

ABSTRAK

Firda Bella Carrisa. 2025. **Charlotte's Trauma and Self-harm in the *Girl in Pieces* by Kathleen Glasgow**

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This research explores the experience of trauma and self-harm happening to the main character, Charlotte Davis, in Kathleen Glasgow's novel *Girl in Pieces*. The purpose of this study is to understand how Charlotte's trauma influences her self-harming behavior and how the recovery process is portrayed in the narrative. This research applies M.H. Abrams's objective approach, which focuses on the literary elements within the work itself, and Judith Herman's trauma and recovery theory, which includes three stages, establishing safety, remembrance and mourning, and reconnection with ordinary life. The findings reveal that Charlotte undergoes various traumatic experiences, including parental loss, abuse, bullying, violence, and witnessing her close friend nearly die. These traumas trigger her self-harm behavior as an emotional response. However, through communication, self-awareness, and building new relationships, Charlotte begins to progress toward healing. This study contributes to a deeper understanding of the connection between trauma and self-harm, especially among adolescents, and highlights the importance of social support and psychological insight in the recovery process.

Keywords: reconnection, recovery, remembrance, self-harm, trauma

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*Penelitian ini membahas pengalaman trauma dan perilaku melukai diri sendiri (self-harm) yang dialami oleh tokoh utama, Charlotte Davis, dalam novel *Girl in Pieces* karya Kathleen Glasgow. Tujuan dari penelitian ini adalah untuk memahami bagaimana trauma yang dialami Charlotte memengaruhi perilaku self-harm-nya dan bagaimana proses pemulihan digambarkan dalam novel tersebut. Penelitian ini menggunakan pendekatan objektif menurut M.H. Abrams, dengan fokus pada unsur intrinsik karya sastra, serta teori trauma dan pemulihan dari Judith Herman yang terdiri atas tiga tahap, menciptakan rasa aman, mengingat dan meratapi trauma, serta membangun kembali hubungan dengan kehidupan. Hasil penelitian menunjukkan bahwa Charlotte mengalami berbagai bentuk trauma seperti kehilangan orang tua, kekerasan, pelecehan, dan pengalaman menyaksikan teman terdekatnya hampir meninggal. Trauma-trauma tersebut memicu perilaku self-harm sebagai bentuk respons emosional. Namun, melalui proses komunikasi, kesadaran diri, dan hubungan dengan orang-orang baru, Charlotte mulai mengalami perkembangan menuju pemulihan. Penelitian ini diharapkan dapat memberikan pemahaman lebih dalam tentang hubungan antara trauma dan self-harm, khususnya pada remaja, serta mendorong kesadaran terhadap pentingnya dukungan sosial dan pemahaman psikologis dalam proses penyembuhan.*

Kata Kunci: ingatan, melukai diri sendiri, pemulihan, rekoneksi, trauma