| RESEARCH ARTICLE

The Dominance of Subconscious Thinking in Shireihou's Novel Obsessive Loves

Anis Surya Trisanti[1] ✉ and Anwar Efendi[2]
[1]_Indonesian Language and Literature Education, Faculty of Language, Arts and Culture, Graduate School, Universitas Negeri Yogyakarta, Yogyakarta 55281, INDONESIA_
[2]_Jl. Colombo Yogyakarta No.1, Karang Malang, Caturtunggal, Depok, Sleman, Yogyakarta, Indonesia_
Corresponding Author: Anis Surya Trisanti, **E-mail**: anissurya.2021@student.uny.ac.id

| ABSTRACT

Women are the most potential victims of sexual harassment. What is often overlooked in the issue of sexual harassment is the psychological condition of women. Women victims of sexual harassment should get special attention from the surrounding environment because victims will experience trauma. One of the traumas that can be experienced by female victims of sexual abuse is traumatic pistanthrophobia. Pistanthrophobia is an excessive fear of trusting others. This study aims to determine the personality characteristics of female characters who experience traumatic pistanthrophobia psychoanalysis by Sigmund Freud in the novel Obsessive Loves by Shireishou. The research method used is descriptive qualitative. The data collection techniques used are tapping techniques and recording techniques. Researchers will tap into the meaning of Shireishou's novel Obsessive Loves by reading it carefully and repeatedly. The results of this study show that the personality characteristics of Syaira characters are seen in two aspects, namely, the dominance of subconscious thinking and the meaning of dreams. The dominance of subconscious thinking makes Syaira often hallucinate, daydream excessively, and ignore others. The sexual incident committed by his uncle to Syaira had a big impact on Syaira'smindset.

| KEYWORDS

Personality, pistanthrophobia, psychoanalysis, traumatic

1. Introduction

Women in Big Dictionary Indonesian mean people (humans) who have vaginas, can menstruate, get pregnant, give birth to children, and breastfeed. In line with the above understanding, Nugroho (2008: 2) suggests that women are humans who have reproductive organs, such as the uterus, and ducts for childbirth, have eggs, have vaginas, and have tools for breastfeeding, all of which are permanently unchanged and have biological provisions or often said to be nature (God's provisions). Both of the above understandings provide the view that women are only identified with things related to sexuality and as if women do not have the ability to do other activities. Therefore, women often experience violence both physically and psychologically.

Women are the most potential victims of sexual harassment. Most Indonesians assume that women who are victims of sexual abuse (rape) or women who are not virgins are not good women because they cannot maintain their "chastity". Indonesian society assumes that the cause of sexual harassment comes from women. They assume that women deliberately attract the attention of men by wearing revealing or skimpy clothes. But in reality, most women victims of sexual harassment are not women who like to wear clothes that invite martyrdom. The occurrence of sexual harassment is not just about how women maintain their appearance, especially when it comes to dressing, but how men can respect women, guard their lust, and guard their minds. However, in addition, women must also maintain their behavior in acting.

Sexual harassment is more often experienced by women than men because sexual harassment occurs as a result of gender injustice. Gender injustice can lead to the use of power, domination, and inequality (Sari, 2017). Therefore, in gender discourse, men become rulers who dominate women in everything. This is what puts women as weak parties. Victims of sexual abuse (women) can experience deep trauma. Trauma is a situation that occurs to someone who makes him shaken after experiencing an event and finds it difficult to accept the bad event as part of his life (Caruth through Intan&; Gumilar, 2020). However, women do not always act passive and give up because there is an awareness in them to rise from trauma.

What is often overlooked in the issue of sexual harassment is the psychological condition of the victim (woman). Women who are victims of sexual harassment should get special attention from the surrounding environment because victims will experience trauma. In fact, in cases of sexual harassment, most people only focus on perpetrators of sexual harassment, such as punishment obtained according to their actions. If the punishment is deemed appropriate, then the problem is considered resolved. Society should also focus on victims of sexual harassment because sexual harassment will have an impact on trauma and injury for victims.

Victims of sexual abuse often suffer from PTSD or *Post-Traumatic Stress* Disorder. Historically, symptoms associated with PTSD have been thought to be the result primarily of an individual's exposure to a specific type of traumatic stressor or life event (Riley et al., 2020). Purbararas (2018) revealed that the trauma often experienced by victims of sexual abuse is mental trauma to men, fear of men, disappointment, and even victims can have suicidal thoughts.

Sexual harassment refers to a wide range of unwanted sexual and gender behaviors, ranging from unwanted sexual acts and assaults to sexual propositions and requests, sexual comments, and non-verbal sexual gestures (Hardies, 2023). Sexual harassment is one of the symptoms of social discrimination that occurs when someone is the subject of unwanted sexual debates, gestures, or acts (Hardies, 2023). Sexual harassment is more often experienced by women than men because sexual harassment occurs as a result of gender injustice.

Sexual harassment that occurs will have a negative impact on victims, one of which is mental disorders. Mental disorders, particularly in childhood, refer to anxiety disorders, depression, schizophrenia, bipolar and related disorders, mental retardation, and substance-related disorders and addictions, with onset at the age below 18 years (Chen et al., 2023). The three most common emotional disorders are anxiety, depression, and somatic symptom disorder (Shen et al., 2022).

Victims of sexual abuse receive not only physical impacts but also psychic impacts. The psychological impact received by victims of sexual harassment comes from external influences such as the environment of sexual violence provided by the community in the environment of victims of sexual harassment, especially in cases of sexual harassment published by the media (Fadilah, 2020).In addition to depression, victims of sexual abuse can also experience the trauma of pistanthrophobia, which is finding it difficult to trust others. After experiencing sexual harassment, victims will find it difficult to trust others, especially men. In fact, the victim feels insecure when re-establishing the relationship. It comes from disappointment and pain in the past.

