



DOMESTIC VIOLENCE ISSUE AS SEEN IN THE MEMOIR *BRUTALLY HONEST* BY MELANIE BROWN

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Abstract

Domestic violence issue happens in a family at home. This social issue proves that violence can be done not only by stranger, but also by a member of a family. The victim finds it hard to reach out for help due to severe humiliation that leads to degradation of self-worth and self-esteem. The unsettling case of domestic violence is also described in a work of fiction as a result of one's experience. Therefore, the writer decides to conduct research regarding to this issue. In accordance, the aim of this research is to show the portrayal of domestic violence as seen in Melanie's Brown *Brutally Honest*. This research used descriptive qualitative method typically library research with textual analysis since data of this research are in the form of sentences and dialogues. The primary data source is Melanie Brown's *Brutally Honest* (2018). For this research, the writer applied theory of domestic violence and sociology of literature critics. The results of this research shows that there are four types of domestic violence suffered by Melanie during her marriage to Stephen. The violence includes physical violence in form of bruises on her body, the psychological violence in forms of terror, control, and denigration, emotional abuse in forms of name-calling, isolation, false-accusation, and negative feedback, and economic abuse in forms of controlling her finances in order to make her financially depended only on Stephen.

Keywords: Domestic violence, economic abuse, emotional abuse, physical violence, psychological abuse

INTRODUCTION

Literature often portrays real issues and events. These issues and events are told through the medium of written language, as an important tool of communication (Amelia, 2016). Language is also used to express one's idea and desire in literary works (Rido, 2020). The experts and researchers have been discussed the ways in which literature represents reality throughout the history of literature and literary criticism (Davidsen, 2018). Davidsen (2018) believed that literature through its fictive descriptions represent the concept of non-fiction, or called as the real issues in the real life. Hence, the development of literature has resulted in various idealistic and allegorical interpretations of literary representation of reality (Davidsen, 2018). As a result, the types of literature have developed and are not limited to fiction only, but the non-fiction as well. Biographical, historical, and reader-oriented also included as literature and may portray the real issues.

Among several types of literature that portray the real issues, novel is seen as the suitable types of literature to portray the real issues and events. It is because novels play a role as the prose narrative book length that represents characters and actions with some degree of realism. The length and complexity of novels are believed able to deals with the imaginative human experience (Burgess, 2021). By that, it will be easier for the author of a novel to portray the issues within the story. The intrinsic elements of novel, such as setting, plot, and character, also play a role in building the imagination of the readers to get into the story. By the fact that literature, or novels as one of the types of literature, is divided into fiction and non-fiction, the researchers believes non-fiction novels can portray the issues better because it was derived from the real stories. Non-fiction novels, as its name, defined as a genre of writing that is not rooted in a fictional narrative (Master Class, 2020). Texts are widely defined as books, essays, articles, interviews, as well as speeches (Samanik and Lianasari, 2016). Essentially, non-fiction novels are the novels based on true story, which can be history, biography, or others. Thus, the issues portrayed are coming from the real events, in which the portrayal will be better in non-fiction novels. As time goes by, at least there are 9 types of non-fiction genres in novels. There are; 1) History; 2) Biography, autobiography, memoir; 3) Travel guides and travelogue; 4) Academic text; 5) Philosophy and

insight; 6) Journalism; 7) Self-help and instruction; 8) Guides and how-to manuals; 9) Humor and commentary (Master Class, 2020). Naturally, with its purpose to describe and explain the real events, non-fiction novels can include certain materials of real-life issues. The issues vary from social issues to psychological issues.

