



**THE PORTRAYAL OF DAWSON SCOTT'S
POST-TRAUMATIC STRESS DISORDER
IN *DEADLINE* BY SANDRA BROWN**

**A THESIS
In Partial Fulfillment of the Requirements for
the Thesis Majoring Literature in English Department
Faculty of Humanities Diponegoro University**

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2019**

PRONOUNCEMENT

The writer honestly confirms that she compiles this thesis by herself and without taking any results from other researchers in S-1, S-2, S-3 and in diploma degree of any university. The writer ascertains also that she does not quote any material from other publications or someone's paper except from the references mentioned.

Semarang, June 2019

Andini Azis

MOTTO AND DEDICATION

"There must be a way."

-A. Clairene

*This thesis is dedicated to
My beloved family and everyone
Who have supported and helped me to accomplish this thesis.*

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Finally, the writer hopes that this thesis will be useful for the readers, especially for the readers who want to know and learn about Post-Traumatic Stress Disorder.

Semarang, 10th June, 2019

Andini Azis

TABLE OF CONTENTS

TITLE	i
PRONOUNCEMENT.....	ii
MOTTO AND DEDICATION.....	iii
APPROVAL.....	iv
VALIDATION.....	v
ACKNOWLEDGMENT.....	vi
TABLE OF CONTENTS	viii
ABSTRACT	x
CHAPTER I INTRODUCTION	
1.1. Background of the Study.....	1
1.2. Research Questions.....	3
1.3. Objectives of the Study.....	3
1.4. Methods of the Study.....	3
1.5. Organization of the Writing.....	4
CHAPTER II AUTHOR AND HER WORK	
2.1. Biography of Sandra Brown.....	5
2.2. Summary of <i>Deadline</i>	7
CHAPTER III LITERARY REVIEW	
3.1. Intrinsic Elements.....	11

3.1.1. Character.....	11
3.1.2. Conflict.....	13
3.2. Extrinsic Elements.....	14
3.2.1. Post-Traumatic Stress Disorder.....	14
3.2.1.1. Criteria of PTSD.....	15
3.2.1.2. Recovery of PTSD.....	18

CHAPTER IV ANALYSIS

4.1. Intrinsic Elements.....	20
4.1.1. Characters.....	20
4.1.2. Conflicts.....	26
4.2. Extrinsic Elements.....	28
4.2.1. The PTSD reflected on Dawson Scott.....	28
4.2.1.1. The Cause of Dawson Scott’s PTSD.....	29
4.2.1.2. The Symptoms of Dawson Scott’s PTSD.....	33
4.2.1.3. The Effects of Dawson Scott’s PTSD.....	40
4.2.2. The Recovery of Dawson Scott’s PTSD.....	42
4.2.2.1. The Social Support Received by Dawson Scott	42
4.2.2.2. The Developments of Dawson Scott’s Mental Health	

.....

45

CHAPTER V CONCLUSION.....47

REFERENCES.....50

ABSTRACT

In this paper, the writer analyzes a novel by Sandra Brown entitled *Deadline*. This paper is aimed to analyze the Post-Traumatic Stress Disorder (PTSD) suffered by the main character of the novel. The analysis includes the cause of the PTSD, the symptoms of the PTSD, the effects of the PTSD, and the efforts to cope with the PTSD. The writer employs contextual method supported by the theory of PTSD by American Psychiatric Association to analyze the issues. The result shows that PTSD is caused by a certain traumatic event which affects the sufferer's social life. It also shows that the personality of the sufferer of PTSD and the social support received by the sufferer of PTSD have essential roles in the process of recovery from PTSD.

Keywords: Post-Traumatic Stress Disorder, traumatic event, symptoms, recovery.

ABSTRAK

Dalam makalah ini, penulis menganalisa sebuah novel karya Sandra Brown yang berjudul *Deadline*. Tujuan penulisan makalah ini adalah untuk menganalisa Gangguan Stres Pascatrauma yang dialami oleh tokoh utama dalam novel tersebut. Analisis ini meliputi pembahasan tentang penyebab, gejala, dampak dan usaha penyembuhan Gangguan Stress Pascatrauma. Penulis menggunakan metode kontekstual yang didukung dengan teori Gangguan Stress Pascatrauma oleh Asosiasi Psikiater Amerika untuk menganalisis novel tersebut. Penulis menemukan bahwa Gangguan Stress Pascatrauma disebabkan oleh sebuah kejadian traumatis tertentu yang mempengaruhi kehidupan sosial penderitanya. Penulis juga menemukan bahwa kepribadian dan dukungan sosial penderita Gangguan Stress Pascatrauma memainkan peran penting dalam proses penyembuhan gangguan tersebut.

Kata Kunci: Gangguan Stress Pascatrauma, kejadian traumatis, gejala, penyembuhan.

CHAPTER 1

INTRODUCTION

1.1. Background of the Study

Post-Traumatic Stress Disorder (PTSD) is a disorder caused by traumatic or stressful events including war, injury, violence or sexual abuse (Friedman, 2014: 4). PTSD which first appeared in the Third Edition of *Diagnostic and Statistical Manual* by American Psychiatric Association (APA) in 1980 is considered as one of the most dramatic diagnoses in America, and has great impacts on law and social justice (Stone, 1993: 23). It is said that more than 2.6 million service members of the U.S. engaged in Iraq and Afghanistan have developed PTSD (IOM, 2012: xiii).

PTSD involves trauma and anxiety problems on its sufferers and affects its sufferers' social life (APA, 2013: 308). The recovery environments including family, friends and any other social relations play essential role in the process of recovering and managing the disorder as in all traumas (Robert, 2010: 19).

As PTSD involves traumatic events and social relations which can be dramatic bases of a story, PTSD is used by authors as an inspiration to write their work. One of those authors is Sandra Brown who portrays the disorder through her novel entitled *Deadline*.

Deadline by Sandra Brown is a romantic and thriller suspense novel published in 2013. The story revolves around a journalist named Dawson Scott who delves into the case of presumed murder of a former Marine named Jeremy Wesson, which eventually leads him to his true identity.

In *Deadline*, Sandra Brown dramatizes the causes, symptoms, effects and recovery of PTSD through the life of Dawson Scott. It is told that Dawson Scott struggles with PTSD after he experienced a traumatic event when he worked in Afghanistan, and the prominent symptom of Dawson Scott's PTSD is the nightmare he gets every single night related to the trauma.

Besides the fact that *Deadline* successfully becomes another Sandra Brown's *New York Times* best-seller novel, the characteristic symptoms which follow the exposure of the trauma experienced by Dawson Scott attract the writer to analyze the PTSD suffered by Dawson Scott in the novel.

There have been several articles about *Deadline*. In one of the articles, it is stated that *Deadline* has ways to surprise the reader with its developments in its plot (Taylor, 2013). D. P. Lyle stated also that *Deadline* has fast pace and complicated plot that will attract the readers' curiosity (2013). The other articles focus also on how the story goes, but none of them has discussed about Dawson Scott's PTSD. Thus, this study tries to examine the portrayal of PTSD depicted on the character of Dawson Scott.

1.2. Research Questions

The research questions of this study are:

1. How is Post-Traumatic Stress Disorder portrayed in the character of Dawson Scott?
2. How does Dawson Scott cope with his Post-Traumatic Stress Disorder?

1.3. Objectives of the Study

The objectives of this study are:

1. To analyze the character of Dawson Scott.
2. To analyze the internal conflict of Dawson Scott.
3. To analyze the portrayal of PTSD on the character of Dawson Scott including its causes, symptoms, and effects.
4. To analyze the recovery of Dawson's PTSD.

1.4. Methods of the Study

In order to analyze *Deadline* by Sandra Brown, the writer uses contextual method which combines the analysis of intrinsic elements and extrinsic elements as the author reflects meaning and reality into her literary text (Beard, 2001: 2). The intrinsic elements on the character and conflict while the extrinsic elements focus on the causes, symptoms, effects, and recovery of PTSD.

