An Analysis of *a Child Called 'It'* By Dave Pelzer from Family Systems Theory Perspective

Hafizha Fitriyantisyam
English Language and Literature
Universitas Pendidikan Indonesia
hafizhafitriyantisyam95@upi.edu

ABSTRACT

Child abuse has a major and long-lasting effect on children's lives. Besides leaving horrible memories, the child abuse also affects the relationships among family members. This paper analyses a novel which consists of child abuse entitled A Child Called 'It' by Dave Pelzer whos aim is to see how the concepts of Family Systems Theory are realised in the issue of child abuse. Based on Family Systems Theory, there are four concepts found in the issue of child abuse. Two concepts, which are family projection process and nuclear family emotional process, are the triggers of child abuse. Two other concepts of Family Systems Theory, which are triangling and differentiation of self, are the factors that perpetuate child abuse. Thus, this paper concludes that the concepts of Family Systems Theory are realised in four concepts: family projection process, nuclear family emotional process, triangling, and differentiation of self.

Keywords: *child abuse, Family Systems Theory, and family relationships.*

INTRODUCTION

Talking about literary works can be considered as talking about life. The literary works that people see, hear, or read are inspired from the series of events that happen in the authors' lives. According to Allan (2001), literary works are seen as the representation of real life and literary works are used as the media for the authors to express their responses to real life. Then, it can be said that literary works represent events that happen in real life and the authors express their thoughts and feelings to real life through literary works that they created. The real life and stories in literary works both consist of pleasant and unpleasant events. One of examples of unpleasant events in real life and also literature is child abuse.

Child abuse is a term that describes maltreatments which are done by parents or caretakers to children. According to Rios (2006), child abuse is defined as any physical, sexual, emotional or psychological maltreatment of a child which is done by adults and causes harm to the child. The adults can be anyone who is in contact with the child; for instance, the parent, teacher, relative, guardian, and so on. Child abuse itself has several different types based on which part that gets attacked. According to Yaroub (2014), child abuse is divided into four types: neglect, emotional abuse, physical abuse and sexual abuse. Neglected children are those who do not receive enough attention from adults. Emotional abuse attacks children's psychology and later on will cause depression, anxiety, and stress to children. Physical abuse is an abusive action which leaves physical damages or injuries on children's body. Sexual abuse is an abusive action which forces sexual desire on children. Some well-known fiction stories also contain child abuse, for instance *Cinderella*, and *Hansel and Gretel*. Besides appearing in fictional novels, the issue of child abuse is also written in a nonfictional novel entitled *A Child Called 'It'* by Dave Pelzer.

A Child Called 'It' is written based on the author's true story. The author makes himself as the main

character of this novel who gets abused by his mother. Even though the mother is the only perpetrator, other family members, such as the father and the main character's siblings, are also involved in this abuse. In the end, child abuse ruins the whole family members' relationships. From that brief summary of the novel, it can be seen that all family members are directly and indirectly involved in child abuse. Since the issue of child abuse is related to the development of the relationships among family members, the application of Family Systems Theory is used in this study. The premise of Family Systems Theory is the way an individual act, think, or feel can be understood by observing his/her relationships with his/her family members. Therefore, this theory is applicable to analyse the relationships among family members when the issue of child abuse is involved. However, this theory has a flaw in which the perpetrator of child abuse cannot be easily blamed for his/her guilt. Some critics also think that this theory is the least proper to be used in

analysing child abuse. However, the focus of this study is not on blaming the perpetrator or any characters. This study focuses on every aspect that influences the relationships of family members when child abuse occurs.

The novel and the theory itself are not new objects to be analysed. The novel *A Child Called 'It'* was analysed earlier by Susilowati (2013), Wahyuningtyas (2014), and Hidayati (2015). They used psychological approaches in analysing the novel which are child's psychological development and defense mechanism. Meanwhile, the theory of Family Systems Theory was analysed by Schiff (2004) and Novianti (2015). Schiff (2004) analysed Family Systems Theory and figurative and Novianti (2015), in her paper, she focused on the concept of triangling from Family Systems Theory.

