

# PROTAGONIST'S FRIENDS' BETRAYAL IN JAY ASHER'S NOVEL *THIRTEEN REASONS WHY*

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## Abstract

This study discusses the protagonist's friends' betrayal in the novel *Thirteen Reasons Why* by Jay Asher. This study aims to reveal the types of betrayal of the protagonist's friends and to describe the impacts of the protagonist's friends' betrayal. Larson's theory is used in this research. It takes about the types of betrayal. Then, Reis' and Spencer's theory are taken to deal with the impacts of betrayal. This study uses a descriptive qualitative method to reveal the data. The data was originally taken from the novel. It is found that five data are to reveal the type of betrayal and twelve data to describe the impacts of betrayal. The results of this study indicate that there are two types of betrayal received by Hannah, i.e., intimate partner betrayal and interpersonal betrayal. It is also found that the impacts Hannah received as a result of the betrayal of her friends are loss of trust, loss of relationship/friendship, loss of sense of security, and loss of self-esteem. All data in this study prove that the protagonist's friends in the novel betray her.

**Keywords:** *betrayal novel; friends; sense of security; self-esteem; trust*

## 1. Introduction

Humans are social creatures and live on earth side by side. As social beings, humans' behaviour in society is full of positive and negative actions. Hossain (2014: 130) says that man is a social animal; thus, man has a natural urge to live an associated life with each other's, and man needs it for the existence of survival. Therefore, humans cannot be far from other humans and have attachments to each other. For survival, humans must take positive actions and avoid actions that are detrimental, inappropriate, and hurt others. However, humans do not always take positive actions, and negative actions are also inevitable. One of the negative actions in human relationships is betrayal.

Betrayal is not a new problem in human relationships. In this era, the phenomenon of betrayal often occurs around us. Betrayal can also occur in all types of human relationships, i.e., marriage or romantic relationships, friendships, the world of work, etc. According to Websters dictionary, betrayal is the act of betraying someone or something, or the fact of being betrayed: violating one's beliefs or beliefs, moral standards, etc. Akerstrom (2017: 9-11) states that betrayal is something that catches our imagination. We have all been betrayed or have been betrayed, and we have many

words to describe it, an indication of its centrality. Betrayal not only consists of treachery toward the country, but experiences of betrayal are often entangled in relations with family and friends. They will suffer the consequences of the traitor's acts, sometimes in practical ways and sometimes by the experience of having been left out.

In this study, Jay Asher's novel *Thirteen Reasons Why* by was chosen. This novel is in the young adult fiction genre and was published in 2007. The author, Jay Asher is an American researcher and novelist. He was born on September 30, 1975. *Thirteen Reasons Why* is a novel that contains the betrayal of friends. This novel tells the story of Hannah Baker, a high school student who has a sad and tragic life story. She experiences acts of bullying from her friends. Consequently, she decides to commit suicide. However, before she ends her life, Hannah makes seven cassettes containing voice recordings. The voice recording contains thirteen reasons why she decides to end her life. It is sent to her friends. She believes her friends have contributed to her suicide decision. The recording reveals the evidence and that is the reason of Hanna's suicide. The evidence shows betrayal, harassment, and bullying, which happen to Hannah.

There are three reasons why this topic is interesting to investigate and discuss. First, this novel contains problems that occur in teenagers, such as bullying, depression, romance, etc. Second, the betrayal theme in this novel is related to the researchers' life. Third, this novel contains beneficial moral values. Therefore, with the title of this research, it is hoped that this can contribute to the problems related to betrayal. However, the problems that are analysed in this research are the types and the impacts of the protagonist's friends' betrayals in Jay Asher's novel *Thirteen Reasons Why*.

