

The Effect of Traumatic Experience to Personality Types in the Novel *Girl in Pieces*

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Abstract:

This research focuses on the forms of traumatic experience that effect to personality types in the novel Girl in Pieces by Kathleen Glasgow. The aim of this research is to find the forms traumatic experience and the effect to personality types. The theory used in this research is Psychoanalysis by Carl Jung to find the effect of traumatic experience to personality types and theory by Gerald C. Davison to find the forms of traumatic experience. The method used in this study is a qualitative method that explained descriptively. The data in this research are primary data; novel Girl in Pieces and the secondary data; research, journal, thesis, internet and other related sources to the research. After going through the analysis, the researcher found the result of thesis that the forms of traumatic experience found based on the novel are flashbacks or re-experiencing traumatic events, arousal traumatic, and avoidance traumatic, whereas the flashback traumatic is the greatest effect on the introvert personality.

Keywords: *traumatic experience, personality types, Girl in Pieces*

INTRODUCTION

Every event experienced by each individual has its own role depending on how the individual reacts to the event. The good ones are usually considered as happy memories meanwhile the bad ones are considered as something that harms the person's feeling which usually leads someone to have a tendency to forget the memory of that event. However, even though some people are strong enough to let the bad events pass, some people are having difficulties to forget the bad events they experienced in life and tend to develop fear and sad feeling towards anything that related to the bad events they experienced. In other words, this psychological problem is called trauma.

Trauma has several definitions based on how it is created in the human mind and how the feeling created from it. According to Cavanagh (1992), trauma is an extraordinary event that causes injury and pain but is also often understood as a wound or severe pain due to an extraordinary event that befalls a person directly or indirectly, both of physical and psychic injuries or a combination of both (Cavanagh 1992, p. 48). Based on this statement, the researcher explained that trauma is the experience of severe psychological distress after a terrible or life-threatening event.

Psychoanalysis is mostly applied in every literary research that uses a psychological approach, including this study. Psychoanalysis views literary works as psychiatric activities. Psychoanalysis discusses people's psychological conditions, like what people feel and experience. According to Jung, "Psychoanalysis is a method of suggestion by which some kind of systematic teaching is instilled into the patient, thereby affecting a cure in the manner of mental healing" (Jung 1923, p.318). The quotation means psychoanalysis is a science that investigates and learns about mental of human behavior or activities. The activity is a manifestation of human personality.

As social beings, humans are required to interact with the surrounding environment. Environmental factors also can affect a human's personality types over time. Personality types refer to the psychological classification of different types of individuals. Personality types are sometimes distinguished from personality traits. According to Jung, the types of personalities such as introvert and extrovert are two fundamentally different categories of people. In modern psychology, Jung used the term "introversion" to refer to a turning inward of energy, set on a continuum with "extraversion" or a turning of energy outward, on the opposing end (Jung 1923, p.10). The quotation means, Jung believed that each individual possesses both mechanisms, extraversion as well as introversion, and only the relative predominance of the one or the other determines the type.

Many factors may affect personality types, one of that is someone's experience in the past as shown in the novel. The researcher is interested to analyze the story in the novel *Girl in Pieces* by Kathleen Glasgow because the story in this novel contains psychological problems, as a picture of someone's attitude and personality that occur in real life and it often affects someone position in their environment. Charlie as the main character is a young girl who has problems with others and herself, she has experienced so many horrible memories and emotions. She has a bad experience that causes her to be traumatized. For years, Charlie and her mother have been conflicted with one another and she got neglect. When her best friend attempts to commit suicide, which is the worst cause of her trauma. Charlie ran away from home, took drugs and alcohol, and self-injured. When Charlie was on the streets, she got sexual abuse that made her more traumatized. Her traumatic experiences made her difficult to socialize with others. Charlie always seems to have fears, anxiousness, and being aware of everything around her that can trigger her bad memories back. And it determines Charlie's personality type after the traumatic event that she was experienced.

