

The Trauma of the Main Character Amir in Khalid Hosseini's *The Kite Runner*

THESIS

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MALANG
2023**

STATEMENT OF AUTHORSHIP

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STATEMENT OF AUTHORSHIP

I state the thesis entitled "**The Trauma of the Main Character Amir in Khalid Hosseini's The Kite Runner**" is my original work. I do not include any materials previously written or published by another person, except those cited as references and written in the bibliography. Hereby, if there is any objection or claim, I am the only person who is responsible for that.

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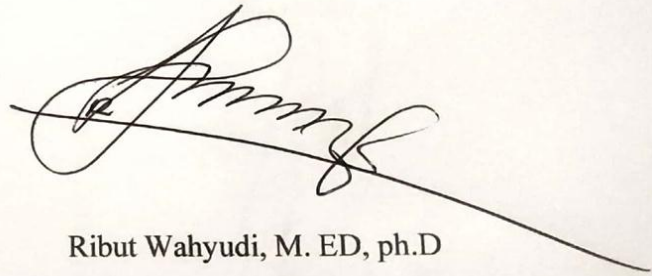
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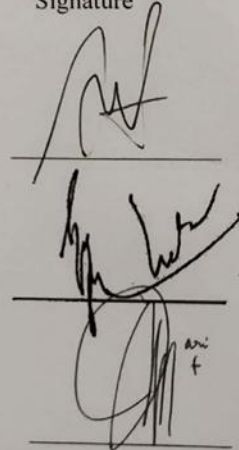
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MOTTO

When you start struggling to achieve your dreams don't give up because only people who are energized and strive will achieve the sweetness of a struggle.

DEDICATIONS

This thesis is proudly dedicated to my beloved family, namely my father Mr Agus Sugianto my mother, Mrs. Widewati my young sister Raisya Kamalia and also my best friend and my extended family in Surabaya, of course to all teachers and lecturers who have educated me from kindergarten to S1; My friends and everyone who always supports. The completion of my thesis work, is hoped that people who are discouraged and drop out in the middle of the road in struggling in any form can be an inspiration that in living life do not just complain but still have to fight and enthusiasm to the peak of success.

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The Researcher,

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ABSTRACT

Rifky Dzikrillah Wideanto (2023) The Trauma of the Main Character Amir in Khalid Hosseini's *The Kite Runner*. Department of English Literature Faculty of Humanities, Universitas Negeri Maulana Malik Ibrahim Malang. Advisor Dr. Syamsudin, M. Hum.

Key Words: Trauma, Psychoanalytic, Causes from Trauma, How handle trauma

This thesis aims to find out the events that causes Amir's trauma, and the ways Amir overcame his trauma in Khalid Hosseini's *The Kite Runner*. This research belongs to the category of literary criticism that uses the psychoanalytic theory of Cathy Caruth in outline, this research uses the theory of trauma proposed by Cathy Caruth & Erikson, but also uses supporting theories from Samsha, Blackburn, Saddock & Scaer in causing trauma, and the theory of La Londe which is one of the ways that researcher use in overcoming Trauma. The source of this study reveals that the cause of the trauma experienced by Amir was when Amir arrived in the Wazir area and there Amir experienced physical violence from Taliban forces, one of them from Assef. To overcome his trauma, Amir did several ways, one of which was by means of emotional connection to overcome trauma. in this way Amir can indirectly release the burden of his trauma that he experienced in the past. Based on this research, the novel entitled *The Kite Runner* by Khalid Hosseini, can be used as a reference to find out what are the causes of Trauma & how to overcome trauma well. And hopefully, this research can also be used as a medium for readers to provide an understanding of the causes of trauma. And how to overcome trauma experienced by trauma victims such as the main character Amir in *The Kite Runner* who experienced physical violence until he finally found a way to release his trauma in the past.

ABSTRAK

Rifky, Dzikrillah Wideanto (2023) Trauma of The Main Character Amir in *The Kite Runner* Skripsi. Jurusan Sastra Inggris, Fakultas Humaniora, Universitas Islam Negeri Maulana Malik Ibrahim Malang. Pembimbing Dr.Syamsudin, M. Hum.

Kata kunci: Trauma, Psikoanalitik, penyebab dari trauma, cara mengatasi trauma & The Kite Runner.

Skripsi ini bertujuan untuk mengetahui peristiwa yang menyebabkan trauma dari Amir, dan cara yang dilakukan oleh Amir untuk mengatasi traumanya dalam novel *The Kite Runner* oleh Khalid Hosseini. Penelitian ini termasuk ke dalam kategori kritik sastra yang menggunakan teori psikoanalitik dari Cathy Caruth. Secara garis besar, penelitian ini menggunakan teori trauma yang dikemukakan oleh Cathy Caruth & Erikson, akan tetapi juga menggunakan teori pendukung dari Samsha Blackburn Saddock & Scaer dalam penyebab trauma, dan teori dari La Londe yang merupakan salah satu cara yang peneliti gunakan dalam mengatasi Trauma. Sumber data dalam penelitian ini adalah novel karya Khalid Hosseini yang berjudul *The Kite Runner*. Studi ini mengungkapkan bahwa penyebab trauma yang dialami oleh Amir adalah ketika Amir sampai di daerah Wazir dan disana lah Amir mengalami kekerasan fisik dari pasukan Taliban salah satunya dari Assef. Untuk mengatasi traumanya, Amir melakukan beberapa cara, salah satunya dengan cara Hubungan Emosional untuk mengatasi trauma. dengan cara ini seara tidak langsung Amir dapat melepaskan beban trauma nya yang dia alami di masa lalu. Berdasarkan penelitian ini juga, novel berjudul *The Kite Runner* karya Khalid Hosseini, dapat digunakan sebagai referensi untuk mengetahui apa saja penyebab dari Trauma & bagaimana cara mengatasi trauma dengan baik. Dan harapannya. penelitian ini juga dapat dijadikan sebuah media bagi para pembaca untuk memberikan pemahaman tentang apa saja penyebab dari Trauma dan cara mengatasi Trauma yang dialami para korban trauma seperti pada tokoh utama Amir dalam novel *The Kite Runner* yang mengalami kekerasan fisik hingga akhirnya dia menemukan cara untuk melepaskan Trauma nya di masa lalu.

مستخلص البحث

رنقي دزكريال ودبانو (2023) صدمة الشخصية الرئيسية أمير في رواية عداء الطائفة الورقية لخالد الحسيني. نُسَمِّى الأدب الإنجليزي كلية العلوم الإنسانية، جامعة العلوم موالنا ملك إبراهيم مالنح. المستشار الدكتور شمس الدين م. الكلمات المفتاحية: الصدمة، التحليل النفسي، أسباب الصدمة، كيفية عرولة الصدمة، وعداء الطائفة