## **2. Literature Review**

### **2.1.1 Friendship**

Friendship is the most common relationship we meet in life. This kind of relationship cannot be avoided because humans are social beings, which means that they cannot live alone without interacting with other people. Therefore, the definition of a friend will be explained through the following definitions: According to Baron et. al. (2006), friends are people who spend time together, interact in various situations, and also provide emotional support. Sastrowardoyo (2018) states that a friend is someone who can see our weakest side. He or she can accept us as we are without needing to see our attributes whether it is a profession, or what it has. Furthermore, Santrock (2003) defines friends as a group of people who are involved in togetherness. They support each other, and have intimacy (intimacy), mutual trust, and mutual feedback that can help adolescents to maintain their own impression, capability, attractiveness, and value. Through the explanation above, it can be concluded that friends are a picture of two or more people who support each other, and have many elements of attachment to each other.

### **2.1.2 Betrayal**

Reis and Sprecher (2009: 179) state that betrayal is a much broader term that includes lying, criticism, broken promises, intentional embarrassment, humiliation, belittlement, and gossip. Any adverse event that involves violations of expectations, trust, or commitment can be considered a betrayal. They also add that there are two types of betrayal, i.e. unintentional betrayal and wilful betrayal. Betrayal can happen by chance or on purpose. With unintentional betrayal, the abuser inadvertently breaks the rules of a relationship without intending to do so; for example, he or she may reveal a

secret, not realizing that a secret target does not mean it is shared. Intentional betrayal includes many different types of behaviour. Some wilful betrayals are premeditated, and they involve acts explicitly designed to be betrayed (for example, for revenge). Another class of wilful betrayal involves acts committed for other reasons (for example, people cheat because they are in love with someone other than their partner). According to Akerstrom (2017: 16), betrayal can be perceived as either a dramatic, unusual event or a less dramatic, more common one. Obviously, there are differences between the two. Sociologically, however, I believe it may be fruitful to analyse them as similar social forms—as breaches of trust. Whether these appear dramatic or not, it is important to acknowledge that treachery constitutes a central human concern. The importance of trust is a basic element of relationships that has been described by Bateson in Akerstrom (2017: 16). This is what mammals are about. They are concerned with patterns of relationship, with where they stand in love, hate, respect, dependency, trust, and similar abstractions vis-à-vis somebody else. This is where it hurts to be put in the wrong. If we trust and find that what we have trusted is untrustworthy, or if we distrust and find that what we distrusted is in fact trustworthy, we feel bad. The pain that human beings and all other mammals can suffer from this type of error is extreme. So, betrayal can be defined as the feeling of being harmed by the wilful act or negligence of a trusted person or those closest to him. The greater someone's trust in others, the greater the pain he will receive if betrayal occurs. According to Gusau (2021), betrayal is the act of exposing or delivering someone to an enemy through treachery or disloyalty; or the act of disappointing a person's trust, hopes, or expectations, or the act of revealing information in violation of confidence; or the failure to keep or honour a promise, principle, cherished memory, etc.; or an act or instance of unconsciously revealing or displaying some quality or characteristic, typically one that is preferably concealed.

Larson (2021) divides types of betrayal into four categories. To begin with, **parental** is when a parent or caretaker, someone you depend on to have your needs met, abuses you or fails to protect you from harm. Then, **intimate partner** is when the person betraying you is your intimate partner. This can take place when your partner is having an emotional affair or a physical affair. If one of the partners has an active sexual addiction, there is often betrayal present. Next, **institutional** is when an institution impacts you in a way that is in direct opposition to what they portray themselves to be or their stated mottos and goals. This can also occur when the institution protects the perpetrator instead of supporting the victim or whistleblower. This may include an educational institution, the military, healthcare systems, etc. and Last, **interpersonal** is when a trusted friend, peer, or individual betrays your trust. The process and outcomes of interpersonal betrayal may also be regarded as a form of interpersonal script in that people hold socially shared beliefs about the kinds of behaviours that constitute acts of betrayal and expectations about the ongoing thoughts, feelings, and behaviours of both parties to the betrayal.

### 2.1.3 Impacts of Betrayal

According to Reis and Sprecher (2009: 179), all forms of betrayal result in loss: loss of trust; loss of a relationship or friendship; loss of a sense of security and predictability, loss of time, energy, and effort dedicated to that relationship or friendship; loss of integrity; and loss of self-esteem. Ultimately, all forms of betrayal signify rejection and relational devaluation. People who are betrayed feel that the betrayer does not value his or her relationship with them as much as he or she once did.

