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An Analysis of Trauma Symptoms in The Main Character of Split

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Abstract
Traumatic events are past events that cause injury to the person affected and cause unpleasant consequences as a result of the event. Literature is divided into two, namely literature and non literature. Films can be classified as literary works because films are the result of creative activities of a work of art. The purpose of this study is to find the symptoms experienced by the main character and the experiences experienced by the main character. This research uses a qualitative approach. Based on the analysis, the researcher found three symptoms experienced by the main character caused by traumatic experiences which are grouped into three parts, namely a.) Hyperarousal Symptoms, b.) Intrusion Symptoms, c.) Constriction Symptoms. And researcher also found traumatic experiences experienced by the main character caused by abuse.

Keywords: Traumatic experiences; psychology; film

INTRODUCTION

A traumatic event is a past event that causes injury to the person affected and has unpleasant consequences as a result of the event. A traumatic experience is a distressing event that can damage minds. Maryadi (in Tangkilisan, 2022). Traumatic events are unusual because they always cause overwhelmed feelings when dealing with them. In addition, trauma can also result in feelings of intense fear, helplessness, loss of control, and threat. When someone experiences a traumatic event, extreme behavioral and emotional reactions are triggered. According to Caruth, trauma can be a delayed response to memories of a past filled with traumatic events. Trauma patients often experience hallucinations as a result of the events and experiences they have undergone. These events can manifest in a variety of ways, including dreams, memories, thoughts, and even actions of the survivors. In addition, survivors of traumatic events may be attracted to or avoid objects that may remind them of the traumatic event. Traumatic event Caruth defines trauma as the result of an event that occurs suddenly and unconsciously (in Lathifah, 2022). Styono said that trauma can lead to abnormal behavior in the environment because memories of unpleasant events persist into adulthood.

There are many literary works that raise childhood trauma. Most of them are nuanced or inspired by real life. One of them is scientific work, such as films. According to Adi (in Rasyid, 2019), films can be classified as literary works because films are the result of creative activities of a work of art. The form of film is similar to drama, films and dramas play an important role in expressing human emotions and imagination. Films are believed to contain several moral values and lessons that can be taken. (in Bimantara, 2021). Films also have important elements in a literary work, namely storyline and characters. One of the literary works is a film entitled Split (2016) composed and directed by M. Night Shyamalan. This film tells the story of its main character, a boy named Kevin Wendell Crumb. He has 23 different personalities in him because he experienced a traumatic experience in childhood.

Previous research examined the Split film by focusing on the phonological and prosodic theory of the main character with Dissociative Identity Disorder (DID). In this study, the researcher found that the main character, Kevin, in the Split film has 6 different personality characteristic identities, both in terms of physical and behavioral aspects. The research method used is qualitative research with a content analysis approach. Data collection techniques involve watching films, selecting certain scenes, and recording audio-visual elements for transcription and analysis (Assarroudi et al., 2018). For data analysis, content analysis and qualitative methods are used to interpret phonological and prosodic markers of psychological distress (Lyons et al., 2018). The researcher also considered the broader narrative and cinematic techniques used in the film to provide a comprehensive understanding of how linguistic elements interact with visual and auditory elements in depicting psychological distress.

Different from previous studies, this study focuses on the symptoms of trauma experienced by the main character by traumatic experiences in the past using Judith Lewis Herman's theory. According to Herman, traumatic events are exceptional not because they are abnormal but because they cause significant adjustments in everyday human life. Unlike accidents, traumatic events usually involve threats to life or physical integrity or personal encounters with violence or death. (Herman, 1992: 22). The traumatized person has damaged the basic structure. Consequences are often expressed as a person's conditioned psychological and behavioral responses to relive the trauma, as described in the diagnosis of post-traumatic stress disorder.

In this case, this study aims to determine what symptoms are experienced by the main character Kevin Wendell Crumb in the film Split due to traumatic experiences experienced in childhood. through the perspective of Judith Lewis Herman's theory with three main topics, namely "hyperarousal," "intrusion," and "constriction." According to Herman in the book Trauma and Recovery (1992: 25), the symptoms of post-traumatic stress disorder are divided into three main categories: These are called "hyperarousal," "intrusion," and "constriction." Hy perarousal reflects the constant anticipation of danger. This condition is characterized by a heightened startle response, intense anger, and irritability and occurs with minimal provocation and sleep deprivation Herman (in Zaleskiet all, 2016). The intrusion reflects the indelible mark of the traumatic moment. The contraction reflects the lethal surrender response. Hyper-arousal Symptom, The first significant symptom after a traumatic event is a behavior change associated with a disorder called hyperarousal. When humans are on the brink of extinction, the brainstem's basic self-system and limbic system are activated on a large scale, resulting in abnormal anxiety and intense physiological arousal. Intrusion Symptom, People who have experienced trauma often relive the event over and over again, causing emotional distress and disruption in daily life, making them feel as if the past event is repeating itself. Constriction Symptom, Past lives continue in a way that eats away at our insecurities. Severe warning signs constantly invade their bodies. To control these processes, they often become experts at ignoring their intuition and emotions and numbing their awareness of what is happening inside them.