الورقية

تهدف هذه الأطروحة إلى معرفة الأحداث التي تسببت في صدمة أمير، والطرق التي تغلب بها أمير على صدمته في رواية عداء الطائفة الورقية لخالد الحسيني. ينتمي هذا البحث إلى نية النقد الأدبي الذي يستخدم نظرية التحليل النفسي لكائي كاروث في الخطوط العريضة، ويستخدم هذا البحث نظرية الصدمة التي اقترحها كائي كاروث وإريكسون، ولكنه يستخدم أيضا النظريات الداعمة من سامشا وبالكبيرن وسادوك وسكار ني التسبب في الصدمة. ونظرية اللون وهي إحدى الطرق التي يستخدمها الباحثون في التغلب على الصدمات. ويكشف مصدر هذه الدراسة أن سبب الصدمة التي تعرض لها أمير كان عندما وصل أمير إلى منطقة الوزير وهناك تعرض أمير للعنف الجسدي من قبل زوات طالبان، أحدهم من آصف. للتغلب على صدمته، قام أمير بعدة طرق، أحدها عن طريق التواصل العاطفي للتغلب على الصدمة. وبهذه الطريقة يستطيع أمير أن يخفف بشكل غير مباشر عبء الصدمة التي تعرض لها في الماضي. وبناء على هذا البحث يمكن استخدام رواية عداء الطائفة الورقية لخالد الحسيني كمراجع لمعرفة أسباب الصدمات وكيفية التغلب على الصدمات بشكل جيد. ونأمل أن يتم استخدام هذا البحث أيضا كوسيلة للبراءة لتوفير نهم الأسباب الصدمة. وكيفية التغلب على الصدمات التي يعاني منها ضحايا الصدمات مثل الشخصية الرئيسية أمير في عداء الطائفة الورقية الذي تعرض للعنف الجسدي حتى وجد أخيه طريقة للتخلص من صدمته في الماضي.

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CHAPTER I INTRODUCTION

This chapter is written to discuss the background of the study and includes the reasons for choosing the research topic and some previous studies. After that, this chapter contains the problems of the study, the significance of the study, and the scope and limitations in the next section. In this chapter, the Researcher provides several definitions of key terms to make it easier for readers to understand the content of the study.

A. Background of The Study

The impact of trauma and continuous traumatic experiences on individuals will generate stress, because there are various stresses as triggers for stress in a traumatic event, and if experienced for an extended period of time, it will cause disruption. As a stress trigger, and if encountered over an extended period of time, will produce disruption Smet (1994) defines post-traumatic stress as an individual's protracted reaction to trauma.

This statement explain about trauma and ongoing traumatic events can induce stress, which can be disruptive if endured over a lengthy period of time. In a traumatic experience, there are several pressures that might cause stress. Post-traumatic stress disorder (PTSD) is defined by Smet (1994) as an individual's persistent reaction to trauma. Post-traumatic stress disorder (PTSD) is a mental health illness that can occur in persons who have watched or experienced a terrible incident. PTSD symptoms include flashbacks, nightmares, acute anxiety, uncontrolled thoughts about the incident, and powerful, distressing thoughts and sensations that continue long after the traumatic

event has finished. People suffering with PTSD may also suffer from despair, anxiety, drug or alcohol abuse, food problems, and suicidal thoughts and behaviors. PTSD can cause individual's whole life, including their job, relationships, health, and enjoyment of everyday activities.

Having a good support system is one of the most significant components of recovering trauma. According to studies, social support can help people cope with the emotional and psychological repercussions of trauma (Brewin et al., 2000;).

According to Philip Bromberg (1995, p.176), personality has the exceptional ability to negotiate stability and change at the same time, and it will do so under the correct relationship conditions—conditions that maintain the patient's required illusion that he may stay the same while changing. Furthermore, psychoanalytic thinking holds that language is always directed to another, whether inner or outer, conscious or unconscious. Effects and experiences may be turned into words, but the fundamental motivation is to reach out and connect. Literature may be understood in this light as well; as a communication act with the inner other in mind (Wright, 1999).

This statement explain about personality has the power to negotiate stability and change at the same time. These factors keep the patient's needed illusion of staying the same while changing. Furthermore, psychoanalytic thought argues that language, whether inner or exterior, conscious or unconscious, is always addressed to another. Literature may be viewed as a form of communication with the inner other in mind.

In the novel *The kite runner* tells the story of a main character, Amir, who experiences bad experiences during his life such as physical violence in an area called Wazir which makes his body need medical assistance as a result of the violence Amir cannot breathe smoothly with wounds all over his body and others.

The researcher chose this novel and conducted research on this topic because he is interested in discussing trauma and the ways that the character Amir deals with the trauma he experienced by analyzing the character's background after experiencing physical violence by Assraf, Amir's friend who joined the Taliban forces. Another reason is that experts hope that patients would understand how to cope with trauma, even if it cannot be entirely eradicated.

The first previous according to Kitamura and Nagata (2014) was entitled : *Psychological Impact of Childhood Trauma In Adolescents* child trauma can also be a determinant of suicidal behavior and depression. Suicidal tendencies or self harm committed by adolescents shows the hopelessness or unsteadiness that occurs because it is constantly overshadowed by bad experiences in the past in this study, it seems to focus on past relationships in children and their impact on behavior such as depression to suicide in this case this research seeks to understand how bad the victim's experience of events that he should not have experienced. The difference between this study and

Cathy Caruth lies in the approach of the methods and perspectives used by both. from this study focused on a different point of view by linking past trauma with self-harm behavior or child depression while from Cathy Caruth is known to approach psychologically and the impact of individual experiences.

After that, (Boulware, 1999 dalam Safaria & Eka saputra; 2009:65) Was entitled : *Impact of Trauma with PTSD*. PTSD can occur after a major traumatic event, both emotionally and physically starting with feelings of compassion feeling of giving up and fear for the future, including having no hope for a career, marriage, children, or a normal life. In this study with Cathy Caruth there is a difference in which this research focuses on external factors. For example : from war, experiencing calamities and others, while in Cathy Caruth's research focuses on individual experiences of trauma and how the persons experiences trauma.

Another previous study by McNally (2003) Further research on this trend culminated in 1980 was entitled : *Historical Trauma Among Indigenous Peoples of the Americas: Concepts, Research, and Clinical Consideration*. when the American Psychiatric Association formalized posttraumatic stress disorder (PTSD) as a legitimate diagnostic category. The change filled a crucial gap in public health knowledge about the impact of trauma. In addition to its diagnostic relevance, the PTSD category helped consolidate and promote a surge of new research on traumatic stress the difference from this study is the focus and context used in this study underline the diagnostic category of PTSD in terms of understanding and recognizing the impact of trauma And the purpose of this study is the understanding and treatment of trauma.

Meanwhile, Zamzuri (2019) was entitled: *Traumatic memories with psychological*. In his research revealed that traumatic memories cause psychological shocks and reconciliation efforts against trauma. traumatic memories cause psychological shocks and efforts to reconcile with the trauma to live a natural life with the title of *Memory, Trauma, and Efforts to Reconcile with Trauma. to live life naturally with the title Memory, Trauma, and Efforts to Reconcile with Trauma in Reconciliation to Trauma* in Leili S. Chudori's Novel Laut Bercerita. The results show that the chaos of 1998 became a traumatic memory personally. personal. Traumatic memories are illustrated by incidents of arrest, confinement, and torture of student activists by the military. This study explains that if traumatic experiences such as: arrest, confinement, and torture of student activists by military officers in 1998, which can cause that one of the impacts of this bad experience is a disturbed mental condition that results in victims of anxiety depression and other trauma problems. in this study with Cathy Caruth there is a difference in this study emphasizes the impact of individual bad experiences from history in the past while from Cathy Caruth tends to be in terms of understanding trauma in such a wide variety of scopes.

Furthermore, (Robson; 2004: 26) was entitled : *Trauma and process overcoming trauma*. balance between the imperative to convey the horror of the trauma and the equally urgent need to contain or minimize that horror, between the need to remember and the desire to "forget" in this study explains that telling stories about trauma is an absolute thing that is followed by a balance between two needs that turn out to be contradictory, namely: expressing and bad experiences of trauma experienced and the urgent need to convey bad experiences experienced in the results of the study.

there are differences with Cathy Caruth, namely in this study focusing on stories and processes to overcome trauma while in Cathy Caruth's research prioritizes personal difficulties in conveying and overcoming trauma.