A person experiencing traumatic pistanthrophobia feels uncomfortable and avoids discussing intimate, deep, romantic relationships because this can be reminiscent of bitter experiences in the past that triggered fear. Kaplan (through Islamiah, Daengsari, &; Hartianti, 2015) revealed that CBT is a term used to describe psychotherapeutic interventions; the goal is to reduce psychological and maladaptive behavioral difficulties by changing the way of thinking. Wahidah&; Adam (2018) argue that CBT helps change the self-confidence, thoughts, and emotions of subjects who tend to be negative through cognitive restructuring and relaxation techniques taught.

The author was interested in studying Shireishou's*novel Obsessive Loves* for various reasons. *First*, the novel tells the story of sexual abuse cases experienced by teenage girls. *Second*, there is the inner upheaval of women being mistreated by a man. *Third*, the female character in the novel is traumatized as a result of sexual harassment. Fourth, there is the desire and effort of the female character to rise from trauma after experiencing sexual harassment. In addition, previous studies have also not used the novel *Obsessive Loves* by Shireishou as an object of research. Even though the novel *Obsessive Loves won the* 2021 Scarlet Awards in the Indonesian crime fiction award category.

2. LiteratureReview
This study examines personality characteristics when experiencing traumatic pistanthrophobia experienced by female characters. The female character studied in this study was named Syaira. Syaira's traumatic pistanthrophobia was the result of sexual abuse committed by her uncle. Incidents of sexual harassment have a bad impact on Syaira, especially the subconscious and nightmares that are often experienced. Research on the personalities of characters who have experienced trauma due to sexual abuse has been studied before. Here are some relevant studies that have relevance to this research.

First, Görg et al.'s (2017)research published in the journal Borderline Personality Disorder and Emotion Dysregulation vol. 4, no.1 entitled "*Trauma-related Emotions and Radical Acceptance in Dialectical Behavior Therapy for Posttraumatic Stress Disorder*

AfterChildhood SexualAbuse." Results from the study suggest that Posttraumatic Stress Disorder (PTSD) associated with childhood sexual abuse (CSA) is often associated with a range of trauma-related aversive emotions such as fear, disgust, sadness, shame, guilt, and anger. Intense emotional experiences of hostility, in particular, have been associated with higher psychopathology in trauma victims. Interventions based on *Dialectical Behavior Therapy* (DBT) foster radical acceptance of traumatic events.

Second, Blom & Mangoenkarso's (2018) research was published in the journal Frontiers in Psychiatry vol. 9, entitled "*Sexual Hallucinations in Schizophrenia Spectrum Disorders and Their Relation with Childhood Trauma*". The results of the study suggest that in patients diagnosed with schizophrenia spectrum disorders, sexual hallucinations require appropriate medical attention. Their connection to childhood trauma is remarkable. Clinical attention is paid to the psychotic and traumatic symptoms of these patients, as well as any possible underlying somatic conditions.

Third, Borelli et al.'s (2019) research published in the journal Frontiers in Psychology vol. 10 entitled "Maternal and *Child Sexual Abuse History: An Intergenerational Exploration of Children's Adjustment and Maternal Trauma-Reflective Functioning*". Results from the study suggest that the relationship is nuanced between CSA, T-RF, and psychopathology, with implications for the potential importance of mentalization and family-based approaches to the treatment and prevention of sexual trauma. The relationship between CSA exposure and children's outcomes is more complex than it seems, and in particular, understanding the role of maternal CSA exposure and T-RF can help improve the development of risk and resilience models.

Fourth, Jaffe et al.'s study (2019) was published in the European Journal of Psychotraumatology vol. 10, no. 1, entitled "*Are Trauma MemoriesState-dependent? Intrusive Memories Following Alcohol-Involved Sexual Assault*". The results of the study showed that for women victims of sexual abuse who previously drank alcohol, their memory would be impaired, leading to worse trauma. This pattern was not seen for female victims of sexual harassment not involved in alcohol. It is important to work with survivors to anticipate how alcohol use may exacerbate, rather than lessen, PTSD symptoms in cases where alcohol is part of the original trauma memory.

The difference between previous research and this research lies in the problems discussed. This study discusses the traumatic pistanthrophobia of female victims of sexual harassment. Traumatic pistanthrophobia is a type of trauma that is often experienced by women victims of sexual abuse. Pistanthrophobia is an excessive fear of trusting others. The causes of this phobia stem from excruciating and painful disappointments in the past, especially regarding relationships with other people.

Character and characterization are two things that cannot be separated. Many techniques are used by authors to portray a character in their work through character painting techniques. A literary work, especially a story text, must have characters and characterizations. A character is an actor in fiction (Wiyatmi, 2006). While characterization is the depiction of characters in various ways so that the character looks alive and does something (Fanani, 2016: 78). The depiction of story characters helps us understand the storyline and the themes implied in the story. The portrayal of characters with the will of the characters makes it easier for readers to understand the storyline. The character of the perpetrator in a fictional story can arise from a number of events and how the character reacts to the events he faces.

Freud (through PutriWulandari, 2021) revealed that a person's personality consists of three aspects, namely, id, ego, and superego. *The id* is one aspect of instinctive personality. This aspect of personality has existed in humans since humans were born on Earth (Azizah et al., 2019). Aspec id is the original system in the soul; from this aspect grow the other two aspects. The *id* aspect contains things that are carried from birth or biological elements (Rachman&; Wahyuniarti, 2021). *Id* is known to have the *pleasure principle* because it always relieves tension by pursuing satisfaction. The process of pleasure principle is through two ways, namely. (1) *Reflex Actions*, which are automatic reactions from birth. (2) *PrimaryProcess*, is a reaction in the form of imagining that aims to reduce voltage. *Id* is unable to distinguish delusion from reality, unable to distinguish right from wrong (Husin, 2018).

