

**MAIN CHARACTER'S ANXIETIES AND DEFENSE
MECHANISMS IN GAYLE TZEMACH LEMMON'S NOVEL
*THE DRESSMAKER OF KHAIR KHANA***

Final Project



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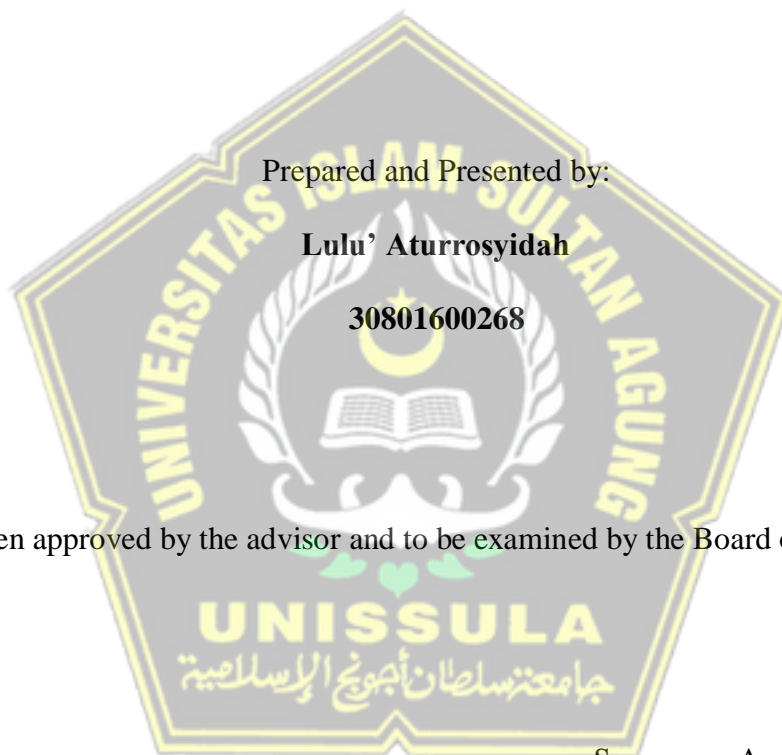
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ABSTRACT

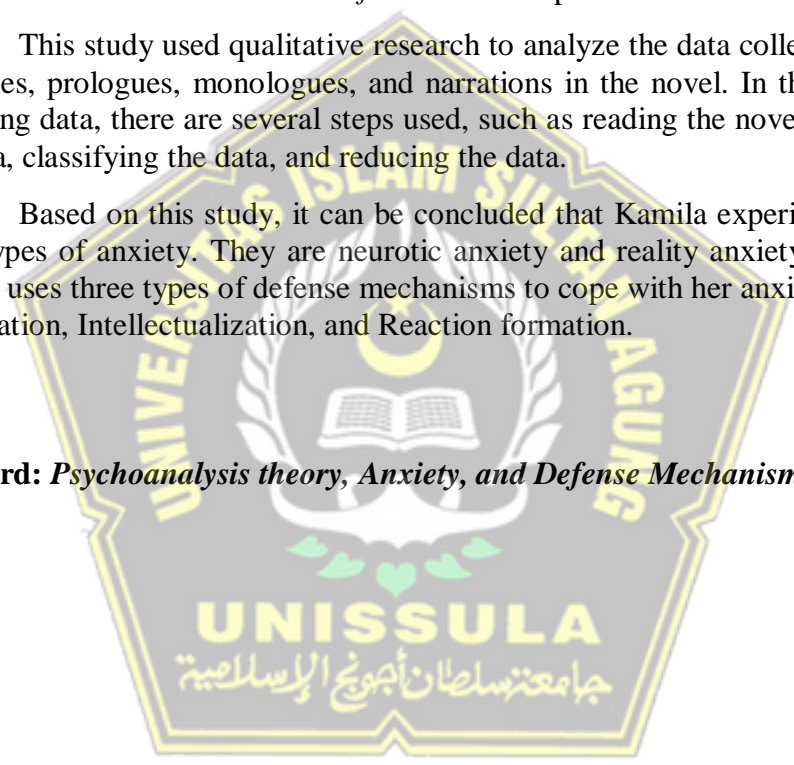
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This study aims to identify the anxiety experienced by Kamila Sidiqi and explain the defense mechanisms as a strategy to reduce her anxiety. This study applies the psychoanalysis theory by Sigmund Freud to analyze anxiety and defense mechanisms on Kamila Sidiqi as the main character in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana* published in March 2011.

