

INTISARI

Penelitian ini mengkaji novel *Keluarga Pascual Duarte* karya Camilo Jose Cela. Fokus penelitian bertujuan untuk menemukan bagaimana perubahan asumsi fundamental tokoh Pascual melahirkan *victim trauma* dan *perpetrator trauma*, serta menelaah perbedaan di antara dua bentuk trauma tersebut. Penelitian ini menggunakan pendekatan trauma terhadap karya sastra. Sebagai pisau analisis penelitian ini menggunakan teori *shattered assumptions* oleh Janoff-Bulman yang dielaborasi dengan konsep *Perpetration-Induced Traumatic Stress (PITS)* oleh MacNair. *Pertama*, penelitian ini menelaah pengalaman traumatis tokoh yang berupa viktimisasi dan *perpetration*. Menunjukkan diri Pascual sebagai *victim* sekaligus *perpetrator*. *Kedua*, penelitian ini menganalisis kondisi asumsi fundamental tokoh sebelum dan sesudah peristiwa traumatis. Berdasarkan analisis tersebut diuraikan bagaimana perubahan pada asumsi fundamental melahirkan dua bentuk trauma yaitu *victim trauma* dan *perpetrator trauma*. *Ketiga*, penelitian ini menganalisis penyebab dan gejala dari masing-masing trauma yang direpresentasikan. Berdasarkan hasil analisis penyebab dan gejala *victim trauma* maupun *perpetrator trauma* didapatkan perbedaan di antara dua bentuk trauma yang diderita tokoh Pascual

Penelitian ini menemukan baik pengalaman viktimisasi maupun *perpetration* dapat menyebabkan perubahan signifikan pada tiga asumsi mendasar tokoh Pascual. Perubahan tersebut merupakan kehancuran *schema-schema* inti dan prinsip yang menopang kestabilan asumsi fundamentalnya. Kehancuran asumsi *the world is benevolent* membuat tokoh melihat dunia sebagai tempat yang tidak aman. Kehancuran asumsi *the world is meaningful* membuat tokoh tidak berdaya dan tidak mampu mengintegrasikan pengalamannya. Kehancuran asumsi *the self is worthy* merusak keberhargaan diri tokoh. Kemudian, perbedaan dua bentuk trauma Pascual. *Victim trauma* disebabkan oleh pengalaman langsung maupun tidak langsung atas peristiwa yang mengancam kelangsungan hidup diri dan orang-orang terdekatnya sedangkan *perpetrator trauma* disebabkan oleh partisipasi aktif tokoh dalam peristiwa yang menyebabkan kematian orang lain. Gejala kedua trauma tersebut mirip dan saling berkelindan. Namun, kemunculannya berasal dari keadaan yang berbeda. Sebagai *victim*, sang tokoh merepresentasikan hampir seluruh gejala trauma khas *PTSD* berupa *hyperarousal* dan *hyperreactivity*, penyangkalan dan mati rasa emosional, *intrusive thought*, *intrusive recollection*, dan *intrusive reexperiencing*, disertai ketakutan dan kecemasan intens. Sebagai *perpetrator* Pascual hanya merepresentasikan *intrusive thought*, *intrusive recollection* yang disertai rasa bersalah.

Kata kunci: asumsi fundamental, viktimisasi, *perpetration*, *victim trauma*, *perpetrator trauma*

ABSTRACT

This research examines the novel Pascual Duarte's Family by Camilo Jose Cela. The focus of the research aims to discover how changes in the fundamental assumptions of Pascual's character give rise to trauma victims and trauma perpetrators, as well as examine the differences between these two forms of trauma. The approach used is the trauma approach to literary works. As an analytical tool, this research uses the theory of shattered assumptions by Janoff-Bulman elaborated on with the concept of Perpetration-Induced Traumatic Stress (PITS) by MacNair. First, this study analyzes Pascual's traumatic experiences in the form of victimization and perpetration, which show Pascual's position as both a victim and a perpetrator. Second, this study examines the condition of the character's fundamental assumptions before and after the traumatic event. Based on this analysis, it is explained how changes in fundamental assumptions give rise to two forms of trauma, namely victim trauma and perpetrator trauma. Third, this study analyzes the causes and symptoms of each trauma represented. Based on the results of the analysis of the causes and symptoms of victim trauma and perpetrator trauma, differences are found between the two forms of trauma suffered by the character Pascual.

This study found that both victimization and perpetration experiences can cause significant changes in Pascual's three fundamental assumptions. These changes are the destruction of core schemas and principles that support the stability of his fundamental assumptions. The destruction of "the world is benevolent" assumption makes Pascual see the world as an unsafe place. The destruction of "the world is meaningful" assumption leaves Pascual helpless and unable to integrate his experiences. The destruction of "the self is worthy" assumption damages the Pascual's self-esteem. Then, the difference between the two forms of Pascual's trauma. His victim trauma is caused by direct and indirect experiences of events that threaten the survival of himself and his family, while his perpetrator trauma is caused by his active participation in events that cause the death of others. The symptoms of the two traumas are similar and intertwined, but the origins of their appearance are different. As a victim, Pascual represents almost all of the typical symptoms of PTSD in the form of extreme increased autonomic arousal, denial and emotional numbness, intrusive thoughts, intrusive recollections, and intrusive reexperiencing, accompanied by intense fear and anxiety. As a perpetrator, Pascual only represents intrusive thoughts, intrusive recollections accompanied by feelings of guilt.

Keywords: fundamental assumptions, victimization, perpetration, victim trauma, perpetrator trauma