The ego is the second aspect of the personality structure. *The ego* plays a role in choosing desires that are carried out based on priorities. *The* ego develops from the id, so the purpose of the *ego* is to satisfy *the id*. *The ego* has the ability to recognize reality and has the principle of reality. *Ego* is a rational aspect of personality (Husna, 2018). *The ego* determines which wants or desires should be met based on individual needs. *Ego* is a sociological aspect rather than personality and is representative of traditional values and societal ideals that parents interpret to their children in the form of commands and prohibitions (Maftuhah, 2019).Syam&Rosaliza (2020) argue that the *ego* plays an important role in ensuring id drives that can be expressed in a way that is acceptable in the real world. *The ego* expresses the impulses that *the id* wants to satisfy in a way that corresponds to reality.

The superego is the third aspect of personality structure. The principle that the *superego* has, that is, the idealist principle as opposed to the *id*. *The superego* describes the moral and ethical strength of personality. Mahliatussikah (2016) revealed that the superego is a defense energy tasked with blocking the id from realizing impulses or desires that are inappropriate with

existingnormsMaftuhah (2019) revealed that *the superego* is perfection rather than pleasure. The moral aspects of personality and the basic functions of the superego determine whether something is right or wrong. Thus individuals *can* act in accordance with the morals of society. Meanwhile (Sartika, 2017) argues that *the superego* is a representative of morality and parental authority, namely conscience, when performing prayers. The superego, which is partly conscious but mostly unconscious, judges *id* activity, giving pleasant feelings, that is, pride and satisfaction when we succeed in doing something, and bad feelings, that is, feelings of guilt and shame when we break the rules.

Psychoanalysis is a scientific discipline started about sixty years ago by Sigmund Freud. The so-called psychoanalytic theory is a collection of hypotheses about mental functioning and development in humans (Brenner (via Isna&; Chitra, 2021). Freud divided the personality theory of psychoanalysis into three: the unconscious and the dream theory. Freud revealed that humans are more influenced by the unconscious mind than the conscious mind. Freud stated that a person's life is full of stress and conflict. How to relieve pressure and conflict, man keeps it in the subconscious. Therefore, the subconscious is key to understanding a person's behavior (Eagleton, 1996: 437).

The subconscious is a place where feelings, thoughts, impulses, and memories are stored that are never conscious. Stored emotions can take various forms, ranging from feelings of pain and anxiety to past trauma. The subconscious continuously influences human behavior and experience. Human beings naturally suppress their feelings, desires, and emotions deep into the subconscious. The subconscious mind is often unacceptable or irrational. On the other hand, the subconscious is also a gateway to psychological therapy that a therapist can unearth in order to find the root cause of psychological problems that may occur.

Subconscious desires are always active and always ready to appear. It seems that only conscious desire appears, but through analysis, it turns out that there is a relationship between conscious desire and a strong element derived from unconscious desire. The desires that arise from the suppressed unconscious are always active and never die. This desire is very strong and arises from childhood (Minderop, 2010: 16).

Freud connected literary works with dreams. Literature and dreams are considered to provide satisfaction indirectly (Minderop, 2010: 16). Freud (through Eagleton, 1996: 437) argued that dreams could influence a person's behavior. Dreams have two contents, namely manifest contents and latent contents. The contents of the manifest are images that are remembered while awake and come to mind when trying to remember them. The latent content or mind of the dream mind is something hidden like the primitive original text and must be reconstructed through distorted images such as those presented by real dreams.

Dreams don't just appear. Dreams require ingredients that need to be assembled to appear in sleep. The material is such as recent impressions, indifferent impressions, and childhood experiences to somatic stimuli. Somatic stimuli in question are physiological stimuli given during sleep which are then expressed in dreams. These stimuli can be internal such as organs, or external such as splashing water, listening to songs or sleeping conditions. The psychoanalytic perspective uses dream interpretation to determine a person's state of mind and is also a means of intervention.

3. Methodology
This study used a descriptive qualitative research design. This study aims to determine the traumatic condition of pistanthrophobia in female victims of sexual abuse using Sigmund Freud's psychoanalysis in the novel *Obsessive Loves* by Shireishou. Qualitative research is aimed at describing and analyzing phenomena, events, social activities, attitudes, beliefs, perceptions, and thoughts of people individually and in groups. The main reason this study used descriptive qualitative research methods was to explain more deeply the traumatic pistanthrophobia of female characters who are victims of sexual abuse in the novel *Obsessive Loves* by Shireishou.

The primary source of data from this study is *the novel Obsessive Loves* by Shireishou. The novel *Obsessive Loves* by Shireishou was first printed in 2020, has 245 pages, and was published by GramediaPustakaUtama. The novel tells the story of a woman who experiences the trauma of pistanthrophobia after being sexually abused. Secondary data sources from this study were obtained from journals and reference books used in the research process.

The data collection techniques used in this study are tapping techniques and recording techniques. Researchers will tap into the meaning of Shireishou's*novel Obsessive Loves* by reading it carefully and repeatedly. The repetitive reading technique allows the researcher to gain an understanding of the data related to the problem under study. The next technique used is the recording technique to write down the data that has been obtained from the reading results. The instrument used in this study is a *human instrument. Human instruments* are research conducted alone. Researchers act as executors who collect data, analyze, and make conclusions.

4. Results and Discussion

The subconscious is a collection of emotions and memories known as the subjective mind because it subjectively responds only to what is conveyed, stressed, demanded, and decided by consciousness without arguing or making decisions. The subconscious is a pilot *mind* that works automatically. The subconscious does not question anything that is regulated or communicated. Whatever a person experiences in everyday life sinks into the subconscious or becomes an impression.