Victims feel, often correctly, that the betrayer has put his or her own needs or desires above their own. However, the clarifications to the impacts of betrayal are not explained further in Reis and Spencer's theory. To reconcile these discrepancies, the researcher takes information from other experts to strengthen the arguments.

### **Loss of Trust**

Moorman, et al. (in Zulganef and Murni, 2008: 176) say trust is a person's behavior to rely on the reliability and integrity of others in meeting their expectations in the future. According to Shanchar (2021), when betrayal occurs, things that are usually trusted between spouses or those closest to them are questioned. Shachar also explains further that the impact of betrayal is not only losing trust in others but also in oneself. The feeling of being able to trust oneself is also shaken, so the victim is always second-guessing all his decisions. Normal reactions due to loss of self-confidence, i.e., crying, are depression or anxiety, panicking, and the inability to even eat or sleep. This phase can last weeks or even months and can be triggered again if you learn new information about another betrayal. Lee and Selart (2015) state that the moods and emotions that arise from the betrayal event will affect one's trust in others. People who have experienced betrayal will usually question their approach to trust and ability to judge people. In general, the greater the trust a person places in another person, the greater the suffering he or she will feel. Trust is something that is fragile and can be lost instantly when that trust is violated. Based on the understanding above, it can be said that betrayal affects one's trust in others and in oneself. Normal reactions to the loss of trust as a result of a sad betrayal, anxiety, loss of appetite, and difficulty sleeping.

### **Loss of Relationship/Friendship**

According to Dariyo (2004: 127-128), friendship is an emotional relationship between two or more individuals, both of the same sex and of different genders, which is based on mutual understanding, respect, and trust between one another. What makes them close to each other is the element of commitment, namely, the determination to maintain that emotional bond. Shanchar (2021) states that betrayal results in the loss of a relationship/friendship. Once the betrayal is discovered, neither the romantic relationship nor the friendship will change. Shanchar further explains that the loss of a relationship or friendship as a result of betrayal can trigger anger and often a desire for revenge. Someone who feels betrayed must have thoughts of taking revenge against the perpetrator or anyone who makes it possible to cover up the betrayal. From the explanations above, it can be concluded that betrayal results in the loss of relationships or friendships. When trust between relationships is broken, the most common reaction is anger and resentment.

### **Loss of a Sense of Security**

Asmadi (2005) says that security is the need to protect oneself from physical harm. The need for security is related to the physiological context and interpersonal relationships. Physiological security refers to something that threatens a person's body and life. The threat can be real or imaginary (eg: illness, pain, anxiety, etc.). In the context of interpersonal relationships, it depends on many factors, such as the ability to communicate, the ability to control problems, the ability to understand, consistent behaviour with others, and the ability to understand the people around them and their environment. Ignorance of something can sometimes create feelings of anxiety and

insecurity. De-Bellis (2014) states that when someone experiences a traumatic event, such as an accident, crime, or betrayal, the victim will find it difficult to believe in something, will lose a sense of security, and will find it difficult to control himself. The victim will feel that control has been taken, will feel powerless, and will feel completely out of control -- lost. Based on the explanations provided by the experts above, it can be concluded that betrayal results in a loss of a sense of security for the victim when he or she is threatened. The threat can be real or imaginary. The characteristics of a person who loses a sense of security are difficulty controlling themselves, feeling lost, and being powerless.

### **Loss of self-esteem**

Salkind (2006: 1137) defines self-esteem as also being conceptualized as a state, a situational quality that is temporally raised or lowered by the events that a person experiences. The experiences can then lead to a variety of psychological defences that are directed toward bolstering or maintaining an overall sense of self-esteem. One of the effects of betrayal is the loss of self-esteem. Reis and Spencer (2009: 175) say that many people experience decreased self-esteem and a shattered identity, especially if their identity is closely related to the person they are related to. People who have been betrayed experience a number of emotions, including stress, anxiety, depression, hopelessness, bitterness, and feelings of hurt. Reis and Spencer also add that the loss of self-esteem results in feelings of "disappointment", and that feeling is the reason why victims question the betrayal behaviour and begin to look for the meaning behind the traitor's behaviour.