The sources of trauma are physically violent in nature, others are psychological and can cause feelings of helplessness and sometimes causes negative effects, that created as a

result of experiencing an event that harms themselves, which creates issues in someone's mind and physical who experience it. When people experience trauma, they are more feel frightened and helpless. It may include anxiety, fear, nervousness, and even guilty. According to Davison, trauma is an unbearable situation that forces our minds to rethink memory in the past (Davison 2006, p.48). Based on the quotation, the researcher states that people who have traumatized always flashback their traumatic event. Individuals with traumatic experiences may try to avoid situations that trigger their memories of the traumatic event. They may avoid other peoples, places, sounds, smells, etc. A traumatic experience can disturb a person's personality and characterization when socializing in their environment. This is the subject of discussion in the study, in which Charlie as a character has traumatic experiences are portrayed in the novel. In forms of flashback, arousal, and avoidance and it can affect someone's personality being introverted or extroverted.

LITERATURE REVIEW

In this study, the researcher uses psychology of literature approach, while the study uses Psychoanalysis by Carl G. Jung to find the effect of traumatic experience to personality types and theory traumatic by Gerald C. Davison to find the forms of traumatic experience.

Personality Types

Personality is a mask for humans as the whole of life and that mask is used as an entrenchment of protection to protect their spiritual life because human beings almost never act the real (Jung in Kartono 2005:9). It means the pure nature or character of humans will never be able to understand the meaning and the reality of themselves. Personality often called psyche covers all thoughts, feelings and behavior, consciousness, and unconsciousness. Jung noted that none of us are completely extroverted or introverted, but certainly connect to one or the other attitude. According to Jung, if you take an extrovert you will find his unconscious has an introverted quality because all the extraverted qualities are played out in his consciousness and the introverted are left in the unconscious. (Jung in McGuire & Hull, 1977, p. 342) From the definition, the researcher argues most people will be between the two, only a few people are really extroverted or introverted. According to Jung, inside the human personality, there are extrovert and introvert.

1. Introvert

An introvert is a person whose attention directs toward his own feelings and thoughts. Introversion shows personality to subjective experience, concentrating self to the intern and private world where reality is in the result of observation, tends to isolated, shy, contemplative, nervous easily, reserved, unfriendly, even anti-social, and busy with their internal life. They are very selective when letting someone enter their lives.

2. Extrovert

The extrovert, by contrast, is characterized by outgoingness, responsiveness to another person's, activity, aggressiveness, and the ability to make quick decisions. An extrovert

person is influenced by the objective world that is the world outside of himself. His point orientation is to the external; thinking, feeling and his act mostly are decided by his environment, either his social environs or non-social environs.

Traumatic Experience

Traumatic is an experience that develops in some people who have experienced a shocking, scary, or dangerous event (Davison 2006, p.34). The quotation means, traumatic is an unbearable situation in the past, which develops into emotional memory. Traumatic experience can disturb the whole person's personality and characterization, and it will happen in the long-term. In psychoanalysis theory, trauma is marked by "an event in the subject's life defined by its intensity, by the subject's incapacity to respond adequately to it, and by the upheaval and long-lasting effect that it brings about in the psychical organization" (LaPlanche and Pontalis 1973, p.465). People who go through these types of extremely traumatic experiences often have different responses and personality types changing afterward. Trauma can be caused by a wide variety of events. Trauma experience may accompany physical trauma or exist independently of it. The form of traumatic experience is categorized into three forms such as the flashback or re-experiencing traumatic event, arousal traumatic, and avoidance traumatic as follow:

1. Flashback or Re-experiencing Traumatic Event

Flashback traumatic events is a form that reliving the traumatic event. They may have upsetting memories of the traumatic event. These memories can come back when they are not expecting them. Flashback memories can cause physical reactions (nightmares, daydreams, intrusive thoughts, and sweating, feeling sick, or trembling). Sometimes these memories can feel so real as if the event is actually happening again. They may wonder why the event happened to them, and if they could have done anything to stop it, which can lead to feelings of guilt or shame.

2. Arousal Traumatic

People with traumatic experiences may feel constantly alert after the traumatic event. This is known as increased emotional arousal, and it can cause difficulty sleeping or insomnia, difficulty concentration, outbursts of anger or irritability, self-destructive behavior. It can be seen from the condition of someone who has traumatized; these things are related to one another. They usually become alert when they remember or think about the traumatic event.

3. Avoidance Traumatic

Avoidance traumatic is the effort people make to avoid the traumatic event. Someone who has traumatic experiences will avoid all the things that can remind them of a traumatic event such as avoid people, places, conversations, activities, things, sounds, smells, or situations that can trigger their memories, thoughts, or feelings that disturb or relate to their trauma.

