



BETRAYAL RECOVERY IN THE GIRL ON THE TRAIN BY PAULA HAWKIN (2015)

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Abstract

This research is an analysis of the novel by Paula Hawkins entitled *The Girl on The Train* (2015). This research reveals the kinds of betrayals committed by Rachel's ex-husband and how she was able to manage her life after experiencing trauma, anxiety and depression for a long time. This research is a qualitative descriptive study that uses psychoanalysis theory and is supported by defense mechanism theory. The results of this research indicate several stages that Rachel went through to be able to rise from the adversity she experienced. The stages of recovering the betrayal that are told in this novel are; denial, anger, depression, bargaining and acceptance. These stages have a different time span for each victim, depending on the betrayal experienced and the mental state of each victim. The results of this study also reveal that betrayal can occur not because of the shortcomings and helplessness of the betrayed person, but betrayal can occur purely because the traitors do not have the value of loyalty in themselves. Therefore, no matter how perfect their partner is, traitors will never be satisfied.

Keywords: betrayal, trauma, stages of betrayal recovery

A. INTRODUCTION

As human beings, our emotions to the events taking place take the form of different sentiments. Some people are able to control and communicate their emotions, but not everyone is. especially considering how they felt. These people frequently suppress their feelings and allow them to pass over time. In the end, the improperly channeled emotions will build up over time and cause them to feel increasingly clogged for the sentiments they have long been repressing. One behavior that might result in distress for the sufferer is being betrayed by the spouse.

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According to S. Rachman (2015) what makes it harder is the betrayal is done by a trusted person with intentional actions. The most frequent types of betrayal include disloyalty, infidelity, and dishonesty, as well as damaging leaks of confidential information. The ability to develop social skills, such as the capacity to make sound judgments about whom to trust, may be hampered. We can infer that anyone is capable of being betrayed. Though it may seem insignificant, betrayal can have a profound effect on a person's life. Due to the fact that every person deals with their difficulties differently, the impact varies for each person based on the type of betrayal they suffered and how they handled it. Some people can solve every issue they encounter with greater ease than others, though.

In order to understand Rachel's psychological state and how she lives her life after being deceived by her ex-husband, the researcher bases her study on the defense mechanism psychoanalysis theory. The researcher can demonstrate through psychoanalytic theory how Rachel's id, ego, and superego effect her ability to survive, as well as how the ego builds a self-defense system to lessen stress and anxiety brought on by an unsatisfied id. Additionally, by using this theory, the researcher might shed light on the processes Rachel went through in order to overcome her difficulties and live a better life.

B. RESEARCH METHOD

This study's analysis was done utilizing descriptive qualitative research techniques and context-based textual interpretation. Due to its reputation as the best approach for studying a literary work, this research methodology is frequently applied. This approach also aids in evaluating implicit meanings and providing a thorough knowledge while analyzing literary works.

C. RESULT AND DISCUSSION

Data analysis is the process of analyzing each component of the data by applying analytical and logical reasoning to evaluate the data. One of the processes in conducting research is this kind of analysis. To produce a result and conclusion, data from sources will be collected, retrieved, and examined. Researchers will discuss in more detail the stages of healing from the effects of betrayal that Rachel went through in the novel *The Girl On The Train*

a. Denial

After being betrayed, a victim's initial reaction is typically astonishment, difficulty processing what happened, or even disbelief in what they have just experienced. They probably believe they are dreaming and that everything that has happened will go back to normal when they wake up. Depending on the degree of the betrayal and the victim's reaction to the event, this stage may linger for a number of days or weeks. For the victim, this phase can be

extremely perplexing and challenging to accept. At this point, the victim would typically try to act normally and try to forget everything that happened in an effort to escape the misery they are experiencing.

