



Post infidelity stress disorder found in Taylor Jenkin Reid's *Malibu Rising*

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Abstract. The study aims to examine Post Infidelity Stress Disorder (PISD) in Taylor Jenkins Reid's *Malibu Rising*. The discussion is focused on one of the characters in the novel, June. This study is a descriptive qualitative study with psychological approach. Psychological approach is applied due to the fact that this study concerns with the psychological motivation of the character in the novel. The result of the analysis shows that June has one criterion to be indicated as someone who tends to suffer from Post Infidelity Stress Disorder (PISD) i.e. dependent personality. June's PISD are indicated through several symptoms—exposure to a life threatening, experience of intense fear, hopelessness and horror, re-experiencing the event, avoidance of reminders of the event, emotional numbing, heightening anxiety, and irritability and rage. To deal with her PISD, she tries to avoid reminding the events that reminds her of her husband's infidelity as the way to protect herself. June's PISD affects her life and her children. She becomes addicted to alcohol and loses her physical health that eventually makes her die. Moreover, June's PISD has also made her children change their attitude towards June. Her children are ashamed of her so that they always avoided her especially when they are in public places.

Keywords: Trauma, Infidelity, Post Infidelity Stress Disorder (PISD)

1. INTRODUCTION

Infidelity is one of the most common problems happened in married couple. In marriage relationship, infidelity is described as sharing emotional or sexual intimacy with the opposite sex who is not legally husband or wife (Nasution and Sahri, 2020: 158). In addition, Curtis et al., (2021: 2) state that infidelity is a distress event leading to a trauma-related symptoms such as emotional numbing, anxiety to triggers and sudden mood swings, etc. The examples of acts of infidelity include having an affair, extramarital relationship, cheating, sexual intercourse, oral sex, kissing, fondling, emotional connections that are beyond friendships, internet relationships, pornography use, and others (Blow & Hartnett, 2005: 186). “Post-Infidelity Stress Disorder is a type of anxiety disorder that develops out of extreme stress in the aftermath of learning that a significant other has been unfaithful (Padmavathi, et al., 2013: 56).” Moreover, Kachadourian, et al.,

(2015: 418) state that infidelity can give extremely negative impact on mental health. In addition, Clark and Watson in Cano and O'Leary, (2000: 779) state that individuals who are betrayed by their partners experience more nonspecific symptoms of depression and anxiety. However, research study found out that women are better in managing their feelings and still able to do their activities rather than men (Lively, 2008: 913).

This study discusses the PISD experienced by June, one of the characters in Reid's *Malibu Rising*. June Costas suffers from Post Infidelity Stress Disorder (PISD) after she is abandoned by her husband. This study focuses on two problems i.e. how PISD is portrayed in Reid's *Malibu Rising* and the effect of PISD toward the character's life. The theory of post infidelity stress disorder by Padmavathi et al., (2013) is used to analyzed June Costas' PISD. According to Padmavathi et al., (2013) PISD is a type of anxiety disorder that develops out of extreme stress in the aftermath of learning that a significant other has been unfaithful. PISD has mimic symptoms like PTSD such as: 1) exposure to a life threatening; 2) experience of intense fear, hopelessness and horror; 3) re-experiencing the event; 4) avoidance of reminders of the event; 5) emotional numbing; 6) heightening anxiety; and 7) irritability rage.

Referring to the theory of Padmavathi et al., the results of the analyses shows that the PISD experienced by June Costas happens after she finds out that her husband cheats on her. June is vulnerable to PISD because of her dependent personality. There are several characteristics to say that June has dependent personality i.e. feeling insecure, trust of others, self-doubt, lack of self-confident and having great discomfort in being alone. Based on the seven symptoms of PISD proposed by Padmavathi et al., all are experienced by June. Based on the focus of the study, this research aims to reveal the Post Infidelity Stress Disorder (PISD) suffered by one of the characters in Reid's *Malibu Rising* and how her PISD affects her life.

