BETRAYAL TRAUMA IN HEATHER LLOYD'S *MY NAME IS VENUS BLACK*

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ABSTRACT

This article analyzes how betrayal trauma in the main character occurs as a result of the person she believes has betrayed her. This article is to find out how betrayal trauma occurs by look for problems namely depression and anxiety from those described in the novel. Venus betrayed her stepfather by killing him to come out of sexual harassment that she could no longer accept because it caused her to be depressed and anxious. The research method used in this article is a descriptive-qualitative method and library research. The researcher collects data from the novel, articles, books, and journals. The result of this article is to reveal the truth that betrayal trauma can occur to the main character due to depression and anxiety problems she ever experiences.

Keywords: Betrayal, trauma, depression, anxiety.

ABSTRAK

Artikel ini menganalisis bagaimana trauma pengkhianatan dalam karakter utama terjadi akibat orang yang dia percaya selama ini mengkhianatinya. Tujuan dari artikel ini adalah untuk mencari tahu bagaimana trauma pengkhianatan terjadi dengan mencari kedua masalah yaitu depresi dan kecemasan dari yang tergambarkan di dalam novel. Venus mengkhianati ayah tirinya dengan membunuhnya untuk keluar dari pelecehan seksual yang tidak bisa lagi diterimanya karena hal tersebut menyebabkan dia depresi dan cemas. Metode penelitian yang digunakan dalam artikel ini adalah metode deskriptif-kualitatif dan penelitian kepustakaan. Penulis mengumpulkan data dari novel dan dari beberapa sumber artikel, buku, dan jurnal. Hasil dari artikel ini adalah untuk mengungkapkan kebenaran bahwa trauma pengkhianatan dapat terjadi pada karakter utama karena masalah depresi dan kecemasan yang pernah dialaminya.

Kata Kunci: Pengkhianatan, trauma, depresi, kecemasan.

INTRODUCTION

Betrayal is breaking contract that causes ethic and mental conflict between personal and organizations. The act of supporting a rival group is called by betrayal and trauma is defined as a very sad experience that is usually followed by emotional and physical shocks. Example of betrayal trauma is sexual assault. The term "betrayal trauma" refers to the damage that is caused when someone

experience a betrayal in his relationship that damages the trust, safety, and security of the bond he have with his partner.

Someone cannot experience betrayal where there is not a deep sense of safety and trust. But when there is a deep sense of safety and trust and he is uncover an unknown addiction or infidelity, it can be the most debilitating moment in his life. These forms of betrayal are extremely traumatic, and he can experience devastating mental, physical, and emotional consequences.

According to Jennifer J. Freyd, Bridget Klest & Carolyn B. Allard (2005) Trauma is defined as a deeply distressing or overwhelming experience that is commonly followed by emotional and physical shock. If it is left unresolved or untreated, traumatic experiences can lead to short and long-term challenges. Betrayal trauma can be happened because of sudden death of a loved one, physical or sexual assault, witnessing violence, natural disasters, car accidents, military combat, and many more.

According to Jones & Burdette (1994, p. 2), we may unwittingly betray others. Betray definition according to The Macquarie Dictionary (1991, p. 2) lists a number of different, though closely related, meanings of the term "to betray," including to deliver up to an enemy, to be disloyal or unfaithful, to deceive or mislead, to reveal secrets, to seduce and desert, and to disappoint the hopes or expectations of another. It also can be defined as rejection by others. However, the relationship between interpersonal betrayal and rejection has not been explicitly discussed in social psychological literature and most researchers act both of them as different phenomena. Jones and Burdette (1994, p. 2) also argued that rejection tends to occur early in the process of trying to establish a relationship, meanwhile betrayal occurs in an established relationship where partners are involved with, and to an extent, trust one another. Jones, Couch and Scott (1997, p. 2) argue that rejection and betrayal are the two basic risks people take in close relationships, but that betrayal is worse than rejection.

Heather Lloyd is the researchers of *My Name Is Venus Black* novel. She is an American author. *My Name Is Venus Black* is her first novel. Venus Black is a straitlaced. A student fascinated by the study of astronomy, until the night she commit a shocking crime that tore her family apart and ignite a media firestorm. Venus refused to talk about what happened, excepted to blame her mother. Adding to the mystery, Venus's developmentally challenged younger brother, Leo, went missing.

In this gripping story, debut novelist Heather Lloyd brilliantly captured ordinary lives into extraordinary circumstances. Told through a constellation of captivating voices, *My Name Is Venus Black* explored the instability of right and wrong, the pain betrayal, then love & family purpose.

In doing this research, the researchers chose the title of betrayal trauma because Venus betrayal to her stepfather by killing him and what happened to her makes her life into trauma. She betray her stepfather and her mother because neglect of her mother did to her after the incident happened.

