

CHAPTER I

INTRODUCTION

1.1. Background

Citing from detik.com, a news report about a veteran called John Welch (53) witnessed the death of many of his fellow soldiers. Welch likens himself as a witness to the cruelty of war. Inevitably, when he returned to his home, Welch felt despair and anger at himself because of the deep guilt that had arisen in his mind. He was not angry with God of why God "took" them. However, he was angry why didn't God 'take' him too? He feels very guilty since that. In fact, since then, he said he was not afraid of death but was afraid of life. Living daily with PTSD makes Welch despair even four times trying to commit suicide.

According to the National Institute of Mental Health, Post-Traumatic Stress Disorder (PTSD) is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event. It is natural to feel afraid during and after a traumatic situation. Fear triggers many split-second changes in the body to help defend against danger or to avoid it. This "fight-or-flight" response is a typical reaction meant to protect a person from harm. Nearly everyone will experience a range of reactions after trauma, yet most people recover from initial symptoms naturally. Those who continue to experience problems may be diagnosed with PTSD. People who have PTSD may feel stressed or frightened even when they are not in danger, which often

leads them to suicide or trapped them into a never-ending frustration. PTSD is not usually related to situations that are only upsetting, such as divorce, job loss, or failing exams. PTSD develops in about 1 in 3 people who experience severe trauma. It's not fully understood why some people develop the condition while others do not. Nevertheless, certain factors appear to make some people more likely to develop PTSD.

According to The Recovery Village that shows facts and statistics about PTSD, there are: 1) 70 percent of adults' experience at least one traumatic event in their lifetime, 2) 20 percent of people who experience a traumatic event will develop PTSD, 3) About 8 million people have PTSD in a given year, and 4) 1 in 13 people will develop PTSD at some point in their life. PTSD facts indicate that most adults experience at least one traumatic event during their life, but most do not develop PTSD. According to PTSD statistics, a relatively small percentage of those who experience trauma develop PTSD. However, PTSD facts and statistics indicate that the disorder is more common than many people estimate. While most statistics focus on PTSD in adults, all age groups can be affected. PTSD in youth does occur, though sometimes trauma experienced in childhood does not result in PTSD until after the brain has developed in early adulthood. In conclusion, anyone can have PTSD.

The facts and statistics that are stated above are dangerous, but people do not think it thoroughly. There will be background lies behind a writer's masterpieces. Therefore, with this "The Ailm Foundation" novella, the writer

expects that this research will be able to reach and educate people to be more aware of the PTSD mental sickness.

1.2. Purpose

The purpose of the study described in this research has four main advantages, those are:

1. The readers will have a better understanding of PTSD mental sickness.
2. The readers will have a better awareness of the importance of understanding and reconcile with themselves.
3. The readers will have a better view of processing emotions and have a better knowledge of channeling and solving problems in life.
4. This novella will encourage readers to not to be afraid of change. This will encourage them to dare to change lives for the better and never give up.