

Post-traumatic Stress Disorder Experienced by Said and Safeya in Ghassan Kanafani's Aid Ila Haifa Based on The Perspective of Gerald C. Davison

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Abstract: This study aims to determine the form, reveal the causes, and understand the impact of PTSD on Said and Safeya on individuals, families, and society in the novel Aid Ila Haifa. Data was collected using reading and note-taking techniques and analyzed descriptively qualitatively that focusing on the problem of PTSD with a literary psychology approach. The primary data source used is Ghassan Kanafani's Aid Ila Haifa. This study was using the theory of abnormal psychology by Gerald C. Davison. This study reveals that the form of PTSD included in re-experiencing symptoms are crying, overlapping memories, and a faster heart rate. Included in the avoidance symptoms are denying the traumatic event and keeping their mouth shut over the whereabouts of their child. Meanwhile, hyperarousal symptoms include sudden outbursts of anger, excessive anxiety, and feeling panicked. The cause is a conflict environment and the loss of a son. The impact of PTSD experienced by Said and Safeya on individuals is prolonged sadness, trapped in fear, and loss of zest for life. The impact on the family is a cold attitude. Meanwhile, the impact on society is Said's attitude which forbids his son from joining the front for the defense of the state.

Keywords: *Abnormal psychology, Gerald C. Davison, Psychology of literature, PTSD, Trauma.*

INTRODUCTION

The issue of mental health disorders such as post-traumatic stress disorder is still taboo for some people. It becomes a stigma that can have a bad impact on the sufferer. Labeling, exclusion, and stereotypes against sufferers cause sufferers to be silent. The low understanding of mental health causes people to only care about physical health. In fact, both have a vital role in life. As a consequence, a person's risk for certain diseases or conditions also increases due to poor mental health (Choresyo, Nulhaqim, & Wibowo, 2015, p. 383). If left untreated, even the slightest psychiatric disorder can last a lifetime and affect a person's quality of life (Hawari, 2011, p. 44).

This is directly proportional to Hatta's statement (2016, p. 3) who said that traumatic events due to violence, rape, and threats that came individually or en masse such as armed conflict and natural disasters are one of the psychological wounds that are very dangerous for people's lives because they can cause brain disorders that reduce intellectual, emotional, and mental abilities. Therefore, the discussion related to post-traumatic stress disorder in this study is considered important to be studied in-depth, to understand and increase

sensitivity to the mental condition of patients with post-traumatic stress disorder.

The choice of the theme of post-traumatic stress disorder in Ghassan Kanafani's novel *Aid Ila Haifa* is based on the story in the novel which is set in the conflict in the Palestinian territories in 1948 which is also known as the year of the Nakba. The characters in the novel named Said and Safeya are described as parents who have experienced severe trauma. They were caught in the middle of the war, and witnessed fighting, bombardment, and bloodshed, to the point that they were separated from their five-month-old child. After 20 years, when they finally managed to step back onto Haifa's land, the bitter memories immediately haunted their minds (Kanafani, 1969, pp. 1-76). The trauma caused their response to become negative stress which made the characters Said and Safeya experience a psychological disorder known as a post-traumatic stress disorder. This novel clearly illustrates that living in conflict or living in a war zone can result in deep trauma.

This study uses Gerald C. Davison's abnormal psychology theory which states that post-traumatic stress disorder is a mental disorder that occurs because a person experiences, witnesses, or is confronted with

an event that involves endangering a person's life, serious injury, or a threat to one's physical integrity or self. others so that the person exhibits responses of fear, extreme horror, and helplessness. When a traumatic event is experienced by a person, it will respond and overcome it with the recovery mechanism that is owned so that it does not have a negative impact in the future. But certain people can't solve it so that it leaves scars for a long period of time and then affects their behavior (Davison, Neale, & Kring, 2018, pp. 223-225).

Abnormal psychology studies from the perspective of Gerald C. Davioson regarding post-traumatic stress disorder have been discussed in several studies, including the symptoms of post-traumatic stress disorder including re-experiencing, avoidance, and hyperarousal. (Vasantadjaja, 2017; Azis, 2019; Nugraha, 2020; Satriawan & Rahayu, 2020; Yatimah, 2021); Post-traumatic stress disorder often takes the form of nightmares (Azis, 2019; Nugraha, 2020), hallucinations and anxiety (Gumelar & Hermawati, 2020), difficulty concentrating and avoiding traumatic places (Oktaviani, 2021); post-traumatic stress disorder triggered by pre-existing anxiety and depression, serious accidents (Sakinatun &