Thus, the researcher tries to fill in the gaps of the previous studies. The previous studies which analysed this novel come from psychology field. Meanwhile, the previous studies in literature field which used

Family Systems Theory did not analyze this novel. Considering these findings, the researcher decides to analyze a novel entitled *A Child Called 'It'* by using Family Systems Theory. The reason why the second and the third novel will not be included in this study is because the second and the third novel mostly tell about self-development of the main character after leaving his house. Moreover, the contents of two other novels do not consist of child abuse anymore.

THEORETICAL REVIEW
Family Systems Theory

Family Systems Theory or abbreviated as FST is introduced by Murray Bowen. Basically, this theory explains about people's behaviours and emotionality in groups of family (Rabstejnek, 2012). Behaviours and emotionality of an individual are influenced by the environment of his/her family. It implies that family members are inseparable. Bowen believes that family should be studied as systems and not as individuals (as cited in Boyd, n.d). If an individual has a conflict with another family member, for instance a conflict with the mother, the psychologist who applies FST will not pay attention only to the relationship between those two people; instead the therapist will also pay attention to the relationships between all family members.

Family Systems Theory is commonly known as a theory which has eight interlocking concepts that explain about several families functioning (Haefner, 2014). The eight concepts are triangles/triangling, differentiation of self, nuclear family emotional systems, family projection process, multi-generational transmission process, sibling position, emotional cut off, and societal regression.

The concept of triangling connects three people which are involved in a conflict. According to Kott (2014), triangling uses the involvement of the third person to reduce anxiety between two conflicting people. The role of third party is to reduce the anxiety between those conflicting people. According to Rabstejnek (2012), the third party is needed to stabilize the

relationship between the conflicting people. Even though the third party is acted as the anxiety reliever, the third party cannot resolve the main problem between two conflicting people (Haefner, 2014). The third party does not always succeed in reducing their anxiety either. The result depends on how the third party manages the other family members. If the third party remains calm and keeps in touch with other family members, the effort of reducing anxiety might be successful.

Differentiation of self is a term which explains about the ability of people to distinguish their feelings and thoughts when they are facing conflicts in their family. According to Bowen (1976), differentiation of self has something to do with an individual's feeling process and intellectual process. Bowen (1976) mentions two categories which indicate the level of differentiation: low and high. People with low self-differentiation tend to fuse their feelings and thoughts when facing a conflict; meanwhile people with high self-differentiation can easily distinguish their feelings and thoughts.

Nuclear family emotional process is a concept which is related to emotional functioning in one generation. There are three categories in nuclear family emotional process according to Bowen (1976): marital conflict, dysfunction in one spouse, and impairment of one or more children. The first category, marital conflict, is related to arguments between spouses. According to Bowen (1976), marital conflict actually does not hurt children. What hurts children is if marital conflict is mixed with family projection process. The second category is dysfunction in one spouse. Basically, it appears because of the different level of self-differentiation between the husband and wife. The third category is impairment of one or more children. The impairment of one or more children happens when the parents project their emotions to their children when they sense one child is different from his/her siblings, for instance a child who has mental disability in a normal family.

Family projection process describes how parents pass on their anxiety to their children (Haefner, 2014). According to Rabstejnek (2012), family projection process happens when the parents cannot resolve their energy imbalance and then they project their anxiety to their children. There are three stages which appear before the parents transmit their anxiety to their children (Haefner, 2014). The first stage is when the parents become too focused on one child because the parents fear there might be something wrong with that child. The second stage is when the parents interpret the changes in their child's behavior as the confirmation of their fear. For instance, a mother has an issue with her body weight. When her daughter is in puberty period, the mother fears that her daughter will be fat as well. The changes of her daughter's body shape during puberty are like confirming her fear. The last stage is the parents believe that something wrong happens to their child and they try to 'fix' the wrong thing.

Multi-generational transmission process can be said as the continuation of family projection process. This concept describes about the effect of projection process to children's self-differentiation level from one generation to the next generation.

Sibling position identifies the behavior of particular people based on their birth order in their family. According to Cich (2015), sibling position might determine how an individual act in a family. For example, the oldest child might have a role as the leader, the middle child acts as the third party, and the youngest child as the follower. However, sometimes birth order and behaviors do not always work that way. Bowen (1976) states besides birth order, other factors such as self-differentiation level, triangling, and emotional projection process also contribute to how an individual act.

