to continue doing it more than just her hobby.

After graduation, Laurie began her career as a freelance reporter. Not long after that, she started to write children's picture book. Mostly, her books are written to teach American history to the children. Her first children books are published in 1996 entitled *Ndito Runs* and *Turkey Pox*. Three years later, she published her novel entitled *Speak*. The novel is really popular and it is nominated for National Book

Award. Besides, it also received the high selling in the *New York Times* and *Printz Honor Book*. In 2004, a film version of *Speak* was released with Kristen Stewart played as the central character, Melinda Sordino.

The theme of this novel is finding identity and how to speak up. This novel also contains violence and sexual assault. Melinda Sordino is a central character who studies at Merryweather High School. She has a traumatic experience that makes herself depressed and suppressed. Melinda was raped on a summer party outside the woods by a senior of her high school named Andy Evans. At that time, she called the police but she did not know what to say so she decided to go home without telling anything to her friends and family.

In the first day of school, she does not have any friend. She only has one friend named Heather who is making friend with her just to gain popularity in Merryweather High School. Her decision in calling the police later makes her become a center of anger. Without knowing the reason, her friends decide to blame and bully Melinda. Wherever she is, her friends always blame her by saying rude words. Unable to find a way to speak the truth, Melinda falls deeper into her depression. She starts to skip school and makes a distant with her parents. In Biology, Melinda has a laboratory partner named David Petrakis. Later, he becomes her best friend who always encourages her at the school.

Day by day, Melinda avoids meeting many people. She likes to spend her time in the school toilet to hide from her teachers and former friends. Starting not to express what she feels with verbal words, she expresses it with arts in Mr. Freeman's class. By expressing her feeling through art, she slowly admits what

really happen and face the problems. One day, she meets Andy Evans in the school hallway. Every time he meets Melinda, he always says rude words and tries to attack her. Besides, her teacher and guidance counselor try to ask her what makes her school grades become lower than usual. Because of this, she becomes more depressed in the school.

After some months of self-hurting through lip and nail biting, Melinda finally admits to herself that Andy Evans has raped her at the summer party. She also tells her old best friend, Rachelle, that Andy Evans is not a good boy and ask her to stay away from him. After admitting the fact that she has been raped, Melinda begins to recover from her traumatic experience. One day, Andy attacks her again in the school closet but this time Melinda can fight back against him. Not long after that, people finally know what happens and the truth about the summer party. Later, the students are no longer bullying Melinda and they begin to treat her better than before. Finally, Melinda tells the truth that she has been hiding for a long time to Mr. Freeman and continue her life.

3. Theoretical Framework

The intrinsic and extrinsic elements of a story are really important. They exist to construct a story based on their characteristics. For the intrinsic elements, this final paper will analyze character and conflict. While for the extrinsic elements, the final paper will analyze rape and post-traumatic stress disorder (PTSD).

3.1 Character

Character is the subject of the story in a literary work. A character can be people, animal, creature, or thing. The use of character is to deliver the story according to the plot of the story. To make the story more lifelike, a character should have a characteristics of a living things.

According to Mario Klarer in the book *An Introduction to Literary Studies*, character can be divided into flat character which only has one specific characteristic and round character which usually has more than one complex characteristics (2004:17). A reader has two ways to analyze the character's traits. Firstly, the character's traits are obviously written by the writer so it will be easily analyzed explicitly. Secondly, the character's traits are not obviously written by the writer so the reader should find it implicitly through the text.

3.2 Conflict

The existence of many characters in a story often makes a disagreement or fight that is usually called by conflict. Conflict is one of the intrinsic elements of a literary work that becomes an important part of plot. According to Holman in the book *A Handbook of Literature*, conflict is a struggle between two different characters in a story (1960:98). Conflict also can be divided into two, internal conflict which occurs inside the character's mind and external conflict which occurs between the character and another characters in the story.