Indriyani, 2019), a virus that attacks an area (Gumelar & Hermawati, 2020), living in a conflict zone (Azis, 2019; Satriawan & Rahayu, 2020), divorce (Yuliana & Sutrisno, 2019), and the death of a loved one (Azis, 2019; Nugraha, 2020; Satriawan & Rahayu, 2020; Yuliana & Sutrisno, 2019); The impact that can be caused by post-traumatic stress disorder, among others, is that the sufferer experiences anxiety (Oktaviani, 2021), irritability, difficulty concentrating, excessive shock response (Nugraha, 2020), self-harm, suicidal thoughts (Sakinatun & Indriyani, 2019; Oktaviani, 2021), alcohol consumption (Azis, 2019; Sakinatun & Indriyani, 2019), drug use, having a wild life (Yuliana & Sutrisno, 2019), and lose the trust of others (Oktaviani, 2021); and social support greatly affect the recovery process for post-traumatic stress disorder (Azis, 2019).

There are similarities and differences between previous research and this research. The similarities lie in the theory used, while the difference lies in the object of research and several points: Azis' research (2019) focuses on the role of social life in the healing process of post-traumatic stress disorder; Yuliana and Sutrisno's research

(2019) and Sakinatun and Indriyani's research (2019) focuses more on the types of post-traumatic stress disorder and the character's response to traumatic events; research by Vasantadjaja (2017), Satriawan and Rahayu (2020), Nugraha (2020), and Gumelar and Hermaawati (2020) discusses the symptoms, causes of post-traumatic stress disorder, and the general impact on the life of the main character; Yatimah's research (2021) focuses more on the symptoms of post-traumatic stress disorder and the way characters deal with post-traumatic stress disorder. The research conducted by the researcher used the object of research in the form of a novel entitled *Aid Ila Haifa* by Ghassan Kanafani. This study focuses more on the form, causes of post-traumatic stress disorder in Said and Safeya figures, and their impact on individuals, families and society.

Based on the descriptions mentioned above, this study aims to: (1) determine the form of post-traumatic stress disorder in Said and Safeya in Ghassan Kanafani's *Aid Ila Haifa* based on the perspective of Gerald C. Davison; (2) reveal the causes of post-traumatic stress disorder in Said and Safeya in Ghassan Kanafani's *Aid Ila Haifa* based on the perspective of Gerald C.

Davison; and (3) understand the impact of post-traumatic stress disorder on Said and Safeya on individuals, families, and society in Ghassan Kanafani's *Aid Ila Haifa* based on the perspective of Gerald C. Davison.

POST-TRAUMATIC STRESS DISORDER FROM THE PERSPECTIVE OF GERALD C. DAVISON

Davison (2018, p. 224) suggests that post-traumatic stress disorder is defined by a group of symptoms. However, unlike other definitions of psychological disorders, the definition of post-traumatic stress disorder includes part of the assumption of its etiology, namely an event or several traumatic events experienced or witnessed directly by a person in the form of death or death threats, serious injury, or threats to one's physical integrity or self. The incident must create extreme fear, horror, or a sense of helplessness. A traumatic event is defined as something that occurs outside the range of human experience. This definition is very limited, as it would invalidate the diagnosis of post-traumatic stress disorder after an event such as a car accident or the death of a loved one. The current broader definition is very limited because it focuses on the objective characteristics of

events and not on their subjective meaning.

SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER

According to Davison (2018, p. 224), symptoms of post-traumatic stress disorder are grouped into three main categories. The diagnosis can be made if the symptoms in each category last for more than one month. The explanation is as follows:

a. Re-experiencing symptoms

Re-experiencing symptoms such as reliving a traumatic event. A person who experiences post-traumatic stress disorder feels haunted by memories of the traumatic event that has occurred. The memory of the traumatic event feels as real as if it happened again. This is called a flashback. Deep emotional suffering is caused by the stimuli that symbolize the event. For example, lightning reminds a veteran of the battlefield (Davison, Neale, & Kring, 2018, p. 225).

b. Avoidance symptoms

Avoidance symptoms are a person's attempts to avoid a traumatic event. Someone who experiences post-traumatic stress disorder tries to prevent something that has something in common from triggering someone to remember the

traumatic event they have experienced. A person will try to avoid thoughts, feelings, or conversations related to the trauma, in an attempt to avoid activities, places, or people that evoke memories of the trauma. (Davison, Neale, & Kring, 2018, p. 225).

c. Hyper-arousal symptoms

People with post-traumatic stress disorder feel alert after a traumatic event has occurred. This is called increased emotional arousal. According to Davison (2018, p. 225), sufferers of post-traumatic stress disorder will have difficulty sleeping, irritability, sudden outbursts of anger, deep sadness, anxiety, and difficulty concentrating.

