

CHAPTER I

INTRODUCTION

1.1 Background of the Research

The battle for power often occurs between countries or between communities within a country through war. War occurs because one party wants to take control of a country that is already governed by another party. Oppenheim (1952) stated that war is an armed conflict between two or more states with the aim to conquer each other and impose the terms of peace as the victor demands. War lasts a long time and causes serious damage to not only the condition of a place but also the condition of its people. Many people were injured in war both physically and mentally. Many traumatic incidents traumatized the people involved in the war. Traumatic events overwhelm the ordinary systems of care that give people a sense of control, connection, and meaning (Herman, 1992, p.33).

The response to a terrible event such as an accident, natural disaster, crime, physical or emotional abuse, neglect, experiencing or witnessing violence, war, death of a loved one and so on is the definition of trauma (American Psychological Association, 2013). A trauma could disrupt someone's life in how they will interact with other people and live their lives in general. It is hard for someone with trauma to act like normal people because the trauma makes them feel as if they are stuck forever in a helpless state of horror (Kolk, 2014). This endless trauma leads to Post-Traumatic Stress Disorder (PTSD). PTSD is often found in war survivors. This could be seen in the main character of Zoulfa Katouh's novel *As long as the Lemon Trees Grow*.

As long as the Lemon Trees Grow is a novel written by Zoulfa Katouh published in 2022. The main character of this novel, Salama Kassab, lives in Homs, Syria where the

war is taking place. As a pharmacy student she inevitably became a doctor because of a lack of medical staff during the war. She has met many war victims with different extreme wounds. Salama also lost her family during the war and witnessed herself how her mother died due to a bomb. Those traumatic events she experienced lead to trauma that later develops into Post-Traumatic Stress Disorder.

Mann et al. (2024) stated Post-Traumatic Stress Disorder (PTSD) is a common and complex psychiatric condition that affect an individual's mental health that arises in response to exposure to traumatic events. People who suffered from PTSD would have several symptoms such as nightmares, anxiety, flashbacks, and overreacting to situations that remind of the trauma. Those symptoms would affect the life of the sufferer. Herman (1992) explains the efforts of combat veterans had legitimated the concept of post-traumatic stress disorder, did it become clear that the psychological syndrome seen in survivors of rape, domestic battery, and incest was essentially the same as the syndrome seen in survivors of war. PTSD is vulnerable to occur on people who have trauma, especially victims of war. The prolonged trauma and traumatic event they experience causes them to have PTSD. Many war victims or soldiers suffer from PTSD due to war, the same case with the main character on Zoulfa Katouh's novel *As Long as the Lemon Trees Grow*. I believe in this novel, Zoulfa Katouh wants to show the trauma and how traumatic events influence the mental state of the people involved in war through Salama, the main character.

1.2 Identification of Problem

Salama, the female main character in the novel *As Long as the Lemon Trees Grow* shows how the trauma caused by war might lead to PTSD. As a pharmacy student she inevitably becomes an emergency doctor who meets many war victims. War takes a lot

of precious things from Salama. She loses her family, friends, patients and home. These traumatic events seem to affect her personality. She is being hard on herself. She becomes depressed, gloomy, pessimistic, vigilant and having difficulty to sleep. She lives her life like a robot; she is tiring herself by working non-stop to escape from her feelings. It is presumably that Salama's changes of personality is the result of her suffered from PTSD. War and death influence and interfere her current life and how she lives her life in the present. Her struggles to maintain hope, make sharp decisions and interacting with other people without getting triggered are worth analyzing because it depicts human's true fear of war.