They will keep attempting to think optimistically and searching for excuses to deny. For instance, by believing that their partner does not aim to harm them or that what they are going through is merely a misunderstanding. They will also consider whether they deserved it because they were the ones who led to the betrayal. Additionally, they'll start to doubt their own value, feel uncertain in themselves, and think that their own faults are to blame for the betrayal.

b. Anger

They were unable to continue denying the existence of the treasonous proof and eventually started to accept it as fact. Furthermore, because they can now plainly see the awful truth, they will also feel angrier and more conscious of what is taking place. They often feel quite angry at this stage and refuse to acknowledge their partner's treachery. In order to feel vindicated and even, they can even consider taking revenge against the traitor and injuring them. The victim now starts to verbalize their pain for the first time. It may take weeks or months for this phase to end. To feel threatened or disappointed, anger is a typical reaction.

c. Depression

The victim enters the depressive stage when they experience extreme melancholy and hopelessness. Sadness and possibly depression will replace the intensely angry sentiments as they start to fade. The victim will start to lose interest in items they formerly enjoyed at this point. Additionally, people will lose the desire to live their life and experience hopelessness. They even lose the ability to function normally and even their appetite. This phase is extremely crippling and frequently results in suicidal thoughts. Depression at this time seems to go on forever. The victims will believe they can't make it through this stage and will feel quite dismal about their futures. Additionally, victims frequently isolate themselves from others, lock themselves in their rooms, refuse to accomplish anything, and continuously sob for their life.

d. Bargaining

During this stage the victims will start to consider their options for moving forward in life at this point. It's common for them to wonder things like, "What if he hadn't done that?" and "What if this was all just a misunderstanding?" If this hadn't happened, they would not have suffered nearly as much as they do now. "Should we fix everything here? Or do I really need to finish this now? ". The victim may have a setback in their resolve to be able to move on and begin a new chapter in their life as a result of these thoughts and questions. They won't let other people into their lives because

they will remain trapped by their history, haunted by it, and stuck. However, people who already have a strong desire to let go of their past and begin a new life will make an effort to accept what has happened and to be sincere about the things that can no longer be changed. And occasionally at this point, the traitor will make an attempt to re-enter the victim's life by expressing regret, promising not to repeat the error, and requesting a second opportunity.

e. Acceptance

When the victims of betrayal are eventually able to accept reality and come to grips with the circumstance and themselves, that marks the end of the betrayal healing process. At this point, their thoughts begin to clear, they have stopped feeling furious, and they begin to concentrate on themselves and the good things in life. They regain hope and start to embrace their life as it is—not perfect, but nevertheless lovely and full of hope—in its imperfection. This will develop organically over time, yet occasionally events can set off a trigger and force individuals to recall painful memories from their past. They will understand that they deserve to be happy and achieve more than they now do after their wounds and sorrows have totally healed.

D. CONCLUSION AND SUGGESTIONS

1. Conclusion

The analysis in this study aims to look at the stages of betrayal healing that one of the main characters in Paula Hawkins' 2015 book *The Girl on the Train* went through. According to the study's findings, betrayal has a significant negative influence on the betrayed person's life. Because the most dependable and trustworthy person has betrayed them, this will produce a profound trauma, making it difficult for them to trust others, adapt to their new life of loss, and remain emotionally unstable. They may even lose their sense of purpose in life. Additionally, betrayal occurs because the traitor lacks the value of loyalty, not because of the flaws or errors of the party that was betrayed. Therefore, regardless of how perfect their partner is, they will continue to cheat on them and look for what they do not get from them. According to the study's findings, there are various stages to the betrayal recovery process, including denial, anger, despair, bargaining, and acceptance. We can also draw the conclusion that we are in charge of our lives. So, if we want to overcome hardship, it is up to us. It is difficult, and there will undoubtedly be many ups and downs in life, but it always comes back.

2. Suggestion

The researcher expects that this research can benefit readers and advance the field of literature based on the conclusions and findings produced from this study. Additionally, it is hoped that this research will be useful and

serve as a resource for future investigations. Not to mention, the researcher hopes that the readers will provide feedback on this research in the form of corrections.

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