The problems of the study in this article: how are depression and anxiety as betrayal trauma portrayed in the novel *My Name Is Venus Black*. The researcher would like to achieve the following objectives: To find out how depression as betrayal trauma and anxiety as betrayal trauma portrayed in the novel *My Name Is Venus Black.*

REVIEW OF LITERATURE
Theory of Literature

Literature is writing. More limited, literature refers to writing that is considered an art form or a single intellectual property value, often because it uses language in a different way than ordinary use.

According to Richard Taylor in his book Understanding the Elements of Literature (1981, p. 1) said that literature "like other arts, basically is an imaginative action which is doing of the author's fantasy in choosing, reserving, and defining life experiences." Here Taylor says that the focus of literature is on the activities and processes of making literature.

There are a number of external points discussed in the literature study. Except settings and environment. Extrinsic studies only connect literature with the social structure and prior growth. Through some points, this is an 'ordinary' information, claiming responsibility of the literature, explaining then ultimately reducing it to a 'fallacy of origins'. However, causal studies can never be separated from the analysis, evaluation, and description some objects such as literary art. According to Wellek, Warren (1977, p. 73), the causes and consequences are not commensurate: the concrete results of this extrinsic cause, artwork is always unpredictable.

Wellek, Warren (1963, p. 22) define literary terms seem best if we limit them to literary art, namely imaginative literature. Literature is also created by the author's fictions. Literature is not only fact papers or a collection in pure events. It also make some products from unlimited imagination. Literature is the whole written expression in imagination, which explains definition of life and nature.

Literature Theory and Psychology

In this thesis, the author uses literary theory and psychology by Wellek and Warren. "There are four possible definitions of literary psychology: the psychological study of the researchers, as a type and as an individual, or the study of creative processes, or the study of the types and psychological laws in literature, or, finally, the literary effect on the reader (audience of psychology) (Wellek and Warren, 1977, p. 81).

According to Russell (1964, p. 551), "Psychologists are more likely to be replicated observations, while researcherss are more inclined to analogy and metaphor". However, both of them share the purpose of understanding the development of the subject, real / fictional character, respectively. According to Russell, knowledge leads to facts from one field that can contribute to others in four categories: author psychology, creative process psychology, behavioral studies, and literature responses.

A Brief View on Character

Character is an important element that gives an impression in a story. It is a messenger of author in conveying a message of the story. Abrams (1985, p. 23-24) states:

"Characters are people who are in a drama or narrative work, which is believed by the audience as a dish that gets blessings, and deep emotions in life always speaking in conversation and do in action. The grounds in the characters' temperament, desires, and moral nature for their speech and actions are called motivation. A character may remain essentially "stable," or unchanged in outlook and disposition. …. Whether a character remains stable or changes, the reader of a traditional and realistic work expects "consistency"-the character should not suddenly break off and act in a way not plausibly grounded in his or her temperament".

Duffy and Petit (1953, p. 24) stated that "Character is a person in a story or a play". The process of creating and developing character in a work fiction is called characterization. Jones, (1968, p. 84) states that characterization is the depicting of clear images of a person. Characterization, by this definition, means the real description of the characters participating in the story through their actions.

Character development involves both physical description and classification of the mental and spiritual qualities of the person. The general character in a story, whether he is sympatric or an unsymphatic person, is related to the protagonist, they forced arrayed against him, whether person or things, they are the antagonist. (Perrine, 1978, p. 43).

a. The Major or Main Character

The major characters play an important role in the story or the novel. The major characters can further be analyzed into three groups they are as follows: (1) protagonist (2) antagonist (3) companion.

b. Minor Character

Minor character also can be called as supporter of the drama, novel and they do not have an important role inside the novel.

1. Physical appearance of the main characters. It contains the physical of the appearances, related about their age, performance, describe how old they are, how they look like, about sex both men or women is like have pale skin, handsome or beautiful, long, black or brown, etc.

2. Social status of the main characters

This section describes how the main character of life (rich or poor), how education and treasure dignity. And discusses the background of the main character, such as: their educational background, their life in middle, high modern classes.

3. Social relationship of the main characters.

In this case, the researchers wants to discuss the relationship between the main characters and others characters surrounding them (minor character or supporting character).

4. Personality of the main characters

It describes the personality of the main character such as: how to create romantic situation, can see good condition to play a role, whether or not are they responsible, neat persons or discipline.

Betrayal Trauma Theory

The theory of betrayal trauma (BTT) introduced by Jennifer Freyd in 1994, Traumatic betrayal is defined as trauma carried out by someone close to life. BTT suggests that a child who relies on their caregivers for support is needed to spread the traumatic experience of consciousness.

