

ABSTRACT

“The Ailm Foundation” Novella
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Many people experience a potentially traumatic event during their lives, which can result in brief periods of post-traumatic stress symptoms. While most people recover from the initial symptoms, those who continue to experience problems may be diagnosed with PTSD. It is not fully understood why some people develop the condition while others do not.

The writer chose to write “The Ailm Foundation” novella, which the writer expected to be able to help provide readers with a better understanding and awareness of PTSD (Post-Traumatic Stress Disorder) as a mental health problem. Through this novella, the writer also hopes that readers have a better awareness of the importance of understanding about themselves. Thus, they will have a better ability to process and channel emotions and have a better insight on solving problems in life.

During the writing process, there were several technical and personal problems the writer had to face. The writer had to solve the problems of how to adjust and apply the articles, theories, and references into the story, how to develop a good plot, and how to choose the appropriate and acceptable words and phrase. The writer’s personal problem in writing this novella was the limitation of imaginations and ideas of the writer. These problems have been successfully solved by the writer and enriched the writer with new knowledge and skills that can be applied in writing future works, which among others include the skills to write an interesting story, to apply theories and references into the process of story writing, and to explore imagination and idea.

Key terms: *PTSD (post-traumatic stress symptoms), mental health, novella, trauma, personal problem, technical problem*