Subconscious desires are always active and always ready to be created. It seems that only conscious desire appears, but with some analysis, it becomes clear that there is a relationship between conscious desire and a strong element of unconscious desire. The desires that arise from the repressed subconscious are always active and never die. This desire is very strong and arises from childhood (Minderop, 2010: 16).

The subconscious accepts everything as truth, reality and certainty that must be actualized. It is the role of the conscious mind that must filter. Questioning something before the subconscious accepts it. However, in trauma sufferers, the conscious mind does not work perfectly. The mind of the trauma sufferer is dominated by the subconscious mind. In *Obsessive Loves* and *Scars and Other Beautiful Things*, traumatic forms that appear in aspects of subconscious thinking dominance include character hallucinations, *maladaptive daydreaming* behavior, behavior to ignore others, and behavior to avoid crowds.

4.1 Character Hallucinations

Hallucinations are a common symptom in people with mental illness that is closely related to early psychosis due to childhood trauma (Solesvik et al., 2016). The result of hallucinatory disorders is the loss of self-control that causes a person to panic, and the hallucinations control his behavior. In this situation, those who experience hallucinations can commit actions that damage the environment, harm others, and even commit suicide (Erviana&; Hargiana, 2018).

Hallucinations are disturbances in the sensory perception of an object or objects. Images and thoughts often appear without outside stimuli that can encompass all sensory systems. Loss of hallucinations of the human ability to distinguish between internal stimuli (thoughts) and external stimuli (the external world). Yosep (2007: 79) divides hallucinations into eight types, namely auditory, vision, olfactory, taste, tactile, sexual, kinesthetic, and visceral hallucinations.

The character Syaira in *Obsessive Loves* and Harper in *Scars and Other Beautiful Things* experience auditory hallucinations, visual hallucinations, and visceral hallucinations. The most common auditory hallucinations are buzzing or sound that have no meaning but are more often heard as meaningful words or sentences. Usually, the sound is addressed to the sufferer, so it is not uncommon for sufferers to fight and refute the sound. The sounds heard can be felt far or near, maybe even from any part of the body. These voices can be pleasant, saying do good, but they can also be threatening, mocking, cursing or scary. The auditory hallucinations felt by the characters Syaira and Harper are found in the following quotes.

The sound of thunder, pain and screams that no one heard again repeatedly hit his head, constricting his airway (Shireishou, 2020: 15).

Based on the quote above shows that Syaira heard a scary voice that no one else heard. The real sound of thunder does not exist, but it can be heard by Syaira. The hallucination appeared when Syaira felt uncomfortable in a crowd and became the center of attention. Syaira felt that everyone who saw her would judge and blame her. Another quote that proves the existence of auditory hallucinations is in the following quote.

Imagine a tangle of colorful threads flying in Syaira's mind (Shireishou, 2020: 21).

The quote above shows that Syaira felt visual hallucinations. It was as if Syaira saw colorful threads flying. Only Syaira could see the thread. The visual hallucinations felt by Syaira are not scary hallucinations but rather hallucinations that can make Syaira feel calmer. The hallucination was created when Syaira was uncomfortable with the situation around her. Another quote that proves the existence of visual hallucinations is in the following quote.

The next hallucination felt by Syaira is visceral hallucination. Visceral hallucinations are the onset of certain feelings in the body. The hallucinations are divided into two, namely depersonalization and derealization. Depersonalization is a hallucination that feels like one can split into two and other similar things. While derealization is a hallucination that feels a strange feeling about the environment that does not correspond to reality. The visceral hallucinations felt by the character Syaira are found in the following quotes.

Syaira felt a jolt in her shoulder. Like being electrocuted by a high-voltage electrocution, suddenly his whole body shook (Shireishou, 2020: 1)

Based on the above quote shows that Syaira gave an exaggerated response when she was nudged on the shoulder by a friend. The hallucinations felt by Syaira are included in the visceral hallucinations of the depersonalization type. Syaira's response is different from other people's responses when they get the same treatment. Ordinary people will only feel surprised or even ordinary when they get a shock on their shoulders. However, unlike Syaira, depersonalized hallucinations made her feel extreme pain in her body. Something similar is found in the following quote.

Syaira felt her ears buzzing loudly. It was as if the words Nara had just thrown out pierced her ears and pierced her heart directly. (Shireishou, 2020: 52)

The quote above shows that Syaira again felt visceral hallucinations of the depersonalization type. The hallucination was felt by Syaira when she heard the news of her pregnancy. He heard the news from Nara when he was in the hospital. Syaira did not expect that the sexual abuse incident she experienced would cause pregnancy. The bad news conveyed by Nara made Syaira feel surprised and felt.

The subconscious minds of Syaira and Harper dominate the hallucinations within them. There are three hallucinations narrated in both novels, namely auditory, vision, and visceral hallucinations. The existence of something that threatens *self-esteem* and family integrity is the cause of the hallucinations felt by Syaira and Harper. Syaira and Harper's hallucinations are also caused by social isolation (withdrawal), where the individual refuses to interact with the environment and creates his or her own desired "environment" by hallucinating.

4.2 *Maladaptive Daydreaming* Behavior
Maladaptive daydreaming (MD) is excessive daydreaming. *Maladaptive* daydreamers see themselves as less valuable than others and, to a lesser extent, believe that others love and respect them, and have a hard time believing that they can trust others when needed. *Maladaptive* daydreamers seem to struggle with feelings of ambivalence in their relationships; on the other hand, they feel more insecure in relationships and expect understanding and attention from others (Sandor et al., 2023).