This study used qualitative research to analyze the data collected through dialogues, prologues, monologues, and narrations in the novel. In the process of collecting data, there are several steps used, such as reading the novel, identifying the data, classifying the data, and reducing the data.

Based on this study, it can be concluded that Kamila experiences two of three types of anxiety. They are neurotic anxiety and reality anxiety. Afterward, Kamila uses three types of defense mechanisms to cope with her anxiety. They are Sublimation, Intellectualization, and Reaction formation.

Keyword: *Psychoanalysis theory, Anxiety, and Defense Mechanism*



INTISARI

Aturrosyidah, Lulu'. 30801600268. Main Character's Anxieties and Defense Mechanisms in Gayle Tzemach Lemmon's Novel *The Dressmaker of Khair Khana*. Advisor: Destary Praptawati, S.S., M.Hum.

Penelitian ini bertujuan untuk mengidentifikasi kecemasan yang dialami oleh Kamila Sidiqi serta menjelaskan sistem pertahanan diri sebagai sebuah cara untuk mengatasi kecemasannya. Penelitian ini menerapkan teori psikoanalisis oleh Sigmund Freud untuk menganalisis kecemasan dan sistem pertahanan diri pada Kamila Sidiqi sebagai karakter utama dalam novelnya Gayle Tzemach Lemmon *The Dressmaker of Khair Khana* yang diterbitkan pada maret 2011.

Penelitian ini menggunakan metode kualitatif untuk menganalisis data-data yang dikumpulkan melalui dialog-dialog, prolog-prolog, monolog-monolog, dan narasi-narasi dalam novel. Dalam proses pengumpulan data-data, ada beberapa tahap yang digunakan seperti membaca novel, mengidentifikasi data, mengklasifikasikan data, dan mengurangi data.

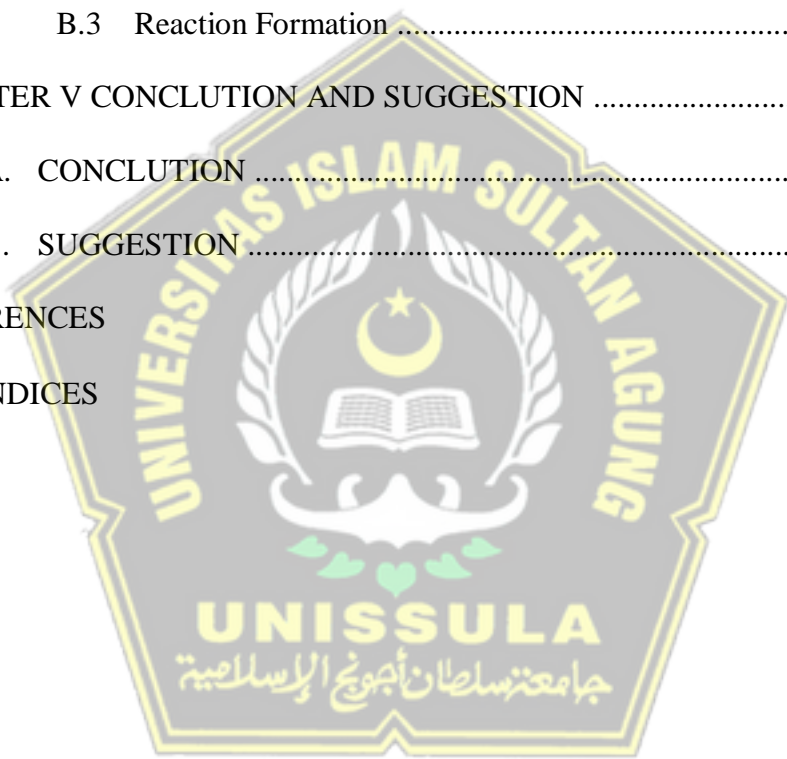
Berdasarkan penelitian ini, dapat disimpulkan bahwa Kamila mengalami dua dari tiga jenis kecemasan yaitu kecemasan neurotis dan kecemasan realistik. Kemudian, Kamila menggunakan tiga jenis sistem pertahanan diri untuk mengatasi perasaan cemasnya, yaitu Sublimasi, Intelektualisasi, dan Pembentukan Reaksi.