In this research, the researchers focus with the discussion of social issue in the literary work, novel. The researchers believe social issue is the closest to society because it happens in where we live in. The term social issue was first officially discussed in the book entitled *Social Problems* (Kerbo, 2006). That book, written by Henry George, became the first book that discussed the social issues in the United States (Kerbo, 2006). Social issues, as defined by Kerbo, can be defined as social conditions that some people may see it as a problem and may harm some segments of society (Kerbo, 2006). Essentially, social issues can be defined as issues or situations that give negative impacts to person, people, or group of society. Moreover, people tend to look at others' sex, appearances, and interests as an important predictor of their ability which also include as other forms of social issue (Yunara and Kardiansyah, 2017). With that definition, there are thousands of social issues, both domestically and non-domestically. The researchers agree that many researchers have discussed non-domestic social issues, which are the issues that impact society greatly, for example racism and discrimination, yet only few of them brought the domestic social issues. Regarding that, the researchers considered to bring the domestic social issues in this research to acknowledge society that social issues could happen in the closest and inner circle as well. Briefly, domestic issues involve the home or family, which proved that the issue of social not only happens to strangers or in huge numbers of society.

Among certain cases included as domestic issues, the researchers has chosen one of the issues. This issue believes to be happening, yet it is hard for the victim to get out from that issue. The name of the issue that is discussed in this research is domestic violence issue. Morgan and Chadwick in their article defined domestic violence issue as an issue associated with cases of physical and psychological violence that occurs domestically within intimate relationship (Morgan & Chadwick, 2009). Moreover, UNICEF in the article entitled *Domestic Violence against Women and Girls* also defined domestic violence includes the violence done by the intimate partner, and the violence occurs within or beyond the confines of the home (UNICEF, 2000). The intimate relationship itself can be defined as a relationship that involves physical or emotional intimacy; it can be sexual relationship or non-sexual relationship. Thus, intimate relationship can involve intimate partner (such as husband and wife), family, or friends. Additionally, domestic violence is also known as relationship violence, intimate partner violence, and gender-based violence (Morgan & Chadwick, 2009). However, the violence in domestic violence does not limit to physical violence only, but psychological as well (Morgan & Chadwick, 2009). It is also in line with the explanation by the National Domestic Violence Hotline, that stated that emotional abuse, intimidation, coercion, and threats also can be considered as domestic abuse (National Domestic Violence, 2020). In other words, domestic violence does not have to hurt physically to be called as domestic violence; even so the physical hurt is also the sign of domestic violence act. Considering the lack of researchers who bring this issue and the cases of this issue that continuously happen, the researchers feels urged to conduct this research. Even though happens to an individual, domestic violence issue can be considered as social issue because according to C. Wright Mills in 1959, social issue stresses that individual problems are often rooted in problems stemming from aspects of society itself (Mills, 1959). Moreover, values in the society defines the right and the wrong for an individual or a particular group (Lina and Setiawan, 2017). As an American sociologist, Mills created the term of sociological imagination. Sociological imagination can be defined as an understanding that social outcomes are based on what we do (Mills, 1959). In other words, there are factors that caused some issue to happen, for example like norms and motives, social context, and social action (Mills, 1959). Social imagination considered as a quality of mind that understands the interplay of the individual and society (Mills, 1959). In line with that, domestic violence issue is believed to happen because of the domination of particular gender in society. For example, the issue of domestic violence often happens with men against women. That case is believed to happen because of the culture of men domination in society. Flood in 2019 agreed that men can commit violence against women because of the idea of masculinity and the system of patriarchy that has developed in our society for a long time (Flood, 2019).

Moreover, besides the close relation of domestic violence issue to the culture in society, there is another reason of why domestic violence issue can be considered as social problem or issue. Here, the researchers uses a simple parable to explain it. For example, unemployment of an individual is a personal problem, but when there are 20% cases of unemployment, it becomes a social problem. It means that a personal problem can become a social problem when it comes to be a structural characteristic of society. Mills added that when there are millions of people suffer that, it means that it becomes a public issue, because there must be something wrong in society if it happens (Mills, 1959). Men domination and patriarchy that has become a culture creates a new situation where there are many women suffers domestic violence issue, and it makes it as a social problem.