Emotional cutoff happens when individuals cannot bear their emotional issues at home anymore. They decide to 'run away' from family members by cutting off their contact with other family members.

The people who do the escape tend to have a problem with other family members, for instance parents. According to Brown (1999), emotional cutoff can be done in two ways: physical distance and emotional withdrawal. The example of physical distance is an individual who distant him/herself from the family and the example of emotional withdrawal is an individual who does silent treatment to other family members.

Societal regression takes place in community and organization but this concept still follows Bowen's theory. An example of societal regression is given by Rabstejnek. The parents who deal with the problem of their delinquent child will plan some strategies to influence him/her to be a better person. Society also works in that way. When society experiences chronic anxiety, for instance irrational decisions from mass of a group, society will also develop strategies to change their ego (Rabstejnek, 2012).

Child Abuse

Schmitt (1986) describes child abuse as child-battering. There are many forms of child abuse such as neglect, emotional abuse, sex abuse, etc. Then, Schmitt (1986) makes a list which contains ten types of child abuse which can be dangerous for children's mental and physic. The ten types are physical abuse, sexual abuse, failure to thrive due to nutritional neglect, intentional drugging or poisoning, Munchausen syndrome by proxy, health care neglect, dental neglect, safety neglect, emotional abuse, and physical neglect.

Physical abuse is described as any treatment which leaves wound, pain, or bruise on children's body and has a potential to harm children. According to Schmitt (1986), parents or caregivers think physical abuse can be used as the way to punish children.

The second type of child maltreatment is sexual abuse. According to WHO (2002), sexual abuse means that the children are used as sexual gratification by the parents or caregivers. The target of sexual abuse is usually children under the age of eighteen years old or in school age. According to

Schmitt (1986), the types of sexual abuse cover molestation (masturbation), intercourse (vaginal, anal, or oral), and family-related rape.

Other types of child abuse concerning children's health are failure to thrive due to nutritional neglect, intentional drugging or poisoning, health care neglect, dental neglect, Munchausen syndrome by proxy, physical neglect, and safety neglect. These types of child abuse have a thing in common which is related to children's right to get a proper health attention. Their parents or caregivers intentionally neglect children's health needs.

The last type of child abuse is emotional abuse. Buser and Buser (2013) describe emotional abuse as verbal assault in which the parents attack children's psychologically. Emotional abuse makes children afraid to communicate with their parents or caregivers. WHO (2002) divides emotional abuse into six categories which are rejecting, ignoring, terrorizing, isolating, corrupting, and exploiting.

Literary Elements

Analyzing a novel cannot be separated from analyzing its literary elements. Literary elements are parts of a literary work that construct the story. This study uses four literary elements which are plot, characters and characterization, settings, and point of view.

The plot is arranged by the author in order to create a systematic story. According to Taylor (1981), plot has its own pattern, started from introduction, rising action, climax, falling action, to resolution. The focus of a story can be indicated from whether the author strictly follows the chronological order of the plot or not (Taylor, 1981). If the author creates a story in an orderly way from the opening to ending, it means the author concerns with creating documentary reality in his/her work. On the other hand, if the author shifts the order (for example, the author opens the story by showing the ending first or writes the flashback of the main character in the middle of the story), it indicates that the author focuses on some

aspects of the story rather than its outcome (Taylor, 1981).

Characters are fictional figures in a story which are used by the authors to express an idea or experience (Taylor, 1981). There are seven types of character according to Ervin II (2006) which are confidante (a character that reveals the main character's thoughts, personalities, and motives), dynamic (a character that changes a lot), static (a character that remains the same from the beginning to the end of the story), flat (a character that reveals one or two traits and those traits remain the same until the end of the story), round (a character that reveals one or two traits and those traits remain the same until the end of the story), foil (character that is used to enhance another character's traits), and stock (a flat character that can be easily recognized by the readers because of his/her unique appearance or trait).