RESEARCH METHOD

This research uses a qualitative method. The author conducted research to examine the main character of the film Split. Descriptive analysis describes data using

types of words or pictures rather than numbers. The data collection method is from a literature documentation study. Based on Creswell book that researcher take in collecting data, research is drawn from the "Split" film by M Night Shyamalan, books and other related sources, especially traumatic, DID, and articles about psychology. This qualitative research data analysis method is carried out to gain more understanding so that the data can be presented correctly. The goal is to make meaning of text and visual data in general. This requires segmenting and changing the data (similar to peeling the layers of an onion) and reorganizing it (Creswell, 2014). The four steps for analyzing data used by researchers are Identifying data to be analyzed, Classifying, Interpreting, and Conclusion. In Identifying data to be analyzed. In Identifying data to be analyzed, related to the symptoms and experiences of someone who has experienced trauma. In Classifying: identification data based on data about the symptoms and experiences of someone's trauma. In Interpreting: Researchers interpret the film to gain a deep understanding of the data discussion. In Conclusion: At this stage, researchers draw conclusions from the processing of the results of this study.

RESEARCH FINDINGS AND DISCUSSION

Table 1. The Symptoms of Trauma Experienced by The Main Character

Symptoms	Dialog	Description
Hyperarousal Symptoms	Data 1 Patricia: Good for you (Casey and continues cutting bread) It's crooked. (feeling annoyed because the slice of bread is not good) (Scene: 0:46:12)	From the data 1, we can see that Patricia is one of Kevin's perfectionist personalities. At that time, Patricia took Casey and Marcia to the kitchen to make bread for them, but when Patricia cut the bread in half to give them, it turned out that the pieces of bread that Patricia made were not as good as he thought. Then he felt annoyed because pieces that were not good and neat could not be given to them to eat.
	Data 2 Hedwig: You're a big fibber. (feeling sad and affected) (Scene: 0:27:08)	From the data 5, the incident occurred at night, when one of the personalities in Kevin's body, Hedwig first appeared in front of the three girls. At that time, Hedwig saw the three girls who had been kidnapped by Denis and put into the room, and when Hedwig finished looking at the three girls, Hedwig was about to leave and leave but was stopped by one of the three girls, namely Casey, seen by the dialogue above. Casey stops Hedwig from leaving the room and wants to influence Hedwig's mind because one of Kevin's current personalities, namely Hedwig, is a 9-year-old child. Casey influenced Hedwig by saying that if a man only wanted her and not the three girls, Hedwig knew from the start that a man would visit the three girls and would be used as sacrifices, but because Hedwig had the personality of a child, she was easily influenced by the words of an adult. This is what caused Hedwig to feel sad when Casey said that the man only wanted to come to hear.
	Data 3 The Beast: your gun cannot hurt me. Can't you see I am	Based on the data 3, one of Kevin's personalities that appears is The Beast, who has an angry and murderous nature. The Beast is also Kevin's personality, which is the strongest among the other personalities. He is here to

	not human? (said in an angry tone and murderous aura) Kevin is a man. I am much more. (want to kill Casey). (Scene: 1: 42: 39)	protect the other personalities from the outside world, which wants to hurt them.
Intrusion Symptoms	Data 4 Casey: "Kevin Wendell Crumb" (in a low tone) Kevin Wendell Crumb? (in a slightly louder tone) Kevin Wendell Crumb. (in a loud and firm voice) (Scene: 1:31:02)	From the data 2, it can be seen that when Casey says Kevin's name in a loud and firm voice, The Beast immediately wakes up and changes into Kevin himself because Kevin immediately remembers a past incident that he had experienced at the hands of his mother. At that time, Kevin was still three years old but had been physically abused by his mother. Kevin can't just forget his memories like his mother did.The memory of his mother, who tortured him when Kevin was little, is still stored in his memory. Kevin received physical violence from his mother because his mother did not accept the death of her husband (Kevin father). His mother took out her anger on Kevin, who was still small then. Little Kevin was still a child at that time and did not have the strength to stop the violence his mother had perpetrated on him.
Constriction Symptoms	Data 5 The Beast: (holds Dr. Fletcter away and hugs Dr. Fletcter with strong) Dr. Fletcter: (Trying to escape from The Beast's grasp and trying stabs a knife at The Beast) (Scene: 1:28:50)	From data 3, when The Beast's personality was successfully activated, the first thing he did was kill, and the first person he killed was Dr. Fletter. As the dialogue above shows, The Beast intends to kill Dr. Fletter. But before The Beast kills Dr. Fletcter in the dialogue, The Beast thanks him for helping them all this time, even though you will be killed in the end. Dr. Fletcter looked like he wanted to escape the situation, but The Beast stopped him and immediately detained Dr. Fletcter to leave the room. Then The Beast hugs Dr. Fletcter from behind very tightly to the bones of Dr. Flecter, broken and out of breath. But before, Dr. Fletcter ran out of breath and stabbed The Beast with the knife in his hand as a form of resistance. However, his efforts did not go smoothly because, at that time, The Beast did not feel any pain because The Beast was not a human but an animal.