The writer uses the theory of PTSD by American Psychiatric Association to support the method. The theory that is covered within American Psychiatric Association's fifth edition of *Diagnostic and Statistical Manual of Mental Disorders* (2013) is used to analyze the causes, symptoms, effects and recoveries of PTSD.

1.5. Organization of the Writing

This writing consists of five chapters which are organized as follow:

CHAPTER 1 INTRODUCTION

This chapter contains 5 sub-chapters including Background of the Study, Research Questions, Objectives of the Study of the study, Method of the Study, and Organization of the Writing.

CHAPTER II AUTHOR AND HER WORK

In this chapter, the writer provides the biography of Sandra Brown and the summary of the novel.

CHAPTER III THEORETICAL FRAMEWORK

In this chapter, the writer reviews the theories that are used to analyze the novel.

CHAPTER IV ANALYSIS

This chapter covers the discussion or analysis of the novel including its intrinsic and extrinsic elements using the theories that are reviewed in the previous chapter.

CHAPTER V CONCLUSION**REFERENCES**

CHAPTER 2

AUTHOR AND HER WORKS

2. 1. Biography of Sandra Brown

Sandra Lyn Brown is an American novelist who is known-well for her romantic-thriller suspense novels. She was born on March 12, 1948, in Waco, Texas, but she was raised in Fort Worth. In 1968 after graduating from Texas Christian University in Fort Worth, she married Michael Brown, a former television anchorman. They have two children named Rachel and Ryan.

Sandra Brown had ever been a model in Dallas. She had also been a reporter for PM Magazine, a television show airing from the 1970's to 1980's. In 1979, she lost her job as a weather reporter but her husband encouraged her to write fiction. That is why after leaving her former job, she started writing fiction in 1981 and producing her first novel entitled *Love's Encore* under the pen name of Rachel Ryan (Brown, 2018).

Sandra Brown placed her interest to write romantic thriller, mystery and suspense novels in 1988. It was marked by the releasing of *Slow Heat in Heaven* (1988) as her very first romantic thriller novel. However, she got her first bestselling novel through *Mirror Image* in 1990 which has a complicated and fast-paced plot which build curiosity among the readers.

Since her debut as an author, Sandra Brown has produced over seventy novels under several pen names such as Erin St. Claire, Laura Jordan and Rachel Ryan. Sandra Brown today is known as the best-selling author of more than sixty three *New York Times* bestsellers including *Deadline* (2013), *Mean Streak* (2014), *Friction* (2015), *Sting* (2016), and her latest novel, *Seeing Red* (2017). Her novels which are known having more than thirty languages of translated versions are sold millions copies (*Sandra Brown*, 2018).

Sandra Brown's novels such as *French Silk* (1994), *Richochet* (2006), and *Smoke Screen* (2008) were adapted into television series. In 2006, Sandra Brown's novel entitled *White Hot* (2004) was also adapted into a television series which was directed by Mark Jean.

Sandra Brown herself has received many awards for her achievements. In 2008, she was awarded AS Thriller Master by the International Thriller Writer's Association. She got also awards from American Business Women's Association's Distinguished Circle of Success, Texas Medal of Arts Award for Literature and the Romance Writers of America's Lifetime Achievement Award, and A.C. Greene Award which marked her success in her writing career (*About Sandra Brown*, 2019)

2.2. Summary of *Deadline*

Deadline by Sandra Brown revolves the story of Dawson Scott, a journalist who suffered from PTSD after finishing his nine-months journalistic activities in Afghanistan. He was convinced by his godfather to dig into the case of presumed murder of a former Marine Jeremy Wesson which eventually leads him to his true identity and his recovery from PTSD.

The story of *Deadline* began with a flashback of deadly shootout between FBI lead by Gary Headley and a terrorist group called the Rangers of Righteousness in Golden Branch, Oregon, in 1976. This shootout caused all the members of the Rangers of Righteousness killed except its leader, Carl Wingert, and his lover Flora Stimel. FBI failed to catch them, however, after finding the stain of amniotic fluid on the mattress in the hideout, FBI discovered that Flora had recently given birth.

The story moved to 40 years later when Dawson Scott was told returning to America after reporting in Afghanistan, and met his new editor-in-chief in *NewsFronts*, Harriet Plummer. Because of his physical and emotional exhaustions, Dawson tried to avoid all his journalistic activities. Therefore, when Harriet charged Dawson to report about blind balloonists in Idaho, he objected it.

Dawson then met his godparents, Gary and Eva Headly in their home while keeping his mental condition in secret from his godparents. Even when Gary stated that he concerned about what was going on inside Dawson's head and what was growing out of it, Dawson just said he was just tired and said nothing about his trauma but his objection on Harriet's assignment instead.

Gary, who was going to retire as an FBI agent, then offered him a material for his report to Harriet: the case of the presumed murder of former Marine Jeremy Wesson which firstly was refused by Dawson. However, Dawson changed his mind after Gary convinced him to dig into it by saying that Jeremy's DNA matched with the DNA of Carl, and that Jeremy was only presumed died while his body was never found. Dawson eventually went to the courtroom in Savannah, Georgia, to cover the case.

Like in the other nights, Dawson had nightmare related to his trauma in the first night in Savannah. It was actually even worse because he got the nightmare twice. He coped with his nightmare by taking sleeping pills with a bottle of Jack Daniel's. Dawson himself came to the court as a self-therapy as he knew that Jeremy was known as one of the sufferers of PTSD. Dawson wanted to get more information about the life of Jeremy who suffered from PTSD as well.

Dawson was ill-tempered on the first day of the trial in the courtroom. He was groggy and had thought about running away from there. He was also not interested to the trial until Amelia Nolan, Jeremy's ex wife, appeared in the court as one of the witnesses of the case. Dawson could not deny that Amelia attracted his interest.

Dawson followed Amelia to Saint Nelda island in coastal South Carolina when Amelia and his two boys spent the summer. Dawson wanted to do private interview with Amelia who had avoided any media that wanted to get information from her, but Dawson was also rejected by her.

While Dawson tried to interview Amelia in Saint Nelda, Gary went to Dawson's apartment looking for some clues about what was wrong with Dawson lately. Gary ended up finding a brown plastic bottle of antianxiety drug and told Eva about it. Eva herself had sensed something from Dawson since he avoided them for two weeks after returning from Afghanistan and showed up looking like a scarecrow the first time they met. Moreover, Gary's discovery of that drug hit them hard as they could not help Dawson to deal with his mental state. Gary even felt so sorry that he sent Dawson covering the case related to Carl Wingert and Flora Stimel.

In Saint Nelda, Dawson realized that he had developed such a different feeling for Amelia. He started to be distracted of his own thought about Amelia having skinship with other men and he imagined Amelia's face to replace the gastly images related to his trauma. Unfortunately, Stef, nanny of Amelia's sons, was suddenly killed in that island. It was Jeremy who killed her. It also revealed that Jeremy was alive and targeting Amelia so that he could take his sons with him.

Dawson stood by Amelia and accompanied her when the case of Jeremy was investigated. As Dawson got closer to Amelia's sons, Hunter and Grant, Dawson and Amelia became closer too. They started to have a pretty long and deep conversation which could be counted as an interview too. However, as the first question that Dawson asked to Amelia was about her life with Jeremy who was told suffering from PTSD, Amelia realized immediately that Dawson suffered from the same thing.

Amelia herself was the only person who knew the PTSD that Dawson suffered. The relationship with Amelia changed Dawson slowly to be more open about himself. Dawson told Amelia the exposure he experienced in Afghanistan which became his nightmare; the death of well-respected Corporal Hawkins.

Dawson had indeed witnessed many atrocities in Afghanistan. However, the death of Corporal Hawkins really haunted his life. It was revealed that Corporal Hawkins committed suicide in front of Dawson after losing many soldiers in a battle against Taliban people. Since then Dawson got the nightmare and had to suffer from PTSD.

Because of his PTSD, Dawson showed a difficulty in maintaining a good relationship with Amelia as he had tendency to look down over himself and was afraid that he might hurt Amelia like Jeremy did eventhough it was then told that Jeremy just faked his PTSD in order to divorce Amelia.