3.2.3 Rape and Post-Traumatic Stress Disorder

Rape is a sexual activity which is done by compulsion and without the women's permission. There are some motives for a rapist to do rape. Anger, power, and revenge are some rapist's factors which make them do it. The rapists become angry to the women and tend to dominate and control them. Besides, the loneliness and curiosity of men can influence them to have uncontrolled sexual desire.

Rape always leaves a traumatic experience for the victim. The victim will start living in a different way and sometimes will lead to depression. As Rosen has stated in his book *Dealing with the Effect of Rape* that

Emotional or mental abuse refers to mistreatment that results in problems such as severe anxiety, depression, withdrawal from friends and activities, and fears for one's safety. These problems must be judged as severe enough to interfere with the child's growth and ability to lead a normal life (2002:15).

Sometimes the depression will disappear in some months but for some cases it will lead to Post-Traumatic Stress Disorder (PTSD). According to Merrill D. Smith in the book *Encyclopedia of Rape*, the Post-Traumatic Stress Disorder (PTSD) described as below:

Posttraumatic stress disorder is a diagnosis used by the American Psychiatric Association (APA) to refer to an anxiety disorder that follows exposure to a traumatic event. The event can be something witnessed or experienced, but to meet criteria for PTSD, it must involve "actual or threatened death or serious injury, or a threat to the physical integrity of self or others" (2004:153).

PTSD usually appears in a few months after the rape. In some people, the PTSD will disappear in a few months, but to other people it can be last for years. Smith (2004) argues that the symptoms of PTSD including commotion, deflection, and hyper arousal. The commotion including having nightmares and disturbing

memory. The victim also starts to deflect any ideas, sentiment, or discussion that makes the victim remember the trauma. Besides, the victim will also feel stupid and loss their interest in anything around them.

According to Mark Goulston in the book *Post-Traumatic Stress Disorder for Dummies*, there are three stages of people who suffers from PTSD:

- Victim: in this stage the victim will always think about the traumatic experience and their life are still haunted by fear and anger.
- Survivor: in this stage the victim may still remember the traumatic experience, but they will start thinking about continuing their life.
- Thriver: in this stage the victim will start accepting the traumatic experience as a lesson of life (2008:205-207).

From the quotation above, we can see that the victim of PTSD may have three stages of recovery. The first phase is victim stage where the victim cannot accept the traumatic event that causes traumatic experience for her. In this phase, they may blaming themselves for the tragedy and always feel the need to do revenge. They also like to be alone and sometimes they also do self-hurting like lip and nail biting, or maybe commit suicide. The second phase is survivor where the victim may still thinking about the traumatic experience but they will no longer lose their control of it. In this phase, the victim will start thinking about positive thought and may have a better relationship with their family and friend. The last phase is thriver stage where the victim may start accepting the traumatic experience. Honestly, it is impossible for the victim to forget the traumatic experience. But in this phase the victim will no longer think the traumatic experience as a disaster but a positive lesson of life. In this phase, they will start thinking about future and what they will do next.

4. Discussion

The focus of this paper is on the role of the central character, Melinda Sordino, and this paper will focus on the change of her attitude caused by the traumatic experience. In analyzing them, the writer chooses to analyze the characters and the conflict contained in the story. Besides, the writer also analyze the central character's traumatic experience and her attempt to recover from the traumatic experience.

4.1 Character

4.1.1 Melinda Sordino

Melinda Sordino is a student in Merryweather High School. She lives with her mother and father, and she is the only child in the family. Melinda is a pessimistic girl and likes to be alone. Besides, she always feels inferior about herself.

According to her family condition, she becomes an uncommunicative and fainthearted person. She lacks of communication both in her family and her friendship. In her family, her father and mother are ignoring her. Unlike the common family, they seldom talk and spend time together. Her mother is busy with her clothing store while his father is busy with his occupation as an insurance agent.

The proof can be seen below.

...We communicate with notes on the kitchen counter. I write when I need school supplies or a ride to the mall. They write what time they'll be home from work and if I should thaw anything. What else is there to say? (Anderson, 1999:14).