## **3. Research Method**

This research used descriptive qualitative methods. According to Sugiyono (2019: 9), the descriptive qualitative method is a research method based on the philosophy of post-positivism, and it is used to examine the condition of natural objects (as opposed to experiments) as the key instrument of data collection techniques carried out with triangulation (combined). The data analysis is qualitative, and the results of qualitative research emphasize meaning rather than generalizations. The analysis in this study was to describe the topic of the problems in this study, namely the protagonists' friends' Betrayal in Jay Asher's novel *Thirteen Reasons Why*. In addition to the fact, this method is often used in literary studies. It is assumed that the descriptive qualitative method is a suitable method to analyse the problem of the study. Then, Larson's theory (2021) about the types of betrayal, and Reis and Spencer's theory (2009) about the impacts of betrayal were used as to analyse the data.

## **4. Results and Discussion**

Several discoveries have been made. They are as follows: (1) There are four types of betrayal as proposed by Larson (2021), but the researchers only got two types of betrayal experienced by Hannah Baker, i.e., intimate partner betrayal and interpersonal betrayal. (2) Then, four pieces of data are found to prove what type of betrayal Hannah received. (3) Hannah experienced four impacts as a result of her friend's betrayal. They are loss of trust, loss of friendship, loss of a sense of security, and loss of self-esteem. (4) Each of the impacts contains three pieces of data as evidence to prove the statement.

#### 4.1 The Types of the Betrayal of Protagonists' Friends

In psychologically intimate relationships, strong commitments and bonds are formed. The bond that is owned will explain that the partner will be understood, valued, and accepted unconditionally. However, betrayal by an intimate partner violates core human wants and needs. This kind of betrayal occurs when a partner lies, cheats, chronically criticizes, blocks, yells at, or abuses. The intimate partner betrayal of the protagonist, Hannah, will be proven through the data below:

No. A rumor based on a kiss ruined a memory that I hoped would be special. A rumor based on a kiss started a reputation that other people believed in and reacted to. And sometimes, a rumor based on a kiss has a snowball effect.

A rumor, based on a kiss, is just the beginning.

And Justin, honey, stick around. You're not going to believe where your name pops up next  
(Asher, 2013: 30-31).

The quotation above shows the lies and slander done by Justin against Hannah. Justin and Hannah can be said to be lovers; they are attracted to and like each other. One night, they make an appointment in a park, where they kiss and hug. Justin wants more than a kiss, but Hannah refuses him. That is it, and they are both back home. However, then their relationship is strained, and Justin starts spreading negative rumours about Hannah. Just because of a kiss, rumours can arise that impact Hannah's life.

#### Interpersonal Betrayal

Interpersonal betrayal refers to the breach of trust by someone known and close. Interpersonal betrayal occurs when you are betrayed by a friend for the sake of another friend or when your friend does not defend you when there is a fight with other people. In the novel, Hannah is betrayed by her school friends. They slander, bully, use, and abuse Hannah. The interpersonal betrayal of the protagonist, Hannah, will be proven through the data below.

Okay. I just looked over every name—every story—that completes these tapes. And guess what. Every single event documented here may never have happened had you, Alex, not written my name on that list. It's that simple.

So, to back up a bit, this tape isn't about why you did what you did, Alex. It's about the repercussions of what you did. More specifically, it's about the repercussions to me. It's about those things you didn't plan—things you couldn't plan  
(Asher, 2013: 41-42).

The data above shows the betrayal done by Alex Standall, namely, slander. Justin and Alex committed the same betrayal, namely spreading negative rumours and slander about Hannah. Alex, who is consumed by Justin's slander, then makes a *Worst Ass in the Freshman Class* list. He put Jessica's name as the worst, which is completely contrary to reality because Jessica is very pretty, and Hannah's name as the best. Alex

does not know that his actions will cause Hannah much trouble. One of the impacts is that people always judge Hannah by her body.