The truths of Dawson's life that he was the newborn baby of Carl and Flora, and that Jeremy was his biological brother were revealed one by one, leading the story to its end. In the end, Dawson showed also slowly leaving the alcohol and antianxiety pills that had been keeping him company. Dawson eventually agreed to take therapy for his PTSD, and he began to cope with his nightmare (Sandra Brown, 2013).

CHAPTER 3

LITERARY REVIEW

3.1. Intrinsic Elements

Intrinsic Elements are materials that build the story of a literary work. Intrinsic elements in a literary work consist of theme, plot, character, characterization, conflict, setting, and point of view. In this study, the writer focuses on the discussion of character and conflict elements.

3.1.1. Character

The term of character refers to an imaginary person or creature created by a writer (DiYanni, 2001: 55). Character is any person who is figured in a literary work and seen by the reader as a person who possesses certain values including emotions, moralities, and intelligences. Klarer states that characters can be depicted as types and individuals representing features or characteristics of a certain group or abstract ideas (1999: 17).

In a literary work, there are several groups of characters. Based on the roles and dominances of characters to drive the plot, characters can be grouped into main and secondary characters. Characters can also be grouped into protagonist and antagonist characters based on the center of the story. Meanwhile, based on the development of the characters, they are grouped into flat and round characters. Furthermore, a main character in a story can also be called as the protagonist (Klarer, 1999: 10).

3.1.1.1. Protagonist

A protagonist, which can be called as a main character, is shown with greater detail and care (Klarer, 1999: 10). This character drives and influences the story the most as this is a character that the story is most obviously about (Potter, 1967: 7). A protagonist or main character can also be said as the center of a story.

3.1.1.2. Round Character

Abrams states that round character is a character which has radical changes in its character (2011: 53). The changes can be in his or her ideology, value, belief, or intelligence. A protagonist or main character is mostly a round character as the character is portrayed with more complex traits or characteristics which make a story more interesting.

3.1.1.3. Antagonist

An antagonist is any character who opposes the protagonist (Potter, 1967: 7). This character is used to create or set up conflicts as well as obstacles to be the protagonist's main problem in achieving his goals. An antagonist represents a fundamental opposition to the protagonist.

3.1.1.4. Minor Character

A minor character shares interactions with the main character on some levels. A minor character is necessary to motivate and give details about the story and main character. A minor character is also important to the development of the plot or the characterization of a main character (Potter, 1967: 21).

3.1.1.5. Flat Character

Flat character refers to a character which remains stable or unchanged from the beginning to the end of the story (Abrams, 2011: 53). The character does not change his or her value, morality or quality throughout the story even though he or she is headed with many conflicts.

3.1.2. Conflict

Conflict refers to an opposition or clash between actions, ideas or desires (Perinne, 1984: 42). The term of conflict is the result of at least two sides opposing each other. Conflict in a literary work is what builds the plot of the work. Potter states that in order to produce conflict to a plot, two opposing people or forces are needed. Conflict will not exist without the opposition. Moreover, if there is no conflict, there will not be a plot (1967: 25).

Conflict in a literary work can be divided into external and internal conflict. External conflict deals with the conflict that includes a character with another or other characters. This conflict could also include the opposition between a man and society, a man and God, a man and nature or a certain society and another society. Meanwhile, internal conflict is the conflict that happens inside the character himself. The character fights against himself about what they should do or act. Internal conflict refers to the desires, beliefs, moralities and emotions of a character and it might be happen as the character of the story stands in circumstances between him and his own goal (Abrams, 2011: 225).

3.2. Extrinsic Element

Extrinsic elements in a literary work are the things going with the intrinsic elements like character, plot, and setting to build a story (Beard, 2001: 6). It is the outside element, which can be information or facts that support the story, but can not be separated from intrinsic element as well. The background of the author, the historical setting of time and place of the story, and even the ideology lying in the story are parts of extrinsic elements.

In this study, the extrinsic element that will be explained is the PTSD in the novel by using the theory of PTSD by American Psychiatric Association. By using the theory, it can be understood the PTSD that is suffered by the main character of *Deadline*, Dawson Scott, including the causes, symptoms, effects, and recoveries.

3.2.1. Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD) is an anxiety problem caused by a certain traumatic event. The event can be accident, natural disaster, rape, and war. This disorder causes its sufferers struggling with anxious feelings and intrusive memories, flashbacks, and nightmares related to the traumatic event they experienced (APA, 2018).

In 2013, PTSD is categorized by the American Psychiatric Association under trauma and stressor-related disorders in the DSM-5 (*Diagnostic and Statistical Manual of Mental Disorders- Fifth Edition*). In the DSM-5, there are eight criteria that are used to diagnose someone suffering from PTSD.

3.2.1.1. Criteria of PTSD

Someone can be diagnosed suffering for PTSD if he or she meets the requirements in the criteria or diagnostic criteria of PTSD. In the DSM-5, there are eight criteria which each of them contains different points and requirements to fulfill. Each criterion also represents different aspect of PTSD. Criterion B, C, D and E in DSM-5, for instance, represent the symptoms of PTSD.

All criteria below are summarized from American Psychiatric Association's fifth edition of *Diagnostic and Statistical Manual of Mental Disorders* (2013) from page 271 to 274.

1. Criterion A: Stressor

Criterion A contains of four points about how someone develops PTSD. The stressor of PTSD itself can be an exposure to death, injury, and sexual abuse. Criterion A requires at least one of the followings:

- [1] Experiencing the trauma directly
- [2] Witnessing the trauma in person
- [3] Learning that a close family member or close friend experience the trauma
- [4] Experiencing unpleasant details of the trauma repeatedly.

The criterion A4 itself does not include the exposure through television, picture, or electronic media except it is related to one's job. For example, criterion A4 will be experienced by a police officer who is repeatedly exposed to the case of murders.

Thus, if someone suffers from PTSD because he experiences the trauma directly by himself, it means that he or she has fulfilled criterion A1.

2. Criterion B: Intrusion Symptoms

In criterion B, there are five points of how the sufferers of PTSD will see the haunting images of their trauma. Criterion B requires at least one of the followings:

- [1] Re-experiencing memories of the traumatic event
- [2] Recurrent nightmares
- [3] Recurrent flashbacks
- [4] Tremendous psychological pressure
- [5] Vivid reactions to traumatic reminders.

3. Criterion C: Avoidance Symptoms

Criterion C requires at least one of the followings:

- [1] Avoidance of distressing memories or internal reminders
- [2] Avoidance of or efforts to avoid external reminders.

4. Criterion D: Negative Alterations in Cognitions and Mood Symptoms

There are changes in PTSD's sufferers' mood and cognition or mental action. This criterion requires at least two of the followings:

- [1] Incapacity to remember the key aspects of the trauma
- [2] Believing something negative about oneself or others persistently
- [3] Continually blaming self or others for causing the trauma
- [4] Continual circumstances of negative emotion
- [5] Decreased interest activities
- [6] Feelings of disassociation from others
- [7] Inability to experience positive emotions.

5. Criterion E: Alterations in Arousal and Reactivity Symptoms

These symptoms are clustered in criterion E which requires at least two of the followings:

- [1] Great aggressivity with little or without provocation
- [2] Self-destruction
- [3] Hyper-alertness
- [4] Exaggerate agitation or response
- [5] Problems with concentration
- [6] Sleep problem.

6. Criterion F: Duration

The symptoms of PTSD commonly start showing off within 3 months or later from the exposure. To be considered as PTSD, the symptoms' duration must last more than one month. Someone who suffers from the symptoms more than 6 months can be said to have chronic or ongoing condition.

7. Criterion G: Effects on Sufferers' Social Life

The symptoms or disturbances caused by PTSD have to affect the relationship, work and life of the sufferers of PTSD.

8. Criterion H

The disturbance is not related to the physiological effects of alcohol or medical conditions.

The criterions of PTSD listed above are the criterions applied for the adolescents, adults, and children older than 6 years. For the sufferers of PTSD under 6 years, the criterions are slightly different.