The duration of each person's dream when *daydreaming maladaptive* has a long duration due to various things, one of which is a traumatic past experience (Wijaya&; Muslim, 2021). *Maladaptive daydreaming* is when a person is stuck in their illusions for a long time, neglecting relationships and responsibilities in the real world. *Maladaptive daydreaming* occurs when a person experiences trauma, violence or loneliness. They look for ways to "escape" from their suffering by daydreaming for hours. It can be said that fantasizing is a coping mechanism for a person suffering from loneliness, trauma and violence.

The difference between ordinary daydreaming and *maladaptive daydreaming* lies in how this delusion can create a strong emotional attachment to the individual. Emotional attachment can usually replace feelings of hurt or trauma in the real world. Symptoms of *maladaptive daydreaming* include being unable to adjust to one's environment, insomnia, and inability to complete daily tasks due to difficulty concentrating.

The manifestation of *maladaptive daydreaming* behavior can be seen in the character Syaira in the novel *Obsessive Loves* and the character Harper in the novel *Scars and Other Beautiful Things*. The sexual harassment experienced by Syaira and Harper's characters makes them have *maladaptive daydreaming* behavior. Several times Syaira did *maladaptive daydreaming* while in a crowd. In fact, he was not at all bothered by the crowds around him. *The maladaptive daydreaming* behavior felt by Syaira and Harper characters is found in the following quotes.

"Uh, called Mr. Nara!" Syaira'sdeskmate began to whisper.
However, the gadis with the long white headscarf was still immersed in her world. Empty. Silence plugged his ears (Shireishou, 2020: 1).

Based on the quote above shows that Syaira is doing *maladaptive daydreaming*. Syaira didn't listen to her friend's words at all, even though her friend was whispering nearby. This behavior was carried out by Syaira when he was in a classroom with crowded class conditions. *Syaira's maladaptive daydreaming* behavior was again carried out when she was in the cafeteria. The crowded conditions of the canteen did not bother him at all. Syaira remained in the reverie while staring at her ice orange. Syaira did not feel the noisy atmosphere of the canteen at all during break time.

Only emptiness is now faithfully accompanying. The noise of the canteen seemed to disappear in his head (Shireishou, 2020: 13).

Based on the above quote shows that Syaira was completely immersed in her reverie. Syaira is more comfortable with an empty mind; therefore, she daydreams more often than interacting with others. Syaira's sexual harassment made her reluctant to interact with others because Syaira thought there was nothing she could trust anymore.

Not only was the noise of the canteen inaudible to Syaira but Nara's voice calling him also was not heard. Though Nara called him repeatedly, Syaira still did not hear him. Syaira remained dreamy for a long time. While in the cafeteria, Syaira did *maladaptive daydreaming* for fifteen minutes. Usually, a daydreamer is not aware of how long he has been in his daydream. Similarly, Syaira was too comfortable with the world he created, so he didn't realize it had been fifteen minutes since he ignored the surrounding environment. Not only Syaira who did *maladaptive daydreaming*, Even what Harper did was longer than Syaira.

The maladaptive daydreaming behavior carried out by Syaira is not without reason. Syaira deliberately did this so that she could forget the incident of sexual harassment experienced. When Syaira and Harper remember the event, he will be hurt even more. *Maladaptive daydreaming* helps them to calm their soul and forget the pain they feel. However, *the maladaptive daydreaming* done by Syaira and Harper is excessive. Syaira and Harper neglect their surroundings too much in order to make their souls feel calm.

4.3 Behavior Ignoring Others
The behavior of ignoring others is called *silent treatment. Silent treatment* is used in a variety of relationships, including family relationships, friendships, romance, and interactions with co-workers. *The silent treatment* is usually considered solitary and avoids direct confrontation(Sommer et al., 2001). *Silent treatment* is characterized by various forms, such as not making eye contact, not caring, avoiding any contact, and not answering questions or comments. (Princess & Ariana, 2022).

Anxiety is one of the causes of a person doing *silent treatment*. Anxiety is characterized by feelings of tension, anxious thoughts and physical changes, such as an increase in blood pressure. Anxiety in early adulthood is usually identified with relationship and work orientation. This is because development in early adulthood is closely related to the search for relationships and identity. Due to the adaptability of early adulthood, a person is unable to establish a close relationship with his environment, so he tends to isolate himself (Putri&; Ariana, 2022). Therefore, in early adulthood, there are often problems in establishing relationships with the opposite sex, both romantically and in friendships.

Anxiety is caused by several factors, including internal, external and environmental factors. Internal factors result from emotions being repressed during events, especially for long periods of time. Externally, the environment greatly influences the way people think about their relationships with lovers, family, friends and colleagues. Unpleasant experiences also affect relationships with the environment (Putri&; Ariana, 2022), like the *silent treatment* carried out by the characters Syaira and Harper due to feelings of anxiety that come from unpleasant experiences. The experience in question is an incident of sexual harassment.

The trauma resulting from Syaira's sexual abuse forced her subconscious mind to ignore others. Syaira wanted to feel solitude because she felt there was nothing else she could trust. After her parents died, Syaira felt there was no longer a place to tell stories and take refuge. Syaira often ignores the people around her for her comfort. Syaira doesn't care about anyone, neither close friends nor teachers.

Syaira got up, tears in her eyes. Then without paying attention to anything, he ran out of the classroom, neither ignoring Nara, who tried to hold him (Shireishou, 2020: 2).

Based on the above quote shows that Syaira left the classroom when she cried. Syaira's cry was not without cause. The trauma resulting from the sexual harassment incident she experienced was the cause of Syaira leaving the class. Not only did she ignore her friends, but even Syaira also ignored Nara. Nara was the teacher who was in the classroom at the time and tried to prevent Syaira from leaving, but the attempt failed. Syaira didn't care about Nara at all.