After the rape incident, Melinda becomes more uncommunicative. She avoid meeting many people and doing many activities. Unlike many girls in her age

who likes to hang out and join many extracurricular in the school, Melinda chooses to be alone and not socialize with people. She prefer to spend her time alone in the school closet where she can think clearly when she starts to remember her traumatic experience. Losing her friends, Melinda is having difficulty in telling her pain and traumatic experience to other people. She keeps the burden by herself because she thinks that people will not easily accept her explanation about the incident. Her silence leads Melinda to hurt herself by lip, nail biting, and suicide which later make her fall deeper into depression.

4.1.2 Andy Evans

Andy Evans is Melinda's senior in Merryweather High School. He is very popular because of his handsome face and good body. He comes from a rich family and has many friends. As a senior, Andy is very friendly and likes to interact with other students. Unfortunately, he has a bad side. Andy is a playboy. He likes to flirt and hang out with many girls. There is also a bad rumor says that he likes to sleep with many girls. The truth about him that has raped Melinda in a summer party also increases his bad reputation in the school.

Andy Beast swoops over their heads, folds his wings, and sets himself between the girls as they start up the stairs. He tries to kiss Greta-Ingrid's cheek, but she turns away. He kisses Rachel/Rachelle's cheek and she giggles (Anderson, 1999:150).

From the quotation above, it is clearly seen that Andy is a bad boy. He is very flirtatious. In front of many people, he acts like a bad boy instead of a good senior. Besides, knowing that he has raped his junior, Andy does not have intention to ask forgiveness to Melinda. Whenever he meets her, he always intimidate her

and try to attack her. Unfortunately, many girls still admire him because of his awesome looks.

4.1.3 Rachel/Rachelle

Rachelle is Melinda's old best friend. She comes from Europe, and she is a boyish girl. At school, she is a cheerful and smart student. Rachelle has many friends because she is a friendly and easy going person.

...Rachelle is reclaiming her European heritage by hanging out with the foreign-exchange students. After five weeks in school, she can swear in French. She wears black stockings with runs and doesn't shave under her arms... (Anderson, 1999:20).

At first, they like to spend time together. But everything has changed right after the summer party. Like the other people, Rachelle also decides to stay away from Melinda and make friend with another girls. She keeps silent whenever Melinda starts getting bullied by their friends. Meanwhile, she also avoid talking with Melinda as if they were enemies.

4.2 Conflict

Conflict is one of the important part of a story. It describes the struggle of a character with herself or with another character. In this chapter, the writer analyzes the conflict between Melinda and herself, the conflict between Melinda and Andy Evans, and the conflict between Melinda and Rachelle.

4.2.1 Melinda's conflict with herself

The internal conflict of Melinda occured within her mind. After the rape, she becomes a different girl. Her behavior is changed and she feels more inferior. She

starts to hurt herself like doing nail and lip biting. Actually, she really wants to tell the truth to people that she has been raped but she does not find the way to talk.

...I have worked so hard to forget every second of that stupid party, and here I am in the middle of a hostile crowd that hates me for what I had to do. I can't tell them what really happened. I can't even look at that part myself. An animal noise rustles in my stomach (Anderson, 1999:28).

Feeling so desperate because of the rape, Melinda often think about going escape. Not only feel sad, she also feels angry and guilty to herself. She cannot stop blaming herself for the incident. Unable to stop thinking about the incident, she prefer to throw away the anger to other people. That tortured feelings always haunt her mind.

...I want to leave, transfer, and wrap myself to another galaxy. I want to confess everything, hand over the guilt and mistake and anger to someone else. There is a beast in my gut. I can hear it scraping away at the inside of my ribs. Even if I dump the memory, it will stay with me, staining me...(Anderson, 1999:51).