3.2.1.2 Recovery of PTSD

Schiraldi states that someone suffering from PTSD is able to move on from the traumatic experience and return to the sufferer's state of functioning (2009: 51). However, the process of recovery from PTSD is indeed different in every person. Some can recover from the trauma by themselves while the rest need a help from others.

Usually, the sufferers of PTSD are suggested to take treatment which can be a combination of recommended therapies and medication, based on the patient's experience, history and symptoms to a mental health professional (Marsh, 2014: 11). However, the recovery itself is affected by several factors. It is because there are three aspects in human functioning which influence and define the physical and mental health: reasonable mastery, caring attachments, and meaningful purpose in life (Flannery, 1999: 79).

Reasonable mastery refers to the ability of shaping environment to meet one's needs. It is someone's power to control situations in his or her life. However, for the sufferers of PTSD, they cannot control one situation and lose the power. As they think they are not able to control situations related to their trauma, they assume they cannot control other situations as well.

Caring attachments refers to a connection or relationship with deep bonds. These connect one person to others that give supports in both physic or emotion, information, and love. However, traumatic events experienced by the sufferers of PTSD disturb the sufferers' caring attachments, and if the sufferers of PTSD lack of social supports, they tend to feel more helpless and worthless (Schiraldi, 2009:

41). Therefore, the social supports such as from family, friends, and communities take an important role in the recovery from PTSD. Those social supports can be considered as anti-depressants and anti-anxiety agents to cope the symptoms of PTSD.

A meaningful purpose in life refers to motivations that someone's has to live his or her life. By having goals, values or directions in life, someone can drive his life and actively cohere in the world.

To recover from PTSD, the APA strongly recommends therapies like Cognitive Behavioral Therapy, Cognitive Processing Therapy and Cognitive Therapy (APA, 2018). Meanwhile, medication using drugs like anti-depressant to calm one's nerves does not work in the long term and may cause addictive illnesses.

Theory of PTSD by APA itself has become a guide used by psychiatrists around the world, and in this writing, the writer utilizes the theory to analyze the main character of *Deadline* by Sandra Brown, Dawson Scott, who represents people suffering from PTSD in the real world.

CHAPTER 4

ANALYSIS

4.1. Intrinsic Elements

The main focus of the intrinsic elements in this study is the analysis of characters of *Deadline*, and the internal conflict that is headed by the main character of *Deadline*. The analysis of characters and conflicts is needed in this study to understand the Post-Traumatic Stress Disorder reflected in the novel that will be analyzed as the extrinsic element of the novel.

4.1.1. Characters

In this paper, the writer analyzes four characters of *Deadline* which are Dawson Scott, Corporal Hawkins, Dawson Scott's therapist, and Amelia Nohlan. Dawson Scott is the main focus of the analysis as he is the one who is portrayed suffering from PTSD in the novel. Corporal Hawkins is someone who features in Dawson Scott's nightmare, while Dawson Scott's therapist and Amelia Nolan are the characters who play essential roles in Dawson's recovery from PTSD.

4.1.1.1. Dawson Scott

Dawson Scott is the protagonist or main character of *Deadline*. He is the main focus of the novel as the novel itself tells mainly about how Dawson Scott who suffers from PTSD deals with a presumed-murder case which leads him to his true identity. Compared with the other characters, Dawson's character stands out more, and he has more proportion to drive the plot. It can also be said that Dawson Scott

is the center of the story as his act and decision lead and build the conflict in *Deadline*.

Dawson's first appearance is in the first chapter of the novel, and it is showed by the author in Dawson's first appearance that he works in a news-magazine publisher namely *NewsFronts* when Dawson meets his new boss named Harriet Plummer after returning from Afghanistan (Brown, 2013: 11).

After coming back from Afghanistan, Dawson's appearance seems to bother the people who knows him. It is because Dawson becomes as thin as rail (Brown, 2013: 15), and even Harriet says his look is worse than the soldier returning from Afghanistan. "I've seen soldiers who just returned from Afghanistan. None looked like a cat threw up" (Brown, 2013: 10).

Dawson Scott is told to be a well-respected journalist who is known writing the truest side and detail of stories without omitting their soul. He tries to get close with everything related to the stories he writes, bringing new perspectives on life. This is shown when Harriet asks him to write a report of the blind balloonists in Indaho and dares him to show his ability in writing. "“Let me see that reputed genius of yours at work. I want to witness in action the writer everyone knows and loves, who's hailed as always taking a fresh approach, who writes with rare insight, who lays bare for his readers the soul of the story.”" (Brown, 2013: 13). That side of him is probably the reason why he went to Afghanistan in the first place.

Dawson has godparents named Gary Headly and Eva Headly. He lives with them since his foster parents died of car accident when he was in college. It

is then revealed that her biological parents are Carl Wingert and Flora Stimel who were the terrorists that Gary failed to catch in Oregon in 1976, 40 years ago. The disclosing that Dawson was the newborn baby of Flora that Gary found in an old house up in Oregon reveals that Dawson is now on his 40s.

Dawson is a person who tries to provide his need with no or little help from the others. This characteristic is mostly affected by his job as a journalist who is expected and required to be independent in any situations. This is shown by the author through Gary's dialogue when Gary discusses Dawson's mental condition with Eva. He is sure that Dawson will not agree to see a therapist by saying ""You know how he is. Mr. Self-sufficient."" (Brown, 2013: 94).

Dawson sees himself as a loner. He has never had commitment to marry even when he is on his 40s. It is confirmed by Gary when he says to Amelia, ""...He sets himself apart, sees himself only as an observer, a loner. That's why he's never married..."" (Brown, 2013: 329).

Dawson's character can be seen as a round character as he shows changes from the beginning to the end of the story. At first, no one knows about Dawson's PTSD until he himself reveals that secret to Amelia. That can be seen as a development of his character from being secretive to be more open.

The changes of Dawson Scott's character also can be seen in the epilogue. In the beginning of the story, Dawson denies that he needs a help for his PTSD. However, it is told that Dawson eventually sees a therapist to cope with PTSD.

4.1.1.2. Corporal Hawkins

In the context of Dawson Scott's PTSD, Corporal Hawkins is the antagonist of the story. His existence is set up to be the obstacle of Dawson's life. The writer classifies this character of Corporal Hawkins into antagonist character based on his role as the cause of Dawson Scott's PTSD

Corporal Hawkins is someone who features in Dawson's nightmare. "Two people came to mind: Corporal Hawkins, the young soldier from North Dakota who was featured in his nightmare [...]" (Brown, 2013: 372). He is told committing suicide in front of Dawson when they were in Afghanistan, and his suicide is what triggers Dawson Scott's PTSD

Corporal Hawkins is an important figure in the American barracks in Afghanistan. He is a young corporal from North Dakota who is respected by his comrades. His personality and capacity makes Dawson wants to interview him to get a good story about war life in Afghanistan. "One of the men I hoped to interview was a corporal named Hawkins. Good-looking ranching kid from North Dakota. Smart. Natural leader. Everybody's friend" (Brown, 2013: 438).

Like what Dawson states about Hawkins, Hawkins is everyone's friend there. He consoles and motivates his comrades who lost their close friends in the war. He also writes letters to the families of those who died. "...He'd come through the mission without a scratch. He'd consoled those who'd lost a particularly close buddy. He wrote letters to the kin of those who'd died, commending their valor" (Brown, 2013: 438).

Furthermore, from the description of Corporal Hawkins above to the fact he commits suicide which probably because of the psychological pressure after losing many of his comrades in a battle against Afghani rebels, Corporal Hawkins can be classified as a round character.

4.1.1.3. Dawson Scott's Therapist

There is a minor character in *Deadline* who has an important role in Dawson's recovery from PTSD but is portrayed only in the epilogue of the novel. This character is Dawson Scott's therapist.

In the epilogue, it is told that Dawson Scott eventually sees a therapist for his PTSD. The therapist is a male practitioner in DC, and Dawson has done several sessions of therapy with him. "Several sessions with a therapist in DC had helped enormously, too, although he still gave more credit to Amelia than to the man with all the framed degrees on his office wall" (Brown, 2013: 482).