CAUSES OF POST-TRAUMATIC STRESS DISORDER

Research and theory on the causes of post-traumatic stress disorder focus on risk factors for the disorder as well as on psychological and biological factors. Gerald C. Davison (2018, pp. 227-228), argues, that there are four factors that cause post-traumatic stress disorder, namely:

a. Genetic factor

In a family, anxiety disorders tend to occur. People with grade one anxiety disorder have a greater risk of developing post-traumatic stress disorder.

However, according to Gerald C. Davison, genetic factors are not the main factor causing post-traumatic stress disorder (Davison, Neale, & Kring, 2018, p. 228).

b. Brain structure

Certain areas of the brain regulate emotions and fear differently from people who do not experience post-traumatic stress disorder after a traumatic event. The amygdala is the fear center of the brain. It's understandable that people with PTSD have an overreactive amygdala. The amygdala helps the brain make connections between situations that could have provoked fear in the past and pair them with current states that are biasedly neutral. Then a person maintains a constant state of alert in inappropriate situations because at that time the brain instructs the individual that the security situation is facing a threat. (Davison, Neale, & Kring, 2018, p. 228).

c. Environmental factor

The environment in which people spend their lives has an important role in developing one's personality. Many events occur that can affect his life. If a person lives in the right environment, then his life has many Beautiful moments and can lead a normal life. A person can develop and over time can solve problems, as well as have a

positive effect on future life. On the other hand, if a person grows up in an unsupportive childhood environment, such as living in a conflict area, domestic violence occurs, parents divorce, and so on. Then, someone will have difficulty experiencing personality development (Hatta, 2016, p. 48).

People who have a history of trauma and stress are more likely to develop post-traumatic stress disorder than people who don't have a history of trauma and stress. Children born to families that often commit violence can also be one of the factors that cause post-traumatic stress disorder. Another example, is someone who lives in an area of conflict or war has a high tendency to experience post-traumatic stress disorder (Davison, Neale, & Kring, 2018, p. 228).

d. Psychological factors

People who suffer from certain mental illnesses, especially depression and anxiety, have a higher risk of developing post-traumatic stress disorder. For example, the loss of someone very loved. This can cause stress to develop into post-traumatic stress disorder (Davison, Neale, & Kring, 2018, p. 228).

IMPACT OF POST-TRAUMATIC STRESS DISORDER

There are several effects experienced by people who suffer from post-traumatic stress disorder. According to Davison (2018, pp. 229-230), Post-traumatic stress disorder causes changes in a person, both changes in feelings, changes in thought patterns, and changes in behavior. The explanation is as follows:

a. Change of feeling

Feelings change of a person experiencing post-traumatic stress disorder such as having feelings of anxiety, having great fear, feeling sad, erratic mood swings, irritability or feelings of frustration due to small things, having a feeling that the life of people with post-traumatic stress disorder is in vain , and feel alert of a person experiencing post-traumatic stress disorder such as having feelings of anxiety, having great fear, feeling sad, erratic mood swings, irritability or feelings of frustration due to small things, having a feeling that the life of people with post-traumatic stress disorder is in vain , and feel alert (Davison, Neale, & Kring, 2018, p. 229).

b. Change of mind

Someone who experiences post-traumatic stress disorder has an impact on changing a person's mind. Such as, always thinking that the traumatic event

always happened and is always remembered, having nightmares while sleeping, the sufferer is unable to accept reality, and has difficulty concentrating until he is unable to think clearly. (Davison, Neale, & Kring, 2018, p. 229).

c. Changes of behavior

A person with post-traumatic stress disorder affects his behavior changes. Such as, erratic heartbeat, loss of appetite, difficulty in breathing, being uninteractive when invited to communicate, difficulty sleeping, shaking when remembering traumatic events that have been experienced, avoiding social relationships and limiting oneself, easily startled, feeling dizzy and losing consciousness. (Davison, Neale, & Kring, 2018, p. 230).

This research is a qualitative descriptive study because it relies on data narration and description (Aminuddin, 1990, p. 16). Sources of data used in this study are primary and secondary data sources. The primary data source used was the novel by Ghassan Kanafani entitled *Aid Ila Haifa* which was published in 1969. The secondary data sources used in this study included books, journals, and articles relevant to post-traumatic stress disorder, especially the perspective of Gerald C. Davison. In collecting data the researcher used reading

and note-taking techniques. After the data is collected, the researcher analyzes the data using content analysis techniques, which are techniques that focus on revealing the meaning of a literary work (Endraswara, 2008, h. 161).