Furthermore, interpersonal betrayal is done by Tyler. This can be proven through the data below:

And I feel a little creepy telling it, too. Why? Because I'm trying to get closer to you, Tyler. I'm trying to understand the excitement of staring through someone's bedroom window. Watching someone who doesn't know they're being watched. Trying to catch them in the act of...

What were you trying to catch me in the act of, Tyler? And were you disappointed? Or pleasantly surprised?

Okay, a show of hands, please. Who knows where I am?  
(Asher, 2013: 75).

The quotation above shows the betrayal done by Tyler, i.e., stalking and photographing Hannah without her permission. Previously, Hannah assumed that Tyler was a good friend, even though they were not close. But she is wrong because he secretly does bad things behind Hannah's back. He takes a picture of Hannah through the open window of her room on the second floor. She shudders and wonders why Tyler does this. However, she concludes that people became interested in her (in a bad way) because of the list made by Alex. The next data to show interpersonal betrayal in the novel can be proven through the following quotation:

Guess what, Courtney? On your way out the door, you forgot to say good-bye.

So here's my theory as to why you wanted to go to a party with me: You knew I was pissed at being ignored by you. At the very least, you knew I was hurt. And that was not good for your flawless reputation. That had to be fixed (Asher, 2013: 100).

The above data is a betrayal by Courtney. Previously, Hannah thought Courtney was a friend who could be relied on and the right person to share her problems with. But it turns out that all this time, Courtney's kindness toward Hannah was just fake. She approaches Hannah, who is shunned by the other friends, only for her own reputation, to get her to be called "*the kind angel*". Obviously, this is a form of betrayal because Courtney only uses Hannah as she pleases without knowing the consequences.

## 4.2 The Impacts of Betrayal of Protagonists Friends

### Loss of Trust

Trust is a person's hope and belief in others' honesty, kindness, and loyalty. In a relationship, whether in a love relationship or a friendship, trust is absolute. With trust, we can imagine a future together, depend on each other, and follow the decisions and beliefs of the trusted person. However, belief is an attitude, so it is not always true nor is it a guarantee of truth. Sometimes trust will be destroyed because of an attitude against the truth, such as betrayal. The victim will definitely lose trust in the traitor. The impacts that are usually shown by the victim are difficulty trusting new relationships or

people, always questioning his decisions, depression, shaking, etc. These impacts are also shown by Hannah Baker in the novel *Thirteen Reasons Why* by Jay Asher, and this will be analysed in detail through the explanation below:

I pretended not to notice him. Not because I had anything against him, but because my heart and my trust were in the process of collapsing. And that collapse created a vacuum in my chest. Like every nerve in my body was withering in, pulling away from my fingers and toes. Pulling back and disappearing.

I sat. And I thought. And the more I thought, connecting the events in my life, the more my heart collapse (Asher, 2013: 159-160).

The above data shows that the impact that Hannah feels as a result of betrayal makes it difficult to trust new people. This is shown through Hannah's attitude, which ignores Zach, who is sitting in front of her. It is not that she is not interested, but she thinks that Zach just wants to seduce her. The data above also reveals that loss of trust can result in depression. Depression means feeling helpless and unable to think and act logically. This characteristic is shown when Hannah feels her life and trust have been shattered. Also, she feels that the reality and conditions of his life cannot be changed, so she feels sadness and emptiness. The emptiness and pain she feels are manifestations of a powerless mind. Other loss of trust experienced by Hannah will be explained through the data below:

I wanted to tell you everything. And that hurt because some things were too scary. Some things even I didn't understand. How could I tell someone—someone I was really talking to for the first time—everything I was thinking? I couldn't. It was too soon. Or maybe it was too late.

Clay, you kept saying that you knew things would flow easily between us. You felt that way for a long time, you said. You knew we'd get along. That we would connect. But how? You never explained that. How could you know? Because I knew what people said about me. I heard all the rumors and lies that will always be a part of me.

I was breaking. If only Id talked to you sooner. We could have been...we could've...I don't know. But things had gone too far by then. My mind was set. Not on ending my life. Not yet. It was set on floating through school. On never being close to anyone. That was my plan. Id graduate, then I'd leave (Asher, 2013: 210-211).

