

CHAPTER V

CONCLUSION AND SUGGESTIONS

5.1 Conclusion

After reading and analyzing *As Long as the Lemon Trees Grow* novel, I discover that Salama has a trauma due to war that took her loved one and many war victims. These traumas develop into PTSD as I discover in the novel. I conclude that Salama suffers from PTSD and utilizes defense mechanisms to overcome her trauma. To make it clear, I describe the conclusion in several points

The first point of the conclusion is Salama that suffers from PTSD because she has experienced a lot of traumatic events due to war. During war she loses her family and the horror she has to face when she treats war patients. The beginning of her trauma is the death of her mother and later followed by the loss of her brother and father. Salama is also traumatized by the death of her patients, Ahmad and other patients with the worst condition.

The next point is the symptoms of Salama's PTSD. The prolonged trauma causes Salama to develop symptoms of PTSD. She shows intrusion symptoms, avoidance of the trauma, negative alterations in cognitions and mood, and marked alterations in arousal and reactivity. The symptom of intrusion includes the flashback or reliving the moment of trauma. The next is the symptom found in Salama is the avoidance of trauma. The symptoms of negative alterations in cognitions and mood found in Salama is persistently blaming herself about the traumatic events and constantly feeling negative emotions such as guilt and fear. There are several symptoms seen in Salama in marked alterations in arousal which are difficulty sleeping, self-destructive behavior and hypervigilance.

The last point of conclusion is Salama employs several defense mechanisms to overcome and cope with her trauma. The defense mechanism Salama employed first is repression. Salama represses the memory of Layla's death to protect herself from the overwhelmed situation. The next defense mechanism is denial. Salama is in denial about her mother's death and the war itself to protect herself from the painful reality. The next is projection. Salama projects her distressful thoughts toward Kenan and Am. The last defense mechanism is sublimation. Salama changes her negative thoughts into something acceptable by the society which is treating war patients.

As Long as the Lemon Trees Grow is the debut novel of Zoulfa Katouh. Through this novel Katouh illustrates the struggle of an 18-year-old girl during war with her psychological issues and how love could help someone amidst the war. This novel raises awareness about psychological issues and how war could cause someone to develop trauma and PTSD. It is also illustrated how someone else could help someone heals from their trauma.

5.2 Suggestions

This research still has many shortcomings. This research only limited to the main character's psychological issue which is PTSD and her defense mechanism she employs to overcome her trauma. There are still a lot of issues could be analyzed for future research in this novel. I suggest the future researchers to analyze the other psychological issues of Salama such as *Khawf* as her hallucinations. There also symbol finds in the novel to be analyzed.