FORMS OF POST-TRAUMATIC STRESS DISORDER ON SAID AND SAFEYA

Post-traumatic stress disorder in Davison's perspective is determined by several symptoms that are grouped into three main categories, namely re-experiencing, avoidance, and hyperarousal. The diagnosis can be made if the symptoms last for more than one month (Davison, Neale, & Kring, 2018, p. 224). Referring to the symptoms of post-traumatic stress disorder, the researcher found several forms of post-traumatic stress disorder in the Said and Safeya in Ghassan Kanafani's novel *Aid Ila Haifa* based on the perspective of Gerald C. Davison. The explanation is as follows:

a. Re-experiencing symptoms

Judging from the symptoms of re-experiencing, researcher found several forms of post-traumatic stress disorder experienced by the Said and Safeya in Ghassan Kanafani's *Aid Ila Haifa*, including:

1. Crying

Crying is a form of post-traumatic stress disorder experienced by Safeya in the novel *Aid Ila Hifa*. This is Safeya's response to stimuli in the form of a place similar to a traumatic event that he has experienced.

كلا، لم تعد إليه الذاكرة شيئاً
فشيئاً. مثل انهالت في داخل رأسه،
كما يتساقط دار من الحجارة
ويتراكم بعضه فوق بعض. لقد
جاءت الأمور والأحداث فجأة،
وأخذت تساقط فوق بعضها وتملاً
جسده. وقال لنفسه أن صفيية،
زوجته، تحس الشيء ذاته، وأنها
لذلك تبكي (كنفاني، ١٩٦٩،
صفحة ٩).

Safeya started crying since she heard the waves when she entered the Haifa area. She seemed to see the same waves crashing as 20 years ago, where she met her husband in the middle of a sea of people. The crashing waves reminded her of the last time she was in Haifa and had to leave her baby behind because it was impossible to break through the sea of people and armed groups.

The sound of the waves crashing has a connection with the traumatic event experienced. This triggers Safeya's memories

of the terrible memories he has ever experienced. Safeya's response to crying because of the similarity in the place and atmosphere of the traumatic event caused painful memories to return so in Gerald C. Davison's point of view (2018, p. 225), Safeya's form of post-traumatic stress disorder is a symptom of re-experiencing.

2. Overlapping memories

Overlapping memories are a form of post-traumatic stress disorder experienced by Said in Aid Ila Haifa. It is classified as a re-experiencing symptom. The presentation is as follows:

وأخذت الأسماء تنهال في رأسه
كما لو أنها تنفض عنها طبقة كثيفة
من الغبار : وادي النسناس، شارع
الملك فيصل، ساحة الحناطير،
الحليصة، الهادار، واختلطت عليه
الأمور فجأة (كنفاني، ١٩٦٩،
صفحة ١٣).

As Said traversed the streets of Haifa in his car, he saw that the streets were still the same, stone-by-stone, junction after junction that was so familiar that it made him feel the smell of war still lingering in his homeland. Seeing the faces of the townspeople looking rough and brutal also reminded him even more of the Nakba incident which made him

homeless and his son who was only five months old at that time.

3. Faster heart rate

A faster heartbeat is a form of post-traumatic stress disorder that starts with re-experiencing symptoms. When a person is faced with a situation that is considered dangerous and threatening, the human body will produce the hormone adrenaline, where this hormone can cause various effects, one of which is making the heartbeat faster than usual. That's the condition Said experienced when his memory came back when he retraced the streets of Haifa.

وتذكر الآن بالضبط أنه هناك ،
وهناك فقط ، سقطت عليه الذاكرة
كما لو أنه ضرب بججر ، وهناك
بالضبط تذكر خلدون وانقبض قلبه
يومها ، قبل عشرين سنة ، وما زال
، والآن يزداد نبضه قوة حتى كاد
آن يسمعه (كنفاني، ١٩٦٩،
صفحة ٢٨).

Said's journey through every corner of Haifa caused Said to think back to the incident that made him lose his baby. As he turned the car and climbed up the incline while maintaining the vehicle's starting position, he passed a door. The door reminded him of the man from Beit El Khoury who had lived

there. The man's family owned a large building south of Stanton Street, near Al-Mulk Street. Twenty years ago, when he fled, the huge building became a place of defense for Arab warriors who fought to the last drop of blood. It was then that the memory of the incident became clear in his head. The memory led him to Khaldoun, his baby who at that time he could not take to flee to the refugee camp with his wife and other Haifa people. As a result of that painful memory, Said's heart raced.