RESEARCH METHODOLOGY

The type of research uses qualitative method. The qualitative method refers to research that uses data and correlation of supporting theories for the course of a study, not based on the calculation of numbers or commonly referred to as quantitative methods. The researcher uses a qualitative to analyze descriptively; it explains the phenomena that exist in society, seeks causes, and attempts to overcome the problems posed by the phenomena. The data is taken from dialogs in the text that will be described, and the qualitative method does not have a number definition. Basically, the research is aimed to analyze the effect of traumatic experience to personality types by psychoanalysis that found in the novel *Girl in Pieces* by Kathleen Glasgow.

In collecting the data, the researcher does several steps. The aim is to know the effect of traumatic experience towards personality types of main character presented in the novel *Girl in Pieces*. There are several methods for qualitative research. First, the researcher read the novel repeatedly. Second, identifying the problems in the novel and looking for relevant theories to the object of the study. Third, writing quotations notes that related to problems into Microsoft Excel that are accompanied by page numbers in the novel. The last, classifying the used and unused data, and then selecting the proper theories that matches with the object of the study.

The researcher also finds more information about the theory from the internet by reading journals, web, articles, biography, and autobiography. Besides, the researcher takes data from the novel and secondary data that relevant to the topic.

FINDINGS

Forms of Traumatic Experience

Traumatic Experience is an unbearable situation that forces our mind to rethink memory in the past, like traumatic flashback, arousal traumatic and avoidance traumatic experience. From the forms of trauma found in the novel, the researcher divided them into several parts. Traumatic flashback includes three, namely, visual flashback, pain flashback and emotional flashback. Arousal traumatic includes three, namely, hypervigilance, emotional reactivity, and difficulty concentrating, and the last is avoidance traumatic includes three, namely, avoiding place and event, avoiding emotional, and avoiding of trauma reminders.

The Effect of Traumatic Experience to Personality

Every traumatic experience by someone, there must be effects for their personality. In analyzing the effect of traumatic experience to personality in the novel *Girl in Pieces* the researcher used the personality types theory by Carl Jung that stated in general, human personality can be divided into 2 (two) personality, introvert and extrovert. Jung noted that none of us are completely extroverted. One must choose the right attitude that fits in context to the situation. Charlie's traumatic experience mostly affects her attitude, especially from an introvert side. The effect traumatic experience on her introvert personality is anxiety, loss of trust in others, anti-social, self-destructive behaviors.

Whereas the effect of traumatic experience to extrovert personality is become more creative and dare to take risks.

DISCUSSION

The Forms of Traumatic Experience

1. Flashback or Re-experiencing Traumatic Event

There are three forms of traumatic experience, and they are to be explained in the following section.

a. Visual Flashback

Visual Flashback is where the trauma is re-experienced as a visual picture. The flashbacks seem very real, and some people describe it as a picture or movie that they can see clearly in their minds.

That feels like a lifetime ago. I peer at the screen and try to read a paragraph, but all I can see are the words fucker and pussy bitch scrawled on my locker door. I can taste the tang of toilet water in my mouth, feel myself struggling to get free, hands on my neck and laughter. My fingers tingle and my chest feels tight. After I got kicked out of school, everything went haywire. (Glasgow 2016, p.26)

The researcher states Charlie's flashback feels real to her because she can taste the tang of toilet water in her mouth. Even Charlie also feels other sensations, such as the feeling of herself struggling to be free when hands were on her neck and laughter. This is in accordance with Davison's opinion which states that memories can feel so real as if the event happens again.

b. Pain Flashback

Pain flashback is the pain and body sensations that are felt due to re-experiencing physical pain of the trauma.

Once my mother hit my ear so hard I heard the howling of trains for a week. I get up and walk to the door. Casper calls after me, but I don't stop. My ears are a sea of bees. Then I step into our shower and pound my forehead into the wall until the bees die. When Casper comes running in, she grabs me around the waist and pulls at me to get me to stop. (Glasgow 2016, p.79)

The quote above shows that Charlie got physical violence from her mother. Charlie remembers the incident when her mother hit her ear so hard, she hears the howling of sound of trains for a week. It feels so real like Charlie re-experiences her traumatic event again. Based on the Davison statement, that people who re-experience the events that have similarities with their bad experiences always find ways to relive their traumatic event.

c. Emotional Flashback

Emotional flashback is the intense emotions occur due to triggers to emotions felt during past trauma. It is like living a nightmare while you are awake.