In 2020, the statistics from Leeds Women revealed that each year 1.3 million women in the UK suffer from domestic violence, 19.000 incidents of domestic violence were reported to the police in Leeds, and 7

women a month are killed by their intimate partner in England and Wales (Aid, 2020). The troubling cases of domestic violence do not stop there, the domestic violence issue seems to have also been triggered by the patriarchy tradition (Setri and Setiawan, 2020). The Office of National Statistics, as quoted by Leeds, also revealed that 1 in 4 women experience domestic violence over their lifetime, while 1 in 7 children and young people under the age of 18 will have lived with domestic violence at some point, according to NSPCC and Refuge in 2011 (Aid, 2020). Though domestic violence happens to men as well, most of the data and statistics provide the women's case of domestic violence. It is because domestic violence commonly perpetrated by men against women partner (Morgan & Chadwick, 2009). As a result, the cases of domestic violence often happen to women compared to men. If 1 in 4 women experience domestic violence, in men, 1 in 9 men experience domestic violence (National Coalition against Domestic Violence). Though there are so many issues related to domestic violence, the issue will be more visible and shocking when it is experienced by a famous person. In 2009, the famous female singer Rihanna opened up about the domestic violence relationship suffered by her. According to the article posted by The News Minute, Rihanna showed her bruised bleeding face and admitted that she has been assaulted by her intimate partner, Chris Brown (Rajendran, 2021). The pictures on the internet showed the picture of Rihanna with a busted lip, black eye, and bruising on Rihanna's face after Chris Brown assaulted Rihanna in a Lamborghini the night prior to the Grammys (Bailey, 2021). The reason of that was because Brown was being unfaithful with a work friend and when Rihanna found out, Chris Brown started hitting Rihanna. The way Chris Brown treated Rihanna showed how Rihanna was suffering from domestic violence relationship because she got physical and psychological abuse. Therefore, the case, as one in a million case, is proven that domestic violence issue can happen anywhere at any time to anyone. From this incident, it appears that women seem to have a weak role due to their sex (Aryangga and Nurmaily, 2017).

The domestic violence issue even became worse when the pandemic of Covid-19 happened. Muna, Rauf, and Krismantari in the article news wrote that in Indonesia itself, the case of domestic violence rises during the pandemic. The data from Legal Aid Foundation of the Indonesian Women's Association for Justice, as written in the news, revealed that 110 domestic violence cases have been reported since the lockdown of Covid-19 pandemic (Muna, Rauf, & Krismantari, 2020). The unsettling cases of domestic violence made the researchers conduct research to see its portrayal in literary works, since literary works often portray the reality. The researchers believes it is important to acknowledge society about the portrayal of certain cases existed in literary work. Some people read novel as their amusement tools, without knowing there are terrible cases portrayed by the novel. Thus, this research aims to give insight to society about the portrayal of social issue, or in this case domestic violence issue, in the novel.

To see the portrayal of the issue domestic violence in novel, the researchers chose one novel that is assumed to contain the material of domestic violence issue. The genre of the novel chosen by the researchers is memoir. Doyen in an article published in 2007 defined memoir as a special kind of autobiography that usually involves a public portion of the author's life as it relates to a person, historic event, or thing (Doyen, 2007). Memoir may sound similar with autobiography, but autobiography covers the author's entire life to the present, while memoir covers certain parts of the author's life only (Doyen, 2007). A memoir is chosen as the novel's genre in this research because the researchers believes memoir can portray the social issues better, because it only tells certain incidents or tragedies of the author, and not the entire life and journey of the author. To specify the discussion of the research, one memoir that is assumed contain the issue of domestic violence is chosen.