Besides the types of characters, there is also a term called characterization. Characterization is defined as the way used by an author to describe the personality traits or physical appearances of his/her

fictional characters. According to Minderop (2005), an author usually uses two ways in describing his/her characters: *telling* (direct) and *showing* (indirect). *Telling* means the author describes directly the traits and appearances of his/her characters meanwhile *showing* means the author describes the traits and appearances of his/her characters through dialogue, action, vocabulary used by the characters, dialect, behaviour, etc (Minderop, 2005).

Setting is an important aspect in a story because settings tell where and when the actions and characters exist. The settings also work as the atmosphere in a literary work (Abrams, 1999). It means that settings in a story show the subject matter and the theme of a story. For instance, in a short story entitled *The Fall of the House of Usher* by Edgar Allan Poe, the settings are very gloomy and mysterious. The role of gloomy and mysterious settings in that story is to express the theme of the story.

Point of view is considered as the perspective used in a literary work. Point of view is important in

literary works because it helps the readers understand the story and also find out the relationship between an author and a story that he/she creates (Sisakht, 2014). In general, point of view is divided into three types based on the viewpoint that the author uses which are first, second, and third-person point of view. First person point of view is indicated by the use of word 'I' or 'we' in a story. By using the word 'I', the main character can be considered as a hero or witness who experiences the events directly (Sisakht, 2014) and it makes the readers feel like they are invited to participate in the story as well (Taylor, 1981). Second-person point of view uses the perspective of 'you' in a story. According to Burroway (as cited in Hawke, 2015), the advantage of second-person point of view is the readers might feel connected to the character and action when being adressed by 'you'. The third-person point of view can be identified by the use of word 'he/she/they'. Third person point of view is also called omniscient point of view. Omniscient point of view itself is divided into two parts: true

omniscient and limited omniscient point of view (Sisakht, 2014). The difference of these types is on whether the narrator is shown as a person who knows everything or not.

METHODOLOGY

This study is analysed using qualitative data analysis. The most essential feature of qualitative method is text as the main focus (Kuckartz, 2013). In other words, qualitative method only gathers data or information from a specific text.

The first step of collecting the data was doing a close reading activity. After reading the novel comprehensively, the connection between Family Systems Theory and child abuse in a literary work was expected to be found. Through eight interlocking concepts of Family Systems Theory, literary elements, and the theory of child abuse, the realization of the concept of Family Systems Theory in the issue of child abuse from Family Systems Theory perspective could be discovered. After collecting the data from the novel *A Child Called 'It'*, the following steps were categorizing

and selecting the data collected through Family Systems Theory perspective and literary elements. Each textual evidence was categorized based on its interlocking concept, type of child abuse, and literary element

When the data had been selected thoroughly, then the data were analysed by finding out which type of child abuse and interlocking concept that appeared in the novel combined with literary elements of the novel. The results gained from this process were elaborated and interpreted. This process leaded to the answer of research question of this study which is how the concepts of Family Systems Theory are realised in the issue of child abuse.

FINDINGS AND DISCUSSION

In the issue of child abuse in *A Child Called 'It'*, there are four concepts of Family Systems Theory found in the novel: family projection process, nuclear family emotional process, triangling, and differentiation of self. Family projection process and nuclear family emotional process are the triggers of child abuse.

Meanwhile, triangling and differentiation of self are the concepts that perpetuate child abuse.

In the process of family projection process and nuclear family emotional process, the mother projects her great concern with David's delinquency through abusive treatments. Her concern comes from David's delinquencies at home.

> My relationship with Mom drastically changed from discipline that developed into a kind of lifestyle that grew out of control. It became so bad at times, I had no strength to crawl away – even if it meant saving my life. (p. 21)

After witnessing David's delinquencies, the mother tries to fix David's behaviours through abusive punishments. According to Haefner (2014), the three processes of family projection process start with the parents' fear of their children's misbehavior. Then, the parents confirm their fear by looking at their children's changes. As a result, the parents try to fix that wrong misbehaviour. In this novel, the mother fears that her children will be

naughty. Then, her fear is confirmed when seeing David's delinquency when he was five years old. However, her attempts in fixing David's delinquency become out of control. The mother uses the method of physical punishments to discipline David. David's siblings who witness the abusive treatments start isolating him in order to stay safe from the abusive mother. According to Cich (2015), how an individual acts in his/her family can be seen from his/her position among his/her siblings. In this case, David's brothers who are Ronald and Stan are able to isolate David because their position is far superior to David's. Related to Cich's statement, Bowen (1976) mentions that the concept of family projection process also contributes to how an individual acts in his/her family. The mother only projects her anger to David and she acts very kindly to her other sons. This treatment creates two different effects on the sons of the Pelzer family: David has limited rights at home, but Ronald and Stan can do whatever they want, including isolating David.