Kata Kunci: *Teori Psikoanalisis, Kecemasan, dan Sistem Pertahanan diri.*

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CHAPTER I

INTRODUCTION

A. Background of the Study

Literature is creative writing that refers to works of creative imagination such as drama, fiction, and non-fiction. Literature is also an expression written through words. The discussion covers human life, traditions, culture, social relations, and many more. It serves as a reflection of the reality of everything that happens in society and is recorded through literary works. In other words, human life is manifested in literary form. This manifestation is based on tragedy and human feelings to inspire and provide information for other humans (Ahmed, 2017).

In literary works, humans are described as objects of discussion that reveal life events and human behavior. A writer represents life by the goals, perceptions, and ideologies to be conveyed to readers to arouse emotions and help them find meaning in life. David Lodge (2002) in Goksen Aras states, "Literature is a record of human consciousness, the richest and most comprehensive we have. Lyric poetry is arguably man's most successful effort to describe qualia. The novel is arguably man's most successful effort to describe the experience of individual human beings moving through space and time" (2015). Literature is one of the most important means of acquiring knowledge about humans.

Humans are defined as complex creatures that have personality and behavior. Both are closely related to the psychological aspects of humans.

It means that literature and psychology are related to one another. According to Goksen Aras, literature and psychology have a strong relationship regarding the facts about both of them dealing with humans and their reactions to perceptions of the world, desires, fears, concerns, conflicts, and their solutions through various concepts and approaches (2015). According to Freud, the psychological aspect emphasizes the understanding that each individual has different characters in shaping personality (Vazire, 2014).

In his journal, Songyang Zhang explained that psychology is the science of thought and behavior, a combination of biology and philosophy. One of the well-known psychological theories is psychoanalysis by Sigmund Freud. This theory emerged from the 19th century, which focused on the analysis of the unconscious and dreams. Personality psychology is a divided subject that studies individual psychological types and personalities (2020). Therefore, psychoanalysis is an analysis that takes a psychological point of view. This study will analyze the psychological aspects of the anxieties experienced by Kamila Sidiqi as the main character in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*.

The Dressmaker of Khair Khana is a novel that tells the story of the struggle of a girl from Afghanistan named Kamila Sidiqi and her siblings during a war situation in her country that is getting hotter. Their lives became getting harder when the Taliban came to power and imposed

strict regulations, mainly aimed at women. According to the regulations, Kamila could not do anything, and her family was in a severe economic crisis. But in the end, Kamila managed to find a solution by starting a sewing business with her siblings to fulfill their daily lives.

This novel is interesting to be analyzed because the character of Kamila Sidiqi as the main character shows many psychological problems. Kamila Sidiqi shows the anxiety, despair, fear and panic created by the ongoing war situation in her country, Afghanistan. By looking at these problems, this study wants to analyze the psychological aspects that focus on anxieties and defense mechanisms of Kamila Sidiqi in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana* using the theory of psychoanalysis by Sigmund Freud.

B. Problem Formulation

Based on the explanation of the background of the study, this study formulates the following problem formulations:

- a. What are the anxieties experienced by Kamila Sidiqi as the main character?
- b. How does Kamila Sidiqi as the main character use Defense Mechanisms to cope her anxieties?

C. Limitation of the Study

This study will be limited and focused on the psychological problems in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*. It will analyze the anxieties and defense mechanisms experienced by Kamila Sidiqi as the main character.

D. Objectives of the Study

Based on the explanation above, this study focuses on finding the following objectives:

1. To identify the anxieties experienced by Kamila Sidiqi as the main character.
2. To explain the defense mechanisms used by Kamila Sidiqi as the main character to cope her anxieties.