The therapist has helped Dawson to cope with his PTSD through his practical therapy. Even though it is not mentioned what kind of therapy that he applies on Dawson, the therapy itself has brought a good development in Dawson's PTSD to the point that Dawson has not slept with nightmares for two days in a row which can be said to be a definite progress.

"Sleeping better?"

"Two nights in a row without the nightmare."

"Definite progress (Brown, 2013: 482)".

4.1.1.4. Amelia Nolan

Amelia Nolan is a minor character in *Deadline*. However, Amelia is important as she motivates and takes role in Dawson Scott's PTSD. Her biggest role is to be the influencer and supporter of Dawson Scott's recovery from PTSD.

Amelia Nolan is thirty two (Brown, 2013: 53), and in that age of her, she is already a single parent of two sons named Grant and Hunter from her marriage with Jeremy. As a single parent, she does a full-time job as a curator at the Collier War Museum specializing in the Civil War (Brown, 2013: 42).

Amelia Nolan is the daughter of Beekman Davis Nolan, the late US Congressman who is well-liked for his integrity in serving the public. Amelia, adopting from his father, and Nolan family in general, is social-oriented person. This side of her is shown by the fact that she is active in campus organizations and sponsors fund-raiser of charities. It is said that Amelia even goes herself launching a food-and-clothing drive to help the victims of hurricane in Alabama so that she knows the goods are really received by the victims (Brown, 2013: 53).

Amelia is interested with PTSD as she has lived with Jeremy who is told suffering from the disorder. "She believed the museum should have an exhibit on this invisible casualty of war and give it the same importance as other consequences of armed conflict" (Brown, 2013: 128). Her experience with Jeremy itself is what makes her senses that something is happening in Dawson. "I sensed something about you, but I didn't know what it was until just now" (Brown, 2013: 128). Furthermore, as there is no changes in her character, Amelia can be classified as a flat character.

4.1.2. Conflict

There are several conflicts that happen in the novel. They include the internal conflict between Dawson Scott and himself, and the external conflict between Dawson Scott and other characters of the novel. However, the main focus of this analysis is the intrinsic conflict involving Dawson Scott against his own PTSD.

It is known that Dawson returns from Afghanistan while secretly suffering from a trauma. He does not tell his godparents about his traumatic experience. He even avoided his parents and sister for two weeks after returning from Afghanistan. He says to Gary ““Sorry I haven’t gotten over here sooner. I’ve had a lot to catch up on. Still do.”” (Brown, 2013: 17).

What Dawson means with having and still doing to catch up on refers to his mental health. It is already shown that he gets two weeks off from *NewsFronts* when Harriet says to Dawson the time he refuses Harriet’s task ““You’ve had two weeks off already.”” (Brown, 2013: 13). Therefore, he actually has nothing to do except to deal with his mental issue concerning to his traumatic experience.

The problem is that Dawson tries to overcome his mental health by himself through alcohol and drugs instead of seeing a therapist. Gary says that Dawson himself will deny that he needs any therapy for his problem when he and Eva discover themselves about Dawson’s anxiety problem when they find the antianxiety pills in his apartment by saying ““He’d just get defensive and deny that he needs one.”” (Brown, 2013: 94).

However Dawson dares himself to delve into Jeremy Wesson’s case as a kind of therapy. Jeremy is known suffering from PTSD but eventually it is

revealed that his PTSD is a fake. As Dawson involves himself into the case, he gets closer with Amelia, and Amelia is the first one who knows that Dawson suffers from PTSD.

When Dawson interviews Amelia about Jeremy's case, he focuses on Jeremy's PTSD more than things related to the case. It shows that he unconsciously tries to discover more about how someone deals with PTSD, besides the fact that Dawson denies the need of seeing a therapist for his problem.

“What was it like to be with a man who suffered from post-traumatic stress disorder?”

After posing the question, he kept his gaze averted. And, in that instant, she knew. “That's it, isn't it?”

“That's what?”

“You didn't fight in the war, but you brought it home with you.”
(Brown, 2013: 127).

Dawson is showed to experience several symptoms of PTSD including the nightmare he gets every single night. His PTSD also affects his relationship with Amelia in which he has difficulty in maintaining it. He struggles with his own mind whether he has to hold Amelia or let her go because of his PTSD. When Amelia suggests him herself to see a therapist, he rejects it. Dawson does not even like it when Amelia shows a concern towards him after he tells his traumatic event by saying to her “Thanks anyway, but a pity fuck isn't going to rid me of the nightmare.” (Brown, 2013: 440) However, this internal conflict of Dawson ends by the time he has decided to live happily with Amelia and is able to cope with his PTSD.

4.2. Extrinsic Elements

The main focus of the extrinsic elements in this study is the analysis of the Post-Traumatic Stress Disorder (PTSD) reflected on the main character of *Deadline*, Dawson Scott. The analysis of PTSD in this study will include the analysis of causes, symptoms, effects, and recovery of PTSD.

4.2.1. The PTSD Reflected on Dawson Scott

The author of *Deadline*, Sandra Brown, dramatizes PTSD in the novel through the causes, symptoms, effects, and recovery of Dawson Scott's PTSD which can be analyzed using the criteria of PTSD based on the fifth edition of *Diagnostic and Statistical Manual of Mental Disorders* (DSM-V) by American Psychiatric Association (2013).

According to American Psychiatric Association in DSM-V there are eight criteria to diagnose someone suffering from PTSD including stressor, intrusion symptoms, avoidance symptoms, negative mood symptoms, alterations in arousal symptoms, duration, effect, and substance of influencer which can be summarized as the causes, symptoms, and effects of PTSD.

In this writing, the writer tries to analyze the portrayal of PTSD on the character of Dawson Scott. Dawson's PTSD is not the main conflict of the novel. However, it does take an important role in the plot as this is what builds Dawson's interest in Jeremy's case and Dawson's relationship with Amelia. The PTSD that Dawson is suffering from also creates a kind of internal conflict inside Dawson's mind which makes the story become more complex.

4.2.1.1. The Cause of Dawson Scott's PTSD

It is told in the beginning of the story that as Dawson returns from Afghanistan after nine months doing his journalistic activities there, he struggles to wipe out the nightmare of living in the war zone, witnessing many atrocities in the land of war. "Since his return from Afghanistan, he'd been unable to shake off the effects of spending almost a year in a war zone. They clung to him like a spiderweb, so fine as to be invisible, yet as tenacious as steel and, so far, impossible to escape" (Brown, 2013: 31). Dawson is shown suffering from a traumatic disorder called Post-Traumatic Stress Disorder (PTSD).

The cause of PTSD based on DSM V itself is the exposing of traumatic events by experiencing or witnessing the trauma in person, and learning the trauma from close family members or friends who experience it or from the job related to it. In Dawson's case, it is known that Dawson's traumatic event is related to a corporal named Hawkins.

Corporal Hawkins is told to be an important figure in the American barracks in Afghanistan. He was everyone's friend there. He was the one who consoled those who lost their close friends in the war and wrote letters to the families of those who died. His personality and capacity made everyone respect him, including Dawson who wanted to interview him. "One of the men I hoped to interview was a corporal named Hawkins. Good-looking ranching kid from North Dakota. Smart. Natural leader. Everybodys friend" (Brown, 2013: 438).

It is told that Hawkins is who features in his nightmare as the result of the traumatic event he has witnessed. "Two people came to mind: Corporal Hawkins,

the young soldier from North Dakota who was featured in his nightmare. And Amelia, the last woman he would kiss” (Brown, 2013: 372). The detail of the event is not described in the beginning of the story.

The event involving Corporal Hawkins that haunts Dawson is eventually revealed in the last five chapter of the novel. It is the suicide of Corporal Hawkins that triggers Dawson’s PTSD. Corporal Hawkins committed suicide in front of Dawson when they were in Afghanistan.

At that time, after a bloody battle between Afghani rebels and American soldiers, the survived soldiers came back to the barracks without a glory as they took out a few of the enemy, but many got away. In that situation, Dawson could not interview the soldiers to get stories for his articles.