The memoir chosen was published in 2018 by the judge of American's Got Talent and the member of Spice Girl named Melanie Janine Brown. Melanie Janine Brown professionally known as Melanie B or Mel B is a British singer, actress, and celebrity. In 2018, she published her second book entitled *Brutally Honest*. *Brutally Honest* is included as memoir because it told the specific tragedy happened in her life. First published in November 27, 2018, this book was published by Quadrille Publishing with the total of 270 pages. Consists 32 chapters which each chapter consists of around 3 until 13 pages, this book used English as its original language. By looking at the synopsis of the book that told her toxic relationship with her ex-husband, the assumption of the existence of domestic violence appeared to the researchers. With the title *brutally honest*, Mel B stated that the memoir told the brutal truth of her life. She claimed that the hardest and lowest phase of her with her ex-husband was written in this memoir. With the assumption of toxic relationship suffered by Mel B, the researchers conducts this research to see the portrayal of domestic violence issue suffered by her.

Domestic Violence

As this research focused on the issue of domestic violence, the theory of domestic violence is also needed. Domestic violence, as described by Human Rights Watch in Jackson's article, is defined as a form of aggression done or perpetrated by the intimate partner, which could be husband, wife, and family (Putri, 2018). Thus, it is called as domestic violence because this social issue happens domestically. Based on National Sexual Assault and Domestic Family violence Counselling Service as it is mentioned by Department of Child Safety,

Youth and Women in a practice paper entitled “Domestic and Family Violence and its Relationship to Child Protection”, Domestic violence usually includes pattern of behaviors, which includes physical, sexual, economic, and emotional abuse. In another word, domestic violence does not only about the physical pain or abuse (Department Child Safety, 2015). Furthermore, every act that is committed by the partner with the purpose of establishing and maintaining power to control the other partner that may cause negative effects to the victim is considered as domestic violence. The act of domestic violence can be divided into physical violence, psychological abuse, emotional abuse, and economic abuse (Department Child Safety, 2015).

Physical Violence

Physical violence involves the physical force against another partner. This physical force includes hitting, shoving, grabbing, choking, assault with a weapon, and others (Department Child Safety, 2015). The physical forces are also known as assaults. The results of the assaults are injuries ranging from bruising, broken bones, burning, internal injuries, and scalding. In other words, the physical violence is the violence that harm the intimate partner and may leave scars on the victims’ body.

In several cases, some perpetrators sometimes try to inflict physical injuries to the body parts that are not normally seen by people, for example the torso. They aim the torso because they do not want any wound to be recognized by anyone. Another kind of abuse that does not leave physical injuries are forcing a head to the toilet, locking up the victim in a room, ice-cold bath, and grabbing the victim’s hair (Department Child Safety, 2015). Furthermore, in the physical violence, the perpetrators also neglect or limit the victims’ basic needs like food, shelter, and clothes. Physical violence is conducted to give personal and long-term suffering as well as fear on a victim which eventually affects not only the victim, but also the people around them including children.

Psychological Abuse

Psychological abuse is the opposite of physical violence, in which it affects the psychology condition of the victim. Psychological abuse is used by the perpetrator to terrorize, control, and denigrate victims. The actions could also occur prior to physical or sexual violence. There are various of psychological abuse effects as it is stated by National Coalition Against Domestic Violence (NCADV) and it manifests in different forms such as long-term damage to one’s mental health which results in experiencing depression, low self-esteem, trust issues, suicidal ideation, PTSD (Post-Traumatic Stress Disorder), and adjustment issues (2015).

The psychological abuse includes humiliating the victim, controlling what the victim can or cannot do, withholding or denying information from the victim, intimidating the victim with threats or false accusations, isolating the victim from friends and family, monitoring and restricting economic independence, constantly criticizing, and blackmailing (Department Child Safety, 2015).

Emotional Abuse

Emotional abuse involves an individual’s sense of self-worth. The aim of this abuse is to destroy the self-worth as well as the self-esteem. Emotional abuse can be in form of verbal or non-verbal abuse. Verbal abuse includes insults, accusations, ridicule, criticism, name-calling, embarrassing, shouting, belittling in front of children, mocking, name calling, and humiliation. Non-verbal abuse involves ignoring one’s partner, infidelity, deliberate isolation from family and friends. Essentially, the act that may affect the victim’s self-worth and self-esteem are considered as emotional abuse (Department Child Safety, 2015).