E. Significance of the Study

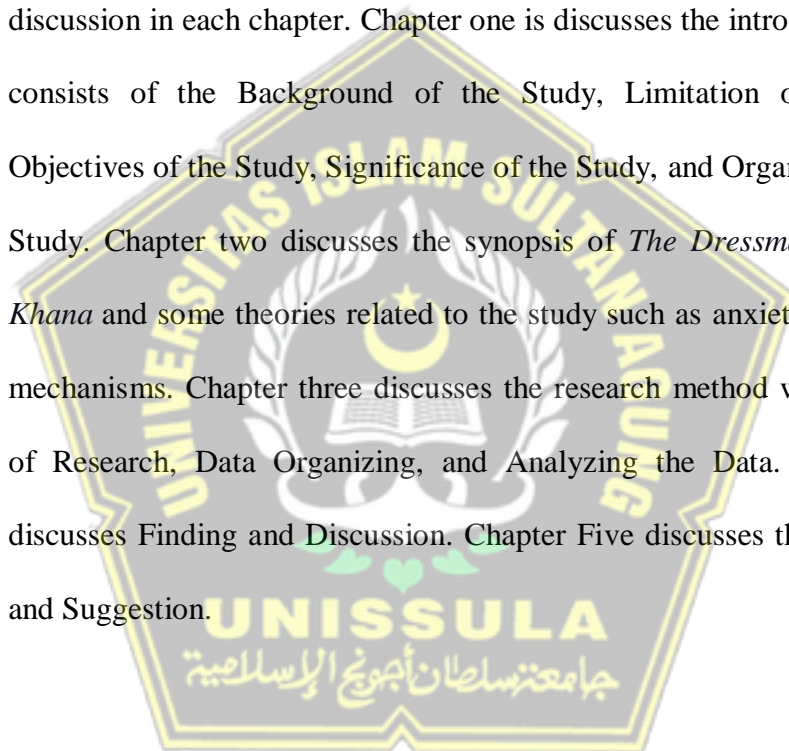
This study has the following expectations as a result:

1. This study is expected to provide benefits and broad knowledge for readers, especially for students of the Faculty of Languages and Communication Sciences of Sultan Agung Islamic University who major in English Literature Program.

2. This study is expected to help readers in understanding more about the theory of psychoanalysis by Sigmund Freud regarding anxiety and defense mechanisms.

F. Organization of the Study

This study is divided into five chapters which have a different discussion in each chapter. Chapter one is discusses the introduction which consists of the Background of the Study, Limitation of the Study, Objectives of the Study, Significance of the Study, and Organization of the Study. Chapter two discusses the synopsis of *The Dressmaker of Khair Khana* and some theories related to the study such as anxiety and defense mechanisms. Chapter three discusses the research method which consists of Research, Data Organizing, and Analyzing the Data. Chapter four discusses Finding and Discussion. Chapter Five discusses the Conclusion and Suggestion.



CHAPTER II

REVIEW OF RELATED LITERATURE

A. Synopsis of *The Dressmaker of Khair Khana*

The Dressmaker of Khair Khana is a novel that tells a true story written by a journalist named Gayle Tzemach Lemmon through an interview with related sources. This novel tells the story of a young girl from Afghanistan named Kamila Sidiqi who struggles to live with her siblings during a war situation in her country. After the Soviets were defeated by the Mujahedeen in 1992, the city of Kabul became increasingly chaotic with a civil war led by Mujahedeen commanders. In 1997 when the civil war was still going on, a new regime arrived which was hoped to bring security. However, the arrival of a regime called the Taliban is the beginning of new suffering for Kabul people, especially women. The Taliban, who succeeded in controlling Kabul, implemented various strict rules for women that were adapted to the Islamic law with unforgiving interpretation of Islam. Among the many regulations, there is a regulation relating to women who were the beginning of Kamila's struggle. In the regulation, there are three main points, women must stay at home, women are not allowed to work, and women must wear *chadri* - closed clothes from Afghanistan- outside the home. Women are also officially prohibited from attending school. In the leadership of the Taliban regime, a woman who leaves without her *mahram* is a major crime that must be punished. Things got worse when Kamila's father, Mr.

Sidiqi, was forced to leave Kabul and leave his family. This was done to avoid capture by the Taliban who would send every adult male to the battlefield. Then, her older brother, Najeeb, also had to leave to escape the Taliban. Now, in the house, there are only Kamila with her four sisters and one brother. As the oldest child, Kamila felt she had to be able to lead and fight for her family.