Betrayal trauma refers to a social dimension of psychological trauma, independent of post-traumatic stress reactions (Freyd, 1996, p. 76). Betrayal trauma occurs when the people or institutions on which a person depends for survival significantly violate that person's trust or well-being: Childhood physical, emotional, or sexual abuse perpetrated by a caregiver are examples of betrayal trauma. When psychological trauma involves betrayal, the victim may be less aware or less able to recall the traumatic experience because to do so will likely lead to confrontation or withdrawal by the betraying caregiver, threatening a necessary attachment relationship and thus the victim's survival. Research findings indicate that adults are less likely to fully recall childhood abuse by caregivers or close others than by strangers (Freyd, DePrince, & Gleaves, 2007, p. 295).

The initial focus of BTT was on the response of unawareness, but as the theory has been extended and developed, other responses such as alexithymia, depression, and anxiety have been considered (e.g., Goldsmith & Freyd, 2005, p. 297). In addition, betrayal trauma associated with other problems such as physical illness, alexithymia, depression, and anxiety (Freyd, Klest, & Allard, 2005, p. 76). Females, compared with males, report greater exposure to traumas high in betrayal; the reverse is true for traumas low in betrayal (Goldberg & Freyd, 2006, p. 56). Betrayal trauma theory highlights the importance of safe and trustworthy attachment relationships in understanding post-traumatic outcomes.

Depression and Anxiety

According to Goldsmith & Freyd (2005, p. 297), the initial focus of Betrayal Trauma Theory (BTT) is a response to unawareness, but because the theory has been expanded and developed, other responses such as depression, and anxiety have been considered.

Depression

There are three mechanisms that found by Beck (1967, p. 3) were responsible for depression, which are:

1. The Cognitive Triad (of negative automatic thinking)
2. Negative self-schemas
3. Errors in Logic (i.e. faulty information processing).

1. The Cognitive Triad (of negative automatic thinking)

The cognitive triad are three forms of negative (i.e. helpless and critical) thinking that are typical of individuals with depression: namely negative thoughts about the self, the world and the future. These thoughts tended to be automatic in

depressed people as they occurred spontaneously.

E.g depressed personality incline to show themselves as helpless, worthless, and inadequate. They interpret events in the world in an unrealistically negative and defeatist way, and they see the world as posing obstacles that can't be handled. Finally, they see the future as totally hopeless because their worthlessness will prevent their situation improving.

As these three components interact, they interfere with normal cognitive processing, leading to impairments in perception, memory and problem solving with the person becoming obsessed with negative thoughts.

2. Negative self-schemas

Beck (1967, p. 3) believed that depression prone individuals develop a negative self-schema. They possess a set of beliefs and expectations about themselves that are essentially negative and pessimistic. Beck claimed that negative schemas may be acquired in childhood as a result of a traumatic event. Experiences that might contribute to negative schemas include:

1. Death of a parent or sibling.
2. Parental rejection, criticism, overprotection, neglect or abuse.
3. Bullying at school or exclusion from peer group.

However, a negative self-schema predisposes the individual to depression, and therefore someone who has acquired a cognitive triad will not necessarily develop depression. Some kind of stressful life event is required to activate this negative schema later in life. Once the negative schema are activated a number of illogical thoughts or cognitive biases seem to dominate thinking. People with negative self-schemas become prone to making logical errors in their thinking and they tend to focus selectively on certain aspects of a situation while ignoring equally relevant information.

3. Errors in Logic (i.e. faulty information processing)

Beck (1967, p. 3) identified a number of systematic negative bias in information processing known as logical errors or faulty thinking. These illogical thought patterns are self-defeating, and can cause great anxiety or depression for the individual. For example:

1. Arbitrary Inference. Drawing a negative conclusion in the absence of supporting data.
2. Selective Abstraction. Focusing on the worst aspects of any situation.
3. Magnification and Minimization. If they have a problem they make it appear bigger than it is. If they have a solution they make it smaller.
4. Personalization. Negative events are interpreted as their fault.
5. Dichotomous Thinking. Everything is seen as black and white. There is no in between.

Such thoughts exacerbate, and are exacerbated by the cognitive triad. Beck believed these thoughts or this way of thinking become automatic. When a person's stream of automatic thoughts is very negative you would expect a person to become depressed. Quite often these negative thoughts will persist even in the face of contrary evidence. Retrieved from (https://www.simplypsychology.org/simplypsychology.org-Depression.pdf).

Anxiety

Anxious (anxiety) is excessive anxiety about threats that are not necessarily real. Often the term anxiety is equated with fear. Though both are things that are different. According to Freud Sigmund (1856-1939, p. 97), the human is driven towards tension reduction, in order to reduce feelings of anxiety. Anxiety is an aversive inner state that people seek to avoid or escape.

