

# A Traumatic Experience in *The Fallout* Movie Directed by Megan Park

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## Abstract

Trauma is a condition that arises as a result of a scary experience or event, such as natural disasters, physical violence, sexual harassment, etc. The response caused by trauma is post-traumatic stress disorder, which affects a person's mentality due to the traumatic event he experienced. The purpose of this study is to know the causes and effects of post-traumatic disorders and the types of trauma in general. In this study, the writer used a descriptive-qualitative method. The writer watches the movie and identifies the data, then writes it back in the notebook and categorizes the data based on theory. In this study, the writer found that in the *Fallout* movie, the symptoms caused by trauma and post-traumatic experiences varied, such as intrusiveness, avoidance, and arousal. As well as the efforts made to get out of trauma, namely by coming to psychology, looking for activities, and being an open person with parents about anything. Hopefully this thesis can educate all of us about the dangers and impact of post-traumatic stress disorder, be useful, and contribute as an analysis of literary works, especially for English and English literature majors.

**Keywords:** *Trauma; PTSD; Symptoms Trauma and PTSD*

## 1. Introduction

Trauma is a response to emotional feelings felt by humans who have had a terrible experience, which will continue to make an impression when remembering it. Trauma is a complicated phenomenon and can make a person feel like they are losing self-awareness because their body responds to an emotional response due to a terrible event that was experienced or seen. Trauma is also a topic that is often discussed in secret, so for the most part, people don't know how to react or when to seek help when symptoms of trauma appear. Traumatic events can happen in the family environment because of the actions of close relatives or important people for the victim. What the victim wants is love and security. Other than family, the act may take place in a relationship with a foreigner or a foreigner who is important and in a position of influence.

According to Freud (as cited in Pertiwi, 2015), a trauma is retroactively induced when excess psychic excitations penetrate the ego defenses, and can be worked through in the analytic setting by binding the excess forces together. Psychological trauma is a type of damage to the psyche that occurs as a result of a severely distressing event. From the explanation before we know that trauma is an experience that is emotionally painful, distressful or shocking, this often results in lasting mental and physical effects.

A movie can be defined as the schema type found at the time of the first cinema, which is the production schema type to be used instead because that schema is the first listed in the path of the hosting programming language (Melton, 2003).

According to Hirsch (as cited in Gracia et al., 2002), stated that literature encompasses any text worthy of being taught to pupils by literature professors when these works are not being taught to students in other departments of a school or institution.

Based on the explanation above, it can be concluded that the reason for choosing this title is to find a traumatic experience in a movie called "*The Fallout*." From here, the researcher will discuss various types of trauma, post traumatic

disorder (PTSD), including definitions from experts as supporters in research and the causes and impact of trauma experiences that have been experienced by the main characters in *The Fallout* movie.

### 1.1. Theoretical Framework

There are some theories used in this research such as the theory about the relations between the genres of literary work and movies proposed by Hageman et al in (Ince yakar, 2018), the theory about traumatic experience proposed by Hartman (1995), and the theory about post-traumatic stress disorder (PTSD) proposed by Williams (2013).

#### A. Definition of relations literary work and movie.

According to Hageman et al ( as cited Ince Yakar, 2018), the relations between the genres of literary work and movies are important for movies to be successful in literature education; each movie has different emotional capacities. For example, in research conducted on movies categorized according to moods, women were more conscious of a movie than men.

The ability to convert content into digital code, transmit it across digital telecommunications networks, and then reproduce it as sound, visuals, printed text, or a mix of the three is the definition of movie (United States. Congress. House. Committee on Science and Technology. Subcommittee on Technology and Competitiveness, 1991).

A movie can be defined as the schema type found at the time of the first cinema, which is the production schema type to be used instead because that schema is the first listed in the path of the hosting programming language (Melton, 2003).

Based on the explanation above, it can be concluded that movies are art in the form of print or digital media, which includes sound, images, and others. Movies are entertainment in nature, can be watched by children and adults, and can be adapted from true stories that have had a major influence on art.

According to Pratista (as cited Simanjuntak, 2020), there are four elements of movie:

##### a. Mise en scene

A black-and-white set with bright and dark patterns and shadows that indicate a flashback. This scene's imagery is warped, out of focus, and accented with strange piano noises its called mise en scene

##### b. Cinematography

Cinematography is a global visual language. Each picture has its own language with limitless possibilities, but it must be created in collaboration with a director prepared to experiment.

##### c. Editing

Editing is a hidden skill. When done effectively, it is practically imperceptible yet almost every visual statement in television and cinema has been edited. We may distinguish two types of editing if we define editing as the act of selecting and ordering photographs. Editing that occurs during the creation of a program and editing that occurs after the show has been videotaped.

##### d. Sound

Sound in a movie is all sound that comes out of the picture which includes dialogue, music and sound effects.

#### B. Definition of Traumatic Experience.

The traumatic experience is "one that cannot be made entirely conscious, in the sense of being fully retrieved or communicated without distortion". There is a gap between the trauma and the unspeakable experience; the gap to utter the unrepresentable event into something that can be comprehended by the human's mind (Hartman, 1995).