“In the barracks the mood wasn’t boisterous. No one was pumped. They didn’t joke or swap insults or play grab-ass. They didn’t talk except when necessary. They barely made eye contact with each other. They had seen the ugliest face of war, and it had changed them. They’d had an up-close and- personal experience with it, and it wasn’t glorious” (Brown, 2013: 437- 438).

However, Hawkins offered Dawson to come to him if Dawson really wanted a story. Hawkins asked Dawson to come up to the hill and join him. As Dawson reached up the top, just before he got his laptop, Hawkins committed suicide with a pistol that he put in his mouth.

“”[...] I was blinking sweat out of my eyes, wishing he’d given me time to get my laptop, fishing in the pocket of my vest for a pencil and pad.”

He placed his elbows on his knees, bent from the waist, and pressed his thumbs into his eye sockets. “Hawkins put a pistol in his mouth and pulled the trigger.”

“Last thing I hear before my own scream is the gunshot.”” (Brown, 2013: 439).

The event above is exposed in chapter 27 of the novel when Dawson has a deep conversation with Amelia concerning to their traumatic experiences. Dawson tells his nightmare to Amelia, and that is the first time for Dawson to tell about his story to someone.

Witnessing a traumatic event in person itself is one of the most common exposures of PTSD, especially for soldiers, journalists, and common citizens, who involve in a war zone as they deal with the death of many people in front of their own eyes. Jeremy Wesson who fakes his PTSD might also have used this point to convince the other about his PTSD as he was a marine.

On the other side, Dawson Scott as a journalist has indeed witnessed many atrocities in Afghanistan for nine months. The atrocities include the event when Afghani rebels and Taliban killed villagers including the old men, kids, and women there brutally which surely made him exhausted, mentally and physically. However, the suicide of Corporal Hawkins in front of him really haunts his life as Dawson, Corporal Hawkins, and the soldiers had share many things together. Dawson slept, talked, and even played poker together in their barracks (Brown, 2013: 436).

From the explanation above, it can be said that Dawson Scott has developed PTSD after witnessing in person a traumatic event which is the suicide of Corporal Hawkins when he worked in Afghanistan. The nightmare related to his traumatic event as one of the symptoms of PTSD, and also the other symptoms that are showed on the character of Dawson Scott will be analyzed in the next discussion.

4.2.1.2. The symptoms of Dawson Scott's PTSD

According to DSM V, the symptoms of PTSD are covered in the criteria B, C, D and E which include intrusion, avoidance, negative mood and alterations in arousal symptoms. Based on those criteria, the symptoms of PTSD that are portrayed on Dawson Scott can be analyzed as follows:

4.2.1.2.1. Intrusion Symptom

The traumatic event that triggers someone suffering from PTSD will appear and disturb the sufferers by always existing in them. The sufferers will be haunted by the traumatic event which can appear as a flashback or nightmare. In Dawson Scott's PTSD, the intrusion symptom that he experiences is the nightmare occurring every single night.

All people might experience nightmares or bad dreams. However, nightmares experienced by the sufferers of PTSD happen more often with the same element or thing as the manifestation of their traumatic event. The nightmare is re-occurring, and once the sufferers wake up from the nightmare, they are mostly not able to go back sleeping.

Dawson Scott himself always has the same nightmare. It is always the dream of how Hawkins pulled his pistol's trigger on his mouth, dying in front of Dawson upon the hill near their barracks. Sometimes, Dawson wakes up before the end of the dream, and some other times, he would end up waking up while screaming with sweat over him as he witnesses the whole of that traumatic event again and again in his dream.

He gave her house one last careful study, then walked to the bed and lay down, stretching out on his back. The pills he'd taken earlier were kicking in. He'd caught a pleasant buzz from the combo of them and Kentucky's elixir, and he was feeling drowsy. Maybe tonight would be the first night that he would sleep through without having the nightmare. *Please, God* (Brown, 2013: 106).

The paragraph above refers to the time when Dawson follows Amelia in Saint Nelda Island, supervising Amelia's house before sleeping. It emphasizes that Dawson has been struggling with the nightmare since he experiences the trauma. The sentence "Maybe tonight would be the first night that he would sleep through without having the nightmare" above shows that Dawson never sleeps without having nightmares before.

Some sufferers of PTSD or people who also experience nightmares usually use drugs or alcohol to deal with their problem. Dawson himself is, unfortunately, also included in one of the people who decide to take sleeping or antidepressant pills, and drink alcohol to make him easier to sleep.

With that in mind on his first night in Savannah, he'd shut down his laptop, washed down a sleeping pill with a slug of Pepto-Bismol to neutralize the Tabasco, and gone to bed. Five minutes later, he got up and took another pill, swallowing it with a bottle of Jack Daniel's from the minibar.

He'd had the nightmare anyway. Twice (Brown, 2013: 32).

In the paragraph above, we can see that Dawson consumes more than one sleeping pill to help him sleeping. He even swallows them with a bottle of Jack Daniel. That is actually something that has to be avoided because it can not only cause more serious health problems, but also lead someone to addiction.

Recurrent nightmare as an intrusion symptom itself is one of the most prominent symptoms of Dawson's PTSD. The writer finds there are, at least, five scenes portraying Dawson's struggle with his nightmare in the novel.

4.2.1.2.2. Avoidance Symptom

Someone who suffers from PTSD has tendencies to avoid internal or external reminder related to the traumatic event they experienced. These symptoms can be triggered by anything that reminds the sufferers of PTSD about the traumatic event they experience. The sufferers of PTSD tend to avoid the places, situations, events or even objects related to their trauma. For example, when someone suffers from PTSD after witnessing his closest person dies after drowning in a pool, that someone might avoid pools as it will remind him of his trauma.

The writer finds that Dawson Scott shows also this kind of symptom as he tries to avoid any related things to his trauma. It is clearly shown when he refuses as Gary asks him to dig into Jeremy Wesson's presume murder case. Jeremy Wesson is known suffering from PTSD too, that is why Dawson tries to avoid the case. "Of course he was nowhere near as gone as Jeremy Wesson had been. No doubt the captain had suffered from the real thing, PTSD. [...] But it was also the subject Dawson wished most to avoid" (Brown, 2013: 31).

However, as he does not want to disappoint Gary because this case would be a stain for Gary's achievements, he eventually involves himself in Jeremy's case. He dares himself to go the trial of Willard Strong, who is suspected as the killer of Jeremy, as a kind of therapy.

He'd had the nightmare anyway. Twice.

Consequently he was groggy and ill-tempered for the first day of Willard Strong's trial. He'd arrived at the courthouse early—not to claim a front-row seat, but to secure one in the back row near the exit so he could make a speedy and unobtrusive getaway if he felt the need (Brown, 2013: 32).

The quotation above refers to the time Dawson attends the first day of the trial. Dawson feels uneasy with his own self because he got the nightmare the night before, twice. It affects his mental condition until he chooses the seat near the courthouse's exit so that he can get away from there anytime he needs to.

It is also known that Dawson needs even two weeks after returning from Afghanistan to see his parents. Dawson says as an excuse ““Sorry I haven't gotten over here sooner. I've had a lot to catch up on. Still do.”” (Brown, 2013: 17).

Later, it is also revealed in the epilogue that since Dawson gets back from Afghanistan, Corporal Hawkins' parents in North Dakota sent him a letter which says they want to talk to him concerning to Corporal Hawkins. They want to hear all about his son and his last days in Afghanistan.

Once the letter does not get any response from Dawson, they try to communicate with Dawson through voice mails, e-mails and other letters. However, Dawson refuses the calls. It is said that “He hadn't been able to bring himself to make that call.” (Brown, 2013: 481).

This kind of avoidance can be clustered as an avoidance to external reminder as Dawson shows an act of avoidance to a conversation about Corporal Hawkins, a person who features in his nightmare, and is the cause of his trauma.

From the analysis above, the writer concludes that Dawson's avoidance symptoms are shown by him avoiding his family who might notice his mental problem, the trial of Jeremy Wesson which is known suffering from PTSD, and the family of Corporal Hawkins who wants to know about the last days of Hawkins in Afghanistan.