Another previous study by (Rambo; 2010:4). Was entitled: *Trauma is Suffering That Remains*. The Contribution Of Trauma Studies to Prophetic Studies: The challenge in a trauma is the experience or a bitter event in the past such as natural disasters, territorial control wars, and others. The main factor in the difference in this research is that trauma can be influenced by religious misery and suffering, while Cathy Caruth's theory puts forward a concept, namely the difficulty of recognizing and understanding traumatic events individually.

After that, there was a study by Schore (2003) was entitled : *Mapping the Heterogeneity of Responses to Potential Trauma*. Well-connected neural pathways, necessary for the development of healthy, adaptive responses to experiences and emotions, are diminished in children exposed to adverse environments compared to those exposed to more positive environments. The resulting impairment in mood and behavior regulation leads to subsequent maturational difficulties, such as an inability to establish effective interpersonal relationships, regulate emotions, and learn from own and others' experiences the study focused on the development of healthy and additive responses to experiences and emotions and on the other hand children are also exposed to more positive but less developed and the impact is not able to understand the experience.

Another previous study, researched by Philips & Thorne (2019) was entitled : *Healing Interpersonal and Racial Trauma. Integrating Racial Socialization Into Trauma- Focused Cognitive Behavioral Therapy for African American Youth*. In addressing racial or cultural trauma in African adolescent children in school settings by increasing active listening on the part of program leaders as well as using TF CBT's community-based group application. The specific difference between this study and Cathy Caruth's is that this study focuses on the handling of racial and cultural trauma of African and American adolescents while Cathy Caruth's theory also focuses on trauma but in her research, there is no difference in emphasis starting from the racial aspect of trauma. The core of this study is Philips & Thorne's racial socialization approach to TF CBT and its function to address trauma in adolescents of both American and African descent.

After that, Hyman, Berna, Snook, Ducette & Kohr (2002) was entitled: *found bullying victims at school*. From experience symptoms of PTSD symptoms such as despair, revenge, re-experiencing the trauma like a re-impact, and trauma (reexperiencing) like the original impact, and horrific dreams. PTSD symptoms such as avoidance (avoidance and numbing) are likely to interfere with the formation and development of interpersonal relationships as well as making it difficult to maintain mature relationships in adulthood, resulting in being labeled as a 'social outcast. The meaning of this study is that it shows that bullying victims in schools have an impact that can be long-term of course on psychological problems and the ability to interact socially with these victims of course how important it is to overcome the traumatic impact of bullying victims The difference between this study and Cathy Caruth's research is that this study emphasizes trying to measure the experience of bullying

victims in schools while in Cathy Caruth is more about understanding the experience of trauma at large

The last previous study, Aliasar (2021) was entitled : *Trauma Boy Candra Novel Psychological Approach*. Every human being has different problems and psyches. Then there is a reaction that has good or bad depending on whether the person is accepted by their environment. This research emphasizes that individual bad experiences experienced by trauma victims are a problem in psychiatry and how victims experience the environment in a good or bad way. In this study with Cathy Caruth's research, there is a striking difference starting from Aliasar which emphasizes the response of victims who experience bad experiences, which certainly have an impact on the psychology of victims, while Cathy Caruth focuses more on experiences and ways to express trauma from various sources including narratively and culturally.

B. Problems of The Study

Based on the thoughts above, the researcher formulates the problems that can be studied as follows:

1. What are the causes of the trauma experienced by Amir by Khalid Hosseini's in *The Kite Runner* ?
2. How does Amir handle the trauma by Khalid Hosseini's in *The Kite Runner* ?

C. The Significance of The Study

This research is expected to provide theoretical and practical implications for the advancement of literary studies. The researcher's theoretical goal in conducting this research is to expand the conversation related to Psychology of Literature. as well as providing new information in the application of trauma theory to other things. This psychological research provides an analysis that uses literary works such as novels to help readers understand trauma and practice when dealing with friends, closest people and family who get into trouble to experience trauma. This research is expected to be a valuable reference in research on trauma and ways to overcome trauma, and provide readers with better knowledge about trauma and strategies to overcome trauma.

D. Scope and Limitation

To conduct this study, researcher must have a clear scope and boundaries. in this study, researcher focused on the causes of trauma from the main character, Amir, where he experienced physical violence from Taliban forces, one of whom was Assef, who made Amir's whole body injured to traumatize him. but behind that there are ways found by Amir in overcoming trauma, one of which is to seek help from close friends. this is one of Amir's ways of overcoming his trauma in the past for his future life.

E. Definition of Key Terms

As an effort to avoid misunderstandings about this research, the researcher wants to clarify by providing definitions and explanations :

- **Trauma** : is a blow or impact that produces disruption in a person's feelings and behavior. This indicates that trauma can have an emotional, mental, and bodily impact on a person. (Erikson : 1991).

- **Anxiety : Acute Stress Disorder** Typical symptoms including anxiety, hyperarousal, and emotions of panic start to show up a few weeks following the traumatic event Bryant, R.A., & Creamer, M. (2008)

Post Traumatic Disorder War, accidents, or abuse are traumatic events that can lead to the development of PTSD. Brewin, C. R., Andrews, B., & Valentine, J. D. (2000).

CHAPTER II

THEORETICAL FRAMEWORK

This research focuses on the major characters in *The Kite runner* using Cathy Caruth trauma theory and Amir's strategies to overcome the trauma. As a result, this theoretical framework is written in such a way that other the overall principles employed in the study are well understood by other researchers and readers. The researcher describes literature and psychology, Cathy Caruth psychoanalytic, trauma, the origins of trauma, and overcoming trauma in this chapter.

A. Psychology of Literature

literature and psychology have two close relationships, namely indirectly and functionally (Endraswara, 2013: 97). Indirect linkage, meaning that both literature and psychology. psychology both have the object of human life human life. Meanwhile, the functional link is both study the psychological state of others. Although they have the same link, there are differences in them if psychology has real while literature is imaginative.

(Endeswara 2013) explains that psychology and literature have 2 aspects, namely objectively and functionally. objectively psychology and literary works focus on facts or reality in studying human life. while from the same functional study of psychology both in other people and individually. and in terms of psychology using methods such as analyzing and illustrating mental emotions and human behavior. but behind that it turns out that literature and psychology have differences. in psychology using methods about human behavior and mentality objectively. while literary works use methods in imagination and language to illustrate and explain human mentality by

means of actual or objective circumstances.

In addition According to (Hidayat, 2021, p. 7) says that literary psychology is: Research that focuses on literary works as the center of research on aspects of humanity, namely the psychological aspects of the characters contained in literary works, the psychological aspects of the author, and the psychology of readers. The psychology of the characters contained in literary works, the psychology of the author, and the psychology of the reader In connection with the psychological aspect, there is a character's psychological turmoil or inner turmoil that arises because of the combination of several feelings that have a strong connection with the reader's psychology. due to the combination of several feelings that have a relatively high intensity. Sometimes people say that emotions are angry outbursts. However, please note that emotions have some kind of type and this is the classification of emotions based on expert opinion. In this research, literary psychology can be understood as research that studies the psychological aspects of literary works, including characters, writers, and readers. Through an understanding of literary psychology, we can gain deeper insight into the complexity of the human psyche reflected in literature as well as the emotional interaction between readers and literary works.