Said's sad memory triggers an increase in the hormone adrenaline in him so that his heart rate becomes faster. In Gerald C. Davison's perspective of abnormal psychology theory (2018, p. 225), Said's response in the form of a faster heart rate than usual is classified as a symptom of re-experiencing because previously Said felt like he had returned to the past when he failed to bring Khaldoun back to life. his arms.

b. Avoidance symptoms

In this symptom, the researcher found several forms of post-traumatic stress disorder experienced by Said and Safeya in *Aid Ila Haifa*, namely denying the traumatic event, and keeping their mouth shut over Khaldoun's existence. The explanation is as follows:

1. Denying the traumatic event

One form of post-traumatic stress disorder that departs from avoidance symptoms is Said choice to remain silent and avoids conversations that lead to the traumatic event he experienced. The data that the researcher found are as follows:

وهي التي قالت له أن يذهب ،
فطوال عشرين سنة تجنبت الحديث
عن ذلك عشرين سنة ، ثم ينبثق
الماضي كما يندفع البركان (كنفاني،
١٩٦٩ ، صفحة ١٣).

In the novel *Aid Ila Haifa*, it is told that Safeya, Said's wife, wants to return to Haifa so that she can cure her longing for her homeland. But Said never discussed it. Even when Safeya invited Said to go on a trip to Haifa, Said avoided the conversation, although after a lengthy discussion, in the end, Said agreed to his wife's wish.

Said's quiet and evasive behavior when Safeya talks about events 20 years ago shows that he is trying to avoid things that can trigger memories of the traumatic event. In Davison's point of view, Said's behavior is included in avoidance symptoms, where a person will avoid activities that evoke memories of trauma (Davison, Neale, & Kring, 2018, p. 225).

2. Keeping their mouth shut over Khaldoun's existence.

Another form of post-traumatic stress disorder experienced by Said and Safeya which departed from symptoms of avoidance was the attitude of Said and Safeya who kept their mouths shut over the existence of their baby boy who was separated from him when the Nakba incident occurred.

واكتشف على التو أن ذلك الإسم ، لم يلفظ قط في تلك الغرفة منذ زمن طويل. وأنها في المرات القليلة التي تحدثا عنه كانا يقولان هو ، بل أنها تجنبنا تسمية أي من أولادهما الثلاثة ذلك الإسم ، وأن كانا قد أطلقا على أكبرهما اسم خالد ، وعلى البنت التي أنجبها بعد ذلك بعام ونصف خالدة ، بل أن أولادهما لم يعرفا قط أن لها أخاً اسمه خلدون ، وهو نفسه ينادونه وأبا خالد (كنفاني، ١٩٦٩ ، الصفحات ٢٤-٢٥).

Said and Safeya avoided mentioning the name Khaldoun, the name of their baby boy who 20 years ago could not save them. After the Nakba, they never mentioned his name. Several times when the husband and wife

spoke of Khaldoun, they simply changed the name to a third pronoun. They even refused to name their child Khaldoun. To avoid things that trigger memories of the trauma, Said and Safeya kept silent to their children. Neither of them ever told their children that they actually had an older brother named Khaldoun.

Said and Safeya's attitude that they never spoke anything about Khaldoun to their children showed that they were avoiding anything that would remind them of the Nakba incident that caused them to lose their son, Khaldoun, in Gerald C. Davison's point of view, including avoidance symptoms. Davison explains that a person with post-traumatic stress disorder will avoid thoughts, feelings, or conversations related to the trauma (Davison, Neale, & Kring, 2018, p. 225).

c. Hyperarousal symptoms

The researcher found several forms of post-traumatic stress disorder experienced by Said and Safeya in Aid Ila Haifa, namely sudden outbursts of anger, excessive anxiety, and feeling panicked. The explanation is as follows:

1. Sudden outbursts of anger

The form of post-traumatic stress disorder experienced by Said and Safeya in the novel Aid Ila Haifa which is classified as

hyperarousal is a sudden outburst of anger. As people with post-traumatic stress disorder experience increased alertness, Said becomes emotionally and physically exhausted which causes outbursts of anger over small things.

"نعم، ولكن!... هذه 'لكن' ،
الرهيبية ، المميتة الدامية" (سعيد)
(صفحة ٣٤).

When Said and Safeya visit their old house to have a look, they meet the new occupant of the house named Miriam, the widow of an Israeli soldier who came from Bologna 20 years ago. There was no riot that day. Their arrival was warmly welcomed by Miriam. Miriam told me that she came to Haifa in early March 1948. Said told Miriam that the whereabouts of Miriam and her old house were another matter. Miriam responded with a 'but', but because of Miriam's simple words, Said felt threatened and suddenly uttered a sentence in an angry tone as if he was overcome by danger. This was triggered by Miriam telling about how she was finally given a place to live by a Jewish organization in April 1948 on the condition that she had to adopt baby Khaldoun who Said could not take to run away with his wife. The story evokes Said's trauma.