Traumatic events take many forms, different from single-incident trauma type 1 examples: events that are sudden and thus unexpected, such as a traumatic accident, a natural disaster, or a terrorist attack. then repeated trauma of types 2, for example: ongoing torture, household violence, community violence, and war Terr in (Courtois et al., 2013).

According to Weathers and Keane, the trauma caused by stress varies across dimensions, including a large number of dimensions, for example, life threats, threats of harm, interpersonal loss, complexity, frequency, duration, predictability, and control (Courtois et al., 2013).

According to Levine (as cited in Kanae, n.d.), trauma by definition, the reaction to a profoundly disturbing or upsetting occurrence that overwhelms a person's capacity for coping with the present situation, leaves them feeling powerless, reduces their sense of self, and limits their capacity to feel the entire spectrum of sensations and experiences. But it goes farther than that. It eventually has detrimental long-term effects that are substantial. Trauma freezes the body, hampers the mind, and shocks the brain.

Based on the explanation above, it can be concluded that trauma is an injury or wound caused by physical violence or something terrible that is seen, which has various forms and can be distinguished by type 1 by one person and type 2 by more than one person. Trauma is also caused by stress and can be understood by human thoughts that nest too deep in the human soul, which causes the person to limit and reduce interactions with other people.

#### C. Definition of Post-traumatic stress disorder (PTSD)

Post Traumatic Stress Disorder (PTSD) is a severe and often chronic and disabling anxiety disorder, which can develop following exposure to a traumatic event that involves actual or threatened injury to self or others. Symptoms

include re-experiencing the traumatic event through intrusive unwanted memories of the event, flashbacks of the event, nightmares, and intense emotional and physiologic reactions to trauma-related cues, persistent avoidance of the trauma related cues and emotional numbing, and increased physiological arousal manifested by sleep problem, hyper vigilance, increased anger or irritability, and exaggerated startle (Roy, 2006).

According to Williams, (2013), Post-traumatic stress disorder (PTSD) is a mental health condition that is brought on by a terrifying event. Symptoms may include flashbacks, nightmares, intense anxiety, and uncontrollable thoughts about the event. Many people who experience traumatic events that put their safety in danger or make them feel helpless initially have trouble adjusting and coping. Such traumatic reactions often improve with time and with treatment. Occasionally, the symptoms worsen or last for months or even years. They could occasionally utterly upend your life.

Based on the explanation above, it can be concluded that post-traumatic stress disorder is the disturbance that occurs after that particularly bad traumatic experience humans that is because stressful events occur, such as rape, violence, family death, and kidnapping. This can have a big impact on a person, both physically and psychologically. Someone who has post-traumatic stress disorder will be affected some disturbances like nightmares, flashbacks, avoidance of activities, places, thoughts, or feelings that remind you of the trauma and feelings of anxiety, and it seems like the victim will never forget what happened or feel normal again.

## 1.2. Literature Review

*The Fallout* is an American movie directed and written by Megan Park and starring Jenna Ortega. It was released on January 27th, 2022, in America. The movie tells a story of a traumatic experience after an accident that happened to Vada Cavell (Jenna Ortega). The movie talks about a traumatic experience after an accident that happened to Vada Cavell (Jenna Ortega), who changes her life and struggles to survive and get back to normal again.

Sulaeman (2014), in his thesis "*The analysis of Trauma in Staub's Novel Scared to Death*" The aim of this thesis is to describe the portrayal of the post-traumatic stress disorder experienced by the two main characters in Staub's novel "Scared to death" and how the two main characters heal him in the novel. The author uses descriptive qualitative methods and deep psychological approaches analyzes post-traumatic stress disorder faced by the characters in the novel and how it is done to cure it. In this study, the instrument used by the author is note taking. From With this instrument, the writer reads the novel and identifies the data, then writes it down data into notebooks and finally classify data based on theory.

Katrin Rahma Pandansari (2014), in her thesis "*The Cause and Effect in Melinda's Traumatic Experience: A Psychosocial Analysis in Anderson's Speak*". This study aims to understand how Melinda's traumatic experiences in life affect her psychological development in Anderson's novel *Speak* and to identify the effects of those events on the main character. In order to achieve the goals, the Erikson's psychosocial developmental theory was applied in study. In this study, content analysis was utilized in conjunction with qualitative research. The main character's hardships and life experiences served as the study's subject. The data were sentences, phrases, and words from the book.

Endang Sartika (2020), in her Journal "*Traumatic Experiences in Eka Kurniawan's Novel seperti Dendam, Rindu Harus Dibayar Tuntas*". This study aims to analyze traumatic experiences in Eka Kurniawan's novel *seperti dendam, Rindu Harus Dibayar Tuntas*. This research is qualitative descriptive research with traumatic experiences in the novel by Eka Kurniawan as the object. Data was collected using note taking and highlighting relevant traumatic events and analyzed using the concepts of trauma and memory Cathy Caruth. The results of the analysis show that the characters in this novel show different responses to trauma such as intrusive thoughts, re-experiencing the traumatic event in the form of flashbacks or nightmares, avoiding anything that could remind them of the traumatic event and have bad feelings and thoughts.