The negative feedbacks are given to different aspect of the victims’ life such as their character, personality, appearance, and aptitude. In the emotional abuse, the perpetrator places the victim in a position which she or he must gain the favor of the perpetrator. The victim should show an effort of trying to be submissive towards the perpetrator. The emotional abuse happens more frequent compare to the physical abuse, however, it is more difficult to detect. It is believed the wounds from emotional abuse are deeper and more painful. But, both types of violence are destructive (Department Child Safety, 2015).

Economic Abuse

The attempt of economic abuse is to make the victim financially dependent on the perpetrator (Department Child Safety, 2015). This type of abuse implies that there are indications of withholding economic support, keeping tight the financial control, false perception that a woman is solely responsible for the housekeeping, source of financial income, and child-rearing tasks. Economic abuse involves sabotaging how the victim acquire money and other economic resources for examples prevent the victim from getting education and employment, limit working hours, take the payment, refuse to give any profit or benefit, take any of the victims’ savings, close any access to bank account. As a result, the victim becomes vulnerable, and has no control over the money. The money should be given directly to the perpetrator. In other words, the victim is never going to be financially independent.

METHOD

This research used descriptive qualitative study as the research methodology. Blaxter (1997) stated that the term of qualitative data is a type of data that deals with collection and analyzing information in the form of non-numeric. The data are presented in structured or written way (Gulö and Rahmawelly, 2019). Moreover, according to Creswell in Suprayogi and Pranoto, qualitative research is an approach that involves discovery (2020). This method helps to interpret many kinds of contexts and situations (Kuswoyo and Rido, 2019). Not only that, but also qualitative research describes something that occurs and it enables the researchers to develop it in detail. One of the characteristics of qualitative research is also to acquire deep understanding on the society (Pranoto and Yuwono, 2018). In addition, the researchers also used library research. The researchers used it to collect the data of written sourcebooks that would be useful for the data analysis. Thus, both the data and the result of the analysis will present in the form of words, clauses or even sentences instead of in the form of a number. According to Onwuegbuzie and Leech, Qualitative research questions describe and incline to address questions such as “what”, and “how”, “to what extent” (Onwuegbuzie, 2006). Further, the strength of qualitative is to connect with context (Fithratullah, 2020).

Magilvy and Thomas in Al Falaq and Puspita state that the benefits of applying qualitative method is in the finding of suitable elaboration of a certain phenomenon (2021). This research method allowed the researchers to use the method to collect detailed information from multiple sources. It also enables to understand the literary works and its correlation to certain phenomenon in the society (Kardiansyah, 2018). Furthermore, in-depth information about the natural meaning and better understanding of the phenomenon is revealed in a subjective way. Data serves to make the best decision in solving problems (Heaverly, 2019). Data can be in the form of numbers, images, words, even ideas. Through data, we have to interpret it into meaningful information and it can be used to help the writer reach the objective of this research. The primary data of the current research comes from the memoir entitled *Brutally Honest* by Melanie Brown that was published in 2018. The data are taken from the data source which eligible to answer the research question of the current research. The data are taken by quoting sentences, words, phrases, and actions, that can be the proofs of domestic violence existence.

FINDINGS AND DISCUSSION

The Physical Violence

The Bruises on the Body

Physical violence is done by those who intentionally harm their partner by inflicting physical injuries. The results of the particular violence could be seen on the victims' body since it leaves scars, bruises, broken bones, and many more (Department Child Safety, 2015). After comprehensive reading on the memoir of Melanie Brown, the writer finds that there are only several data that have been written by the author in regards to physical violence. In Melanie Brown's case, physical violence is not explained in detail manner. Nevertheless, the data have shown the results of physical violence which are described explicitly and it is visible to the naked eyes, in this case Melanie's family and press.