B. Psychoanalytic of Cathy Caruth

In "*Unclaimed Experience*," Caruth examines how trauma is experienced and portrayed in literary texts using psychoanalytic ideas, notably those of Sigmund Freud and Jacques Lacan. According to Caruth, trauma is an occurrence that surpasses the capacity for representation, disrupting standard narrative frameworks. She claims that

trauma is frequently "unclaimed" since it cannot be fully incorporated into conscious awareness or language. According to Lacan, the subject, like the table, is dependent on signifiers that comprise our symbolic order, including language. This enables him to construct the subject in relational terms, demonstrating that psychoanalysis is not synonymous with psychology (Lacan, 1977: 287). Understanding the relationship between language systems and people that form larger social subjectivities is the goal of psychoanalysis.

Caruth's study also examines how traumatic events are remembered, suppressed, or revisited in literary texts, emphasizing the function of memory in trauma. She examines how trauma may be passed down through generations and how it can influence individual and community identities. Caruth's thoughts on trauma and psychoanalysis have had an impact on literary and cultural studies, as well as trauma studies. Her work has been frequently acknowledged and debated in academic circles, and it has facilitated a deeper comprehension of the intricate and often enigmatic nature of trauma and its portrayal in literature and culture. Her writings have contributed to a better understanding of the psychological and narrative components of trauma, as well as how they overlap with the area of psychoanalytic.

C. Trauma

Erikson's (1991) paper "*Notes on Trauma and Community*" explains trauma. The article was published in the journal. Trauma, according to him, is defined as a blow that causes disrupted feelings and behavior.

Furthermore, He presents wounded groups as a collective that behaves as trauma victims. Similarly, Erikson believes that collective trauma damages the

fundamental fabric of society. Erikson's 1991 study "*Notes on Trauma and Community*" offers an intriguing perspective on trauma. Trauma, according to Erikson, is a blow or impact that produces disruption in a person's feelings and behavior. This indicates that trauma can have an emotional, mental, and bodily impact on a person. Erikson also claimed that when groups or communities suffer trauma collectively, they might feel the consequences as victims of collective trauma. Erikson believed that collective trauma might harm society's core networks, making people vulnerable to violence and social strife.

It is not always clear to people who have not had psychotherapy or other forms of self-examination what the many causes of trauma are. When seeking psychotherapy, some patients may admit to having anxiety and depressive symptoms. Adults may have these symptoms as a result of challenging, possibly traumatic, early experiences. (Charuth et al., 2012). In addition, Trauma does not always stem from an obvious catastrophe or a single catastrophic event.

People who have not engaged in psychotherapy or other modes of self-examination are not always aware of various causes of trauma. Individuals presenting for psychotherapy may identify as suffering from symptoms of depression and anxiety. These symptoms can manifest in adults as a result of difficult, possibly traumatic, early life experiences (Charuth et al., 2012). Caruth also contends that trauma may have an impact on a person's entire body and mind, manifesting as physical and psychological symptoms such as sleeplessness, sadness, or flashbacks. As a result, healing from trauma necessitates not just medical care or psychological counseling, but also a thorough knowledge and comprehension of how trauma affects

the individual as a whole.

D. Causes of Trauma

And this section aims to provide a list of examples to illustrate the nature of human-induced trauma. (According to Cathy Caruth 1999 in *Unclaimed Experience*) there are :

- stress traumatic stress reaction, psychological stress reaction, extended stress reaction, trauma symptoms, distress symptoms, and psychotrauma

are some more causes of trauma.

Some of the causes of trauma are stress, traumatic stress reaction, psychological stress reaction, protracted stress reaction, trauma symptoms, distress symptoms, and psychotrauma. This is a reasonable issue since research has found that a variety of variables, including exposure to violence, accidents, natural disasters, and other stressful life events, can contribute to trauma

- Railway spine, traumatic war neurosis, stress syndrome, shell shock, battle weariness, combat fatigue

Railway spine, traumatic war neurosis, stress syndrome, shell shock, battle weariness, and combat tiredness are among the historical terminology used to characterize trauma-related diseases. These phrases were formerly used to describe symptoms suffered by troops during and after conflicts, and they represent evolving cultural views about mental health and trauma.

- Re-traumatization includes re-victimization, trauma re-exposure, serial exposure, sequential trauma, recurrence of traumatic pain, sanctuary harm, and system-oriented trauma. In the behavioral health literature on trauma, the following trauma-related terminology is sometimes nested inside other terms:

Re-traumatization is defined in the book as re-victimization, re-exposure to trauma, serial exposure, sequential trauma, recurrence of traumatic pain, sanctuary damage, and system-oriented trauma. This is significant because re-traumatization can prolong or intensify trauma symptoms.

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Trauma- and stress-related disorders:, reactiveattachment disorder, disinhibited social engagement disorder, acute stressdisorder, adjustment disorders, undefined trauma- and stressor-related condition

Reactive attachment disorder, disinhibited social engagement disorder, acute stress disorder, adjustment disorders, and unexplained trauma- and stressor-related syndrome are all mentioned in the book. This reflects the complexities of trauma-related diseases as well as the necessity for unique diagnosis and treatment methods.

According to (Saddock 2003:64) Those who have experienced a traumatic event or events can respond in several ways following the event(s). Factors obvious to others that will influence a person's response are the nature and severity of the event. Perhaps not equally obvious to others is the individual's history and experience. This in itself can influence how the person responds, as well as contribute to the level of resilience or level of vulnerability of a person in any given circumstance

The quote from Saddock (2003:64) explains that individuals can respond to traumatic events in different ways, and this Depending on a number of variables, including the kind and extent of the event and the individual's history and experiences. An individual's history and experiences can influence how the person responds to traumatic events, additionally, they raise the level of resilience or the degree of vulnerability of an individual in certain circumstances. This means that past experiences can affect a person's ability to cope with traumatic events. While the nature and severity of the traumatic event are obvious factors that can influence a person's response, an individual's history, and experiences can also play an important role in shaping an individual's response to a traumatic event.

1. Anxiety

According to (Blackburn: 2015) : The trauma that humans often experience is anxiety. Anxiety often arises when a The trauma that humans often experience is anxiety. Anxiety often arises when a person experiences problems in life and cannot find a way out so it is more dominant to suppress emotions or frustrations at a certain time associated with changes in feelings at a certain time. These feelings can include trauma, sadness, confusion, worry, fear, and so on. (Blackburn: 2015) In addition, unpleasant emotions characterized by symptoms such as worry and fear are also referred to as anxiety. as anxiety. For some people, anxiety is considered a natural thing, but it is something that is often taken for granted. This anxiety which is often taken for granted has an impact on a person's mental, physical, and life flow. a person's life. Like actions that grow as a result of human conversations with their environment, it can foster attitudes that become behaviors. The environment can foster attitudes that become habits (Blackburn 2015).

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2. Acute Stress Disorder

According to (Corbett et al. 2008, 2010). Acute Stress Trauma by Trauma perception and experience Additionally, studies show that ASD-related In reaction to traumatic events, several circumstances may make it more likely that psychopathology connected to trauma would develop. ASD-related neurobiological predispositions suggest that stressors may affect this population more severely. . Increased cortisol levels have been observed in this population in response to stressful stimuli, according to studies studying LHPA functioning in ASD, a critical neuroendocrine system in responding to stress or threat.