4.2.1.2.3. Negative Alteration in Cognition and Mood Symptoms

When someone suffers from PTSD, there will be changes in his mood and cognition or mental action. These changes are parts of PTSD's symptoms which are negative alterations in cognitions and mood symptoms.

One of the seven points clustered in negative mood and cognition symptoms is an inability of the sufferers of PTSD to recall the important aspect of the trauma. As they try to repress the trauma too hard, they end up forgetting some aspects of the traumatic event while, still, feeling insecure. However, Dawson does not experience it. He tries to forget the traumatic event he experiences but the detail of his trauma lingers still in his head. It is proven by how he suffers from a nightmare related to his trauma, and how he can tell the detail of his nightmare which is related to the suicide of Corporal Hawkins to Amelia (Brown, 2013: 439).

On the other hand, the writer finds that the negative mood and cognition symptoms that are portrayed in Dawson are persistent negative thought about himself and inability experiencing positive emotions. Dawson Scott shows that he has tendency to look down on himself or pervasive negative thought about himself. It is shown as he thinks he will not be able to protect Amelia from himself. "Her heartbreak over her father's death had almost broken his determination not to touch her again. He didn't trust himself to lay a hand on her, even in a comforting gesture" (Brown, 2013: 175).

Our thoughts are affected by our moods. Therefore, someone with PTSD who experience difficulties because of the symptoms following PTSD might develop negative thoughts about himself which leads to low self-esteem. The intensity of the negative thoughts also tends to increase as the sufferers of PTSD focus on them too much.

Dawson himself seems to have such a negative thought about himself persistently. He always thinks that he will hurt Amelia like Jeremy did before. He is afraid that he will be as abusive as Jeremy because of his PTSD. As the result, his negative thought becomes stronger. “He backed away from her, moving toward the door into the living room, which would lead him out and away from her. “Because you had one selfish bastard who damn near ruined your life. I won’t be the second one.”” (Brown: 2013: 414). The writer finds that there are several scenes that show Dawson looks down on himself which makes it becomes other major symptoms of Dawson’s PTSD.

The fact that Dawson tries to leave Amelia although he loves her also shows his persistent inability to experience positive emotions. His negative thought and his inability to experience positive emotion are connected, and they affect one another. It is because when someone has negative thoughts about himself, he will experience difficulties to develop his abilities or potentials, and he will hard to feel positive emotions as bad results are the only things he believes.

4.2.1.2.4. Alterations in Arousal Symptoms

The changes or alterations in the sufferers of PTSD do not only happen in their mood and cognition or mental action but also in their arousal and reactivity. In the DSM V, there are six symptoms that are clustered in alterations in arousal symptoms of PTSD. The author finds that the alterations in arousal symptoms that Dawson Scott shows are great aggressivity or angry outburst and sleep problems.

4.2.1.2.4.1. Great Aggressivity or Angry Outburst

Great aggressivity or angry outburst itself, which happens with little or no provocation, is typically expressed as a verbal or physical aggression towards people or objects. Dawson is portrayed showing this kind of behaviour as one of the arousal symptom of his PTSD. However, this is not a major symptom in Dawson's PTSD.

“You have a problem, Dawson.”

“Oh yeah?”

“Yes. And drugs and alcohol aren't the solution.”

He whipped his head toward her and snapped, “What the fuck do you know about it?”

She recoiled as though he'd struck her. Realizing what he'd said, he muttered an expletive and reached for her, catching her hand as she shot off the bed. “I'm sorry. I'm sorry.” (Brown, 2013: 178).

The quotation above shows how Dawson becomes irritated to Amelia all of sudden. It happens as Amelia suggests him to see a therapist for his PTSD after Amelia knows Dawson always has nightmares every single night. She says that the drugs and alcohol Dawson consumes to deal with PTSD are not the solution. However, he cannot think straight and bursts into anger all of sudden even though what Amelia says to him has no intention to provoke him. As he realizes that he

uses bad word to Amelia, he comes back to his sense and says sorry to Amelia. It shows that he has no control of what has just happened.

4.2.1.2.4.2. Sleep Problem

The sufferers of PTSD potentially develop their aggression because they might also experience a decreasing sleep time. Sleep problem as another alteration in arousal symptom has tendency to reduce someone's ability to tolerate something (Robert, 2010: 38). Experiencing sleep problems is one of the most common symptoms that the sufferers' of PTSD has to face. The sleep problems can be a difficulty to fall asleep, to have an effective sleep, or even to stay asleep.

In the analysis of Dawson's intrusion symptoms before, the author has pointed out that Dawson has sleep problems. Besides he struggles from his nightmare, he also experiences a difficulty to fall asleep. He is portrayed to have sleepless night because of his traumatic event. "For weeks, he'd been sleepless during the nights, wound up tight during the days, his nerves flayed by recurring memories and nightmares of war" (Brown, 2013: 106). Moreover, because of his nightmare, Dawson has difficulty to stay asleep during the night. He sometimes wakes up in the middle of his sleep, screaming and sweating.

The author also has stated that Dawson tries to overcome his nightmare, and his sleepless night, by using sleeping pills which he himself admits that he cannot make sure the integrity of the pills. It is stated that "...his only criterion for quality control had been that they worked. Their numbing effect was swift and short-term, but even a moment away from the nightmare was worth the risk of taking compounds of dubious origin" (Brown, 2013: 209).

4.2.1.3. The Effects of Dawson Scott's PTSD

Based on the criterion G in DSM V, PTSD will affect its sufferers' social life like their work, relationship, or other aspects of life. One in case is its sufferers will have difficulty to maintain a stable relationship as they have tendency to look down on themselves.

The inability to maintain a stable relationship is shown by Dawson through his tendency to give up on Amelia as he has anxiety that he might hurt Amelia in the end just like what Jeremy did. In the analysis of negative alteration in cognition and mood symptoms, the writer states that Dawson is portrayed to be insecure about himself. That is why it is hard for him to maintain his relationship with Amelia.

Amelia knows that Dawson is not consistent with his decision. She notices that Dawson hesitates between leaving her or staying beside her. Amelia even tells Eva that the development of her relationship with Dawson is like 'one step ahead, two steps back'.

“It would be, if he was consistent. One minute it's like he can't get enough of me. Then the next, he's pushing me away, literally keeping me at arm's length.”

“Has he told you why?” (Brown, 2013: 366).

Dawson's inconsistency comes from his negative thought that he might hurt Amelia. He is afraid that one day he will be like Jeremy and abuse Amelia like Jeremy did. It shows that his PTSD affects his relationship with Amelia in some level.

“I feel it. I believe it must have something to do with Jeremy.”
Eva said nothing, just waited for her to elaborate.
“Possibly with Jeremy’s PTSD, with him being who and what he is.” (Brown, 2013: 366).

The quotation above refers to the time when Amelia meets Eva, and talks to her about Dawson who tends to push her away. Amelia believes that the reason Dawson has such a thought is that Dawson, aside from the fact that Jeremy fakes his PTSD, learns from Jeremy how abusive a sufferer of PTSD can be.

In the analysis of Dawson’s arousal symptoms before, it is known that Dawson once shows a kind of great aggression or outburst to Amelia who suggests him to see a therapist. Aggressions, along with abusive behaviours, are ones of the things that cause someone with PTSD experience difficulties in a relationship.

Dawson’s aggression itself, indeed, is not portrayed as often as his other symptoms such as his nightmare and sleep problems. He also does not show a kind of abusive behavior. However, when people suffer from PTSD, their ability to be a good partner or family member tends to decrease whether they develop aggressions and abusive behaviors or not. It happens as PTSD has a range of various symptoms which affect and change the sufferers including how they think about themselves, how they make a choice, or how they cope with their problem.

The effect of PTSD on the other aspects of Dawson’s life like on his job as a journalist is not really portrayed in the story. However, the analysis of Dawson’s difficulty in maintaining his relationship because of his PTSD already shows that PTSD is able to make its sufferers hard to live normally like other people.

4.2.2. The Recovery of Dawson Scott's PTSD

The process of recovery from PTSD is different in each sufferer. Some can be able to cope from it by themselves while the others are not and need the help from mental health professionals. However, the characteristics of each sufferer are also important in the recovery.