Humans seek to reduce anxiety through defense mechanisms. Defense Mechanisms can be psychologically healthy or maladaptive, but tension reduction is the overall goal in both cases. A comprehensive list of Defense Mechanisms was developed by Anna Freud, Sigmund's daughter. Anna remained with her Father throughout his life, never marrying.

In Freudian terms, she remained trapped in her Oedipus complex, never giving up her longing to possess her father sexually. However, because of a strong ego and super ego, this ID based desires were sublimated into psychological creativity which advanced Freudian theory, her father's greatest love. Freud specified three major types of anxiety:

1 Reality Anxiety

The most basic form, rooted in reality. Fear of lion bites, fears arising from future accidents. (Ego Based Anxiety). The Most Common Tension Reduction Method: Remove yourself from dangerous situations.

2. Neurotic Anxiety

Anxiety arises of an unconscious fear. Anxiety that perched before the threat occurred. For example, we are already afraid of the coming apocalypse.

3. Moral Anxiety

Anxiety caused by fear in violating the rules made by the community. So if that happens, the perpetrators will be exiled by the community.

Defense Mechanisms

When several types of anxiety occur, the mind responds in two ways: First, problem solving efforts increase, and second, the defense mechanism is triggered. All Defense Mechanisms share two general characteristics: They can operate unconsciously, they can be distorted, altered, or falsified.

Types of Defense Mechanisms

Sigmund Freud (1894-1896, p. 1) records types of defense mechanism. They are:

1. Compensation

Compensation is a negative process of covering oneself that is felt by developing a positive self-concept. For example, if someone is not capable in the academic field, then he tries to excel in other fields, for example sports.

2. Denial

Denial is the process by which the unconscious realizes something negative is near us but ourselves try to ignore it or not want to face it. For example, a father who is drinks alcohol. On the one hand, the community will regard the father's deeds as neither good nor negative. However, in the family it was considered normal or positive because it was done by a father in the family. And a father is a positive person.

3. Replacement

Replacement is when you express your feelings for a substitute target because you don't want to reveal it to the actual target. An example is when a father is scolded by his boss in the office, he feels annoyed but cannot repay him so that the mother is his target at home.

Related Previous Study

1. This study is a script by Julie Fitness (2013) which the title is Betrayal, Rejection, Revenge and Forgiveness. This journal provides some knowledges about the action of betrayal that happens in a relationship and also the explanation of it. The contribution for this thesis that betrayal trauma make the process of trauma and healing for the trauma itself depending on the victim of betrayal trauma.

Retrieved from Fitness, J. 2001. Betrayal, Rejection, Revenge, and Forgiveness: An Interpersonal Script Approach. Sydney, Australia: Macquarie University. Retrieved   from http://www3.psych.purdue.edu/~willia55/392F/FitnessBetrayal.pdf.

2. Ben-Yehuda's (2001) with his book "Betrayals and Treason Violations of Trust and Loyalty Boulder, Colorado: Westview Press". His book framed all forms of betrayals and treason under a unifying analytical framework using loyalty, trust and moral boundaries as explanatory tools.

Retrieved from Ben-Yehuda's. 2001. Betrayals and Treason Violations of Trust and Loyalty. Boulder, Colorado: Westview Press.

3. Andini Putri (2017) in her thesis is entitled "The Betrayal of The Main Characters in Two Novels Arsen A Broken Love Story and Supernova Kesatria, Putri dan Bintang Jatuh". The contribution for this thesis that the research of betrayal trauma happened not just only from one place but it can be everywhere.

Retrieved from Andini Putri. 2017. The Betrayal of The Main Characters in Two Novels Arsen A Broken Love Story and Supernova Kesatria, Putri dan Bintang Jatuh. Medan, Sumatera Utara: Department of English, Faculty of Cultural Studies, University of Sumatera Utara. Retrieved from http://repositori.usu.ac.id/handle/123456789/4053.

4. Rosemary E. Bernstein and Jennifer Freyd. 2014. with their journal. Trauma at home: How Betrayal Trauma and Attachment theories understand the human response to abuse by an attachment figure. They using Attachment Theory by Bowlby. (AT; Bowlby, 1969) is a theory of developmental psychology that uses evolutionary and ethological frameworks to describe how the caregiver-child relationship emerges and how it influences subsequent social, emotional, and cognitive development.

Retrieved   from https://www.researchgate.net/publication/260286688_Trauma_at_home_How_Be trayal_Trauma_and_Attachment_theories_understand_the_human_response_to_a buse_by_an_attachment_figure.

5. McNally RJ in 2007 with journal, Betrayal trauma theory: a critical appraisal. Freyd's (1996) betrayal trauma theory holds that children sexually abused by their caretakers are prone to develop amnesia for their abuse because awareness of

abuse would imperil the survival of victims by disrupting their attachment to caretakers on whom they depend for food, shelter, and clothing.