The given section discusses the relationship between autism spectrum disorder (ASD) and trauma-related psychopathology. Research suggests that individuals with ASD may have neurobiological predispositions that indicate that stressors may have a greater impact on this population. Additionally, investigations examining LHPA function in ASD often cite elevated cortisol levels in response to stressful stimuli in

this population. Although PTSD symptoms are a commonly used inclusion criterion or rubric for trauma assessment in research studies, not all individuals who experience traumatic stress will meet the full criteria for this disorder. The DSM-5 criteria for PTSD require exposure to actual or threatened death, serious injury, or sexual violence, and the symptoms must cause stress or impairment in social or occupational functioning. In addition, research suggests that people with ASD may be at increased risk of experiencing stressful and traumatic life events, which may negatively impact mental health through the development of comorbid psychopathology and/or worsening of core ASD symptoms.

3. Post Traumatic Stress Disorder

According to (Scaer 2001:8) traumatic events involved involves a risk to one's own or others' physical integrity, or a threat of death, significant injury, or both. At the time of the traumatic occurrence, the person's reaction had to involve extreme terror, helplessness, or dread. This event is repeatedly relived, resulting in avoidance of trauma-related stimuli, numbing of overall reactivity, and signs of heightened arousal. exists. For PTSD to be diagnosed, symptoms must last for longer than one month, be stressful, or impair social or occupational functioning. It is important to highlight that in cases of delayed onset, symptoms may not show up for years after the traumatic event but may do so at least six months later..

An excerpt from Scaer (2001:8) defines post-traumatic stress disorder (PTSD). According to the definition, PTSD is caused by a traumatic event that involves the threat of death or serious injury to the individual, or a threat to the physical integrity of self or others. The person's response at the time of the traumatic event inevitably

involves intense fear, helplessness, or horror. The event is constantly re-experienced, and symptoms of avoidance of stimuli associated with the trauma, numbness to common responses, and symptoms of increased arousal are present. For a diagnosis of PTSD, the symptoms must create stress or interfere with social or occupational functioning, and they must last for more than one month. It should be noted that in cases of delayed onset, symptoms can appear as little as six months to years after the traumatic event. The DSM-5 criteria for PTSD include exposure to significant injury, sexual assault, or real or threatening death. Additionally, one or more symptoms must also be present: of distress associated with the traumatic event, and one or more of the following symptoms, indicating avoidance of traumatic-event-related stimuli for an extended period of time, or changes in cognition and mood associated with the traumatic event. The duration of symptoms determines whether the condition is acute or chronic.

In addition According to (APA 2013). post-traumatic stress disorder (PTSD) symptoms are Not all people who experience traumatic stress will fully meet the criteria for the illness according to commonly-used inclusion criteria or rubrics for trauma assessment in research studies. Post-traumatic stress disorder (PTSD) symptoms are a frequently utilized inclusion criterion or rubric for trauma evaluation in research, as the given section emphasizes. However, not all individuals who experience traumatic stress will meet the full criteria for this disorder as PTSD is diagnosed based on a set of criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) by the American Psychiatric Association. Exposure to actual or threatened death, serious injury, or sexual violence is required for a PTSD diagnosis, and the symptoms

must cause stress or impairment in social or occupational functioning. While some individuals may demonstrate the criteria associated with PTSD, many more individuals will demonstrate a resilient response or brief subclinical symptoms or diagnostic criteria for acute stress disorder (ASD) or PTSD. Therefore, it is important to recognize that not everyone exposed to a traumatic event develops PTSD, as there are individual differences regarding the capacity to cope with disaster stress.

E. How Handle the Trauma

According to La Londe (2018, 197-9). makes a good point that in a safe place, words, images and emotions can be analyzed in the same way that we analyze literature. In a safe place, one can use his or her own brain and emotions to make sense of the trauma ,La Londe (2018, 197-9) argues that the same analysis applied in analyzing literary works can also be applied in analyzing traumatic experiences. In this context, analysis can refer to the process of deciphering or understanding the aspects contained in a traumatic experience. One can use their own thoughts and emotions to construct a story or meaning of the trauma experienced. As such, safe spaces are important as they provide an opportunity for individuals to confront and process trauma in a way that allows them to combine rational thought and emotional experience. can use his or her own brain and emotions to make sense of the trauma ,La Londe (2018, 197-9) argues that the same analysis applied in analyzing literary works can also be applied in analyzing traumatic experiences. In this context, analysis can refer to the process of deciphering or understanding the aspects contained in a traumatic experience. One can use their own thoughts and emotions to construct a story or meaning of the

trauma experienced. As such, safe spaces are important as they provide an opportunity for individuals to confront and process trauma in a way that allows them to combine rational thought and emotional experience.

According to (Cathy Caruth 1999 in *Unclaimed Experience*) healing trauma entails a complicated process of rehabilitation that includes comprehending and resolving underlying painful memories. Caruth suggests the following methods for overcoming trauma:

1. Increasing self-esteem

Trauma victims frequently feel helpless and lose control of their life. It is critical to assist trauma sufferers in regaining their confidence by offering assistance and promoting a sense of control over their life. According to the analysis, trauma sufferer frequently feel powerless and lose control of their life, resulting in a low feeling of self-esteem. As a result, it is vital to help individuals rebuild their confidence by providing support and encouraging a sense of control over their life. While this is an important issue, the research does not indicate how this support may be offered or what specific tactics would be beneficial in increasing self-esteem

2. Reprocessing traumatic events

To make sense of their horrific experiences and cure traumatic symptoms, trauma survivors must reprocess their traumatic experiences. Trauma treatment and psychological trauma processing techniques such as cognitive behavioral therapy (CBT) and psychodynamic therapy can aid in the reprocessing of traumatic experiences. Trauma survivors frequently need to reprocess their

traumatic experiences to make sense of them and overcome traumatic symptoms. According to the findings, several psychological trauma processing treatments, such as cognitive behavioral therapy (CBT) and psychodynamic therapy, can help with this process. This is correct, and science backs it up.

3. Seek help from others.

Survivors of trauma require assistance from those closest to them, including family, friends, and therapists. Fear, concern, and feelings of loneliness may all be reduced with the aid of a supportive atmosphere. Seek aid from others: Trauma survivors require help from family, friends, and therapists to overcome fear, concern, and feelings of loneliness. This statement emphasizes the significance of social support in the rehabilitation process, which can take various forms, including listening, empathy, and practical aid. Overall, the research gives important information regarding trauma recovery, emphasizing the need for self-esteem promotion, reprocessing painful events, and seeking support from others. It might, however, be more precise in defining tactics for boosting self-esteem and offering a more in-depth explanation of the forms of assistance that trauma survivors may require.

CHAPTER III

RESEARCH METHODOLOGY

In this chapter, the Researcher discusses the research methodology, which consists of research design, data sources, data collection, and data analysis.

A. Research Design

This study is intended to be literary critique. Literary criticism is the cause for thinking about literary works and themes. Literary criticism is a branch of academic study that examines the constraints, classification, analysis, and assessment of literary works. Literary criticism includes numerous ideas, however this study focuses on applying a psychological method (Erikson 1991 & Cathy Caruth 2012).

Literary criticism may also be described as a point of view or an opinion on what it means to be a work published for a certain purpose. It also examines the reader's interpretation of an author's writings. It also refers to any literary debate, regardless of whether a specific book is being discussed. The literary function for example, to make an assessment of work, to explain the interpretation of a literary work, or perhaps to provide relevant historical or biographical information to other readers.

B. Data Source

This data source in this research is a novel in *The Kite runner* by Khaled Hosseini entitled In this research uses novel. This novel was published in 2003. Chapter 30 with a total page 490. Absolutely this data is used by the researcher analyzing the novel with form monologues and dialogues of the character in this

novel using words, sentences & paragraphs.

