

**WAR, TRAUMA, AND THE PROCESS OF HEALING OF THE
MAIN CHARACTER IN ZOULFA KATOUH'S NOVEL *AS LONG AS
THE LEMON TREES GROW***

AN UNDERGRADUATE RESEARCH THESIS

***Submitted for Partial Fulfillment of the Requirements for the Degree of
Sarjana Humaniora***



Submitted by:

Egi Evelyn Septiarini

2010731027

Thesis Supervisor:

Marliza Yeni, S.S., MA

NIP. 197703242000122001

ENGLISH LITERATURE STUDY PROGRAM

FACULTY OF HUMANITIES

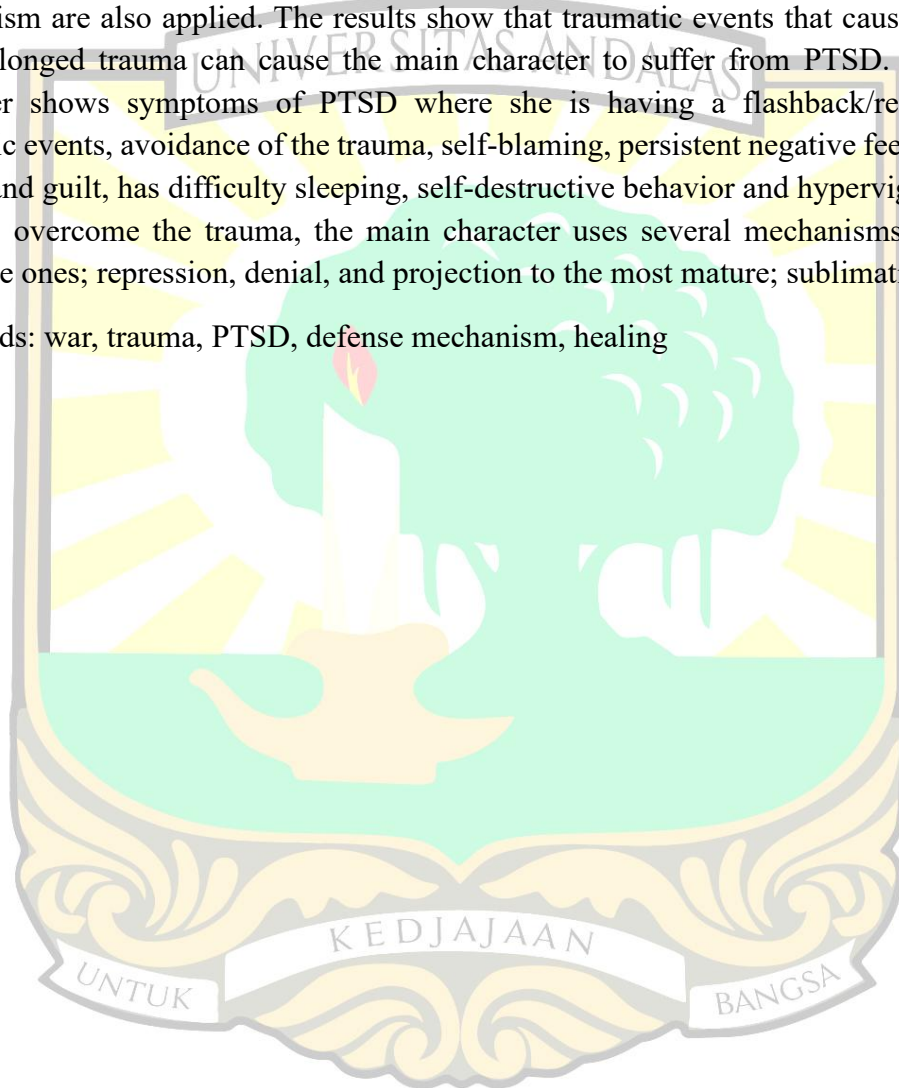
UNIVERSITAS ANDALAS

2025

ABSTRACT

This research examines the issue of psychological problem of the main character in Zoulfa Katouh's novel *As Long as the Lemon Trees Grow*. This research aims to analyze the traumatic events experienced and seen by the main character during war, how those cause her to develop symptoms of Post-Traumatic Stress Disorder (PTSD) and how she overcomes her trauma using several defense mechanisms. This research applies a qualitative descriptive method and psychoanalytic literary criticism. To be specific the theory of PTSD by American Psychiatric Association and Anna Freud's theory of defense mechanism are also applied. The results show that traumatic events that caused by war and prolonged trauma can cause the main character to suffer from PTSD. The main character shows symptoms of PTSD where she is having a flashback/reliving the traumatic events, avoidance of the trauma, self-blaming, persistent negative feelings such as fear and guilt, has difficulty sleeping, self-destructive behavior and hypervigilance. In order to overcome the trauma, the main character uses several mechanisms from the primitive ones; repression, denial, and projection to the most mature; sublimation.

Keywords: war, trauma, PTSD, defense mechanism, healing



ABSTRAK

Penelitian ini mengkaji isu permasalahan psikologis pada tokoh utama dalam novel *As Long as the Lemon Trees Grow* oleh Zoulfa Katouh. Penelitian ini bertujuan untuk menganalisis kejadian-kejadian traumatis yang dilihat dan dialami oleh tokoh utama selama perang berlangsung, bagaimana peristiwa tersebut menyebabkan timbulnya gejala-gejala Gangguan Stress Pasca Trauma (PTSD) dan bagaimana tokoh utama mengatasi traumanya menggunakan beberapa mekanisme pertahanan diri. Penelitian ini menggunakan metode deskriptif kualitatif dan kritik sastra psikoanalitik. Untuk lebih spesifik teori PTSD oleh *American Psychiatric Association* dan teori mekanisme pertahanan diri dari Anna Freud juga diterapkan. Hasil penelitian menunjukkan bahwa peristiwa traumatis yang disebabkan oleh perang dan trauma yang berkepanjangan dapat menyebabkan tokoh utama menderita PTSD. Tokoh utama menunjukkan gejala PTSD berupa mengalami kilas balik/menghidupkan kembali peristiwa traumatis, penghindaran terhadap trauma, menyalahkan diri sendiri, terus menerus merasakan perasaan negative seperti rasa bersalah dan takut, kesulitan tidur, perilaku yang merusak diri, dan sikap waspada yang berlebihan. Untuk menghadapi trauma tersebut, tokoh utama menerapkan beberapa mekanisme pertahanan diri mulai dari yang primitif; represi, penyangkalan, dan proyeksi hingga yang paling matang; sublimasi.

Kata kunci: perang, trauma, PTSD, mekanisme pertahan, penyembuhan