...Adrenalin shoots through my body. My brain fuzzes in and out with images of Fucking Frank's terrible face. Riley's breath is hot against my ear. now Fucking Frank is gone and it's the man in the underpass who zooms back to me, a dark memory of fear that triggers my street feeling again, something I thought I'd left behind. No! I yell it. (Glasgow 2016, p.145)

The quotation shows how Charlie gets a bad treatment from her friend, Riley. This triggers back his memories of Fucking Frank. There is Fucking Frank's terrible face in her mind. The dark memories, the men in the underpass, her street feelings, fears, everything are rushing back into her memory. From the quotation, the researcher argues that individuals who experience flashbacks are usually accompanied by high emotional intensity.

2. Arousal Traumatic

There are three forms of arousal traumatic, and they are to be explained in the following section.

a. Hypervigilance

Hypervigilance or always being alert is one of the things done by someone who has a traumatic experience.

The room is too quiet, so I walk the halls at night. My lungs hurt. I know they're thinking about putting me on sleep meds after my wounds heal and I can be taken off antibiotics, but I don't want them to. I need to be awake and aware. He could be anywhere. He could be here. (Glasgow 2016, p.9-10)

Based on the quotation, the researcher states that someone who has a trauma if they are in a new place their level of vigilance will be higher. It can be proven when Charlie requires herself to stay awake and aware. Charlie thinks maybe Fucking Frank can be there in Creeley. Her traumatic experiences haunts her and brings feelings of afraid.

b. Emotional Reactivity

Emotional reactivity refers to the tendency to experience frequent and intense emotional arousal. Both the threshold and ease with which individuals become emotionally aroused and the intensity of emotional experiences are aspects of emotional reactivity.

Another sticky note. JUST TELL ME, YOU OAF. My hands are Shaking a little, though, as I hold it up. Sparks go off behind my eyes and my inside music gets very loud. My skin numbs as I walk away from the nurses' station. I'd like to breathe, like Casper says, but I can't, that won't

work, not for me, not once I get angry and the music starts.... I start to kick the station, which is bad, because I have no shoes, but the pain feels good, so I keep doing it. And I don't know why, but this makes me even angrier. (Glasgow 2016, p.16).

The quote above explains that Charlie cannot control his emotions. Charlie is angry because Barbero does not want to tell her how long she has been in Creeley. Barbero wants Charlie to ask directly, but she only writes on the Sticky notes. Then Charlie gets even angrier, sparks seemed to be streaking behind her eyes, and the music inside became very loud. This is in accordance with Davison's theory that people with traumatic experiences will easily explode their emotions. The researcher argues that people experiencing this condition cannot forget past traumatic incidents that they have experienced, causing feelings of all kinds of emotions including anger.

c. Difficulty Concentrating

Many people with traumatic experiences have difficulty concentrating and focus while completing daily activities.

When I get overwhelmed and I can't focus on just one thing, when all of my horrible hits me at once. It's like I'm one of those giant tornados in a cartoon, the furry gray kind that suctions up everything in its path: the unsuspecting mailman, a cow, a dog, a fire hydrant. (Glasgow 2016, p.137)

The researcher states that concentration is indispensable in doing activity in daily life. Through the quotation, the researcher sees that Charlie experienced various bad things in her life. That makes she cannot focus on just one thing, when all her problems and her horrible hit her at once. Someone who has a trauma experience will be more difficult to focus on one thing, because of their past memories which can appear at any time.

3. Avoidance Traumatic

There are three forms of avoidance traumatic, and they are to be explained in the following section.

a. Avoiding Place and Event

People with terrible traumatic experiences definitely do not want to go back to experiencing events like they did in the past.

I'm trying to follow the rules. I'm trying to go where I'm supposed to go when I'm supposed to go there and sit like a good girl even though I don't say anything because my throat is filled with nails. I'm trying to follow the rules because to not follow the rules means to risk OUTSIDE. (Glasgow 2016, p.32)

From the quotation, it can be seen that Charlie is trying to follow the rules at Creeley. Actually Charlie is not interested in going to the group, but she has to go there anyway.