C. Data Collection

The following actions were taken by the researcher when collecting data: Reading the novel to get an overview of the plot, characters, and their place in the story is the first step. The next action is to take notes.

These notes were intended to highlight evidence that was considered important and to capture facts related to trauma research. The information the researcher sought was relevant to the purpose of the study, which was to learn more about the trauma Amir experienced and the strategies he used to deal.

D. Data Analysis

The next stage after gathering all the data is for the researcher to categorize what they have. The researcher goes through various processes in categorizing the data. The researcher first categorizes the causes of Amir's trauma.

Then the researcher explained Amir's trauma caused by the violence. The objective is to choose the essential data that may be evaluated in this study to make it easier for the researcher to list the data that have been gathered. Following the data's classification, the researcher documented and analyzed by following the order with the theory employed in this study.

In the last stage, the researcher makes findings and assesses their applicability to the study topic.

CHAPTER IV FINDING AND DISCUSSION

This research focuses on 2 objects, namely: the causes of Amir's trauma and how Amir deals with his trauma. In the first part, the cause of Amir's trauma begins when Amir enters a large house in the Wazir area and is guarded by two bodyguards carrying sharp weapons. And in the second part focuses on how Amir overcomes his trauma, one of which is the support from his closest friend, Farid who supports him, whatever Amir asks for will be granted after the bad incident that happened to Amir.

A. The Causes of Amir's Trauma in The Kite Runner

This study found several causes of the trauma experienced by Amir starting from a large house in the Wazir area which was supervised by two guards who carried weapons and ordered Amir to enter the house in research Amir's trauma the researcher divided into Three parts including Amir's anxiety, bad memories remembered by Amir and violence which resulted in his body feeling numb. So researchers want to show in detail the causes of Amir's trauma.

1. Amir's Anxiety

The trauma that humans often experience is anxiety. Anxiety often arises when a person experiences problems in life and cannot find a way out so it is more dominant to suppress emotions or frustrations at a certain time associated with changes in feelings at a certain time. These feelings can include trauma, sadness, confusion, worry, fear, and so on. (Blackburn: 2015) In addition, unpleasant emotions characterized by symptoms such as worry and fear are also

referred to as anxiety. as anxiety. For some people, anxiety is considered a natural thing, but it is something that is often taken for granted.

This anxiety which is often taken for granted has an impact on a person's mental, physical, and life flow. a person's life. Like actions that grow as a result of human conversations with their environment, it can foster attitudes that become behaviors. The environment can foster attitudes that become habits. (Blackburn 2015)

In the research below it is explained that the beginning of Amir's trauma is feeling uncomfortable with the restlessness in a big house in the Wazir district, which is one of the causes of Amir's trauma.

The older man moved the muzzle of his rifle, signaling me to take the sofa. As I sat down, they left the room. I crossed my legs. Straighten them again. My sweaty hands rest on my knees. Do I look nervous? I cupped my hands together, deciding that this kind of appearance would make my impression even worse. (Hosseini 2003 p. 366)

The above quote describes a scene where an older man moves the muzzle of his rifle, signaling the speaker to take the sofa. As the speaker sat down, the older man and the others left the room. Amir crossed and straightened his legs, and Amir's sweaty hands rested on his knees and hands, and the impression of his appearance was bad. The fear and insecurity that Amir feels in a large house in the Wazir area are one of the causes of Trauma. Trauma sufferers must have felt the name of fear and insecurity which is one of the causes of trauma anxiety. anxiety often occurs when someone is experiencing problems and does not have a

solution to overcome the problems they face so a person or the sufferer feels excessive frustration and worry (Blackburn: 2015).

The below quote explains that Amir feels like he is physically and mentally degenerate and the place feels foreign to him.

The veins in my forehead throbbed. I feel very isolated. Various thoughts raced through my mind, but I didn't want to think at all because the part of me that remained sober knew that my being in this place was caused by madness. (Hosseini 2003 p. 366).

The above quote describes the physical and mental state of the speaker. The veins on their foreheads throbbed, and he felt alienated. Various thoughts flashed through his mind, but he didn't want to think at all because the portion of those who remained conscious knew that their existence in this place was due to madness. This analysis illustrates that Trauma also affects the physical and mental health of sufferers. This type of trauma is included in the name of anxiety trauma. In anxiety itself, a person will feel very heavy emotions because the sufferer finds it difficult to find a way out of the problem or does not know how to solve the problem he is experiencing (Blackburn: 2015).

The Below quote is about one where Amir is away from his wife and he feels crazy in that place

I was thousands of miles away from my wife, sitting in what felt like a prison, waiting for the appearance of a man I once saw take two lives on the sameday. Madness is the cause (Hosseini 2003 p. 366).

The above quote describes a situation where Amir is thousands of kilometers away from his wife, sitting in a room that feels like a prison, waiting for the appearance of the man who had claimed two lives that day. Amir attributed their presence at the place to his madness. The analysis above depicts Amir feeling tormented in the room because he feels the intense heat watched by Assef. Amir's anxiety when he was in the vizier's house because he was held captive by the Taliban made him uncomfortable with the situation. this analysis is included in the trauma anxiety category. the impact for sufferers of this category is dangerous because it can risk physical and mental damage (Blackburn 2015).

The below quote depicts Amir feeling tormented in the room because he felt the heat so intense that he was being watched by Assef.

Are you thirsty? Assef smiled mockingly.NO.

I thought you were thirsty.

I'm not thirsty. The room was suddenly too hot for me as beads of sweat dripped from my pores, tickling my skin. Does this happen? Am I really sitting across from Assef? (Hosseini 2003 376).

The above quote describes that Amir felt tormented in a room guarded by one of the Taliban troops, namely Assef, in that room the air was hot and Amir was offered a glass of drink by Assef and Amir refused it, maybe Amir thoughts were just a trick from Assef so that Assef would continue to torture Amir. in this analysis explains that Amir feels heavy inner pressure or frustration that is so

heavy. in the results of this analysis it is included in the Trauma anxiety category. in the sense of Trauma, anxiety, frustration, and heavy pressure can have an impact on the mental, physical, and way of life that is difficult to control for the sufferer. feelings of anxiety also come from sadness, confusion, worry, and fear (Blackburn 2015). Some of us must have felt bad experiences like Amir who experienced physical violence from Assef, a person who joined the Taliban forces with a merciless nature to torture Amir with violence Amir remembers this incident in this study there is an explanation related to this.

2. Amir's Post Traumatic Stress Disorder

As a result of physical violence, of course, it will cause injuries that are severe enough to lead to death. In this study, there are several explanations related to physical violence that caused As Amir to suffer injuries that were severe enough to almost kill him. PTSD is diagnosed based on a set of criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) by the American Psychiatric Association. Exposure to actual or threatened death, serious injury, or sexual assault is required for a PTSD diagnosis, and the symptoms must cause stress or impairment in social or occupational functioning (Scaer 2001: 8).

In addition, PTSD is caused by a traumatic event that involves threats of

death or serious injury to the individual, or threats to the physical integrity of self or others. A person's response to a traumatic event must involve intense fear, helplessness, or horror. The event is continually re-experienced, and symptoms include avoidance of stimuli associated with the trauma, numbness to general responses, and symptoms of increased arousal (Scaer 2001:8).