Retrieved from (McNally RJ. 2007. Journal. Betrayal trauma theory: a critical appraisal. Retrieved from https://www.ncbi.nlm.nih.gov/pubmed/17454665.

METHOD

In writing a critical analysis, a research method is needed in the process for the researchers to get understanding and collect all the data to complete research. In analyzing Heather Lloyd My Name Is Venus Black, the researchers will use a descriptive and qualitative methods. The descriptive-qualitative research is a research method to study a phenomenon in life, to find out the patterns and themes of that phenomenon and to seek an answer about the phenomenon in a descriptive way.

According to Parse, Rosemarie Rizzo (2001, p. 57), the purpose of the qualitative descriptive method is to study intensely a phenomenon to discover patterns and themes about life events when the researcher have specific question to the phenomenon. Qualitative research methods were developed in the social sciences to enable researchers to study a social and cultural phenomenon. It is an inductive approach, and its goal is to gain a deeper understanding of a person or group's experience. The researchers will go through the necessary steps for achieving the most effective study results and these concern to step research design, data sources, data collection, and data analysis.

The source of this study is primarily from the novel My Name Is Venus Black. The novel is published in 2018 by Penguin Random House. It has five parts with 7 chapters and 260 pages. The data in the novel are form of words, phrases or sentences. However, the researchers only focuses on data that have depression and anxiety in betrayal trauma. Supporting data, the researcher also uses secondary data from some related textbooks, reports, and articles in reference to further guidance.

In the step of data collecting problem, the researcher need both primary and secondary data sources. First of all, the researchers started with reading My Name Is Venus Black novel to get further understanding and taking down any notes of depression and anxiety in betrayal trauma theory which are found in the novel. The researchers also looks into secondary data such as collecting related data from books, articles, website or internet, and other supporting material that is relevant to the topic of study.

In order to analyze the data, the researchers will re-reading the primary data for the first step. In this step the researchers re-read novel My Name Is Venus Black to really understand and interpreted the content of the novel. The purpose of re-read the data is because it is quite hard to understand, analyze and interpret the data later if the researchers only read it once. It is suggested to read the data twice or more.

Then, the second step is identifying the betrayal trauma in the novel that is Venus Black to find out how the betrayal trauma happened. The researchers will analyze it based on dialogues and inner thought that depicts in betrayal trauma on the main character.

The third step is analyzing betrayal trauma theory problem. They are depression and anxiety using supporting theory of depression and anxiety on the main characters in the novel. In this step, the researcher will analyze the betrayal trauma problem of the Venus Black in to find out the depression and anxiety of it. And then, the last step is drawing and summarizing the conclusion. In this step, the researchers will conclude and summarize the result of the analysis.

FINDINGS AND DISCUSSION

Depression as Betrayal Trauma

There are three mechanisms that found by Beck (1967, p. 3) were responsible for depression, which are:
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As these three components interact, they interfere with normal cognitive processing, leading to impairments in perception, memory and problem solving with the person becoming obsessed with negative thoughts.

In *My Name Is Venus Black* novel, cognitive triad can portray in the quotation below is about Venus problems:

Now she's scaring me. I'd been picturing staying here at Denney. I figured I'd get privileges for being good, so I could get out early. (Chapter 9, Page 32).

From the quotation above explains about Venus feels distraught and fear. Probably she must lie if she want to free from jail and tell to her doctor, Betty and everyone want to hear. But she can't bring herself to it. She just want to people know that her stepfather, Raymond doesn't hurt her, he just peer on her wall room that only god knows how long he done that and Inez know about that but unfortunately Venus doesn't want people know what true accident she had because she is victim of betrayal trauma and have many problems such as depression and anxiety, so she is not really open to Betty although Betty helps her because Venus knows the perpetrator and doesn't want people know because she feel **scared**, panic, and guilty. If she told Betty the truth, everything can get worse and Betty cannot believe Venus.

2. Negative self-schemas

Beck (1967, p. 3) believed that depression prone individuals develop a negative self-schema. They possess a set of beliefs and expectations about themselves that are essentially negative and pessimistic. Beck claimed that negative schemas may be acquired in childhood as aresult of a traumatic event. Experiences that might contribute to negative schemas include:

1. Death of a parent or sibling.

2. Parental rejection, criticism, overprotection, neglect or abuse.

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However, a negative self-schema predisposes the individual to depression, and therefore someone who has acquired a cognitive triad will not necessarily develop depression. Some kind of stressful life event is required to activate this negative schema later in life. Once the negative schema are activated a number of illogical thoughts or cognitive biases seem to dominate thinking. People with negative self-schemas become prone to making logical errors in their thinkingand they tend to focus selectively on certain aspects of a situation while ignoring equally relevant information.