Even though in the group she just sits silently and does nothing. The reason Charlie follows the rules is because she avoids risks, because if she does not follow that rules she can be kicked out of Creeley. Based on the quotation the researcher states that Charlie feels comfortable living in Creeley. She is safe from Fucking Frank's reach. So that she does not want to be kicked out of Creeley, because it will mean that she would come back to live on the streets and go back to have a bad experience like the one in the past.

b. Avoiding Emotional

People who has been traumatized will very easily explode their emotions. That is why some people sometimes do not want that to happen, so they decide to avoid themselves from being emotional.

I have to do something or I will explode. Talking to Evan, finding Mikey, waiting for him to come visit me, thinking of Ellis, I miss miss miss so much. I draw her. I draw them. I fill my paper with Ellis and Mikey, Evan and Dump, even DannyBoy. I fill every last pieces of paper until I have a whole world of missing. When I look up, everyone is gone except Miss Joni and she's turned the lights on. It's dark outside the window. (Glasgow 2016, p.75)

Through the statement in the quotation above, the researcher believes that avoiding emotional feeling is one form of trauma. It can be proven when Charlie states that she has to do something, otherwise she will explode. In this case, the researcher argues that it is not Charlie who explode, but her emotions. That's why she thought of doing something that could distract her attention.

c. Avoiding of Trauma Reminders

People who have traumatic experiences will avoid themselves from remembering the traumatic event. They will try to avoid situations that trigger memory of the traumatic event.

I grit my teeth as I walk through an underpass, willing myself not to think of that night. The handle of Louisa's suitcase digs into the palm of my hand. The peacoat is way too heavy for this weather. I'm sweating, but I don't want to stop and take it off. (Glasgow 2016, p.107)

From the quotation, it can be seen that Charlie tries to avoid her memory of the incident at the underpass that night. The incident refers to the time when she has been sexually harassed by the man at the underpass. The researcher argues that the avoidance of various things that can remind people of their traumatic experience is normal. People who have trauma experiences will certainly protect themselves from various things that can happen in the present. Charlie simply does not want her bad experience in her life to be repeated.

The Effect of Traumatic Experiences to Personality Types

1. Introvert

a. Anxiety

As a result of Charlie's traumatic experience, there are several effects that affect her personality, one of which is anxiety.

I fought my way out of All Souls and it was like old days, old times, making myself hidden and smaller on the street, and I found an alley, a Dumpster, and fitted myself between that and the brick wall of a building, darkness everywhere around me... You never get better. I take four swallows of the whiskey. A hundred bees buzz in my ears. The little workers inside me sharpen claws, gather nails. They are singing. (Glasgow 2016, p.341)

From the above quotation, the researcher infers that experiencing situations that build memories of traumatic events can make a person with an introverted personality easy to anxious. Charlie feels like she was back in the past, the memory makes her depressed, so she acts and makes the wrong decision. To relieve feelings of anxiety, panic, and fear she takes four swallows of whiskey. Her panic makes her imagine as if there are hundreds of bees buzzing in her ears.

b. Loss of Trust in Others

Most Introverts find it really hard to trust others. They usually have trust issues because, at some point, they have placed their trust in someone and that trust broken.

She reaches across the table and brushes the scar on my forehead. Her fingertips are warm and for a second I relax, sinking into her touch. "You're just a baby," she says quietly. "So young." I stand up, clumsily knocking into the table. She was getting too close, I was letting her. The food and her kindness made me sleepy and complacent. Always be alert, Evan would warn. The fox has many disguises. (Glasgow 2016, p.136)

Based on the quotation above, the researcher states that Charlie lost trust in others because effect of her hypervigilance. Charlie has experienced a lot of bad things in her life, so to meet new people she is very careful. This can be proven when Ariel gets near to Charlie and touch her forehead. Even Charlie feels warmth and became more relaxed, but immediately Charlie avoids Ariel because Ariel is someone she has just met, so she remembers what Evan's said, that Charlie has to always be vigilant if she doesn't want bad things to happen to her again. This is consistent with Jung's opinion that the introvert is more comfortable with the inner world of thoughts and feelings, so they will see the world in terms of how it affects them.

c. Anti-Social

An introvert is a person who tends to withdraw from society. Their interests and attention are more focused on their own thoughts and experiences.