4.2.2 *Melinda's conflict with Andy Evans*

After the rape, Melinda starts to have a conflict with Andy Evans. It is because he is the boy who raped Melinda in the summer party and he has dumped her after the rape. After the incident, he often appears in front of Melinda to intimidate and look down to her. There is no explanation or asking forgiveness for the incident from Andy Evans and he just forget it like it never happens. This is also the reason why Melinda also avoid meeting him.

...I'm hanging a poster outside the metal-shop room when IT creeps me up. Little flecks of metal slice through my veins. IT whispers to me. "Freshmeat." That's what IT whispers. IT found me again... (Anderson, 1999:86).

Besides intimidating Melinda, Andy also likes to attack her. Instead of asking forgiveness to her, he starts beating and hurting her.

His mouth is on my face. I twist my head. His lips are wet, his teeth knock against my cheekbone. I pull my arms again and he slams his body against mine. I have no legs. My heart wobbles. His teeth are on my neck. The only sound I can make is a whimper. He fumbles to hold both my wrists in one hand... (Anderson, 1999:194).

From the quotation above, it is clearly seen that the conflict between Melinda and Andy is not simple. He starts to use violence against her although she is the one who deserves to get a justice.

4.2.3 *Melinda's conflict with Rachelle*

Rachelle is used to be Melinda's best friend but they stop talking after the summer party incident. Rachelle is a rude girl. She is angry with Melinda with no specific reason. She does not try to ask Melinda what really happens in the summer party, but she chooses to stay away from Melinda while she is getting bullied by their friends in the school.

Rachel and every other person I've known for nine years continue to ignore me. I'm getting bumped a lot in the halls. A few times my books were accidentally ripped from my arms and pitched to the floor. I try not to dwell on it. It has to go away eventually (Anderson, 1999:14).

Actually, Rachelle should not ignore Melinda when she is getting bullied. She should help her because they are best friend and because no one deserves getting bullied. Another conflict between Melinda and Rachelle is when Melinda knows that Andy flirts with her. As a best friend, she wants to tell her that Andy is a bad boy. Instead of saying thank you, Rachelle yells at her that she is only jealous.

"Liar!" She stumbles out of her chair and grabs her books off the table. "I can't believe you. You're jealous. You're a twisted little freak and you're jealous that I'm popular and I'm going to the prom and so you lie to me like

this. And you sent me that note, didn't you? You are so sick." (Anderson, 1999: 184).

Feeling in love makes Rachelle unable to think clearly. Melinda has tried to tell her the truth but she does not believe in her. After telling Rachelle that Andy Evans is a bad boy, they stop talking for a while again. Rachelle keeps hanging out with Andy and that makes Melinda more suffering.

4.3 Melinda's Traumatic Experience

This novel starts telling the reader about the first day Melinda goes to school after the rape. She never imagine that her friends will change and start to hate her. This denial not only makes her sad, but also makes her hurting herself more. It becomes worse when her old best friend, Rachelle, says that she hates her. Actually she wants to tell her the truth, but she does not have any courage to do it. Because of that, Melinda starts to bite her lips until it bleeds.

Her eyes meet mine for a second. "I hate you." she mouths silently. She turns her back to me and laughs with her friends. I bite my lip. I am not going to think about it. My lips bleed a little. It tastes like metal. I need to sit down (Anderson, 1999:5).

The quotation above shows that Melinda still on the victim phase. She still cannot accept the truth that she has been raped and prefer to deny the truth. Feeling tired and desperate, Melinda starts to hide in a school closet. She avoids being in a crowd. The school closet is a place where Melinda usually be alone to avoid meeting some people or just to calm her mind. In there, she often spending time by drawing, thinking, or just sleeping in her favorite chair.

... I stumble down the hall, down another hall, down another hall, till I find my very own door and slip inside and throw the lock, not even bothering to turn on the lights, just falling a mile downhill to the bottom of my brown chair, where I can sink my teeth into the soft white skin of my wrist and cry like the baby I am... (Anderson, 1999:110).