In *My Name Is Venus Black* novel, negative self-schema can portray in the quotation below is about Venus and her family and neglect by her parents. The researchers has listed the quotations in the novel *My Name Is Venus Black* related to betrayal trauma in the form of depression.

"What kind of relationship did your mother have with your stepfather?"

"They **fought** a lot. I don't think she really even loved him. I was always rooting for her to kick him out, but she never would."(Chapter 6, Page 26).

Quotation above explains that her father, Raymond and her mother Inez sometimes **get fight** but they want to get separate because Inez doesn't want to get poor again if divorce with him, although she knew that Venus had sexual harassment from his husband. Because when she becomes single parents, she works in bar at midnight. Venus lost his father, Joseph Black when she is five years old, that is why Inez felt lonely and depression too.

Joseph just a factory worker and his death because he using wrong belt that is caught on a piece of machinery. It is a tragedy for Inez and Venus because she take care of Venus alone and their economic life same with other family who work in factory, middle to lower economic family and Inez is just ordinary mother with no job outside home. Inez doesn't marry with Raymond if they don't meet at bar she works there because Raymond Miller celebrates his roll six strikes in a row. They get married because Raymond bought four hole-toaster machines.

The next quotation is about Venus neglect by her parents:

"I want her out of here," I say, trembling with **anger.** And then louder, "I want her out! She's the one you should arrest!" (Chapter 1, Page 9).

The quotation above explains that when Venus sees Inez, Venus very **angry**. When she got arrested by the police, she so sad and she realized that her mother, Inez doesn't really care about her. She realize that Inez always choose Raymond, her second husband than Venus, her daughter. Before Venus kills her stepfather, Inez takes Venus to see "a shrink," as Raymond call him, because

Venus has anger problems and lack impulse control. It's true that Venus was angry a lot, and it was also true, at least at home that she has a temper, especially when it came to Raymond. Sometimes, she picked fights with him for no good reason. It was almost like she wants him to hurt her so she can have some way to explain to herself why she hates him so much until she get arrested right now and she understands why she hates Raymond so much.

Other quotation about Venus neglect by her parents are:
"I **hate**d the way he treated Leo." "How did he treat Leo? Did he hurt him physically?" "Yeah," I say. Once, he threw me down the stairs." (Chapter 6, Page 28).

In the quotation above, When Betty asks Venus what she really **hate** the most from her stepfather, Venus explains that not only she ever neglected and physical abuse by her stepfather, Raymond but his younger brother, Leo too. Raymond hurts them without Inez knowing why especially when Venus got fight with Raymond. Her mother Inez sometimes believe Venus and sometimes Inez defends Raymond. Actually, Venus does not get sexual abuse but she get sexual harassment from his stepfather although she is really try to explain to Betty that she never got sexual abuse.

Before Venus leaving Betty's office, Betty asks if Venus want to hurt herself. She told her no. That is when Betty mentions that Venus is on suicide watch her first three days of detention. Betty explains to her that every fifteen minutes someone is looking in at Venus through that small glass window in her door. The news totally freaks Venus out. Venus possibly try to suicide. Suicide haven't cross Venus mind since she got to jail and now she feels kind of bad, like she failed to meet expectations. She didn't realize she was supposed to feel so guilty about what happen that it shall make she wants to die. Venus knew, because she has try to do that. It was just last week after she kill her stepfather, and she is still alive.

3. Errors in Logic (i.e. faulty information processing)
Beck (1967, p. 3) identified a number of systematic negative bias in information processing known as logical errors or faulty thinking. These illogical thought patterns are self-defeating, and can cause great anxiety or depression for the individual. For example:
1.   Arbitrary Inference. Drawing a negative conclusion in the absence of supporting data.
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to become depressed. Quite often these negative thoughts will persist even in the face of contrary evidence. Retrieved from (https://www.simplypsychology.org/simplypsychology.org-Depression.pdf).

In *My Name Is Venus Black* novel, errors in logic can portray in the quotation below:

When I try to explain this to Officer Andy, he totally doesn't get it. "You don't deny you're **guilty,** Venus," he says. "So what do you mean you might be innocent?" "I mean, what if it was just my destiny and there's nothing I could have done to change it? "Well," he says. "Maybe that's true in some way," he offers. "I guess we all have a destiny. But it doesn't change the law. And the law says you have to take responsibility." (Chapter 3, Page 17).

In the quotation above explains about logical errors or faulty thinking. Venus denial, her personalization, and dichotomous thinking. Venus admitted that she is **guilty** but she thinks she is innocent because she kills her stepfather for her sake. She thinks when she kills her stepfather to defend herself but she must take responsibility for what she done. Maybe her destiny to kill her stepfather but the law in this world make her punished into the jail.