As soon as I stepped out in front of the cameras, social media was inundated with speculation about what happened. My mom and sister waded in **on the attack** and the story spiraled. ‘Really worried for you after seeing this!! not sure what went on now, heard it was a stomach ulcer **now domestic [sic] violence**.... (Brown,2018).

During her marriage with Stephen, Melanie tries to conceal from the public including her own family about the violence she has been suffering. She does not want anyone to recognize that she is unhappy, however, the quotation above shows that finally the media reveals her marriage is on the edge. Physical violence is not a scar that could be easily covered by the victims, unless the violence is intentionally inflicted to some body parts that are not visible or the victims conceal it with their clothes (Department Child Safety, 2015). Melanie has grown tired of Stephen's behavior to the point that she no longer wants to cover up her scars to send a clear and direct message to her then husband that she wants to leave him. The writer assumes that the statement “**on the attack**” refers to the physical violence which is conducted by Stephen towards Melanie. Especially after the next statement on how her mother and sister express their feeling on the incident, “**now domestic [sic] violence**”. Domestic violence is stated to describe Melanie's condition when she shows up in public after she finishes her show.

The Psychological Abuse

The Terror and Control

Psychological abuse employs other methods of violence including terrorizing, controlling, and denigrating the victims. The writer finds that psychological violence is one of the violence which describes vividly in the memoir. The types of the violence that the writer finds are terror, control, and humiliation or denigration. The results of these violence are varied from depression, trust-issues, suicidal ideation, low self-esteem, and adjustment issues (NCADV, 2015). During her marriage with Stephen, Melanie has also been suffering from psychological abuse.

I felt helpless because **I'd allowed this man into my life, and little by little, insult by insult, indignity by indignity, deal by deal, sex tape by sex tape, I had allowed him to take over.** He was the one that decided where I lived, whom I saw (unless I was working), what my money was spent on, who looked after our kids (not me but a selection of nannies or members of his family). It was up to him whether I was a piece of filth that day or a goddess or a whore (Brown, 2018).

One of the aims of psychological abuse is to inflict a long-term damage to one's mental health. The statement, "**I'd allowed this man into my life, and little by little, insult by insult, indignity by indignity, deal by deal, sex tape by sex tape, I had allowed him to take over**", shows that Melanie realizes that Stephen has taken control over her life. She has no choice but to answer to his demands.

The Act of Denigration

One of the types of violence is denigration (NCADV, 2015). The act of denigrating is also seen in some parts of the memoir. Stephen uses to denigrate Melanie to make her feel even more vulnerable and desperate. He states to Melanie that she is not a good mother to her daughter Pheonix. He continues by saying, '**you are an embarrassment to her**' (Brown, 2018). As a perpetrator, Stephen emphasizes that Melanie is the 'problematic one'. She does not capable of giving an excellent example to her daughter since she is always busy and she is also addicted to cocaine. Furthermore, Stephen even humiliates Melanie in front of Dr. Sophy, their therapist. Telling him that she is mentally unstable.

Stephen denigrates Melanie in several occasions. As her husband, Stephen knows that Melanie is highly addicted to cocaine, and he intentionally records as a proof that she is the one with the problem in their marriage. He continues by stating, '**She's off her face. She's a disgrace, she needs serious help**'. This particular quotation shows how Stephen treats Melanie. He does not respect her as his wife and the mother of his daughter while he is conveniently living in her house. The writer believes that Stephen uses the word '**disgrace**' her to humiliate and belittle Melanie.

The Emotional Abuse

The Name-Calling

During her marriage with Stephen, Melanie has gone through a lot of verbal abuses. Some of the abuses are witnessed by her security guard, Chris. He has been witnessing the abuses which lead him to dislike Stephen.