1.3 Review of Related Literature

The first related literature is "Invisible Wounds: Syrian War Trauma and PTSD in *As Long as the Lemon Trees Grow* by Zoulfa Katouh" by Ayesha Shabbir, Mehwish Fatima and Fareeha Hafeez (2024). This article discusses the trauma of war, PTSD and resilience. While my research shares the same object but the scope and the focus is different. The authors of this article explain the trauma and PTSD through symbolic explanation such as *Khawf* as a personification of fear and guilt and Salama's hallucinations of Layla is a reflection of Salama's mental fragmentation. In this article the authors do not only focus on Salama but also the children of the war, the impact of the war to the children and childhood in Syria. This article also briefly mentions the resilience where Salama's acceptance of her hallucinations and admitting they helped her to survive means she defeats them. Meanwhile my focus of the research is only Salama's psychological problems and I provide deeper analysis on the symptoms of Salama's PTSD and how she copes with it using several defense mechanisms. Thus, this research provides a different contribution by analyzing the traumatic events Salama experience,

the symptoms of her PTSD and several defense mechanisms she uses to cope with those traumas, which expands the perspectives offered by previous related literature.

The next related literature is a journal article entitled “Salama Post Traumatic Disorder in Zoulfa Katouh's *As Long as the Lemon Trees Grow*” by Gresyane Johana Marantika and Adeline Grace Litaay (2024). This article discusses the causes, symptoms and effects of Salama's PTSD. This article uses the literary psychology theory and PTSD theory by Hamblen, J. and Barnett E. There are four types of trauma of Salama's PTSD, namely Intrusive thoughts, Avoiding reminders of the traumatic events, feeling anxious constantly and on the edge. The causes of the PTSD are the traumatic events due to war happened in Syria and the environments of her surroundings as the emergency doctor. The effects of this PTSD are taking sedatives, emotional effects, and social anxiety. In this article the author only focuses on the symptoms and causes of Salama's PTSD which the researcher will focus on how war causes Salama to suffer PTSD and how she deals with those PTSD using different theories.

The next related study is *The Lemon Trees and the Syrian Homeland: An Ecocritical Reading of Zoulfa Katouh's As Long as the Lemon Trees Grow* by Anna Anganita Theresia Latumeten dan Nofansyah (2024). This article aims to analyze how the environment is central to the narrative in the novel from ecocritical perspective. This article explains how the lemon trees represent resilience, hope and an unshakeable connection to homeland. The relationship between human resilience and the environment is shown in this novel. Even though many of the buildings are scattered by bomb there are still life seen there such as daffodil flower that blooms in the midst of destruction, small green vines pushing through rubble. Those shows persistent hope even in the worst

situation. It explains that nature endures all of the chaos shows that humans can also do the same thing. This is captured in the imagery of the lemon trees.

The next related literature is a journal article entitled “Post-Traumatic Stress Disorder in Kathleen Glasgow’s Novel *Girl In Pieces*” by Surayya MS and Purwarno (2022). This research aims to analyze the PTSD of Charlie Charlotte Davis, the protagonist. The factors and the symptoms of Charlie PTSD are discussed. In analyzing PTSD the author of this article applies the PTSD theory by Rosenberg. It is found that there are two factors of Charlie’s PTSD such as psychological factors and social factors. The psychological factors are Charlie had a childhood trauma and the social factors are Charlie often listens to dark stories of other people. In this article it is also found there are four symptoms of Charlie's PTSD namely intrusion, avoidance, mood and cognitive changes, and arousal and activity.

The next related literature is a journal article entitled “Post-Traumatic Stress Disorder in *Indama Qatalu Al-Rabi* Novel” by Adhiyantami and Syah (2022). The aims of this article is to examine the traumatic event experienced by the main character (Bella), the symptoms of Bella’s PTSD and Bella’s effort to overcome her PTSD. The theory used is PTSD theory which refers to DSM V (Diagnostic and Statistical Manual of Mental) by APA (American Psychiatric Association). It is found that Bella has experienced sexual and physical violence and witnessed the death of her father. The symptoms of the PTSD are difficulty sleeping, overly negative thoughts, avoidance of trauma-related reminders, and difficulty experiencing positive affect. To overcome her PTSD, Bella tries to accept the reality and leans her life on Hasan.