Erikson's 1991 study entitled “*Notes on Trauma and Community*” offers an interesting perspective on trauma. Trauma according to Erikson is a blow or impact that results in disturbance in one's feelings and behavior. This indicates that trauma can have an impact on a person's emotions, mind, and body. Erikson also stated that when groups or communities experience trauma collectively, they will feel the consequences as victims of collective trauma. Erikson believes that collective trauma can damage the core networks of society, leaving people vulnerable to violence and social strife. People who do not use psychotherapy or other means of self-examination are not always aware of the causes of trauma.

The quote below shows Amir receiving inappropriate treatment, such as ripping out his beard

He motioned with his hand to one of the armed guards. Rrrriiip. Immediately I felt my cheeks sting and the guard tossed my beard while laughing (Hosseini, 2003, p.368)

The quote above Amir is threatened by a guard carrying a gun, then his cheeks sting when the guard pulls out his beard and throws it at the guard laughing. In the analysis above, the result of the physical violence experienced by Amir caused injuries all over his body that almost caused him to die. in this

explanation, Amir suffers from PTSD-type trauma. in the description of the American Psychiatric Association. Patients who experience injuries to death due to physical violence experienced can cause several symptoms, namely stress and difficulty socializing. and the most prominent impact of these trauma symptoms can result in social difficulties and difficulties in carrying out activities (Scaer 2001: 8).

In the quote below Amir can't breathe and has a sting on his face which is frustrating him.

I want to breathe, but I can't. I want to blink, but I can't either. All of this felt so unreal, no, not unreal, so absurd that I could no longer breathe that the world around me was frozen, my face was burning.

(Hosseini, 2003 p.374)

The quote above shows that Amir has a physical and mental burden because when he wants to breathe he feels short. his face felt sore because there were several wounds he had on his face that made him feel excessive frustration. In this analysis, Amir experienced a dangerous event in his life, namely: physical violence. As a result of the violence that was experienced by Amir, his physical and mental disturbances were fatal enough to make it difficult for him to breathe. This trauma is called PTSD (Post-Traumatic Stress Disorder) in that this trauma previously caused the patient to experience frustration and was threatened with death, the impact was also dangerous for the sufferer because socializing with other people and close people would be difficult, difficult to carry out activities. difficulty resting and even concentration become disturbed (Scaer 2001: 8).

The quote below illustrates that the fate of Amir and his wife is in danger.

After we are done, only one of us will come out of this room alive." Assef said that if he does come out, then he deserves his freedom and you should let him go, understand? (Hosseini 2003 p. 381)

The quote above illustrates that Assef told the guards that only one person survived (Amir and his wife) but if they managed to escape the torture by Assef and his guards then they would not be chased by Assef and his guards. From the results of this analysis, Amir and his life partner, namely his wife, experienced threats from Assef, a warden who detained Amir Assef also threatened anyone who ran away from that terrible place would no longer be tortured and between the two there was one or even both of them did not escape from that place will receive continual torment. This trauma is included in the category of PTSD (Post-Traumatic Stress Disorder), where sufferers can experience severe frustration and even death. these sufferers can also experience the impact of problems that are quite large that can be experienced: decreased arousal, difficulty resting, easily startled, and difficulty concentrating (Scaer 2001: 8).

The below quote describes the violence Amir experienced by several bodyguards and Assef which left him unconscious

I lay on the carpet, blood dripping from my split upper lip, staining the carpet a mauve color. Pain shot through my stomach, and I wondered if I could breathe. The sound of my ribs breaking was like the snap of a tree branch, the one I used to clash swords with Hassan, like Sinbad in old movies. (Hosseini, 2003 p.384)

quote above After being abused by several guards and Assef, Amir feels

out of control to the point that he lies down and bleeds on the carpet making it dirty with blood stains, and the moment is reminiscent of old films like Sinbad. In this analysis, it is included in the category of violent trauma. In this trauma, the previous patient could experience severe frustration or threats of death. The symptoms that will be caused are, of course, stress, social interaction disturbances, and difficulty in activities (Scaer 2001: 8).

The quote below Amir wants to get up even though he has to suffer all over his body

The side of my face hit the corner of the television table. The sound of breaking bones came again. this time from under my left eye. fingers pulling my hair, lifting my head, steel gleaming. now it's time. The sound of breaking bones sounded again. this time from my nose, I bit my lip to endure the pain, realizing that there were no more teeth I could use to bite (Hosseini, 2003 p. 384)

The quote above describes when Amir was about to get up, he did not realize his face hit the corner of the television table which resulted in broken bones, broken bones under his left side, and a broken nose, so he bit his lip to endure the pain even though there were no more teeth left. In the results of this analysis, Amir experienced what was the worst event in his life, namely physical violence from a group of guards and also from Assef which made him unconscious. In this incident, Amir experienced PTSD trauma (Post-Traumatic Stress Disorder). This trauma can cause serious problems such as decreased arousal, difficulty sleeping, easily startled, causing concentration to be disrupted. sufferers who experience this also cause great risks such as uncontrollable

frustration that can cause death (Scaer 2001: 8).

The quote below describes Amir's success in escaping from that terrifying place, but he was injured in the stomach, making it difficult for him to breathe.

I inched to the door and opened it. The two guards' eyes widened when they saw me and I wondered what I looked like every time I breathed, my stomach felt like it was being stabbed. (Hosseini, 2003 p.387).

The quote above illustrates when he was about to leave a place that was scary for him, but when he left the room, his breath was like gasping, which made his stomach feel like it was being stabbed and made him miserable even though he had managed to get out of the scary room. From the results of this analysis, Amir managed to escape and was able to survive for a while. On the other hand, Amir suffered internal injuries all over his body, starting from the wound on his stomach to making it hard for him to breathe. This trauma is PTSD trauma. In this trauma, the patient suffers serious injuries due to violence that can cause death. Not only that, the impact of trauma can be decreased desire to live, difficulty sleeping, easy to start, to difficulty concentrating (Scaer 2001: 8).

The quote below depicts Amir having difficulty breathing when he manages to escape from the place

We ran towards the truck. I think I screamed. I saw her sandals slapping the pavement, smacking her black, callused heels. Even breathing hurts. Then, I looked up at the roof of the Land Cruiser lying on the crushed light brown backseat, listening for the ting ting ting sound that indicated the door was open. (Hosseini 2003 p.388).

The quote above describes when Amir was about to run away and then was about to get into the truck, it made it hard for him to breathe so he screamed and groaned in pain. In the results of the analysis, Amir managed to escape but had difficulty breathing. This trauma is called PTSD Trauma. In this trauma, the sufferer has experienced quite dangerous events, one of which is physical violence starting from the risk of serious injury and can lead to death the symptoms caused are difficulty socializing and also difficulty doing activities. The impact that will be caused starts from reduced passion. to live, hard to sleep, easily startled, and worst of all hard to concentrate (Scaer 2001: 8).

The quote below describes the pain as if opening his mouth was an indescribable pain.

My eyes were swollen blue and what hurt the most was my mouth; it was indistinct and hideous in shape, purple and red in color, and had cuts and stitches all over it. I try to smile and pain stings my lips. (Hosseini 2003 p. 403).

In the quote above Amir felt pain all over his body due to the violence he experienced when he looked into his eyes was it okay it turned out that his eyes were swollen blue and when he wanted to open his mouth only with a smile but the pain was suffered in his mouth it was very painful. In this analysis, from the dark events he experienced due to the physical violence he experienced, Amir felt wounds all over his body, from opening his mouth to feeling pain.