2. LITERATURE REVIEW

Trauma can happen to anyone at any time, regardless of race or age. Deeply distressing and disturbing experiences can cause trauma. According to Nijenhuis & Van Der Hart (2011: 419) the word trauma means injury or wound. Moreover, New Direction for Women in one of their articles on the website talking about the differences between PTSD and trauma. They define trauma as an event that causes someone to feel hurt, injured, unloved, disregarded, unwanted or unnurtured. In addition, Nijenhuis & Van Der Hart (2011: 419) define trauma as psychological wound that poses affect dysregulation, and persistent avoidance of traumatic memories to who has experienced it. Further, *American Psychiatric Association (APA)*, states that "trauma is an emotional response to a terrible event like an accident, rape, or natural disaster". Immediately after the event, shock and denial are typical. According to New Direction for Women, have classifying types of traumas into: physical or life-threatening event (domestic abuse, car accident, drug overdose), neglect, sexual abuse or assault, medical trauma, military trauma, school violence, natural disasters, forced displacement (refugees), war, or being a witness to any of the above traumatic events.

2.2 Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is one form of mental disorder associated with traumatic experiences. Jenkins et al., (2015: 13495) define that PTSD is a relatively recent diagnostic construct and it's characterized by flashback, nightmares, avoidance, numbing

emotional and hyper vigilance. PTSD also happens when the traumatic stress does not go away (Bonanno, 2021: 13). PTSD (post-traumatic stress disorder) is a term used to describe the effects of traumatic events on trauma survivors. It affects the body, mind, and psyche of survivors, leaving survivors helpless in the face of overwhelming power (Nurhadi, 2019). PTSD also means as normal response to abnormal situation such as war, rape or disaster done by normal people because it was unpredictable (Schiraldi, 2009: 3). *American Psychiatric Association (APA)* states that PTSD sufferers may relieve the trauma in painful recollections, flashbacks, or recurrent dream or nightmares; avoid activities or places that recall the traumatic event (Pratiwi & Pramesti, 2022). In line with *American Psychiatric Association (APA)*, Nemeroff & Marmar (2018: 4), state that the core of PTSD are intrusive recollections, nightmares, insomnia, avoidance of reminders, disillusionment, and hypervigilance. While according to Schiraldi (2009: 6) PTSD criteria was classified into five, they are: (1) exposure to stressors, (2) re-experiencing events, (3) avoidance, (4) arousal, and (5) life disrupted.

PTSD findings have changed over time. It is unlikely that other related discoveries will also be added. Nemeroff & Marmar (2018: 4) state that PTSD was coined in 1980. The chronological of PTSD was still currently studied from 1980 until now. The new insight about PTSD was written by APA (American Psychiatric Association). In 2013, American Psychiatric Association (APA) revised the PTSD diagnostic criteria in the fifth edition of its *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. There are eight criterion of PTSD i.e. Criterion A (the person who exposed to death, threatened death, actual or threatened serious injury or violence), Criterion B (the person who persistently re-experienced the traumatic events), Criterion C (the person who avoidance of trauma-related stimuli after the trauma), Criterion D (the person who feel worsened and having negative thoughts after the trauma), Criterion E (the person who has trauma-related arousal), Criterion F (the person who have PTSD symptoms last for 1 month), Criterion G (the person who create distress or functional impairment) and Criterion H (the person who have PTSD symptoms but not because medication, substance use, or other illness).

2.3 Post-Infidelity Stress Disorder (PISD)

A licensed clinical psychologist named Dr. Kathy Nickerson in Calif (2023) website article, states that individuals can suffer from PISD after finding out their partner is cheating on them. She says, that PISD sufferers experience symptoms similar to PTSD. Further, she stated that symptoms of PISD that will occur in the victim of infidelity include constantly being worried, constant anxiety, feeling depressed, overwhelming thoughts, feeling of hopelessness, feeling a sense of dread, difficulty sleeping, difficulty eating, easily startled, isolating themselves, lots of pent-up anger, intrusive thought about the affair, nightmares, irritability and fluctuating emotional states. The victims of infidelity who experience three or more symptoms for over a month can be indicated as individuals who suffer Post Infidelity Stress Disorder (PISD).