Rape really changes Melinda. She is no longer be a happy student like she is used to. Besides, she also starts to have a physical illness. Every time she cannot stop thinking about the incident, her sickness becomes worse. Actually, she wants to forget it and continue her life but the trauma still haunts her. In this phase, Melinda is on the survivor stage. She starts thinking about continuing her life although the traumatic experience still cannot be forgotten. She often feels headache because of too much overthinking. Her new habit for biting her lip also make it worse.

It is getting harder to talk. My throat is always sore, my lips raw. When I wake up in the morning, my jaws are clenched so tight I have a headache. Sometimes my mouth relaxes around Heather, if we're alone. Every time I try to talk to my parents or a teacher, I sputter or freeze. What is wrong with me? It's like I have some kind of spastic laryngitis (Anderson, 1999:51).

Too many people do not care about Melinda's condition, and this is what makes her slowly giving up. She is tired because nothing runs well. So many times she wants to give up and commit suicide because she has to face the heavy burden by herself. No one is willing to ask her condition and no one is there just to give her attention.

Melinda hopes that she just can forget what has happened on the summer party. Thinking that the incident really breaks her mind and heart slowly makes her feel exhausted. Melinda losses her way to talk, and that is why she chooses to keep silent and let the trauma haunts her mind. The proof can be seen from "I just want

to sleep. The whole point of not talking about it, of silencing the memory, is to make it go away. It won't. I'll need brain surgery to cut it out of my head" (Anderson, 1999: 81-82).

There are so many times of Melinda trying to commit suicide. As a young girl, it is not easy for her to continue her life and pretend that nothing has happened and everything is alright. Thinking that she is the one who is suffering because of the rape makes her want to commit suicide. She thinks if she were died, she does not have to feel guilt and regret anymore. Besides, she will also bring her pain deep inside her heart without no one is knowing the truth.

I open up a paper clip and scratch it across the inside of my left wrists. Pitiful. If a suicide attempt is a cry for help, then what is this? A whimper, a peep? I draw little window cracks of blood, etching line after line until it stops hurting. It looks like I arm-wrestled a rosebush (Anderson, 1999: 87).

As we can see, Melinda has a bad times after the rape. She suffers from PTSD that completely changes her life both as a girl and a student. Besides, she also has a difficulty in explaining the truth to the people. Many people only blame her because she calls the police on the party. In their opinion, they think Melinda wants to report them for drinking alcohol and disperse the party. Whereas she calls the police because she wants to report that she has become a rape victim.

4.4 Melinda's Effort to Recover

There is a subject lesson in Melinda's school. The teacher is Mr. Freeman and he teaches art. At first, Melinda is not so enthusiastic studying in Mr. Freeman's art class. On the first meeting, Mr. Freeman asks the student to write a word that will

be their painting later. Melinda chooses to draw tree, but she is still unsure whether she can finish it or not.

..."Tree." Tree? It's too easy. I learned how to draw a tree in second grade. I reaching for another piece of paper. Mr. Freeman shakes his head. "Ah-ah-ah," he says. "You just chose your destiny, you can't change that" (Anderson, 1999:12).

After choosing what they want to draw in art class, Mr. Freeman wants the student to start thinking about what their painting will be. During the time, Melinda starts to enjoy Mr. Freeman's art class. She continues drawing the tree because she has decided to draw it since the first meeting. Because every student is not allowed to erase anything from their painting, so Melinda continues drawing her own painting by correcting any mistake she has made.

I tune out and focus on my doodle, a pine tree. I've been trying to carve a linoleum block in art class. The problem with the block is that there is no way to correct mistakes. Every mistake I make is frozen in the picture. So I have to think ahead (Anderson, 1999:54).

Having consequences in drawing tree for Mr. Freeman's class does not make Melinda difficult to express what actually her painting means. She can easily explain about her paintings because it explains about her pain implicitly. In painting, she learns that no matter how many mistakes you have made, the painting must go on. Although several times she has a difficulty in finishing her tree, she keeps drawing and decides to finish it. Spending her time with drawing is one of her favorite time to make her forget her traumatic experience for a while. Fortunately, Mr. Freeman also aware that something is hidden behind Melinda's drawing. The proof can be shown below.

