

## ABSTRACT

Nabila Tiara Putri. 2025. "*The Impacts of Trauma on Hardin's Personal Relationships in After by Anna Todd*"

English Literature Department  
Faculty of Business and Humanities  
University of Technology Yogyakarta  
billybilabill@gmail.com

Anna Todd's novel *After* depicts the psychological impact of childhood trauma and its shape on romantic and interpersonal relationships, as reflected through the character of Hardin Scott. This study aims to analyse the relationship patterns between Hardin and Tessa Young and examine how Hardin's past trauma affects his emotional behaviour. This study uses a qualitative descriptive method with an objective approach by M.H. Abrams. This study emphasises analysis based on intrinsic elements of literary works such as characters, plot, and conflict, without relying on the author's background or reader responses. This study also adopts Judith Herman's trauma theory, which describes three stages of recovery: (1) safety, (2) remembrance and mourning, and (3) reconnecting and injection. The findings indicate that Hardin's traumatic experiences, stemming from witnessing domestic violence and emotional neglect, led to emotional instability and unhealthy relationship patterns. However, through his relationship with Tessa, he undergoes a gradual recovery process that helps him transition from emotional detachment to vulnerability and connection. The stages of trauma recovery not only facilitate Hardin's personal growth but also transform the dynamics of his romantic relationship into one characterised by empathy, trust, and emotional responsibility. This research concluded that trauma plays a central role in shaping character development and the ability to build healthy romantic relationships. Additionally, the healing process is crucial for facilitating emotional healing and relationship transformation within literary narratives.

---

Keywords: *After*, impact, personal relationship, stage of recovery, trauma

## ABSTRAK

Nabila Tiara Putri. 2025. *“The Impacts of Trauma on Hardin’s Personal Relationships in After by Anna Todd”*

Program Studi Sastra Inggris  
Fakultas Bisnis dan Humaniora  
Universitas Teknologi Yogyakarta  
billybilabill@gmail.com

*Novel After karya Anna Todd menggambarkan dampak psikologis dari trauma masa kecil serta dampak terhadap hubungan romantis dan interpersonal, yang tercermin melalui tokoh Hardin Scott. Penelitian ini bertujuan untuk menganalisis pola hubungan antara Hardin dan Tessa Young serta mengkaji bagaimana trauma masa lalu Hardin memengaruhi perilaku emosionalnya. Penelitian ini menggunakan metode deskriptif kualitatif dengan pendekatan objektif milik M.H. Abrams. Penelitian ini menekankan analisis berdasarkan unsur-unsur intrinsik karya sastra seperti karakter, alur cerita, dan konflik, tanpa mengandalkan latar belakang penulis atau respons pembaca. Penelitian ini juga mengadopsi teori trauma Judith Herman, yang menggambarkan tiga tahap pemulihan: (1) keamanan, (2) kenangan dan berkabung, dan (3) menghubungkan kembali dan injeksi. Temuan menunjukkan bahwa pengalaman traumatis Hardin yang berasal dari menyaksikan kekerasan dalam rumah tangga dan pengabaian emosional menyebabkan ketidakstabilan emosional dan pola hubungan yang tidak sehat. Namun, melalui hubungannya dengan Tessa, ia menjalani proses pemulihan bertahap yang membantunya beralih dari keterpisahan emosional menuju kerentanan dan koneksi. Tahap-tahap pemulihan trauma tidak hanya memfasilitasi pertumbuhan pribadi Hardin tetapi juga mengubah dinamika hubungan romantisnya menjadi hubungan yang ditandai oleh empati, kepercayaan, dan tanggung jawab emosional. Penelitian ini menyimpulkan bahwa trauma memainkan peran sentral dalam membentuk perkembangan karakter dan kemampuan untuk membangun hubungan romantis yang sehat. Selain itu, proses pemulihan sangat penting untuk memfasilitasi penyembuhan emosional dan transformasi hubungan dalam narasi sastra.*

---

Kata kunci: *After, dampak, hubungan pribadi, trauma, tahapan pemulihan trauma*