The next journal article is “Laura's Post-Traumatic Stress Disorder in Ruth Wares' *The Woman in Cabin 10*” by Mbambut and Andayani (2023). This research aims to reveal

the symptoms, the causes and the effects of Laura's PTSD and the defense mechanisms using the theory of PTSD by Rogers and Liness and defense mechanism theory of Sigmund Freud. It is found that there are four symptoms of Laura's PTSD namely Re-experiencing, avoidance, arousal and reactivity, and cognition and mood. The cause of Laura's PTSD is her experiencing violent crimes which is robbery. The effect of Laura's PTSD is aggression, insomnia, panic attacks, hallucinations, illusions, horrific imaginations, and claustrophobia. The defense mechanisms of Laura are repression, denial, projection, displacement, sublimation, rationalization and reaction formation.

The next journal article is “The Kya’s PTSD and Defense Mechanism as Represented in Delia Owens’ *When the Crawdads Sing*” by Marlinna and Ernawati (2024). This research aims to examine the causes of Kya’s PTSD and how the defense mechanism experienced by Kya using Sigmund Freud’s psychological theory of defense mechanism. It can be seen that the causes of Kya’s PTSD are traumatic experiences such as domestic violence, abandonment, bullying, isolation, rape, and murder. The defense mechanisms of Kya are denial, sublimation, and projection.

The next related literature is a journal article entitled “Memori, Trauma, dan Upaya Rekonsiliasi Perang Teluk II dalam Novel *Sa’atu Bagdad Karya Syahad AL-Rawiy*” by Arofah and Rokhman (2020). This research aims to find out how the author reconstructs the memory and trauma that causes the main character’s psychological shock and how the main character’s struggle to make reconciliation on the memory and trauma. The results of the journal article are the memory and trauma that disturbs the main character’s life but the main character survives from those traumas and start to do the reconciliation of the trauma. It is also found there are three traumatic memories of the

main character, firstly is the childhood traumatic memory, secondly is the teenager traumatic memory and last but not least, the early adulthood memory.

The next journal article is “The Influence of Traumatic Experience in Jennifer Niven's Novel *All the Bright Places*” by Gorat (2020). This article aims to identify the PTSD of the two main characters, the impact of PTSD, the causes of the trauma and the defense mechanism of the two main characters using the theory of Sigmund Freud. It is found that there are several symptoms of PTSD of the two main characters such as sleeping problems, nightmares, avoidance, and emptiness. The impact of the PTSD on the two main characters is OCD, suicidal obsession, avoidance, and changes in cognitive function. Meanwhile the causes of the trauma are the two main characters experienced a bad family environment and parental divorce, bullying, and accident and death. To cope with the PTSD, the two main characters show several defense mechanisms namely reaction formation, denial, displacement, conversion, and sublimation.

The next related study is Defense Mechanism as Strategy to Overcome Jacob's Anxiety in William Landay's *Defending Jacob* by Annisa Febriana dan Diana Budi Dharma (2022). This article explains type of anxiety that Jacob suffered from and defense mechanisms Jacob shows to overcome his anxiety. This article uses Sigmund Freud's theory of anxiety and defense mechanism. The result is there are three kinds of anxiety develops by Jacob such as moral anxiety, neurotic anxiety and realistic anxiety. To overcome his anxiety, Jacob shows several defense mechanisms such as denial, projection, displacement, rationalization, and reaction formation. The writer concludes that the most frequent anxiety Jacob experienced is realistic anxiety and displacement and projection is the most often defense mechanisms he used.

1.4 Research Questions

- a. What are the traumatic events witnessed and experienced by Salama during the war in *As Long as the Lemon Trees Grow*?
- b. How are the symptoms of PTSD and defense mechanism presented in the novel?

1.5 Scope of the Research

This research focuses on intrinsic elements, which is the female main character on Zoulfa Katouh's novel *As Long as the Lemon Trees Grow*, Salama. This research will be limited on the analysis of Salama's psychology. There are two subjects to be discussed, firstly is to analyze how war causes the main character to suffer PTSD. Secondly is how the main character deals with PTSD.

1.6 Objectives of the Studies

Related to the problems that the researcher has mentioned above, this research aims to analyze the cause of war that led Salama to suffer PTSD. Additionally, it also includes the defense mechanism used by Salama to deal with her PTSD.