Said's response in the form of anger at Miriam by shouting the word 'but' was triggered by two things, namely the fact that Miriam came to Haifa in the same year as the Nakba incident and the second was the fact that Khaldoun had lived and grown together for twenty years. someone who is not from his people, but from the people of his enemies. This causes Said to explode with anger, although Miriam welcomes him. This is in accordance with Davison's statement, which asserts that sufferers of post-traumatic stress disorder will experience an increase in emotional arousal, where a person will feel always alert (Davison, Neale, & Kring, 2018, p. 225).

The description of Said's behavior shows that Said has increased emotional arousal. He was wary of Khaldoun and Miriam because they became symbols that stimulated the traumatic event.

2. Feeling panicked

Panic is a form of post-traumatic stress disorder which is included in hyperarousal symptoms. In the novel *Aid Ila Haifa*, Said is described as always filled with panic that does not go away even after 20 years of experiencing a traumatic event.

وعندها فقط تذكر خلدون ،
الصغير ، ابنه الذي اتم في ذلك

اليوم بالذات شهره الخامس ،
وانتابه فجأة قلق غامض . ذلك
هو الشيء الوحيد الذي ما زال
يحس طعمه تحت لسانه ، حتى في
هذه اللحظات التي تبعد عشرين
سنة عن المرة الأولى التي حدث فيها
ذلك (صفحة ١٧).

Said's panic began when he was caught up in the battle of the Nakba. He was caught in a hail of bullets. He thought of his baby who was still lying in his house. And in the end, he separated. Over the years, Said had always felt a mysterious panic.

Excessive vigilance caused Said to be in a state of panic that did not go away. In Gerald C. Davison's view, the form of post-traumatic stress disorder in the form of panic that Said feels is included in hyperarousal symptoms, where the sufferer will experience increased emotional arousal (Davison, Neale, & Kring, 2018, p. 225).

CAUSES OF POST-TRAUMATIC STRESS DISORDER ON SAID AND SAFEYA

Based on the theory of abnormal psychology from the perspective of Gerald C. Davison, there are several factors that cause post-traumatic stress

disorder, namely genetic factors, brain structure, environmental factors, and psychological factors (Davison, Neale, & Kring, 2018, p. 228). In the novel *Aid Ila Haifa* by Ghassan Kanafani, the researcher found two causes that triggered the emergence of post-traumatic stress disorder in Said and Safeya based on the perspective of Gerald C. Davison, namely the conflict environment and the loss of a son.

a. Conflict environment

Said and Safeya's experience of living in a war zone left him surrounded by so many negative things, such as destruction and death. Said's bad experience has caused his mental disorder to become insurmountable in his life after the dark event occurred. Said will be daunted if faced with a place, feeling, or atmosphere similar to the traumatic event he has experienced.

كانت حيفا مدينة لا تتوقع شيئا ،
رغم أنها كانت محكومة بتوتر
غامض . وفجأة جاء القصف من
الشرق ، من تلال الكرميل العالية .
ومضت قذائف الموتر تطير عبر
وسط المدينة لتصب في الأحياء
العربية . وانقلبت شوارع حيفا إلى
فوضى ، واكتسح الرعب المدينة

التي أغلقت حوانيتها وتوافذ بيوتها
(صفحة ١٥).

It can be seen clearly that Haifa, the city where Said and Safeya lived, was a conflict environment which in that year was the culmination of the Jewish campaign to wipe out Palestine. The brutal attacks and massacres of civilians carried out by the Israeli army created panic, fear, and nightmares. Bombs that exploded across the city caused shops to be tightly closed. That fear continues to haunt Said to this day.

The fear that continues to haunt Said stems from a strange incident that he had witnessed firsthand. This is a risk that must be faced by Said, who lives in a conflict environment. This condition is in accordance with the thoughts of Gerald C. Davison (2018, p. 228), which reveals that someone who lives in a conflict area has a high tendency to experience post-traumatic stress disorder.

b. Loss of a son

Bad experiences such as witnessing the bloodshed firsthand and the loss of their five-month-old baby, have caused Said and Safeya's mental disorders to be insurmountable. Irritability and stress are included in psychological factors for people who suffer from post-traumatic stress disorder. A

person who is depressed has a high risk of developing post-traumatic stress disorder.

كم مضى من الوقت قبل أن تتذكر
أن خلدون الطفل ما زال في سريره
في الحليصا؟ (صفحة ٢١).

When Safeya was worrying about her husband's fate when the roar of war boomed from the city center, where her husband was. At that time her husband did not come home, so she rushed out of the safe place to look for her husband even though she did not know where to go. Arriving at the end of the road, his eyes watched every passing car. Footsteps dragged him from car to car, from person to person, asking questions without getting an answer. Unknowingly he had sunk into the sea of humans. It was then that he realized that he had left Khaldoun lying on the bed in Halisa.