Based on data 1, it is shown that the main character, Kevin as Patricia, also experiences hyperarousal symptoms, which show Patricia's actions are easily upset because of her nature, which wants to see everything look perfect in her eyes. Patricia's characteristics show her frustration with a face that looks like anger but with a calm voice, and then she replaces it with a new one or does it again in her way and perfect form. Patricia's personality appears in Kevin to make things around Kevin perfect; this is because Patricia is a personality in Kevin who also wants to protect him by making everything look perfect from his point of view. This is due to the impact of the trauma experienced by Kevin, which was carried out by his mother, who did not have the protection and love of his mother as a child. Patricia's habit of always wanting to see everything around Kevin perfect is what causes Patricia's personality to have a perfectionist nature.

According Flett and Hewitt (2002) agree that hairsplitting may be a personality trait of people who crave not to form botches. Intemperate hairsplitting makes you feel

you must be idealized in each viewpoint of life. (in Basaria & Aryani, 2021). According to Brouwer, compulsiveness may be a tall request for others and oneself, and it looks for flawlessness, which can lead to sentiments of disappointment due to disappointment with the results accomplished (in Septiani et al., 2019).

The data shown can be interpreted if Petricia's personality in Kevin also experiences symptoms of hyperarousal or changes in behavior that show Patricia's personality, which is easily annoyed by things that are not perfect in her eyes. This is because the trauma that Kevin has experienced as a child can have an impact as an adult. The effect of the traumatic experience experienced by Kevin as a child occurred in Patricia's personality, who has a perfectionist nature towards her surroundings.

Based on data 2, it is shown that the main character, Kevin, as Hedwig, also experiences hyperarousal symptoms, which show that Hedwig's actions are easily saddened because the words of adults easily provoke them. Hedwig is one of the personalities in Kevin that resembles a child. Hedwig's characteristics show her sadness, with a sullen face and eyes that leak tears; her nose also secretes water, and her voice sounds jerky because she is holding back and crying. Hedwig's personality emerged in Kevin to fulfill the childhood that he had never felt when Kevin was a child. This was due to the trauma experienced by Kevin, who, as a child, was unhappy and did not get parental love for his child but only always got violence from his mother. Because of Hedwig's childlike personality, Hedwig is easily provoked by the words spoken by Casey.

Influence is a force within and arising from something (a person, thing) that helps shape a person's character, beliefs, or behavior. The family is the first environment where children learn things they did not know. Children first learn from those closest to them (their parents). Ki Hajar Dewantara said that the family is the first and most important center of education because, since the emergence of human civilization, the family has always influenced the development of everyone's personality. The home environment is the first place where children interact with each other. In the family, children receive incentives to grow and develop biologically and psychologically (in Taib et all, 2020). Jensen (2008) points out that a threatening environment can cause an imbalance of chemical elements in the brain, specifically anxiety, which can lead to a decrease in serotonin levels. In addition, this can increase vasopressin levels, which is associated with aggression (in Ariani, 2014).

The data 2, can be interpreted as showing that Hedwig's personality has symptoms of hyperarousal or changes in behavior that show if she is easily saddened by being easily influenced or provoked by adults because of her childlike nature. This is because the trauma experienced by Kevin as a child by his mother can impact his actions when he grows up.

From data 3 shown, the main character, Kevin as The Beast, also experiences symptoms of hyperarousal or behavioral changes that show The Beast's actions, which are easily angered because of his angry and murderous nature. The characteristics displayed by The Beast show his anger by showing an angry face with a heavy tone of voice, a scary face, and a murderous aura. The Beast's personality first appeared in Kevin due to the actions of Dennis, Patricia, and Hedwig, who wanted to turn on the personality that would protect them all; it was caused by the impact of trauma that Kevin experienced as a child by his mother. A mother who was supposed to protect

and guard Kevin against anything malicious made Kevin hurt and caused severe trauma, and became someone afraid and thirsty for affection. Therefore, Dennis, Patricia, and Hedwig wanted to bring to life a personality in Kevin that would protect them from everything dangerous, called The Beast. A personality that will have an angry and murderous nature.