Chris told me later that he had never witnessed any man speak to a woman the way Stephen talked to me. '**Ugly**', '**Slut**', '**Fat**', '**Stupid**', '**Bitch**', '**Worthless**', '**Drunk**', '**Pathetic**', '**Monkey**', '**Derelict**'. They'd become just words said so many times to me that I would absorb them like a sponge (Brown, 2018).

The words '**Ugly**', '**Slut**', '**Fat**', '**Stupid**', '**Bitch**', '**Worthless**', '**Drunk**', '**Pathetic**', '**Monkey**', '**Derelict**' have also been used by Stephen as name-calling. It is to define Melanie as a person, a wife, and a mother. However, since Stephen has been using those words many times, Melanie does not seem to filter the words and eventually absorbs it. The absorption process is the one that finally influences Melanie's perspective on how she perceives herself. She develops a sense of low self-esteem.

The Isolation from Family and Friends

Another form of emotional abuse that could cause mental break down and trust issue is isolation. Melanie has always been a family-oriented woman. She loves her family, especially her parent and children. Before she is married to Stephen, Melanie always has a great relationship with her friends and family. She would come to them to seek for refuge and even a simple opinion. However, ever since she ties the knot to Stephen everything changes drastically. She no longer talks to her family, and she even has to distance herself from some of her friends because Stephen does not like them.

The entire circle of people I trusted and relied on most in the world was decimated within a year and a half. My parents, my friends – even my gorgeous, smart personal assistant Janet Neale, who worked for me for five years when I moved out to L.A – hated Stephen from the get-go. After a series of what my mum now describes as ‘the most abusive, disgusting, and terrifying’ phone calls, **he had successfully cut my parents out of our lives, making me feel like the best thing for me was to have no contact: no calls, no emails, nothing** (Brown, 2018).

Melanie shares in her memoir how she distances herself from her family after she got married to Stephen for a year and a half. Moreover, Melanie also states that Stephen has been harassing her mother by some terrifying and abusive calls which lead Melanie to cut any mode of communication with her family. This action is a deliberate isolation which is done by Stephen (Department Child Safety, 2015).

The False-Accusation

In the memoir, Melanie also describes that Stephen has made a false accusation. This type of accusation in emotional abuse is included as a verbal accusation (Department Child Safety, 2015). Melanie states that she has been working hard on her show, The X-Factor, therefore, sometimes she cannot answer Stephen’s calls right away. Stephen then accuses her of committing an affair with Simon Cowell, her producer.

When I was working on ‘The X Factor,’ in a two hours period he would call my phone 50 times, asking where I was, what I was doing, telling me when I had to be back, accusing me of sleeping with Simon Cowell (**obviously, I wasn’t**), accusing Chris of covering up my affair with Simon (**he didn’t, as I wasn’t**). I also accepted that he checked all my emails and answered them, deleted them – same with my phone messages, Twitter and Instagram pages.

The Negative Feedbacks

The act of emotional abuse also includes negative feedbacks to the victim (Department Child Safety, 2015). In the memoir, Melanie does not state explicitly that Stephen gives negative feedbacks to her ability or her works. Nevertheless, she explains how Stephen reacts towards her show.

He was **disdainful of my work: he’d refuse to watch the recorded show** on television, or he would **talk loudly all the way through them** while the girls and I were trying to watch. **‘It’s so boring,’ he’d moan, turning up his rap music so none of us could hear** (Brown, 2018).

From the quotation, Stephen seems to have given his negative feedbacks. Furthermore, he does not hesitate to show his reaction in front of their children. When he says, **‘It’s so boring,’** and then **‘he’d moan’**, it appears that he does not appreciate Melanie’s hard work. It is an irony for Stephen since Melanie is the one who earns more income than him.