In line with Dr. Kathy Nickerson, Padmavathi et al., (2013: 56) state that Post Infidelity Stress Disorder (PISD) is a type of anxiety disorder that develops extreme stress after individuals find out that their partners have been unfaithful. Individuals who tend to suffer from Post Infidelity Stress Disorder (PISD) are those who have dependent personalities and find their identities in love, those who experienced physical or sexual abuse and those who have fragile self-esteem (Padmavathi et al., 2013: 57). According to Sperry in Faith (2009: 1) dependent personality refers to the lack of self-confidence, great discomfort in

being alone, self-doubting. Moreover Ansell, Grio and Sperry in Faith (2009: 1) state that DPD (Dependent Personality Disorder) may easily be taken advantage of because they are so compliant agreeable, and trusting of others.

The next factor that makes individuals vulnerable to PISD is physical or sexual child abuse. Hansen & Sedlar 1999: 128) state that child abuse may include beating, squeezing, burning, lacerating, suffocating, binding, poisoning, exposing to excessive heat or cold, sensory overload (e.g., excessive light, sound, stench, aversive taste), and prevention of sleep.

The third factor that may contribute to the vulnerability to PISD is fragile self-esteem. Fragile self-esteem refers to feeling of self-worth that are uncertain or unstable and based on unrealistically challenged. Individuals with their fragile self-esteem may seek validation or reassurance of their positive self-view (Todd & Shackelford, 2020: 1637). In addition, Koszegi et al., (2022: 2026) he states that self-esteem likely to be fragile, as well as unrealistic in either the positive or the negative direction (Koszegi et al., 2022: 2040). Moreover, person's self-view can affect their actions, and their actions may also affect his self-esteem (Koszegi et al., 2022: 2026). Individuals who experience a partner's infidelity experiences significant distress.

In addition to vulnerability to PISD, Padmavathi et al., (2013: 57) state that the characteristics of PISD have mimic symptoms of PTSD i.e. 1) exposure to a life threatening; 2) experience of intense fear, hopelessness and horror; 3) re-experiencing the event; 4) avoidance of reminders of the event; 5) emotional numbing; 6) heightening anxiety; and 7) irritability rage.

3. METHOD

Creswell (2014: 260) states that data analysis in qualitative research will take place simultaneously with other parts of the development of qualitative research, namely data analysis procedure of findings. This study is a descriptive qualitative study. The data source is *Malibu Rising* novel written by Taylor Jenkins Reid published in 2021 which contains 348 pages. The data of this study are utterances from the novel that are related to the topic of the discussion i.e. Post-Infidelity Stress Disorder (PISD). It means, the data in this study are non-numerical data taken from Reid's *Malibu Rising*. Moreover, the result of the data analysis and interpretation is presented descriptively. As the research instrument, the writer's roles are to collect, classify and interpret the data of the research. There are several steps done to collect the data i.e. close-reading the novel, identifying the utterances in the novel that are suspected as data and, classifying selected data based on the topic discussed. The data analysis is conducted as follows: 1) Describing PISD symptoms in Reid's *Malibu Rising* through one of the characters, June; 2) Describing the effect of PISD towards June's life; and 3) Making conclusion based on the result of the analysis.

4. RESULT AND DISCUSSION

Malibu Rising is a novel that tells about the life of June who is abandoned by her husbands. June is a mother of three children, Nina, Jay and Hud. She has a happy marriage life until her husband has an affair with others girls and has a baby with one of the girls. Upon finding her husband infidelity, June changes to be different person. June's attitude and behaviors indicate that she suffers from PISD. June Costas as the one of character of

the novel suffers from PISD after experiencing the abandoned by her husband. June is vulnerable to PISD because she has dependent personality.