Looking back at the plot of this novel, the first chapter is opened by the part when David is finally rescued at the age of twelve. The second chapter tells about David's happy life before he was five years old and the rest of the chapters tell about David's struggle in staying alive from abusive treatments before he is rescued by a police officer. Then, it can be said that this novel is not written in chronological order. By using flashback, the author invites the readers to see the comparison of David's life before and after the child abuse exists in the family. According to Taylor (1981), when a story is not written in chronological order, the author wants the readers to pay attention to some aspects in the story. In this case, the readers are led to focus on what David has been going through from the past to present and his relationship with other family members before and after child abuse exists. The author might shift the plot order because his childhood memories are too painful to recall.

When child abuse arises in this family, other family members give

different reaction towards this issue. One of family members, which is the father, tries to help David. However, his plan only creates another problem in this family because the mother thinks that the father should not interfere. This problem is called marital conflict which is categorized under the concept of nuclear family emotional process. In this novel, the father and mother have disagreement about how to discipline David. The mother thinks the best way to discipline David is by punishing him. On the other hand, the father does not think that is the best way to do. As a result, the relationship between the father and mother turns bad. According to Bowen (1976), marital conflict can potentially hurt children when the parents project their anger to the children after arguing. This case also happens in Pelzer family.

> She often telephoned Father at the station and called him names. "Worthless" and "drunken loser" were two of her favorite names for him. After a few calls, the fireman who answered the phone would lay it down and not page Father. This

made Mother furious, and again I became the object of her fury. (p. 86)

The mother becomes crueler after she argues with his husband. She projects her anger to David in similar ways to what she does when she projects her concern about David's delinquency.

Thus, it can be said that the disagreement between David's parents and the projection of his mother's anger contribute to worsen the issue of child abuse in Pelzer family. It is mentioned before that the mother gives physical punishments in order to fix David's delinquency. However, the physical punishments that the mother gives have crossed the limit and they are counted as child abuse.

The next process that causes child abuse in the family is triangling. In this novel, the father plays a role as the third party. In other words, he is the triangled person in the conflict between David and the mother. David's father tries to reduce the tension between his wife and David by making both of them happy. However, he cannot win over his

wife no matter how hard he tries. In the end, he fails to fix the relationship between David and the mother. According to Haefner (2014), there is a possibility for the third party to fail. If the third party cannot manage the other members, then he/she will fail in reducing the tension. The reason behind the father's failure is because the mother is too dominant at the household. As a result, he gives up and moves out from the house. David feels betrayed by his father and he starts hating him. Therefore, the failure of the father in reducing tension between conflicting people does not only make the problems unsolved but also makes the child abuse keeps going on.

When the father is not at home, the mother usually does physical neglect to David. Physical neglect is explained by Schmitt (1986) as the act of ignoring children's basic needs which is done by parents. In this novel, the author describes in details David's appearance and all treatments that he gets from his mother. His clothes are full of holes, he does not have a decent place to sleep, and he is not allowed to eat a proper meal. His unfulfilled basic needs are not caused by poverty. His father has a job as a fireman in the centre of San Francisco. The Pelzer family lives in a modest house and the environment around their area is considered as good neighbourhood in Daly City. Considering his family background, David's basic needs can be fulfilled easily. However, he comes to school with shabby clothes and empty stomach. As the person who is in charge of taking care of the children's basic needs, the mother purposely neglects David's basic needs.