The above quotation reveals that it is difficult for Hannah to make a new relationship with Clay Jensen. She knows that Clay approaches her with sincere feelings. However, she refuses because she feels that their meeting is too quick. This refusal is a shield for her not to trust other people anymore because she is afraid that he will be hurt again. Hannah also has a hard time expressing her feelings because it would be painful and horrible if Clay ever broke her trust again. Hannah also always questions every action she takes. As a result, she feels prolonged sadness and loses interest in her



usual activities, i.e., interacting and opening herself up to others. The last data to convince that Hannah loss of trust can be shown below:

Because I wanted to be. That's all I can say. It's all that makes sense to me. How many times had I let myself connect with someone only to have it thrown back in my face?

Everything seemed good, but I knew it had the potential to be awful. Much, much more painful than the others  
(Asher, 2013: 213).

The quotation above shows the depression as the impact of the betrayal she experienced. She lost trust in anyone, and it was caused by a painful disappointment. It left an imprint that haunts Hannah constantly. Hannah feels lonely even in the middle of a crowd. This results in depression, indicating emptiness, loneliness, and desolation in herself and her mind. When the mind cannot find the answer to what we want, the tendency to believe will disappear.

### **Loss of Relationship/Friendship**

A relationship, whether romantic or friendship-based, can end for various reasons. One reason is betrayal. It can be one of the most difficult phases in a person's life because of the many precious moments and memories that have passed. However, because of betrayal, the relationship will end in separation. When betrayal occurs, it can be difficult to continue the friendship. Even though it can be forgiven, betrayal will be difficult to forget, and the pain will still leave an impression. In line with the explanation above, the loss of a relationship or friendship has several impacts on Hannah. The impacts will be explained further through the data below:

Hello, boys and girls. Hannah Baker here. Live and in stereo.  
No return engagements. No encore. And this time, absolutely no requests.

I hope you're ready, because I'm about to tell you the story of my life. More specifically, why my life ended. And if you're listening to these tapes, you're one of the reasons why.

I did make copy of these tapes. Those copies will be released in a very public manner if this package doesn't make it through all of you  
(Asher, 2013: 7).

The data above shows the revenge that Hannah exacts on her friends. She does this by making a tape recording containing thirteen reasons why she committed suicide. It tells how, why, and which friends betrayed her, and everything is explained in detail. The explanation above, of course, refers to one of the characteristics of loss of relationship or friendship, namely the desire for revenge. The anger that Hannah feels culminates in revenge, and she wants to assert that they will reap what they sowed. She also wants her friends to know that their betrayal has a big impact on her. The tape recorder will also backfire on them. The explanations above confirm that betrayal can turn friends into enemies. The second data to explain the loss of relationship or friendship experienced by Hannah can be seen through the following quotation:

So, I sat down and slid my hand into the middle of the table. "Olly-olly-oxen-free?" She lifted one of her hands and slapped a paper on the table. Then she pushed it across and spun it around for me to read. But I didn't need it spun around, because the first time I read that paper it was upside down on Jimmy's desk: WHOS HOT / WHOS NOT.

He did not choose me over you, Jessica," I said. "He chose me to get back at you and you know that. He knew my name would hurt you more than anyone else's." She closed her eyes and said my name in almost a whisper. "Hannah." (Asher, 2013: 64-65).

The quotation above is from a conversation between Hannah and Jessica. It shows Jessica's anger towards Hannah because of Alex's list. Jessica thinks that Alex, her boyfriend, prefers Hana over her. Jessica is jealous, then blames and hates Hannah. Beforehand, Alex and Jessica were Hannah's best friends. But Alex slowly drifts away from them, which in turn makes Jessica stay away from Hannah. Alex's list also has another purpose, namely to spread negative rumours about Hannah. Whatever the purpose, Alex's betrayal produced two consequences. First, Hannah became the object of people's gossip. Second, it destroys Hannah and Jessica's friendship. This teaches that jokes can lead to slander and discord. The last data to explain Hannah's loss of relationship or friendship can be shown below:

This was not a part of her plan. She only invited me to the party to clear her beautiful name after ignoring me for so long. A permanent photograph linking us to one another was not supposed to happen.