In some people, untreated childhood trauma can lead to PTSD (Post et al.) or Kim Post Traumatic Stress Disorder (in Munadira, 2023). Kim says hyperarousal can occur when people have difficulty controlling their emotions. This condition generally results in the inability to regulate one's emotions due to past trauma. People with hyperarousal tend to overreact and not think through their actions when experiencing stressful situations. They also tend to run or flee from their responsibilities. In addition, hyperarousal is also characterized by excessive attention (in Munadira, 2023). Children with a history of complex traumatic events may be easily aroused and overreact to ordinarily harmless stimuli. The child also has difficulty controlling their emotions (e.g., difficulty calming themselves when angry) and often acts impulsively without thinking about the consequences. Therefore, children who have experienced trauma may exhibit unpredictable and extreme behavior. They may act stubbornly or obey aggressively or inappropriately (American Psychiatric Association, 2013).

The data shown means that Kevin as The Beast also has symptoms of hyperarousal or behavior change. Someone who experiences symptoms of hyperarousal tends to overreact to something without thinking about their actions carefully. The Beast is someone who acts without thinking about the actions he has taken such as killing. This is because Kevin's traumatizing experience with his mother can have a negative impact when he grows up.

In data 4, it is shown that Kevin is experiencing symptoms of intrusion, where Kevin, who is an adult, still remembers the traumatic experiences experienced as a child by his mother. Kevin, at that time, was still a child getting nasty treatment from his mother, making Kevin severely traumatized and continuing to remember his dark past until it was difficult to forget the incident. Kevin's characteristics show behavior when remembering his past, which his mother did, using hands that tremble with fear and a pale face. Another case is that someone with a pleasant experience will not have a bad dream. A child will never forget his good and bad childhood because he has a good memory. That is what happened to Kevin, who always remembers his past, and it caused Kevin not to be able to live normally like other people in general.

The higher the value of adverse childhood experiences, the more likely a person is to experience psychological problems such as depression and anxiety. According to Hoven, the onset of mental health problems related to mood and anxiety usually begins in early adolescence and late adulthood (in Syahran, 2022). Childhood trauma that is imprinted on a child's brain also affects their brain development. Suzuki et al. l (2014) found that children aged 6 to 12 years who persistently experienced traumatic, stressful events had more excellent cortisol responses in stressful situations than children who did not experience traumatic events and were found to be in a weakened state (in Munadira 2023).

The data explains that Kevin also has symptoms of intrusion or someone who has grown up but still remembers memories. How much a person experiences trauma in the past can affect a person's growth and development as an adult.

Based on data 5, it can be seen that Kevin as The Beast has symptoms of constriction or numbness. The Beast is one of Kevin's personalities who does not feel pain. The characteristics of The Beast that show that it does not feel pain can be seen from its enormous body shape, the body shape of ordinary people in general, and its skin that is immune to anything such as sharp weapons or firearms, making it even more frightening and like a beast. The Beast is Kevin's personality, which is very strong from Kevin's other personalities; he is also Kevin's personality, which is formed from the pain Kevin has experienced.

German (1993) suggested that repeated trauma in childhood, manifested in the form of repeated frightening events in adulthood, damages the formed personality structure, while repeated trauma in childhood damages the personality. Nemiah (1981) proposed two characteristics of pathological dissociation. The first is a change in one's sense of identity, as in the case of multiple personality disorder, and the second is the disruption of memory of specific experiences in the dissociative stage. Depersonalization is characterized by a feeling of disconnection with oneself or a persistent or recurrent mental process. Subjectively, it is a very stressful experience. (in Nurjayanti, 2021).

The data shows that the main character, Kevin, as The Beast, shows symptoms of construsion or numbness. That is because The Beast is a small grace that appears in Kevin after a bad experience as a child to protect him from threatening dangers and to protect other personalities within Kevin.

CONCLUSION AND SUGGESTIONS

After taking the information and classifying the information based on the injury hypothesis, the analyst concluded that there are a few indications experienced by most characters within the split movie, which are classified into three parts: a.) Hyper-arousal Symptom, b.) Intrusion Symptom, and c.) Constriction Symptom. Secondly, the researcher concluded that the traumatic experience experienced by the main character can have an impact on mental health disorders and one's behavior later, so the longer the experience a person has experienced, the more impact on one's behavior. In addition to Judith Herman's theory, further researchers can study psychological problems in literary works, especially the experience of trauma, by using more recent theories, especially in the film Split.

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