"Syaira, you are called Mr. Nara tuh!" The high school student is now standing behind Syaira. Syaira still doesn't care about it (Shireishou, 2020: 14).

Based on the quote above shows that Syaira's behavior of ignoring others is not only done once. He even deliberately ignored classmates who were close to him. Syaira completely ignored others. Syaira deliberately did not respond when her friend asked her to talk. Since the incident of sexual harassment she experienced, Syaira has become someone who is quiet and rarely talks to others.

Syaira deliberately used to look at herself or deliberately pretended not to hear anything nearby. At that time, Syaira deliberately looked at herself when Nara was talking to her. Not only classmates he ignored, but Nara, who became his teacher and always behaved well, was, also improved. In addition to classmates and Nara, Syaira also ignored Wira. In fact, he deliberately left Wira just like that without answering Wira's question. Wira is Syaira's uncle who sexually assaulted her. Syaira looked uncomfortable and tried to leave Wira immediately. However, Wira still tries to get Syaira's attention by inviting her to talk.

The second time Syaira ignored Wira, not even turning her head. The incident happened while they were in the same car. It would be impossible if Syaira did not hear the words of Wira. Syaira deliberately ignores Wira because she no longer wants to talk to him, someone who has ruined her future. The incident of sexual harassment experienced by Syaira is increasingly remembered when she sees Wira; therefore, Syaira always tries to ignore Wira.

Getting a good response from Syaira is not easy, even Nara, who has always been kind to Syaira, is still ignored. Nara did not give up; she always tried to approach Syaira so that Syaira would answer every question. But it was not easy; even Mother Desy, a psychologist who treated Syaira, was still ignored. "How do you feel?" Desy followed Syaira to the room after taking a shower. Syaira is still silent (Shireishou, 2020: 71).

Based on the above quote shows that Syaira completely ignores everyone who wants to communicate with her. When viewed in terms of politeness, Syaira did not apply it at all. Syaira's subconscious mind forced her to put aside their manners towards their parents. Harper also ignored others several times, but Harper did not neglect their parents as Syaira did. The only people ignored by Harper were her schoolmates.

For victims of sexual harassment, it is not easy to be able to respond to others, especially if the victim is traumatized. Syaira and Harper's subconscious mind works well when it comes to ignoring others. Not once or twice did Syaira and Harper ignore those nearby. This behavior was carried out by Syaira and Harper for their comfort.

4.4 Crowd Avoidance Behavior
The behavior of ignoring others is called Agoraphobia. The term agoraphobia is used to describe the condition of a person who is afraid to go alone in public places. This is due to a feeling of panic. Panic disorder can appear at any age, with a peak in your 20s characterized by sudden and persistent anxiety attacks, shortness of breath accompanied by a sense of imminent danger and a fear of losing control or going crazy (Yaunin, 2012).

Agoraphobia is a type of anxiety disorder in which a person is afraid of places or situations that might cause panic and make him feel trapped, helpless, or confused. Fear of real or anticipated situations, such as using public transport, being in open or enclosed spaces, queuing or being in crowds. Anxiety is caused by the fear that there is no way out or help to be had as anxiety increases. Most people with agoraphobia experience one or more panic attacks afterwards, where they worry about another attack, so they avoid places that might happen again.

Related causes are a history of panic disorder, panic-related anxiety disorder, and exposure to certain situations that can trigger excessive fear. The panic disorder itself can be associated with family history and the presence of previous traumatic events or stressors, just like what Syaira experienced in *Obsessive Loves*. Sexual harassment events make them experience anxiety if they are in a crowd; therefore, they have behavior to avoid crowds.

Before being sexually assaulted, Syaira were cheerful women. However, after the harassment occurred, they became different women. Initially, Syaira and Harper had *extroverted* personalities, but after experiencing sexual harassment, they became *introverts*. *Introverted* personality has a quality where when dealing with something, it is more influenced by subjective factors derived from the inner world; an *extroverted* personality has a more open and social quality (Prayitno&; Ayu, 2018). No more cheerfulness and smiles every day. Syaira and Harper always try to avoid the crowd for their peace of mind.

He kept his head down and fiddled with the thread on his fingers in a soothing symphony (Shireishou, 2020: 27).

Based on the quote above shows that Syaira fills her free time by knitting. Syaira didn't talk to her friends at all while in class. He avoids crowds by being alone and doesn't care about anything around him. Although all eyes were on him, seeing all the strangeness, he did. The incident of sexual harassment experienced by Syaira had a bad impact in terms of socializing. After experiencing this event, Syaira often became alone. The crowd will only make his mind more tormented. There is no longer any place for him to feel comfortable except in solitude.

Syaira tries to stay away from the crowd but is quite hidden behind a mango tree (Shireishou, 2020: 208).

Based on the quote above shows that Syaira tried to avoid the crowd by hiding behind a mango tree. The disappointment was the cause of Syaira avoiding the crowd. There was no longer anyone she could trust, even her closest people, so Syaira preferred to be alone in the crowd.

The human mind is more influenced by the subconscious than the conscious. The subconscious mind often tries to emerge, and the behavior is exhibited unconsciously. The subconscious is the key to understanding human behavior. A person's behavior is often influenced by the subconscious mind, which tries to emerge and the behavior is shown unconsciously. As Syairado because they have been influenced by the subconscious mind. Syaira's subconscious mind have created hallucinations, delusions, *maladaptive daydreaming*, ignoring others, and avoiding crowds.

5. Conclusion

The results obtained in this study showed that traumatic pistanthrophobia in the novel Obsessive Loves by Shireishou was caused by sexual abuse events that could affect psychological conditions. Although the psychological condition of female characters is not explained in detail, authors are advised to pay more attention to emotional aspects when creating literary works related to the psychology of victims of sexual harassment.