## 2. Research Method

In this research the researcher used descriptive qualitative method. There are three step for analyzed the study:

### a). Preparation

It started by watching the movie *The Fallout* and then reading several books related to the research topic as data. Supporters then read studies related to this research.

### b). Data collection

In collecting data, researchers seek to know the needs of this research and then identify them by focusing this research on the problem to be discussed, namely traumatic experiences in the form of causes and impact.

### c). Data analysis

In analyzing the data, the researcher used descriptive qualitative method to analyze the movie (*The Fallout*) by highlighting the trauma experiences in the movie.

## 3. Findings and Discussion

In this study the researcher finds the causes of trauma from the movie *The Fallout*, there are The shooting tragedy, War, Natural disaster. Car or plane crashes, Terrorist attacks, Sudden death of a loved one, Rape, Kidnapping, Assault, Sexual or physical abuse, Childhood neglect, this can have a big impact on a person, both physically and psychologically. Someone who has traumatic experience disorder will be affected some disturbances like nightmares,

flashbacks, avoidance of activities, places, thoughts, or feelings that remind you of the trauma and feelings of anxiety, and it seems like the victim will never forget what happened or feel normal again. The impact of trauma made main character a quiet and introverted person. She tried various things to avoid trauma, such as Insomnia or Nightmare, Shock and disbelief, Fatigue, drunk and the use of drugs.

Types of trauma in common is Acute trauma, reaction is known as Acute Stress Disorder (ASD), which is characterized by symptoms of dissociation, reliving, avoidance, and hyperarousal. American psychiatric association in (Nixon et al., 2005). According to Herman (as cited in Pain, 2019), chronic trauma is associated with forms of gender-based violence, child abuse and political violence that share certain characteristics including repeated exposure to violence, close control by the perpetrator and a limited prospect of escape. These violences may be characterized by the appearance of normality, making them less visible to others. Complex trauma events are thought to alter one's ability to control their emotions, behavior, impulses, attention, and consciousness, as well as their interpersonal relationships and sense of identity. Cook et al, in (Jakupcak, 2007).

Based on the explanation above, the character Vada in the *fallout movie* falls into the category of complex trauma because it can break itself and change behavior, which can influence interpersonal self-awareness and self-identity.

Table 1. Disorder diagnoses and characteristic features in Trauma and PTSD

No.	Disorder diagnosis	Characteristic features
1.	Possible persistent symptoms (absent prior to trauma) as indicated by 2 or more symptoms following:	<ul style="list-style-type: none"> <li>• Having trouble getting a good night's sleep</li> <li>• Quick to anger, or when angry, explosive</li> <li>• Difficulty concentrating</li> <li>• Excessive suspicion</li> <li>• The shock response excessive</li> </ul>
2..	Experiencing a traumatic event consistently, namely in the following ways:	<ul style="list-style-type: none"> <li>• Recurrently disturbed by stressful events, including thoughts, fantasies, and perceptions</li> </ul>
3.	Determine a sensory stimulus that may arise and is related to trauma (not present before experiencing trauma).	<ul style="list-style-type: none"> <li>• Attempt to avoid memories, thoughts, and feelings or that talk associated with traumatized.</li> <li>• Efforts to avoid a place of activities or people who can create memories about trauma.</li> <li>• Inability to with draw back in various aspects important for trauma.</li> <li>• Reduce markedly interests or roles as well as significant traumatized.</li> <li>• Feelings of in difference or isolate yourself from crowd.</li> <li>• Limit yourself or space( no again have feelings. love).</li> <li>• Face despair future (no desire to have career, marriage, or normal life).</li> </ul>

4. duration of symptom disturbance
- More than one month determines:  
Acute: if the duration of the symptoms is less than 3 months
  - Chronic: if the duration of symptoms lasts for 3 months or more.

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Source : Ebook. Trauma and recovery

#### 4. Conclusion

Based on the data above, the researcher can conclude that the results of this study focus on the causes and impact of trauma and the types of trauma in general that affect a person's psychology. In *the Fallout* movie, trauma is caused by a bad incident that happened to main character, which traumatized her. This trauma started with the shooting tragedy that occurred at school. Vada, who was in front of the school toilet door, heard gunshots from the classroom and decided to hide in the toilet with her friend Mia. Not long after they hide, they were shocked by the presence of Quinton, who also entered the toilet beside them. Since that incident, main character has been traumatized. The impact of an adverse event that befalls humans is trauma. Everyone trauma is different, depending on the person's psychology. In the *Fallout* movie, the impact caused by various traumas started with her turning into a closed person, starting to consume alcohol and drugs, having nightmares every night that made her afraid to sleep, anxiety and fear, shock and disbelief, fatigue, confusion, difficulty of concentration, and trying to recover from trauma by coming to a psychologist, looking for a busy, and trying to be honest with her mother, types in trauma of common there are, acute trauma, chronic trauma, and complex trauma. Every human who had a traumatic experience not always who had post traumatic stress disorder but have trauma and deserve to out of trauma and to be a other normal person.

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