By eight-thirty we're in Group and that's when the stories spill, and the tears spill, and some girls yell and some girls groan, but I just sit, sit, and that awful older girl, Blue, with the bad teeth, every day, she says, Will you talk today, Silent Sue? I'd like to hear from Silent Sue today, wouldn't you, Casper?... The girls piss and hiss about the schedule, the food, Group, the meds, everything, but I don't care. There's food, and a bed, and it's warm, and I am inside, and I am safe. (Glasgow 2016, p.6)

Based on the quotation above, the researcher argues that Charlie became an anti-social person because of the effects of avoiding her traumatic experiences. Because of that, she is not interested in joining group activities because she avoids talking about her life in the past. Even though the girls in the group activities spill all their stories, but Charlie just sits there and doesn't say a word. Like Jung's theory that an introvert focuses her attention on her own feelings and thoughts. Charlie does not care about the people around her, what she thinks is how to keep herself safe, not to return to her old life like before she was in Creeley.

d. Self-destructive Behaviors

Self-destructive behavior usually aims to vent negative emotions that occur in individuals in the past. It can be seen in the following quotation.

Once my mother hit my ear so hard I heard the howling of trains for a week. I get up and walk to the door. Casper calls after me, but I don't stop. My ears are a sea of bees... Then I step into our shower and pound my forehead into the wall until the bees die. When Casper comes running in, she grabs me around the waist and pulls at me to get me to stop. (Glasgow 2016, p.79)

2. Extrovert

a. Become More Creative

Being a creative person can have many benefits and make a person happy and can forget about the problems in their life. Creative people can develop their minds to do interesting things.

I have to do something or I will explode. Talking to Evan, finding Mikey, waiting for him to come visit me, thinking of Ellis, I miss miss miss so much. I draw her. I draw them. I fill my paper with Ellis and Mikey, Evan and Dump, even DannyBoy. I fill every last piece of paper until I have a whole world of missing. When I look up, everyone is gone except Miss Joni and she's turned the lights on. It's dark outside the window. (Glasgow 2016, p.75).

The quotation explains that Charlie is drawing on the paper. She filled every last piece of paper with pictures of her friends. She spills all her creativity in her drawings. Based on the quotation, the researcher explains that drawing becomes Charlie's focus as she avoids her explosion when she misses her best friend Ellis and thinks about her, but in

reality, they cannot see each other again because Ellis is dead. The researcher argues that a person should try to determine the right attitude that fits in context to the situation. At times extraversion is a better way to deal with a situation and is in line as Jung mentioned. Through the quotation above, the researcher states that Charlie became a more creative person because of the effect of avoiding her traumatic feelings.

b. Dare to Take Risks

Extroverted personalities are characterized as not afraid to take risks and tend to be more likely to engage in risky behavior. In fact, people with extrovert personalities feel proud if they manage to do it successfully.

I spread out the money Ellis and I made. Fly over the ocean, Ellis said, arms out, spinning around her room. Touch down in London, Paris, Iceland, wherever. All the romantic-seeming places she wanted to live. Sipping espresso on the Seine will be fucking angelic, Charlie. You'll see... I paid Leonard a total of five hundred and ninety-five dollars for rent and security. It was scary and sad to hand over so much money at once, to have to let go what she and I had dreamed about. But I do have a room of my own, at least. I'm not in an alley, or an underpass, or a leaky, cold van, or a red room in a horrifying house. I'm here. I don't feel sad. For just now, I don't feel scared. I feel, for right now, well, kind of triumphant. (Glasgow 2016, p.169)

The quotation above explains after Charlie left Creeley and she starts her new life in Arizona. She remembers that she has some money she and Ellis has collected. She thinks with the money maybe she can rent a room for her to stay in. At first, she is hesitant to use the money. And now she has to use the money at once to pay for rent and security. Charlie takes the risk. He chooses to use all the money instead of having to go back to living on the streets. The researcher states that past flashbacks influence Charlie to make decisions. She feels a little proud of herself. At least now she has her own room.

CONCLUSION

Based on the research and analysis the researcher can conclude there are several forms of traumatic experience in the novel. There are flashbacks of traumatic experience or re-experiencing a traumatic event, arousal traumatic and avoidance traumatic. Those forms affect the main character's personality, introvert and extrovert. In this study have two problems to be solved; the first is to find the forms of traumatic experience and to explain how those forms affect the personality types. Based on the research that the researcher has done, the result is traumatic experiences have an effect to personality types. The effect is anxiety, loss of trust in others, antisocial, self-destructive behavior, become more creative, and dare to take risk. The flashbacks traumatic experience has the greatest effect toward introvert personality.

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