Some of the limitations found in this study include. 1) This research only focused on the psychological condition of Syaira characters by utilizing Sigmund Freud's psychoanalysis theory. Therefore, it is hoped that this research can be expanded and deepened by considering other literary points of view due to limitations in this study. 2) The source of data in this study only focused on one literary work, namely the novel Obsessive Loves, which tells about traumatic experiences. However, novels that describe the traumatic experiences of victims of sexual abuse are not only novels of Obsessive Love.

It is hoped that future research can broaden the scope by covering different approaches and points of view, such as analyzing social conflicts in novels. It is hoped that this can enrich and deepen other research in the field of literary studies.

Conflicts of Interest: The authors declare no conflict of interest.
Publisher's Note: All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers.

References

[1] Azizah, N. A., Waluyo, H. J., & Ulya, C. (2019). Kajian Psikologi Sastra dan Nilai Pendidikan Karakter Novel Rantau 1 Muara Karya Ahmad Fuadi serta Relevansinya sebagai Materi Ajar Apresiasi Sastra di SMA. *Basastra*, *7*(1), 176–185.

[2] Blom, J. D., & Mangoenkarso, E. (2018). Sexual Hallucinations in Schizophrenia Spectrum Disorders and Their Relation with Childhood Trauma. *Frontiers in Psychiatry*, *9*(MAY), 1–9. https://doi.org/10.3389/fpsyt.2018.00193

[3] Borelli, J. L., Cohen, C., Pettit, C., Normandin, L., Target, M., Fonagy, P., & Ensink, K. (2019). Maternal and Child Sexual Abuse History: An Intergenerational Exploration of Children's Adjustment and Maternal Trauma-Reflective Functioning. *Frontiers in Psychology*, *10*(May), 1–11. https://doi.org/10.3389/fpsyg.2019.01062

[4] Chen, L., Sun, L., Xue, C., Li, S., Wang, J., Shen, X., Gao, S., Zhou, Z., Xu, Y., Huang, S., Li, Z., Yang, X., Guo, Y., & Zhang, W. (2023). Refractive errors and ocular findings in children and adolescents with mental disorders: a retrospective study. *BMC Ophthalmology*, *23*(1), 1–7. https://doi.org/10.1186/s12886-022-02704-4

[5] Eagleton, T. (1996). *Literary Theory An Introduction*. Blackwell Publishers.

[6] Erviana, I., & Hargiana, G. (2018). Aplikasi Asuhan Keperawatan Generalis dan Psikoreligius pada Klien Gangguan Sensori Persepsi: Halusinasi Penglihatan dan Pendengaran. *Jurnal Riset Kesehatan Nasional*, *2*(2), 114–123. https://doi.org/10.37294/jrkn.v2i2.106

[7] Fadilah, K. (2020). Pemulihan Trauma Psikososial Pada Perempuan Korban Kekerasan Seksual Di Yayasan Pulih. *EMPATI: Jurnal Ilmu Kesejahteraan Sosial*, *7*(2), 145–156. https://doi.org/10.15408/empati.v7i2.11423

[8] Fanani, B. (2016). *Mengayakan Kalimat dan Imajinasi*. Araska.

[9] Görg, N., Priebe, K., Böhnke, J. R., Steil, R., Dyer, A. S., & Kleindienst, N. (2017). Trauma-related Emotions and Radical Acceptance in Dialectical Behavior Therapy for Posttraumatic Stress Disorder After Childhood Sexual Abuse. *Borderline Personality Disorder and Emotion Dysregulation*, *4*(1), 1–12. https://doi.org/10.1186/s40479-017-0065-5

[10] Hardies, K. (2023). Prevalence and correlates of sexual harassment in professional service firms. *Frontiers in Public Health*, *10*. https://doi.org/10.3389/fpubh.2022.1082088

[11] Husin, H. (2018). Id, Ego dan Superego dalam Pendidikan Islam. *Al Qalam: Jurnal Ilmiah Keagamaan Dan Kemasyarakatan*, *11*(23), 47. https://doi.org/10.35931/aq.v0i0.3

[12] Husna, F. (2018). Aliran Psikoanalisis Dalam Perspektif Islam. *SALAM: Jurnal Sosial Dan Budaya Syar-I*,*5*(2), 99–112.

[13] Intan, T., & Gumilar, T. (2020). Perempuan Bersampur Merah Karya Intan Andaru: Resiliensi Perempuan Terhadap Stigma dan Trauma. *Linguista: Jurnal Ilmiah Bahasa, Sastra, Dan Pembelajarannya*, *4*(1), 9. https://doi.org/10.25273/linguista.v4i1.6439

[14] Islamiah, N., Daengsari, D. P., & Hartianti, F. (2015). Cognitive Behavior Therapy untuk Meningkatkan Self-Esteem pada Anak Usia Sekolah. *Jurnal Ilmu Keluarga Dan Konsumen*, *8*(3), 142–152. https://doi.org/10.24156/jikk.2015.8.3.142

[15] Isna, B., & Chitra, B. P. (2021). The Impact of Traumatic Experiences on Seo Jin Woo Character in Remember Korean Drama. *REGISTER: Journal of English Language Teaching of FBS-Unimed*, *10*(1). https://doi.org/10.24114/reg.v10i1.24680

[16] Jaffe, A. E., Blayney, J. A., Bedard-Gilligan, M., & Kaysen, D. (2019). Are Trauma Memories State-dependent? Intrusive Memories Following Alcohol-Involved Sexual Assault. *European Journal of Psychotraumatology*, *10*(1). https://doi.org/10.1080/20008198.2019.1634939

[17] Maftuhah, M. (2019). Kepribadian Tokoh Utama dalam Novel Rembulan Tenggelam di Wajahmukarya Tere Liye (Kajian Psikoanalisis Sigmund Freud). *Edu-Kata*, *5*(2), 121–128. https://doi.org/10.52166/kata.v4i2.1013

[18] Mahliatussikah, H. (2016). Analisis Kisah Nabi Yusuf Dalam Al-Quran Melalui Pendekatan Interdisipliner Psikologi Sastra. *Journal of Arabic Studies,1*(2), 76–89.