4.1 June's Post Infidelity Stress Disorder (PISD)

As mentioned before June is vulnerable to suffers from PISD because she has dependent personality. June's dependents personality are shown in five characteristic i.e. feeling insecure, trust of others, self-doubt, lack of self-confident, and great discomfort in being alone.

“She knew that her mother saw it, she’d be forced to return it or worse yet, throw it out. But she wanted to feel pretty. She wanted to put out the signal and see if anyone answered (Reid, 2021: 22).”

The quotation above shows that June feels insecure about herself. She wants other people to look her as a pretty girl. She believes that her beauty can attract a lot of people. So that, she wears bikini in order to impress other people.

June's characteristic that is easily trusts others is also seen when she meets Mick for the first time at the beach. Because she hears Mick's compliment that says “*You are the prettiest girl on this beach*”, June feels happy and accepts his invitation for a date.

“June,” Mick said, holding on to her hand just a bit too long. He did not feed her a line about June being a beautiful name. He conveyed the sentiment clearly enough by the cool joy he took in saying it out loud. “You are the prettiest girl on this beach.”

“Oh, I don’t know about that,” June said, looking away, laughing. She could feel herself reddening and hope he would not notice.

“I’m sorry to say it’s fact, June,” Mick said as he caught her gaze again and let go of her hand. He slowly leaned forward and kissed her cheek. “Maybe I’ll take you out sometime?”

June felt a thrill run through her, from her heart to her legs.

“I would like that,” she said (Reid, 2021: 23).

The quotation above shows how June and Mick meet. June agrees to Mick's invitation for having date with him. Besides that, she does not get angry or irritates when Mick, who is still a stranger kiss her on the cheek. Therefore, June is described as individuals who easily trusts others.

“I like you, June,” Mick said as he held her close, wrapping her tight in his arms. He wanted a woman he could make happy. “You’re one in a million.”

June wasn’t quite sure what Mick thought was so exceptional about her. she hadn’t played it as cool as she’d meant to. She was sure she’d made it obvious how charmed by him she was. She was sure he could sense how naïve she felt about all of this- about love, about sex. But if he believed she was special, then maybe she could dare to believe she was, too (Reid, 2021: 29).

Self-doubting is one of the characteristics of dependent personality (Faith, 2009: 1). June has self-doubting about herself. Although Mick asks her to have dates with him and

he gives a compliment and serves her, June still has self-doubt about herself that she is special.

June also describes as someone that has dependent personality when she faces things that are unpredictable in her life. After June's second divorce with her husband, she is assisted by her mother in taking care of her children. June loses her confidence in being able to take care of her children and to continue running Pacific Restaurant. Her statement "*One woman, all alone, with four kids, and a restaurant she had never wanted*" indicates, that she feels alone in this world. She forgets that she still has Nina, Jay and Kit through it all.

June watched the nurses take her mother's body away. Standing there in the hospital, June felt like she'd been caught in an undertow. *How had she ended up here?* One woman, all alone, with four kids, and a restaurant she had never wanted (Reid, 2021: 118).

The quotation above portrays June's two characteristic as dependent personality i.e lack of confidence and self-doubt. After June's second divorce with her husband. June loses her confidence in being able to take care of her children and to continue running Pacific Restaurant. Her statement "*One woman, all alone, with four kids, and a restaurant she had never wanted*" indicates, that she feels alone in this world. She forgets that she still has Nina, Jay and Kit through it all.

The statement "*June felt like she'd been caught in an undertow*" expresses her discomfort in being alone. She realizes that she does not have someone that she can share about her life problems. Moreover, the quotation above also shows that June has self-doubt about herself: "*One woman, all alone, with four kids, and a restaurant she had never wanted above*". June has self-doubt to continue her life without her mother's help. She has been left by her husband to whom she always depends on. After being left by her husband, she becomes dependent on her mother. When her mother dies, she feels alone and does know how to continue life. She is not sure that she will be able to raise her children and to run the restaurant by herself.