As a result of the loss of her baby, Safeya's psychological condition is disturbed. The sadness and severe trauma that Safeya felt developed into post-traumatic stress disorder because even though it happened 20 years ago, the symptoms that indicate post-traumatic stress disorder still attack Safeya. The description of Safeya's psychological condition is in accordance with Davison's thinking which states that the

loss of a loved one has a higher risk of experiencing stress which develops into post-traumatic stress disorder. (Davison, Neale, & Kring, 2018, p. 229).

IMPACT OF POST-TRAUMATIC STRESS DISORDER ON SAID AND SAFEYA

The impact of post-traumatic stress disorder is because the traumatic event affects the psychological condition. Some of the impacts that the researcher found in the novel *Aid Ila Haifa* by Ghassan Kanafani are impacts on individuals, families, and society. Gerald C. Davison classifies the impact of post-traumatic stress disorder into three categories, namely changes in feelings, changes in thoughts, and changes in behavior. (Davison, Neale, & Kring, 2018, p. 229).

a. Individual

One of the impacts of post-traumatic stress disorder experienced by Said and Safeya is the impact on their individual lives. Researcher found several impacts on individuals in Ghassan Kanafani's novel *Aid Ila Haifa* based on the perspective of Gerald C. Davison, including the following:

1. Prolonged sadness

Feeling prolonged sadness is one of the effects of post-traumatic stress disorder on Said and Safeya individuals. The

following data were found by the researcher regarding the impact of post-traumatic stress disorder on the individual figures of Safeya based on the perspective of Gerald C. Davison:

ومن طرفي عينيه نظر إلى زوجته :

كان وجهها مشدودا أميل إلى

الاصفرار وكانت عيناها تتدققان

بالدموع (صفحة ٢٠).

Said found Safeya crying while he was in the driver's seat. Safeya's cry shows that Safeya is filled with a lingering sadness. This feeling could not go away even though her husband's wish to return to Haifa was granted. As a result of that dark tragedy, he lost his world, namely his son and his homeland.

This prolonged sadness is categorized by Gerald C. Davison in the impact of post-traumatic stress disorder, changes in feelings. Davison suggests that someone who suffers from post-traumatic stress disorder will have changes in feelings such as having feelings of anxiety, having great fear, feeling sad, erratic mood swings, irritability, and having a feeling that the life of sufferers of post-traumatic stress disorder is in vain (Davison). , Neale, & Kring, 2018, p. 229).

2. Trapped in fear

Post-traumatic stress disorder makes Said and Safeya

live in fear. The following data were found by researcher regarding the impact of post-traumatic stress disorder on the individual character Said based on the perspective of Gerald C. Davison:

و عرف أنه لا يستطيع معرفة
العذاب على وجه الدقة، ولكنه
يعرف أنه عذاب كبير، ظل هناك
عشرين سنة، وأنه الآن ينتصب
عملاقاً لا يصدق في أحشائها،
ورأسها ، وقلبها، وذاكرتها،
وتصوراتها، ويهيمن على كل
مستقبلها (الصفحات ١٣-١٤).

The suffering that Safeya felt caused by the atrocities of the tragedy 20 years ago is described as a giant figure residing in his body, head, heart, and imagination. Suffering haunts Safeya's days. This picture indicates that he is always stuck in fear and thinks that fear will never go away. In the view of Gerald C. Davison (2018, p.229), Safeya's condition shows that the impact of post-traumatic stress disorder he experienced is included in the category of mind changes.

3. Loss of zest for life

Loss of zest for life is one of the effects of Said's post-traumatic stress disorder in the novel Aid Ila Haifa. The following

data were found by researcher regarding the impact of post-traumatic stress disorder on the individual character Said based on the perspective of Gerald C. Davison:

وظل الأمر كله معلقاً في سقف
أيامها ولياليها طوال أسبوع.
بأكلاته مع طعامها ويعلكانه
وينامان معه ولكنها لم يتكلها حوله
أبداً (صفحة ٢٦)

Said is described as looking gloomy and hopeless and losing his zest for life. The suffering he faced continued to linger throughout Said's days. The description of the problem that is always attached to every bite of food he swallows, also brings him to bed, shows that he feels very hopeless and loses his zest for life.