[19] Minderop, A. (2010). *Psikologi sastra*. Yayasan Pustaka Obor Indonesia.

[20] Nugroho. (2008). *Gender dan Strategi Pengarusutamaannya di Indonesia*. Pustaka Pelajar.

[21] Prayitno, S. H., & Ayu, S. M. (2018). Hubungan Antara Kepribadian Introvert dan Ekstrovert Dengan Speaking Skill Mahasiswa Prodi D III Keperawatan Tahun Akademik 2017/2018. *Insight : Jurnal Pemikiran Dan Penelitian Psikologi*, *14*(1), 60. https://doi.org/10.32528/ins.v14i1.1077

[22] Purbararas, E. D. (2018). Problema Traumatik: Kekerasan Seksual pada Remaja. *Jurnal Ijtimaiya*, *2*(1), 63–89.

[23] Putri, C. N., & Ariana, A. D. (2022). Kecemasan Diri Dewasa Awal yang Menjalani Hubungan Romantis saat Mendapat Perilaku Silent Treatment. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, *2*(1), 163–171. https://doi.org/10.20473/brpkm.v2i1.31926

[24] Putri Wulandari, R. M. N. S. (2021). Id, Ego, Superego Tokoh Utama dalam Film The Message (Ar Risalah) 1976. *Matapena: Jurnal Keilmuan Bahasa, Sastra, Dan Pengajarannya*, *4*(2), 141–154.

[25] Rachman, A. K., & Wahyuniarti, F. R. (2021). Struktur Kepribadian Tokoh Lilian dalam Novel Pink Cupcake Karya Ramya Hayasrestha Sukardi (Sastra anak dalam perspektif psikoanalisis Sigmund Freud). *KEMBARA Journal of Scientific Language Literature and Teaching*, *7*(2), 490–507. https://doi.org/10.22219/kembara.v7i2.17625

[26] Riley, A., Akther, Y., Noor, M., Ali, R., & Welton-Mitchell, C. (2020). Systematic human rights violations, traumatic events, daily stressors and mental health of Rohingya refugees in Bangladesh. *Conflict and Health*, *14*(1), 1–14. https://doi.org/10.1186/s13031-020-00306-9

[27] Sandor, A., Bugan, A., Nagy, A., Bogdan, L. S., & Molnar, J. (2023). Attachment characteristics and emotion regulation difficulties among maladaptive and normal daydreamers. *Current Psychology*, 1617–1634.

[28] Sari, N. (2017). Kekerasan Perempuan Dalam Novel Bak Rambut Dibelah Tujuh Karya Muhammad Makhdlori. *Jurnal Literasi*, *1*(2), 41–48. https://jurnal.unigal.ac.id/index.php/literasi/article/view/792/696

[29] Sartika. (2017). Struktur Kepribadian Tokoh Utama Tania dalam Novel "Daun yang Jatuh Tak Pernah Membenci Angin" Karya Tere Liye. *Jurnal Bahasa Dan Sastra*, *2*(1), 46.

[30] Shen, S., Dong, Z., Zhang, Q., Xiao, J., Zhou, D., & Li, J. (2022). The overlapping relationship among depression, anxiety, and somatic symptom disorder and its impact on the quality of life of people with epilepsy. *Therapeutic Advances in Neurological Disorders*, *15*, 1–18. https://doi.org/10.1177/17562864221138147

[31] Shireishou. (2020). *Obsessive Loves*. Gramedia Pustaka Utama.

[32] Solesvik, M., Joa, I., Larsen, T. K., Langeveld, J., Johannessen, J. O., Bjørnestad, J., Anda, L. G., Gisselgård, J., Velden Hegelstad, W. ten, & Brønnick, K. (2016). Visual hallucinations in first-episode psychosis: Association with childhood trauma. *PLoS ONE*, *11*(5), 1–11. https://doi.org/10.1371/journal.pone.0153458

[33] Sommer, K. L., Williams, K. D., Ciarocco, N. J., & Baumeister, R. F. (2001). When silence speaks louder than words: Explorations into the intrapsychic and interpersonal consequences of social ostracism. *Basic and Applied Social Psychology*, *23*(4), 225–243. https://doi.org/10.1207/S15324834BASP2304_1

[34] Syam, E., & Rosaliza, M. (2020). Kajian Struktur Kepribadian Freud dalam Kisah 1001 Malam: Studi Psikoanalisis. *Jurnal Ilmu Budaya*, *17*(1), 1–16. https://doi.org/10.31849/jib.v17i1.4708

[35] Wahidah, F. R. N., & Adam, P. (2018). Cognitive Behavior Therapy untuk Mengubah Pikiran Negatif Dan Kecemasan Pada Remaja. *Jurnal Indigenous*, *3*(2).

[36] Wijaya, R. B. A., & Muslim, A. (2021). Konsep Diri pada Masa Dewasa Awal yang Mengalami Maladaptive Daydreaming. *Jurnal Psikologi Islam: Al-Qalb*, *12*(2), 179–193.

[37] Wiyatmi. (2006). *Pengantar Kajian Sastra*. Pustaka.

[38] Yaunin, Y. (2012). Gangguan Panik Dengan Agorafobia. *Majalah Kedokteran Andalas*, *36*(2), 234. https://doi.org/10.22338/mka.v36.i2.p234-243.2012

[39] Yosep, I. (2007). *Keperawatan Jiwa*. Refika Aditama.