The last process of child abuse which is found in this novel is differentiation of self. Self-differentiation deals with a person's ability to liberate himself from other members' opinions. In this novel, David cannot differentiate himself from his mother's opinion. He also has limited power in defending himself because he is only a little child. David's low self-differentiation is caused by the intense exposure to emotional abuse from his mother. WHO (2002) divides emotional abuse into six

categories which are rejecting, ignoring, terrorizing, isolating, corrupting, and exploiting. In David's case, he experiences all of them; starting from being treated like a slave to being called an 'it'. It can be seen that David has become the mother's centre of focus. As mentioned by Bowen (as cited in the Family Systems Institute, n.d), if a child becomes an intense focus in a family, whether in a positive or negative way, he or she may have little space to grow in thinking, feeling, and acting for him/herself. Then, it can be seen from this novel that David, who becomes the focus of the mother in negative ways, has little space to grow and express his true self. David's low self-differentiation is reflected in his static character in the novel. According to Ervin II (2006), a static character's traits do not change much throughout the story. David's static character is demonstrated by the method of showing. In this novel, the author reveals David's ability in separating his thought and feeling with the method of *showing*. According to Minderop (2005),

showing means the author reveals a character's trait indirectly. In this case, the author reveals the level of David's self-differentiation through his action when dealing with his abusive mother. When his self-differentiation is low, he is described as a fearful child who always obeys his mother orders and does not dare to oppose his mother. However, when his self-differentiation is high, his actions and thoughts show him as a brave child who can clearly think what he should do in order to stay alive.

CONCLUSSION

After analysing the novel entitled *A Child Called 'It'* by Dave Pelzer from the perspective of child abuse and Family Systems Theory, it can be concluded that the concepts of Family Systems Theory are realised in four ways: family projection process, nuclear family emotional process, triangling, and differentiation of self. Family projection process and nuclear family emotional process are the triggers of child abuse in which the mother's concern projection and the parents'

arguments cause the child abuse. Meanwhile, triangling and differentiation of self are the concepts that perpetuate child abuse. The father's failure in reducing the tension between the mother and the main character and also the main character's lack of self-differentiation make the child abuse unstoppable.

Child abuse is produced from the mother's great concern about David. The concern is caused by little David's delinquency. From this point, the mother tries to fix his delinquency through abusive punishments. Then, this condition makes the relationships among the family members worse. The mother uses wrong methods in disciplining David. The father, who is supposed to be a savior for David, leaves home because he cannot bear to stay at home any longer after witnessing the child abuse. He also cuts off his communication with all family members after leaving home. The other sons of the Pelzer family reject him because they do not want to be the next victim of their abusive mother. The happy family is then

gone and all family members are in bad relationships because of the child abuse. This condition proves what Murray Bowen mentions about family. He calls family as inseparable units and indeed each family member is interconnected

REFERENCES

Abrams, M. H. (1999). *A glossary of literary terms*. Retrieved from http://www.ohio.edu/people/hartleyg/ref../abrams_mh.pdf

Allan, D. (2001). Literature and reality. *Journal of European Studies*, *31*(122), 143-156. Retrieved from http://journals.sagepub.com/doi/pdf/10.1177/004724410103112201

Boyd, N. (nd). *Murray Bowen's family systems theory* [Video file]. Retrieved from http://study.com/academy/lesson/murray-bowens-family-systems-theory.html

Bowen, M. (1976). Theory in the practice of psychotherapy. *Family therapy: Theory and practice*, *4*, 2-90. Retrieved from http://cflarchives.org/images/TheoryInThePractice.pdf

Brown, J. (1999). Bowen family systems theory and practice: Illustration and critique. *Australian and New Zealand Journal of Family Therapy*, *20*(2), 94-103. Retrieved from http://www.thefsi.com.au/wp-

content/uploads/2014/01/Bowen-Family- Systems-Theory-and-Practice_Illustration-and-Critique.pdf

Buser, T. J., & Buser, J. K. (2013). Helping students with emotional abuse: A critical area of competence for school counselors. *Journal of School Counseling*, *11*(9), 3-31.