Courtney tried to pull out of my grip. "I...I don't want to," she said. I whirled around to face her. "Why not, Courtney? Why did you invite me here? Please don't tell me I was just a chauffeur. I mean, I thought we were becoming friends." (Asher, 2013: 116-117).

The data above shows the betrayal done by Courtney to Hannah. After her friendship with Jessica had broken down, Hannah became friends with Courtney. Beforehand, she thought Courtney was someone she could confide in and depend on. But Hannah is wrong. Courtney is just taking advantage and using Hannah for her reputation. While the essence of friendship is synonymous with happy togetherness and sincere feelings without strings attached, this shows Courtney's betrayal of their friendship. She betrays the trust given to her by Hannah. The consequence is that Hannah lost respect for Courtney, and their friendship changed.

### **Loss of a Sense of Security**

A sense of security is a basic human need that is obtained through a relationship full of warmth and based on trust. A sense of security can also be defined as a need that encourages individuals to obtain peace and certainty from their environment. However, when betrayal occurs, the victim will lose their sense of security. Peace and certainty will be lost. As a result, victims will limit their interactions and activities. In line with the explanation above, Hannah Baker lost her sense of security due to the betrayal of her friends. The impacts can be conveyed through the following quotation:

Alex, am I saying your list gave him permission to grab my ass? No. I'm saying it gave him an excuse. And an excuse was all this guy needed.

Action number two: He grabbed my wrist then put his hand on my shoulder. You know, I'm not even going to interpret this. I'm just going to tell you why it pissed me off. I've had my butt grabbed before—no big deal—but this time it was grabbed because someone else wrote my name on a list. And when this guy saw me upset, did he apologize? No. Instead, he got aggressive. Then, in the most condescending way, he told me to relax. Then he put his hand on my shoulder, as if by touching me he'd somehow comfort me. Here is a tip. If you touch a girl, even as a joke, and she pushes you off, leave...her...alone. Don't touch her. Anywhere! Just stop. Your touch does nothing but sicken her (Asher, 2013: 52).

The impact of Alex's list does not only cause the destruction of Hannah and Jessica's relationship. However, it also results in the creation of negative rumours that are dangerous to Hannah's safety and comfort. It also gives Hannah's friends a chance and a reason to objectify and touch Hannah all they want. Even those who abuse Hannah seem to justify their actions and make no apologies. The explanation above clearly states that Hannah lost a sense of security because of her friends. The consequences are anxiety and a feeling of powerlessness. Hannah feels worried because she no longer has a sense of security in her environment. Also, he is powerless to fight against the perpetrators who undermine her security. Hannah's loss of sense of security also can be seen through the following quotation:

But your presence, Tyler, that never left. After your visits, I twisted my blinds shut every night. I locked out the stars and I never saw lightning again. Each night, I simply turned out the lights and went to bed.

Why didn't you leave me alone, Tyler? My house. My bedroom. They were supposed to be safe for me. Safe from everything outside. But you were the one who took that away. Well...not all of it (Asher, 2013: 89).

The quotation above is an expression of Hannah's feelings toward Taylor's actions. He stalks Hannah and takes a picture of her through the open window of her room on the second floor. It clearly shows Hannah's loss of sense of security as the impact of her friends' betrayal. The impacts are trauma, anxiety, and loss of privacy. Trauma can be seen when Hannah closes all access that Tyler can use to peek at her. She closes her curtains and never sees the stars anymore (which is her favorite thing to do before sleep). Hannah is also anxious that Tyler will do what he has done again. Also, loss of privacy can be seen when Hannah questions Taylor's action of taking photos without permission and stalking her. The house that she thinks is a place to heal and hide now does not feel safe anymore. The last data to convince Hannah's loss of sense of security can be seen below:

For the longest time, from almost day one at this school, it seemed that I was the only one who cared about me. Have the only people you truly trust turn against you. Have one of them use you to get back at the other, and then be accused of betrayal. Are you getting it now? Am I going too fast? Well, keep up! Let someone take away any sense of privacy or security you might still possess. Then have someone use that insecurity to satisfy their own twisted curiosity (Asher, 2013: 144-145).