4.1.2 The Symptoms of June's Post Infidelity Stress Disorder

There are seven symptoms of PISD that are state by Padmavathi et al., (2013:57) including exposure to a life threatening; 2) experience of intense fear, hopelessness and horror; 3) re-experiencing the event; 4) avoidance of reminders of the event; 5) emotional numbing; 6) heightening anxiety; and 7) irritability rage. From these seven symptoms, all are experienced by June.

4.1.2.1 Emotional Numbing

Emotional numbing happens after individuals realize themselves as victims of infidelity. The emotional numbing that PISD sufferer experience are overwhelmed by feeling of anxiety, rage and helplessness. This quotation show how June overwhelmed by feeling of anxiety, rage and helplessness.

"Rage began to take hold in June's heart as she watched the woman run down her steps. She was not yet angry with Mick, thought that would come. And not angry at the situation either, thought that frustration would set in almost immediately (Reid, 2021: 64)."

The first infidelity that June's husband does is to have an affair with a girl named Carol and he has a baby with her. When finding out about this, June is filled with rage. One characteristic of emotional numbing is overwhelmed by their feeling of rage. June's rage indicates that she experiences the symptoms of PISD.

"It was not difficult for her to maintain her anger, but whenever she feared she might falter, she would think of herself being pregnant and retroactively change the memory, shading it with the knowledge that there had been another woman nearby, carrying another one of her husband's children, almost as far along as she (Reid, 2021: 70)."

The quotation above explains that June is very angry when she finds out that her husband has an affair again with another woman besides Carol. She is so angry with Mick that she prefers to shoo Mick away than to have fight with him. She cannot tolerate Mick's infidelity. Although she is very angry with him, she tries to control herself by not following her emotion and tries to manage her anger. June has her own emotional management that results in her way of managing her anger. However, this does not make her feel better. Instead, she experiences anxiety.

4.1.2.2 Re-experiencing Event

June's Post Infidelity Stress Disorder is also indicated through another symptom i.e. re-experiencing the event. According to Padmavathi et al., (2013: 57) PISD sufferers relieve the horror of the overwhelm feelings and become preoccupied and obsessed with their partners affair. June experiences the overwhelm feeling of frustrated due to her second divorce with Mick.

It was not easy, being a parent. It was not easy raising your four children on your own. But what made June the most frustrated at her husband—her twice ex-husband—was that she had no one to swoon over her children with (Reid, 2021: 111).

The quotation above shows that June experiences the overwhelm feeling of frustrated due to her second divorce. After her second divorce with Mick, she has to raise up four children by herself and she realizes how difficult it is to raise up four children without the help of a husband. This situation triggers her extreme stress that results in her PISD.

4.1.2.3 Experience of Intense Fear, Helplessness and Horror

Intense fear, helplessness and horror are other symptoms experienced by June. June's experiencing of intense fear, helplessness and horror are showing in several events. After she is re-married with Mick she continuously experiences intense fear that her husband will betray her again.

"He left, Mama," she said. "He gone."

Christina closed her eyes, and shook her head. "He'll come back, honey." She said, finally. "And when he does, you'll have to decide what to do."

June nodded, relieved. “And if he doesn’t?” she asked. Her voice was small and she could barely stand to hear it.

“Then, he doesn’t.” Christina said. “And you have me and your father.”

June caught her breath. She looked at her children. Nina was building a sandcastle.

Jay was about to eat a handful of sand. Hudson was sleeping under the umbrella.

I will be more than just this, June thought to herself. *I am more than just a woman he left* (Reid, 2021: 76).

The quotations above shows that June needs constant reassurance from her mother that her husband will not leave her again. Thus, when her husband indeed leaves her again, June’s heart is broken. However, she still hopes that Mick will comeback again and she asks for her mother’s constant reassurance for this. June’s small voice and barely able to heard “*And if he doesn’t?*” shows that June feels sad and fear if Mick does not come back again.