After analyzing the data, the researchers will analyze anxiety on Venus Black.

Anxiety As Betrayal Trauma

Anxious (anxiety) is excessive anxiety about threats that are not necessarily real. Often the term anxiety is equated with fear. Though both are things that are different. According to Freud Sigmund (1856-1939, p. 97), the human is driven towards tension reduction, in order to reduce feelings of anxiety. Anxiety is an aversive inner state that people seek to avoid or escape.

Humans seek to reduce anxiety through defense mechanisms. Defense Mechanisms can be psychologically healthy or maladaptive, but tension reduction is the overall goal in both cases. A comprehensive list of Defense Mechanisms was developed by Anna Freud, Sigmund's daughter. Anna remained with her Father throughout his life, never marrying.

In Freudian terms, she remained trapped in her Oedipus complex, never giving up her longing to possess her father sexually. However, because of a strong ego and super ego, this ID based desires were sublimated into psychological creativity which advanced Freudian theory, her father's greatest love. Freud specified three major types of anxiety:

1. Reality Anxiety

According to Freud (1856-1939, p. 97) the most basic form in anxiety is rooted in reality. Fear of lion bites, fears arising from future accidents. (Ego Based Anxiety). The Most Common Tension Reduction Method: Remove yourself from dangerous situations. Reality anxiety or traumatic anxiety is reality-oriented anxiety imagining about never feel safe anywhere in the world. Reality anxiety occurs due to an event in which the sufferer of anxiety considers other people will do something bad and bad to him even though it is all a result of negative thoughts

and excessive feelings of anxiety from the sufferer.

Anxious sufferers can worry about anything even in the real world. For example, when on public transportation, we see a large, tattooed man reaching into his pocket. We begin to feel anxious because we are worried about the object behind his pocket. We assume that the man has a gun. In fact, the man only took a cellphone in his pocket.

Other example, when he thought someone was whispering in his head and tried to control his mind when he was stressed or depressed or when he saw a large group of people he felt smaller than them and thought the people would attack him.

The researchers have listed the quotations in the novel *My Name Is Venus Black* related to betrayal trauma in the form of reality anxiety. The problem of reality anxiety comes after she in jail. Inez told Venus in the quotation below:
"Leo's gone missing," she announces. "What do you mean, missing?"
"He's gone!" Inez exclaims **angrily.** "But it's been a week! Surely by now…"She looks at me with a mixture of panic and guilt. (Chapter 7, Page 31).

The quotation above explains that Inez expressing her **anger,** panic and guilty. Venus is surprised because Inez actually explaining and defending herself to Venus this way. But then Venus realized Inez isn't really talking to her. Inez blabbering on because she's so scare and she knows it's her fault. Pretty soon her fear triggers Venus her own and she realize this is real. Venus feelings same like Inez too. Venus very angry because Inez gives all her blame to Venus. Venus cannot do anything because she in the jail right now. Venus doesn't believe the truth and reality that Leo is missing.

2. Neurotic Anxiety

Neurotic anxiety, "neurotic" can be referred to as the level of depression or anxiety, and emotional instability. Neurotic anxiety that arises without knowing the danger that threatens it. Neurotic anxiety occurs because the unconscious and anxiety sufferer does not realize that his mind is filled with anxieties that he cannot measure in his mind so it becomes excessive. According to Freud (1856-1939, p. 97), anxiety arises of an unconscious fear. Anxiety that perched before the threat occurred. For example, we are already afraid of the coming apocalypse.

A term example is when a mother worries that her child does not come home from the night until tomorrow when her new child arrives her mother immediately scolds him for anxious or when someone is having an exam and feeling overly anxious that his value will be bad even though he hasn't filled out all the exam questions and only thinks badly. Other example is that people feel anxious about meeting with a lecturer, even though he has no experience or experience with a lecturer. This anxiety can come from his unconsciousness.

The researchers has listed the quotations in the novel *My Name Is Venus Black* related to betrayal trauma in the form of neurotic anxiety, the problem in the quotation below:

"Mitigating means we'll try to show that there are extenuating circumstances that should be considered," Betty explains. "The most important one is probably going to be whatever drove you to do this, Venus. For example, if your stepfather sexually abused you, that would be a serious mitigating circumstance." "But he didn't sexually abuse me!" I exclaim. By now I'm distraught and **terrified**. (Chapter 9, Page 37).

In the quotation above, Venus explains that she became anxious because she must explain what her stepfather done to her again but actually her stepfather just peer at hole wall in her room all this time. She feels distraught and **terrify** because if she cannot explain clearly what actually happened to her when she kills her stepfather, Venus can live in jail for six years if she cannot explain to Betty very well but she cannot do that because she feels guilty and she feels shame about the incident that happen to her.