The data above is an expression of Hannah's pain for all the betrayal she received. The loss of a sense of security and privacy makes Hannah very helpless. Hannah is unable to think logically because there is only emptiness and desolation in her soul and mind. When the mind does not get the answer to what it wants, the tendency to believe will disappear. She does not know whom to lean on or with whom to share her joys and sorrows. As a result, Hannah gets worse and loses her zest for life.

### **Loss of Self-esteem**

Self-esteem is defined as how much a person appreciates, respects, and likes himself regardless of the conditions he or she experiences. Assessment of self-esteem can affect behaviour and beliefs in life. Loss of self-esteem means loss of trust and value. The results are decreased self-esteem, experiences of stress, anxiety, depression, hopelessness, bitterness, hurt, and feelings of disappointment. Some of these characteristics are shown by Hannah Baker in the novel *Thirteen Reasons Why* by Jay Asher, and these will be carefully analysed through the following quotations.

The day your list came out wasn't too traumatic. I survived. I knew it was a joke. And the people I saw standing in the halls, huddled around whoever had a copy, they knew it was a joke, too. One big, fat, happy joke. But what happens when someone says you have the best ass in the freshman class? Let me tell you, Alex, because you'll never know. It gives people—some people—the go-ahead to treat you like you're nothing but that specific body part (Asher, 2013: 44).

Self-esteem is a manifestation of the desire to be respectable. Just like other people, Hannah also wants to be respected. However, once again, Alex's list has an impact on Hannah, which lowers Hannah's self-esteem. Her friends start judging Hannah badly. People only see Hannah through her body, even though Hannah never behaves or dresses badly. Alex's betrayal makes Hannah stressed because she is unable to maintain her dignity because of Alex's foolishness. The second data to explain the loss of self-esteem experienced by Hannah can be seen in the quotation below.

Everything about it was false. Right then, in that office, with the realization that no one knew the truth about my life, my thoughts about the world were shaken.

Like driving along, a bumpy road and losing control of the steering wheel, tossing you—just a tad—off the road. The wheels kick up some dirt, but you're able to pull it back. Yet no matter how tightly you grip the wheel, no matter how hard you try to drive straight; something keeps jerking you to the side. You have so little control

over anything anymore. And at some point, the struggle becomes too much—too tiring—and you consider letting go. Allowing tragedy...or whatever...to happen (Asher, 2013: 124).

The quotation above explains that the impact of the loss of self-esteem experienced by Hannah is depression and hopelessness. She feels depressed and loses hope in her life. Also, she feels that no matter how hard she held on, she would still fall. Everything in his life is fake; even his smile and obstinacy are fake. She has lost control of her life and feels that everything she does is not according to his wishes. The last data to explain the loss of self-esteem experienced by Hannah can be seen below:

I shut my eyes so tight it was painful. Trying to push away all that I was seeing in my head. And what I saw was everyone on this list...and more. Everyone up to that night. Everyone who caused me to be so intrigued by Clays reputation—how his reputation was so different from mine.

And I couldn't help that. What everyone thought of me was out of my control. Clay, your reputation was deserved. But mine...mine was not. And there I was, with you. Adding to my reputation (Asher, 2013: 215-216).

The data above shows the expressions of hopelessness, anxiety, and pain that Hannah feels as a result of her loss of self-esteem. Clay Jensen is his only real friend. He is very kind, really understands Hannah's situation, and likes her too. However, Hannah is worried that her bad reputation might affect Clay. This loss leaves him feeling hopeless, useless, sick, and unworthy of Clay. The bad experiences she always has made her feel inferior and make her think negatively about herself. The explanations above clearly conclude that Hannah's loss of self-esteem is an impact of the betrayal of friends.

## 5. Conclusion

This research concludes that betrayal might happen due to some causes and it gives negative impacts to friendship. It is found in this research that loss of trust, loss of relationship, loss of self-esteem and loss of security are some impacts of betrayal. Therefore, in friendship, we should avoid betrayal to make long lasting relationship.

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