4.1.2.4 Exposure to a Life Threatening

June’s PISD is also indicated through the exposure to a life threatening. Having become the victim of infidelity makes her have inability to trust in term of relationship. She is not able to trust her husband that he will not betray her anymore. She believes that being unfaithful is the characteristic of her husband.

She liked hearing “*Warm June*” on the radio and having Mick’s attention when he was home. He always did make her feel like the only woman in the world., even she knew—knew for certain now—that she wasn’t (Reid, 2021: 73).

That June has lost her trust to her husband is showed through the event when she hears *Warm June*, a song that Mick made only for her. Mick used to make June felt like she was the only woman in the world. The quotation “*knew for certain now that she wasn’t.*” explains that June has a doubt about her husband’s fidelity.

4.1.2.5 Avoidance of Reminders of the Event

June’s trauma is also indicated through avoidance of reminder of the event. She tries to avoid reminding traumatic event related to her husband’s infidelity. June’s trying to forget the terrible things that happen in her life is her way to protect herself. She avoids the thought that can remind her of Mick, as reflected in the following quotation:

“Where Daddy go?” Nina asked, standing in the doorway.

“Your father doesn’t know how a man’s supposed to act,” June said walking past her. she grabbed Mick’s albums off the record player and threw them into the trash, his cocksure face staring back up at her.

She poured the rest of the carton of orange juice over it all. “Wash your hands and get ready for breakfast (Reid, 2021: 76).”

The quotation above shows June’s reaction to Nina’s question about her father. June’s avoidance of answering Nina’s question reflects the way June tries to forget the terrible things that happen in her life related to her husband infidelity. She prefers to change the subject than to answer the question.

4.1.2.6 Heightened Anxiety

Heightened anxiety is one of PISD symptoms to indicate that June suffers from Post Infidelity Stress Disorder (PISD). June's heightened anxiety is reflected in her worries and sleep problems.

Nina fell asleep in her mother's arms and when she did, June picked the bottle of vodka back up. She needed that bottle to go to sleep (Reid, 2021: 112).

According to Padmavathi et al., (2013: 57) victim of infidelity can be preoccupied with the trauma that keep them awake. In June, she experiences difficulty to sleep due to the trauma of her husband infidelity. Therefore, she needs vodka to help her get sleep.

4.1.2.7 Irritability and Rage

The last symptoms of PISD that happened in June's character is irritability and rage. Her irritability and rage outburst can be seen through her behaviors to her husband.

June chased him to the driveway in her sheer nightgown. "You can't do this! She screamed. "You said you wouldn't do this!" She mortified herself, begging for something she never wanted to beg for (Reid, 2021: 74).

The quotation above shows June's rage that is directed to her husband, Mick. She screams to her husband who intense to leave her because he wants to live with Veronica, another mistress of him. Her husband's affair with Carol and Veronica makes her become a rage person.

Apart from rage, June is also irritable to her husband who is unfaithful to her. June's irritability happens because her husband admits that he loves her but in fact he always betrays her. June's irritability to her husband indicates that she suffers from PISD.

Somehow, she knew who it was before she turned the knob, but she couldn't quite believe it until she saw it. And then there he was at the threshold, in a stylish black suit, with a white shirt, and his thin black tie undone, hair tousled just so. "Junie," he said. "I love you."

She stared at him, stunned.

"I love you!" he shouted so loud she startled. She let him in, if only to get him to quiet down.

"Sit down," she said, gesturing to the dinette, the same vinyl chairs he had sat on before he'd left them almost two years.

"How did you get even more beautiful?" he asked as he obeyed.

June waved him away and brewed him some coffee.

"You are everything," he said.

"Yeah, well," June deadpanned. "You're a whole lot of nothing (Reid, 2021: 88)."

June's reaction to ignore Mick's presence and words portrays how irritated she is to Mick. June's ignorance is not only shown through the way she speaks to him and through her behaviors. June's behaviors towards Mick is totally different from her

reaction with Mick's first betrayal in which she forgives him about his affair with Carol. The quotation "*You're a whole lot of nothing.*" express that she does not feel happy about Mick's presence and all the compliment she hears from Mick's mouth.