In this analysis, from the dark events he experienced due to the physical violence he experienced, Amir felt wounds all over his body, from opening his mouth to feeling pain. Swollen blue eyes and an indeterminate and hideous

mouth, purple and red, and there were cuts and stitches all around them. These symptoms are included in PTSD Trauma. This trauma has previously experienced dark events such as physical violence which can result in injuries that are severe enough to cause death and the resulting symptoms can cause a person to lose passion for life, have difficulty sleeping, and have disturbed concentration (Scaer 2001:8).

B. How Handle the Trauma

In this study, the researcher found that there were 1 way for Amir to deal with trauma including : good memories with his wife and support from his best friend Farid, an example of overcoming the trauma experienced by Amir is support or assistance from Farid who is willing to do anything for his best friend Amir, this is one way to overcome the trauma experienced by Amir from his dark past in a big house in the Wazir area.

1. Seek help from others.

Behind a problem there must be a way out to overcome it. As with the trauma from Amir due to the physical violence he experienced. researcher found that there is one way to overcome Amir's trauma, namely support from close people. with the presence of close people such as friends, wife, family, and wife's family relatives, of course, they can overcome trauma even though it is not perfect. And researcher found several explanations related to this. Trauma survivors need help from those closest to them, including family, friends and therapists. Fears, worries, and feelings of loneliness can be reduced with the help of a supportive atmosphere. Healing from trauma requires not only medical

treatment or psychological counseling, but also a thorough knowledge and understanding of how trauma affects the individual as a whole (Caruth 2012).

In this context, trauma healing cannot be achieved through medical approaches or psychological therapies alone. While medical treatment and psychological counseling can provide crucial assistance in recovery, an in-depth understanding of the impact of trauma on the individual as a whole is also a key factor. Caruth (2012) implies that trauma does not only impact on a physical or psychological level, but can also affect individuals holistically, including emotions, identity, and interpersonal relationships. Therefore, for effective healing, a thorough understanding of the complexity of trauma and appropriate ways to deal with it is required.

Trauma survivors need help from family, friends and therapists to overcome fear, worry and feelings of loneliness. This statement emphasizes the importance of social support in the rehabilitation process, which can take many forms, including listening, empathy and practical help (Cathy Caruth 1999 in Unclaimed Experienced).

The quote below depicts Amir and his wife enjoying the moment as they dance with smiles and are greeted with thunderous applause by the guests.

I imagined us dancing to Afgan's song, going round and round, everyone watching us and clapping, the colors of the flowers, the dresses, the tuxedos, and the smiling faces, mingled around us. (Hosseini 2003 p.371).

The quote above describes Amir being able to remember the moment with his wife when he and his wife danced casually like people who are enjoying

a party at any event with smiling faces and greeted with loud applause by the guests. From the results of this analysis, Amir can also enjoy beautiful moments in his life, namely with his wife. researchers argue that this is also one way to overcome the Trauma experienced by Amir. being happy with the closest person can overcome the trauma experienced by Amir even though it is only temporary but this can be an insight in applying it to trauma sufferers (Cathy Caruth 2012).

The quote below describes the support from Amir's closest friends to leave Peshwar as the Taliban were looking for him

I don't think your safety will be guaranteed if you stay here too long Farid answered he lowered his voice. "Taliban have friends here, they will start lookingfor you". (Hosseini 2003 p. 403).

The quote above that even though the conditions in Afghanistan are not safe, one of them is in Peshwar, Farid suggested not to stay in Peshawar for long because the Taliban are looking for Amir. assistance and approach from Farid is also one of the solutions in dealing with trauma from Amir, although not perfect, it can be a solution for trauma sufferers in every incident they experienced before (Cathy Caruth 2013).

The quote below describes other ways to deal with Trauma when there is a problem, there must be a friend of yours closest to you.

I cupped one hand to my face and raised the other. I know that the whole room is staring at me. After being satisfied I cried, I felt tired, and empty "Sorry" I said. When I could speak again I told Farid the favor I asked him to do. then Farid looked at me worriedly, as if wondering what could trigger me to cry again. (Hosseini 2003 Darum 404).

The above quote is explained. Another way he does to overcome the burden he is carrying is to cover both hands with one hand to his face, but he is not alone because there is another close friend who helps calm him down, namely Farid, and Farid responsively wants to help Amir whatever he can. want. Amir. In the results of this analysis, behind the Trauma problem experienced by Amir, there is a solution that he got, namely his closest friend Farid. Support from close friends, family, and friends can overcome the trauma but it is not perfect because behind that Amir can tell the problems he is experiencing by telling Farid, and indirectly Farid will provide solutions to overcome the problems experienced Amir (Cathy Caruth 2012).

The quote below describes the play by recalling sweet memories of his late father

We play in silence. I won the first game, let him win the second, and pretty much lost the next five games. "You are as good as your father, maybe even better," I said after my last defeat. "Sometimes I can beat him, but I think it's because he lets me win." I paused for a moment before continuing, "Your father and I are siblings."

"I know"

"What... what did he tell us about?"

"That you were the best friend he ever had" she revises.

(Hosseini 2003 p.406).

The quote above explains that Amir wants to let go of his problems in peace, one way is to play together in a game. At that time, they often played the game, five times. Amir was able to win the match, but his friend was able to win twice, and after playing, his friend remembered Amir's late father practicing not to see blood was one of Amir's ways to overcome his dark past even though it didn't work. In the results of the analysis, Amir played with his best friend and at that time his best friend remembered Amir's late father that Amir played like his father. support from friends is one of the solutions to the problems experienced Amir, namely the trauma he experienced, although this is one step to overcoming it but cannot solve the problem perfectly (Cathy Caruth 2012).

CHAPTER V CONCLUSION

This conclusion aims to summarize the analysis of the previous chapter. This chapter summarizes the causes of Amir's trauma and ways to overcome it, which was written by Khalid Hosseini in the novel *The Kite Runner*. Not only that, but this chapter also contains suggestions for purposes for further research in dissecting this novel.

A. Conclusion

From this analysis, it can be concluded that there are two causes of Amir's Trauma. Amir's anxiety, and Amir's Post Stress Traumatic Disorder. The first cause of trauma Amir started was anxiety. Amir felt uncomfortable and frustrated because he was kept under tight control by several guards and also Assef in a big house in the Wazir area and Amir had to think hard to get out of that terrible place. The last is violence which causes his body to feel numb due to the physical violence that has the previous experiences made Amir suffer injuries all over his body, broken bones and it was difficult breathing from this analysis it can be concluded that there are three causes of Amir's Trauma Amir's anxiety, bad memories that Amir remembers and violence that causes his body to become numb. the first cause of trauma Amir started was anxiety. Amir felt uncomfortable and frustrated because he was kept under tight control by

several guards and also Assef in a big house in the Wazir area and Amir had to think hard to get out of that terrible place. The last is Amir's Post Traumatic Stress Disorder due to the physical violence that has The previous experiences made Amir suffer injuries all over his body, broken bones and it was difficult to breathe.

But behind that, the researcher found at least one way to deal with the trauma experienced by Amir was to seek help from others. being with his closest friends and moments with his life partner is a solution to releasing the trauma that has been experienced by Amir.

B. Suggestion

The researcher hopes that this research will be useful for readers to avoid physical violence because physical violence can have fatal consequences for victims, one of which is trauma. This research focuses on the causes of trauma and how to deal with the trauma. Based on the results of this study in the novel *The Kite Runner* by Khalid Hosseini, researcher suggest using a psychological approach. the researcher also realizes that in this thesis there are still many shortcomings, therefore the researcher is happy if this thesis can be useful for further research and with a different and definite discussion to help the theory that

will be used in future research.

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