Other quotation is about Venus thinking about Raymond after she kill her stepfather:

Once, when I tried to explain to Jackie how Raymond gave me the **creeps**, Jackie defended him. "Okay, but what about that time after we're shooting cans in the woods and he stopped at Thirty-one Flavors without us even asking?" Now I want to call up Jackie and yell, "See? You were wrong. I was right about Raymond all along! "But I know I'll never make that call, because if my friends ever learn the truth about Raymond, they'll wish they'd never met me. And besides, if I say, "I was right all along," it makes it sound like I knew all along when I really had no idea. (Chapter 3, Page 19).

The quotation above explains that Venus ever thoughts negative thinking about her stepfather, Raymond. She feels creep to him and when first time she met Raymond, she knows there is something bad about him although she does not think too much about that because when Raymond is still date with her mother, Inez, Raymond acts good and always give presents to Venus and her mother, until they are get married, everything is change.

3. Moral Anxiety

According to Freud (1856-1939, p. 97), anxiety caused by fear in violating the rules made by the community. So if that happens, the perpetrators will be exiled by the community. Moral anxiety occurs between one self and the environment. Moral anxiety occurs when in us what we think is true but according to others and the environment is wrong if we do it.

Moral anxiety is from within or instinctively. When someone does or expresses it, then someone will be punished with guilt and shame.

For example: An older brother killed a man who raped his sister. After he was relieved by doing what had been pushed in him, he also felt guilty for breaking the law.

The researchers has listed the quotations in the novel *My Name Is Venus Black* related to betrayal trauma in the form of moral anxiety in the quotation below:

Venus was devastated because it felt clears that her legs were burning. A

female cop and a cranky older detective in plain clothes are trying to interview her, but she is sobbing so much it's not going well. They keep saying things like, "Calm down." "Take a deep breath." "We can't understand what you're saying." But I can't calm down. A bubble of horror has enveloped my brain and left me **hysterical.** I make it about five more minutes before pain trumps pride. "I think I wet my pants,"I sputter, looking at the female officer. (Chapter 1, Page 9).

The quotation above explains Venus anxiety because she feels **hysteria** after killing his stepfather, Raymond. She hopeless. But how can she help herself if none of this seems real. She thinking about panic, fear, guilty, and angry at the same time. She doesn't believe that she got arrest and live in jail for six years.

DISCUSSION

Based on the analysis before, the researcherss can find out that the main character, Venus Black in the novel having depression and anxiety. Betrayal trauma happens because Raymond betray her stepdaughter, Venus. Raymond do sexual harassment to Venus with peer her in hole of Venus wall bedroom and Venus betray him with kill him using gun on his head. On the other hand, Inez betray Venus with believe that Raymond is not guilty, she neglect Venus although Venus tell the truth what happen to her and show her the proof but Inez consider that Venus just hallucinate and act ridiculous and Venus is decide to kill Raymond at that night she find the truth about her stepfather do that to her so far. That is why, Venus betrays both of them. The researchers also found out that Venus betrays parents based on their individual action who don't care about her at the time when that moment happen.

Therefore, Venus act of betrayal trauma are consider as depression and anxiety of her dissatisfaction life. However, Venus betrayal that happen in the novels is quite different with the reality because the victim of betrayal trauma is usually not doing any action because the victim know the perpetrator from their family or close relationship and still depending their life on their family but in this novel, Venus becomes the one who does the betrayal trauma.

CONCLUSION

After analyzing the novel some conclusions are drawn as follows:

Depression experienced by Venus is: First, Venus blames her mother for missing her brother, Leo and her mother, Inez blames her daughter for what Venus did to her stepfather is killing with weapon and Venus was afraid because she was in prison for six years because of what she done to his stepfather. Second, the death of her husband made Inez, remarried to Raymond, Venus's stepfather. Although Raymond and Inez often quarrel, Inez does not want to part with her husband because she does not want to be poor anymore. Venus was ignored by her parents with evidence that Inez did nothing after Venus told her about what her stepfather had done to her and Raymond was still alive because Raymond had physically abused Venus and Leo. Third, Venus could not think straight after she

killed her stepfather because she felt guilty and innocent at the same time but what she actually did to her stepfather made she must responsible for her life.

Anxieties experienced by Venus are: First, when Venus must accept the truth that Leo, her younger brother disappeared when she was in prison. Second, when Venus was afraid because she could not explain clearly to Betty what really happened to her. She felt guilty and ashamed at the same time and she felt that Raymond was a bad person when they first met. Third, when Venus was arrested in prison and when police asked about the incident what she did for the first time, she felt hysteria (panic, guilty, angry) at the same time after she killed her stepfather.

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