4.2 The Effects of June's Post Infidelity Stress Disorder

June's traumatic experiences cause her to suffer from Post Infidelity Stress Disorder (PISD). Her Post Infidelity Stress Disorder (PISD) affects June's life and the attitude of her children. The effects of PISD towards June's life are addicted toward alcoholic drinks and has physical health problem. She often drinks an alcoholic drink at night when she has free time after her daily routine in Pacific Fish, the restaurant she runs. She can relax herself when she sips her alcohol.

She liked hearing "Warm June" on the radio and having Mick's attention when he was home. He always makes her feel like the only woman in the world, even when she knew—knew for certain now—that she wasn't.

So, despite the ulcer she was growing, June had to admit, she could stomach it all more easily than she thought. Vodka helped (Reid, 2021: 73).

The quotation above shows that June consumes vodka to calm herself. She knows that her husband has an affair with another woman. She knows for certain that her husband does not put her in her world. The last lines in that quotation describes that June helps herself by drinking vodka.

June's habit to drink alcoholic drinks makes her to become addicted to alcohol. She drinks alcoholic drink not only in her free time but she also does it in daytimes or nighttimes. It is also portrayed in the way June orders vodka when she has dinner with her children.

She had sea breezes with dinner, she and the kids sitting around the table eating meatloaf or a roast chicken. The cups on the table were always the same. Milk for Kit, soda for Jay and Hud, water for Nina, and a highball filled with vodka cut with the coral hue of ruby red grapefruit juice and cranberry cocktail poured over ice cream for Mom (Reid, 2021: 117).

The quotation above shows that June's PISD dares to order and drinks alcohol in front of her children. June's PISD has made her to become a drunker. Gradually, June's habit becomes something natural for her. It is shown from the quotation above that June deliberately orders vodka while she has dinner with her children. Her drinking habit makes her addicted to alcohol and as the result her physical health decreases. She feels tired every time she wakes up in the morning.

Soon, Jay and Hud also began to understand that she was an alcoholic—even if they didn't know the word for it or didn't know it was something with a word at all. Their mom always made more sense first thing in the morning, tired and sluggish but lucid. She made less and less sense as the day went on (Reid, 2021: 119).

The quotation above describes June's physical health due to her drinking habit. June only more makes sense in the morning but that ability decreases towards day by day.

She also becomes easily tired and sluggish when it is still in the morning. In normal people, their body is fresh in the morning, but it contrasts with June's body, she becomes tired and sluggish when it is still in the morning. This is the effect of drinking too much alcohol. Another effects of June's PISD is that her children keep away from her especially when they are in public places because they feel ashamed with her embarrassing behaviors. When at home, her children tend to avoid her because of June's easily irritated behaviors.

CONCLUSION

After doing an analysis of Post Infidelity Stress Disorder (PISD) portrayed in Taylor Jenkins Reid's *Malibu Rising*, the writer finds out that June suffers from PISD because she has dependent personality. There are several characteristic to say that June has dependent personality i.e. feeling insecure, trust of others, self-doubt, lack of self-confident and having great discomfort in being alone. June's Post Infidelity Stress Disorder (PISD) are indicated through several symptoms i.e. emotional numbing, re-experiencing the event, experience intense fear, helplessness, and horror, exposure to a life threatening, avoidance of reminders of the event, heightening anxiety, and irritability and rage. June's PISD affects her life in two ways. First, June becoming addicted to alcohol that result in her physical health decreases and this eventually cause her to die. Secondly, her children keep away from her because they feel ashamed of her. Based on the result of the analysis, the writer concludes that PISD can affect sufferers and others who close to them. In addition, the writer suggests that PISD can be avoided by not being alone but by looking for a community like spiritual community. A spiritual community can help a person know that God is always by his side and some people will encourage him. So that they will be better able to endure their suffering from PISD.

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