As a result of the cruel events that Said had experienced, he lost the will to live in life in the years that followed. This condition is in accordance with the theory of abnormal psychology in the perspective of Gerald C. Davison which states that post-traumatic stress disorder in a person will affect the behavior of the sufferer (Davison, Neale, & Kring, 2018, p. 230).

b. Family

Post-traumatic stress disorder not only has an impact on oneself but also has an impact

on those around them, in this case, their own family. The impact of post-traumatic stress disorder on families depicted in Ghassan Kanafani's novel *Aid Ila Haifa* is a cold attitude towards the Safeya family. The data that the researcher found are as follows:

Cold attitude

In the novel *Aid Ila Haifa*, Safeya seems to have a cold attitude after he experiences a traumatic event. Here are the data found by the researcher:

واستغرب كيف أنه لم يفكر أبداً بما
 يمكن أن يعنيه ذلك العذاب ،
 وبملى ما هو غارق في تجاعيد
 وجهها وعينيها وعقلها . وكم كان
 معها في كل لقمة أكلتها ، وفي كل
 كوخ عاشت فيه ، وفي كل نظرة
 رمتها على أولادها وعليه وعلى
 نفسها (صفحة ٤١).

The Nakba incident which has taken Safeya's happiness and peace have a bad impact on her in the form of post-traumatic stress disorder. This affects Safeya's daily activities. In the novel *Aid Ila Haifa*, it is explained that the suffering that Safeya feels has merged with Safeya, reflected in the wrinkles on her face, always accompanying her

every step. Until the stares, she threw at her children and husband. The depiction shows that as a result of the suffering she experienced, Safeya was cold toward her family, and gave her an unpleasant look.

Safeya's condition was in the form of throwing cold eyes at her family, as a result of the suffering she had experienced in the past. In Gerald C. Davison's point of view (2018, p. 230) it is the impact of post-traumatic stress disorder which is categorized into behavior change, because there is a significant change in behavior in safeya who was previously cheerful, became cold to her family after the traumatic event occurred.

c. Society

Post-traumatic stress disorder not only has an impact on yourself, but also has an impact on those around you. The impact of post-traumatic stress disorder on society depicted in Ghassan Kanafani's novel *Aid Ila Haifa* is Said forbidding his son Khalid from joining the national defense front.

Forbidding his son to join the brave death squad

The following is the data found by researcher regarding the impact of post-traumatic stress disorder on the character Said in the novel *Aid Ila Haifa* on the community, namely said's

action forbidding his son to join the brave force to die.

فقد كان يعرف أنه كذب ، وأن
خالدا لم يلتحق بالفدائيين. وفي
الواقع كان هو الذي منعه . بل
مضى ذات يوم إلى حد تهديده
بالتبرؤ منه إن هو عصا إرادته
والتحق بالمقاومة (صفحة ٦٧).

Because said suffers from post-traumatic stress disorder, he always remembers how cruel the fighting was, so he lost his son Khaldoun. The distraction made her not want to lose Khalid, a child born one year after she lost Khaldoun. He tried to avoid the possibility of losing his son a second time by forbidding his son to join the death squad. If Khalid violates, Said will not hesitate not to admit him as a child. This action had an impact on society because Khalid's absence from the resistance movement meant it reduced the number of troops present in the community that was desperately needed even if it was only one person.

The community will feel the loss of Said's attitude forbidding his son to join the front for the defense of the state because it will reduce the number of troops in the community that are desperately needed even if it is only with one person. This could be a persuasive action against

other communities to forbid their children from joining the defense front of the state. Based on the views of Gerald C. Davison (2018, p. 230), Said's actions fall into the category of the impact of post-traumatic stress disorder in the form of behavioral changes.

Post-traumatic stress disorder has a major role in changing the behavior of sufferers. The reluctance to lose a loved one for the second time causes the sufferer to have a high ego so that it can affect his life in society. Society can be harmed by the attitude of people with post-traumatic stress disorder.

CONCLUSION

Based on the analysis that has been done and described, the researcher concludes that the form of post-traumatic stress disorder in Said and Safeya is divided into three symptoms, namely: re-experiencing, avoidance, and hyperarousal. Forms included in the symptoms of re-experiencing are crying, overlapping memories, and a faster heart rate. Included in the symptoms of avoidance are denying the traumatic event and keeping their mouth shut over the whereabouts of their child. Meanwhile, the symptoms of hyperarousal include sudden outbursts of anger, excessive anxiety, and feeling panicked. The cause is a conflict

environment and the loss of a son. The impact of post-traumatic stress disorder experienced by Said and Safeya on individuals is prolonged sadness, trapped in fear, and loss of zest for life. The impact on the family is a cold attitude. Meanwhile, the impact on society is Said's attitude which forbids his son from joining the front for the defense of the state.

After conducting the research, the researcher concluded that living in a war zone as in the novel *Aid Ila Haifa* by Ghassan Kanafani was the most traumatic thing for the civilian population. There are people who died and there are also survivors. Most of the victims experience post-traumatic stress disorder. As stated by Gerald C. Davison, psychological disorders that occur in the characters Said and Safeya are very important to be addressed. The study of literary works provides a wider space to discuss the many traumatic experiences that occur in humans in various situations.

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