The Financial Control

Melanie states that, **‘he controlled all my bank accounts, my work schedule** (Department Child Safety, 2015).’ Stephen has taken over Melanie’s economic support and he also manages her work schedule, which means he has sabotaging how she acquires money. He needs to make sure that Melanie does not spend her money the way she wants. Melanie states, **‘Stephen had control of the finances,** choose where we lived and who looked after the kids; he had strong views on what we ate, what I wore (he always liked me to wear black) (Brown, 2018).’ It can be seen from the quote that Stephen, as the perpetrator, seems to never going to let Melanie financially independent. He wants to be in control, the money that she earns must be given directly to him. He also says that she is a rubbish when it comes with money. When Stephen takes over her credit cards directly from her purse without her consent, Melanie does not say anything (Brown, 2018).

CONCLUSION

Based on the analysis, the writers draw conclusion that all four types of domestic violence, in this case physical violence, psychological abuse, emotional abuse, and economic abuse are found in Melanie’s Brown memoir *Brutally Honest* are portrayed in the work. From all four types of the violence the emotional violence is the one that Melanie has suffered the most.

The physical violence is not described vividly by Melanie; however, she implicitly states in her memoir that she has bruises on her body. She explains when her mother and sister see the bruises on the media, they learn that she has been suffering from domestic violence. Another indication of physical violence that strengthens the analysis is when PC Cunningham, her friend, tries to gain information related to her marriage to Stephen since he also sees the bruises. Stephen has also been a violent person, Phoenix, Melanie's daughter from her first husband, Jimmy has witnessed his aggressive behavior. Melanie mentions that Stephen has beaten up her daughter's dog. For those reasons, the writer believes that physical violence has been portrayed in Melanie's memoir *Brutally Honest*.

The psychological abuse is the second domestic violence that portrays in the memoir. On the analysis, the writer finds there are two types of psychological abuse, first is the terror and control and the second is denigration. Melanie describes the terror and control from the way Stephen leads her into making an intimate video of them both. She then realizes that Stephen would use the video to silence and control her life. Melanie explains that Stephen loves proof, therefore, he would ransack her purse to find any kind of evidence that he could use to terrorize her. He also denigrates her in front of their therapist more than one. Melanie portrays the act of denigration as a part of the domestic violence that Stephen has done towards her. She feels humiliated, unworthy, and unappreciated by him.

The writers learn that emotional abuse is the one that has been suffered severely by Melanie. There are four types of emotional violence which leads to her losing sense of self-worth and self-esteem. The four types of emotional violence which are portrayed in her memoir include name-calling, isolation, false-accusation, and negative feedbacks. All of the types are described in detail by Melanie. Stephen uses some inappropriate words to call Melanie. He also isolates her from her family and friends to make her dependent only to him. Meanwhile the false-accusation involves Simon Cowell her X-Factor producer, her boss. Stephen believes that Melanie has been having an affair with Simon. However, Melanie says that Stephen would not be able to find any proof related to this accusation since she never cheats on him with anyone. Similar to physical abuse, the negative feedback is not described thoroughly by Melanie; however, there are moments when Stephen chooses to ignore or disparage her work and he also continues by saying that the show is boring.

The economic abuse which is done by Stephen is the financial control. He sabotages how she acquires money and takes her savings. These actions are committed to limit Melanie's movement in order to become financially independent. Stephen also uses Melanie's money to fulfil his expensive and luxurious needs and habits. He controls and holds her credit card without her consent as well as limits her work schedule.

The findings of this study is in line with the theory in National Sexual Assault and Domestic Family Violence Counselling Service and National Coalition Against Domestic Violence (NCADV). To summarize, domestic violence can also be seen in a work of fiction and non-fiction, in this case it is portrayed in *Brutally Honest*, a memoir written by Melanie Brown, the former member of Spice Girl. Further, scrutinizing the data from the memoir can be done properly by applying the theory of domestic violence and sociology literary critic's approach. The writer hopes in the future, the next researchers would be interested in conducting similar research in a much broader sense.

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