Cich, C. K. (2015). *A theoretical integration of Bowen Family System Theory* (Master). Adlerian Counselling and Psychotherapy. Retrieved from http://alfredadler.edu/sites/default/files/Cich%20MP%202016.pdf

Ervin II, T. (2006). *Seven common character types*: *Fiction factor*. Retrieved 9 April 2017, from http://www.fictionfactor.com/guests/common.html

Ervin II, T. (2006). *Direct vs indirect characterization*. Retrieved 11 April 2017, from http://www.fictionfactor.com/guests/common.html

Haefner, J. (2014). An application of Bowen family systems theory. *Issues in mental health nursing*, *35*(11), 835-841. Retrieved from http://www.tandfonline.com/doi/abs/10.3109/01612840.2014.921257?journalCode=imhn2

Hawke, A. L. (2015). *Understanding second-person point of view in fiction*. (Master's thesis). Utah State University. Retrieved from:

http://digitalcommons.usu.edu/gradreports/465/

Hidayati, F. N. (2015). *Child abuse in Dave Pelzer's trilogy A Child Called It (1993), The Lost Boy (1995), and A Man Named Dave (1999)* (Doctoral dissertation). Universitas Muhammadiyah Surakarta. Retrieved from http://eprints.ums.ac.id/39311/14/Manuscript%20Publication.pdf

Kott, K. (2014). Applying Bowen theory to work systems. *OD Practitioner*, *46*(3), 76-82. Retrieved from http://katherinekott.com/wp-content/uploads/2014/07/ODP-Kott.pdf

Kuckartz, U. (2014). *Qualitative text analysis: A guide to methods, practice & using software*. Washington, DC: Sage Publications. Retrieved from https://pdfs.semanticscholar.org/2612/61a4c34dbee5388dc3795a2ed40177dcf335.pdf

Minderop, A. (2005). Pendahuluan. In *Metode karakterisasi telaah fiksi*[Google novels version]. Retrieved from https://novels.google.co.id/novels/

Novianti, N. (2015). Triangling Bellow's *Seize the Day*. *Jurnal Pendidikan Bahasa dan Sastra*, *15*(2), 228-238. Retrieved from http://ejournal.upi.edu/index.php/BS_JPBSP/article/view/1243

Pelzer, D. (1995). *A child called 'it'.* Deerfield Beach, Fla.: Health Communications.

Rabstejnek, C. V. (2012). Family systems & Murray Bowen theory. Retrieved from http://www.houd.info/bowen Theory.pdf

Rios, A. N. (2006). *Child abuse in contemporary children's literature: A critical multicultural analysis* (Doctoral dissertation). University of Massachusetts Amherst. Retrieved from http://search.proquest.com/do cview/305310746

Schiff, S. (2004). *Family systems theory as literary analysis: The case of Phillip Roth* (Graduate). University of Florida. Retrieved from http://etd.fcla.edu/UF/UFE00 04875/schiff_s

Schmitt, B. D. (1986). Types of child abuse and neglect: An overview for dentists. *Sexual abuse*, *44*, 6-8. Retrieved from http://www.aapd.org/assets/1/ 25/Schmitt-08-S1.pdf

Sisakht, I. N. (2014). Analysis of narrative and importance of point of view in novels. *International Journal of Science and Research*, *3*(7). Retrieved from https://www.ijsr.net/archieve

Susilowati, E. (2013). Psychological structural analysis to "A Child Called It" by Dave Pelzer. *Register*

Journal, *6*(2). Retrieved from http://journalregister.iainsalat iga.ac.id/index.php/register/ar ticle/view/235/190

Taylor, R. (1981). *Understanding the elements of literature* [Library Genesis Version]. DOI: 10.1007/978-1-349-16773-9

The Family Systems Institute. (n.d). *Definitions from Bowen theory*. Retrieved from http://www.thefsi.com.au/defi nitions-bowen-theory/

Yaroub, A. (2014). The theme of child abuse in selected fairy tales by Brothers Grimm. *Al-Ustath Journal*, *210*(2), 33-58. Retrieved from http://alustathiq.com/LionIma ges/News/24B.pdf

Wahyuningtyas, N. (2014). An analysis of defense mechanisms of the main character in Dave Pelzer's A Child Called 'It'. *Lantern*, *3*(2), 1-11. Retrieved from http://ejournal3.undip.ac.id/in dex.php/engliterature/article/ view/5429

World Health Organization. (2002). *World report on violence and health* (pp. 59-65). Geneva: World Health Organization. Retrieved from http://www.who.int/violence_ injury_prevention/violence/gl obal_campaign/en/chap3.pdf? ua=1