"I see a girl caught in the remains of a holiday gone badly, with her flesh picked off day after day as the carcass dries out. The knife and fork are

obviously middle-class sensibilities. The palm tree is a nice touch. A broken dream, perhaps? Plastic honeymoon, deserted island? Oh, if you put it in a slice of pumpkin pie, it could be a deserted island!" (Anderson, 1999:64).

Besides enjoying Mr. Freeman class to make her forget her pain and express it implicitly, Melinda also spends her time in playing basketball. Although she never like doing sport before, she can easily doing foul shot. Her achievement is aware by Ms. Connors as the teacher, so she asks her to join the sport club.

...I step up the line, bounce the ball twice, and put it through the net. Ms. Connors tells me to do it again. And again. She keeps bouncing balls my way, and I keep putting them up. Swish, swish, swish. Forty-two shots later, my arms wobble and I miss one (Anderson, 1999:75).

Knowing that she is not making mess with art and sport class, Melinda starts to have hope. Slowly, she knows that thinking about the rape incident is not the way to survive. She has to keep doing her job as a student and she can also do what she likes. It is clearly shown that Melinda is on the thriver stage. In this stage, Melinda finally accept the truth that she has been raped. She also think that the rape is one of the important lesson in life.

At first, Melinda has a conflict with Rachelle. She starts to stays away from Melinda and Melinda also decide not to think about it again. By hearing her best friend is going to be Andy's girlfriend makes Melinda sad and angry at the same time. Although her relationship with Rachelle has changed, she still wants to warn her that Andy is a bad boy. After some time, Melinda finally tells Rachelle that she has been raped. At first she does not want to tell her the doer, but later she finds a courage to tell her the truth. Finally, she tells Rachelle that the doer is Andy Evans and she also tells Rachelle that she has called the police on the party because she wants to report the rape. Rachelle is the first person she talks to about this, and she

feels a little relieved. Although at first Rachelle does not want to believe her, but later she knows that Melinda tells her the truth.

The waiting of her come back has finally over. Finally, Melinda can speak out about her heavy burden. She finally admit to herself that she has been raped by Andy Evans who is her senior in her new high school. For the first time, she can clearly think that it was not her fault and she does not want it to disturb her life any longer. She admits it, and decides to move on and continue her life. The proof can be shown from “IT happened. There is no avoiding it, no forgetting. No running away, or flying, or burying, or hiding. Andy Evans raped me in August when I was drunk and too young to know what was happening. It wasn't my fault. He hurt me. It wasn't my fault. And I'm not going to let it kill me. I can grow” (Anderson, 1999:298).

Drawing and playing basketball is helping Melinda to get stronger. It is not easy for her to continue her life and pretend that nothing has happened. After so many denial, depression, and pain she finally can tell the truth to the people. For common people, drawing and playing basketball is a simple activity. But for Melinda, it is the way for her to calm her mind in a while and helping her to be ready to speak.

5. Conclusion

Written by Laurie Halse Anderson, *Speak* is a good novel containing humanity value. This book tells about a girl named Melinda Sordino who becomes a rape victim in the summer party before she starts her first day in senior high school. By

analyzing it with Post-Traumatic Stress Disorder theory, the writer finds out that Melinda has suffered from PTSD syndrome. Every day, she suffers from shame, guilt, revenge, and losing self-confidence. She also faces a difficulty in social life that makes her difficult to talk with her friends about her true feelings. Her depression forces her to be a different person who prefer to be alone than to be in a crowd.

Rape really becomes an endless nightmare for the victim. Especially for a girl, nightmare leaves a traumatic experience that will last for a long time. A support both from the victim and the victim's friends or family are totally needed in according to help the victim relieve from the traumatic experience. Although the traumatic experience cannot be forgotten, at least the victim can start focus on doing the things they like and continue living their life.

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