4.2.2.1. The Social Support Received by Dawson

In Dawson's case, it is indicated that Dawson never comes to see doctors or therapists to help him coping with his trauma, and he tries to cope with his trauma by himself. He keeps his trauma in secret, and no one knows about what happens with him. Gary even discovers that Dawson has a mental problem by himself as he finds Dawson's antianxiety pills. It is known that the pills he consumes have no any label.

By the time Eva discusses Dawson's mental condition with Gary, she says ““... He admitted to me that he's not sleeping. But he's not seeing a doctor for the anxiety. Notice there's no label on the bottle. He's getting his medication from some other source.”” (Brown: 2013: 94). However, the existence of Amelia in his life influences him in a good way. As he begins to be more open with Amelia, he starts to leave his alcohol and pills slowly. Eva herself tells Amelia in person that she is the reason why Dawson does not drink alcohol in days. It shows how strong Dawson's feeling to Amelia even though they just know each other in a short time.

“He hasn't even had a drink in days.”

“You've been a good influence.”

“Me? No. I haven't had anything to do with it.”

Eva smiled knowingly. “In a very short period of time, you two have become remarkably close.” (Brown, 2013: 365).

In the epilogue, it is known that Dawson eventually has been seeing a therapist. It is not described what kind of therapy he takes, but Dawson shows a good development for his PTSD. He says to Amelia that he begins to sleep without nightmare and thanks her as he thinks everything becomes better because of her.

“Sleeping better?”

“Two nights in a row without the nightmare.”

“Definite progress.”

“Thanks to you.”

Several sessions with a therapist in DC had helped enormously, too, although he still gave more credit to Amelia than to the man with all the framed degrees on his office wall (Brown, 2013: 482).

Even if Dawson acknowledges that his therapy sessions has helped him to sleep without nightmares in a row, but he still thanks Amelia the most as she is who motivates him to do that (Brown, 2013: 482). Amelia appearing in his life is what changes Dawson. She brings care, love and support for Dawson endlessly even though Dawson has pushed her away. She stays and convinces him that she will not leave him ““Another push, that one more like a hard shove.” She moved between his wide-spread legs. “But not hard enough, Dawson. I’m still here.”” (Brown, 2013: 440).

Amelia helps Dawson pointing out the things that Dawson does not notice about himself. Once, Dawson states that he always sees himself as a coward. He tells Amelia that he risks himself by meeting Carl alone as a kind of test of his bravery. ““Because I’ve been a basket case for long enough. I want to prove that I can hear a loud banging noise without ducking for cover. Or get through a night

without pills and liquor, without waking up bathed in a cold sweat, a dying scream in my mouth (Brown, 2013: 410)”. However, Amelia does not think the same way as Dawson thinks.

From Amelia’s perspective, there is nothing to be proved because she is sure that Dawson is just fine and doing great. Amelia reminds Dawson that he is the one who saved her once Carl and Jeremy attacked them. “You don’t need to prove your courage, even to yourself. If you hadn’t reacted exactly as you did when Headly was shot, I’d be injured or dead, too. You didn’t duck for cover. You took command of the situation (Brown, 2013: 410)”.

From her words to Dawson, it can be said that Amelia encourages Dawson to believe in himself more. Amelia convinces Dawson that he has the ability, which he does not realize, to control his own body and mind, or the situation around him. This kind of interaction and encouragement is essential in order to rebuild the positivity in the sufferers of PTSD.

4.2.2.2. The Developments of Dawson Scott’s Mental Health

Dawson’s mental health is also getting better. His three states of functioning which are reasonable mastery, caring attachments, and meaningful purpose in life return as he gets close with Amelia and does a therapy for his PTSD.

Dawson gets his reasonable mastery back, making him able to control himself better. If Dawson before was no able to talk or think about Corporal Hawkins who features in his trauma without cringing inside, Dawson now is no longer burdened by it and the time he talks about the trauma he experienced

related to Hawkins to Amelia is his turning point. “But talking through the incident with Amelia had been the catharsis he’d needed. Once the ban on the topic of Hawkins had been lifted, he could think about him without cringing inside. As soon as he had accompanied Headly home to DC, he booked a flight to North Dakota.” (Brown, 2013: 481). He even considers to write about Hawkins after Hawkins’s parents propose the idea which then it shows a good development of his recovery from PTSD.

Caring attachment in Dawson’s recovery from PTSD, on the other side, affects the process the most. It includes the developed attachment of Dawson to the other characters and otherwise. Before delving in Jeremy’s case and meeting Amelia Nolan, Dawson sets himself apart from the other people including his godparents and sister, attaching to no one but himself alone because his PTSD.

Dawson’s caring attachment is also shown when he dares himself to see Corporal Hawkins’ family that he has avoided long enough. He comes to North Dakota to tell everything he knows about Corporal Hawkins and his last days before committing suicide.

In Corporal Hawkins’ home, Dawson is told meeting the family of Corporal Hawkins who welcomed him nicely. They talked and shared their feelings to each other which then it turns out to be a healing for them. Dawson reveals his meeting with Corporal Hawkins’ family to Amelia the time they meet after Dawson comes back from North Dakota. “They told me everything about him. I met his brother, two sisters, six nieces and nephews. I was shown his

baseball trophies and high school prom pictures. Our talks were heartrending, but healing for them as well as for me.” (Brown, 2013: 481).

Furthermore, as he gets attached to Amelia and her sons, Dawson has a motivation and new goal in his life. Before taking the therapy, he shows how inconsistent he is by his difficulty in maintaining his relationship with Amelia. Amelia needs to convince him that everything will be alright if they are together. However, after showing a good development in his recovery from PTSD, Dawson is able to make his final decision which is to live happily with Amelia and her two sons, Grant and Hunter. “Placing his lips against hers, he whispered, “We’re past the heavy stuff, Amelia. By comparison, the rest of it will be a breeze. Let’s let up on ourselves for a while. We’ll make decisions on an as needed basis, love each other like crazy, and live one day at a time.”” (Brown, 2013: 486).

From the analysis above, we know that beside taking some therapies in the process of recovery from PTSD, the characteristic of the sufferers and the social support received by them are, indeed, also essential. The more the sufferers open up about their condition and the more they receive social supports, the better their recovery of PTSD will be.

CHAPTER 5

CONCLUSION

Sandra Brown's novel entitled *Deadline* reflects Post-Traumatic Stress Disorder (PTSD) through its main character named Dawson Scott who represents people suffering from PTSD in the real world. The writer analyzes the PTSD reflected in the novel including the causes, symptoms, effects and recoveries of PTSD supported by the theory of PTSD by American Psychiatric Association's fifth edition of *Diagnostic and Statistical Manual of Mental Disorders* (2013).

From the analysis, it is known that Dawson suffers from PTSD after witnessing the suicide of Corporal Hawkins when he worked in Afghanistan. That traumatic event Dawson witnessed in person is the stressor of his PTSD, and it haunts Dawson's life even after he comes back to America.

There are several symptoms of PTSD that are showed by Dawson in the novel. The writer finds that Dawson experiences recurrent nightmare about the suicide of Corporal Hawkins, avoids any related things to his trauma, has negative thought and inability to experience positive emotion, and has irritable behaviours and sleep problems. These symptoms suit the requirements of criterion B, C, D and E of PTSD in DSM V which are intrusion, avoidance, negative alteration in cognition and mood, and alterations in arousal symptoms.

The symptoms that follow Dawson's PTSD also affect his social life. The writer finds that because of his PTSD, Dawson has difficulty in maintaining his relationship with Amelia. He has tendency to give up on his relationship as he looks down on himself.

To cope with his PTSD, instead of seeing a therapist, Dawson takes antianxiety pills and alcohol to slow down his nerves. However, as he gets close with Amelia and considers her as someone special, his character changes slowly. He eventually agrees to see a therapist and gets a good development of his PTSD.

This analysis of *Deadline* does not only show the portrayal of *PTSD* through the character of Dawson Scott, but it shows also that the personality of the sufferers of PTSD and the social supports received by them have essential roles in the process of recovery from PTSD.

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