During the fear and pressure created by the Taliban, Kamila kept thinking of finding a way out so that her family could survive. Since the regulation on women being prohibited from leaving the house, Kamila has no income at all. Things have changed a lot, and Kamila must be able to handle it. Then she remembered her sister, Malika, who owned a sewing business. Kamila thought of asking her sister to teach her how to sew. The next day, Kamila was left alone at her sister's house. Malika was surprised when Kamila arrived alone without a *mahram*, as is the rule of the Taliban. Kamila assured her sister that she was fine. Kamila immediately expressed the intention of coming to her sister's house to learn sewing, and Malika agreed to teach her. The first thing that Malika taught was how to cut materials and an introduction to sewing tools. That day they spent learning sewing sessions.

After successfully learning to sew and produce her clothes, Kamila was confused about where to sell them. Then, she remembered a market she used to frequent, Lycee Myriam. Kamila goes to the market the next day accompanied by Rahim, her younger brother that acted as her

mahram. It's not easy to find a shop that can accept her homemade clothes for sale amidst strict Taliban regulations. Fortunately, one of the shops accepted it, even though the transaction process had to be done secretly. The first shop spurred Kamila to find other shops that would accept her clothes. A few months later, Kamila already has 3 shops that accept her homemade goods. This also resulted in the increasing number of goods being produced. Kamila and her siblings have to work longer hours than usual to fulfill orders. Then Kamila thought of finding additional people to work on sewing with her. A friend helped her spread the news by word of mouth. At first only one person came, but then more every day. A large number of people made Kamila unsure whether she could run this business without the Taliban knowing. But Kamila remembered her father's message to always help others and always believe in Allah's protection. That message made Kamila even more convinced to continue her business and also her struggle.

Finally, Kamila was able to build her own business and help the women in her neighborhood who lost their jobs and had to support their families. Kamila can even set up sewing courses for women who want to learn sewing. Kamila hopes that with this sewing course, the women can set up their own business. After helping the women in the surrounding environment, Kamila felt excited to help more women. So when she received an offer from the UN-Habitat forum, Kamila agreed without hesitation. This forum, under the auspices of the United Nations, operates

in various social fields intending to help Afghans, especially women. Kamila carries out her daily duties to serve the community with pleasure. However, the situation became tense again when Ahmad Shah Massoud, the leader of the Northern Alliance, was killed in an attack carried out by the Taliban and they succeeded in taking full control of Kabul. The Taliban is getting bolder in cracking down on every offender. Kamila and her friends were even detained by a Taliban patrol when they were about to attend an event organized by the United Nations. Fortunately, she survived by trying to stay calm against the Taliban. But in a different place, one of her friends was caught by the Taliban. She was asked to talk about who were the members of the forums she participated in. To keep Kamila safe, she was asked to withdraw from all activities related to the forum. Kamila is very disappointed that her struggle must stop here.

In 2001, the Taliban were defeated by Northern Alliance forces. The city of Kabul can finally calm down after so many years in danger of war. The people of Kabul welcomed the news with great joy and they are ready to rebuild their lives. Likewise with Kamila who returned to her sewing business after being weak due to her affairs with the forum. Now there is no need for fear and worry to do activities outside the home. Even though the situation is safe, the struggle is continuing. Kamila is increasingly teaching women to do business and learn other knowledge that they could not get before. Kamila is sure that with the knowledge she teaches, the state of her country can get better.

B. Related Literature

B.1 Psychoanalysis

Psychoanalysis theory is a method for treating mental illness and explaining human behavior. Sigmund Freud is the person who created and introduced this theory which was inspired by his personal experience dealing with a patient named Anna O. This theory was also created to help understand human personality and its development. Freud believed that childhood events have a major influence in shaping personality as an adult (Leod 2018). According to the psychoanalysis theory of Sigmund Freud, there are three important parts of the human mind. They are:

1. Conscious mind

Conscious mind is the part of the human mind that contains conscious things such as perceptions, fantasies, memories, thoughts and feelings at this time (Boeree 2006).

2. Preconscious mind

The preconscious mind is also known as available memory. This section is about things that can be easily recognized (Boeree 2006). This section is a memory that cannot be recalled immediately but can easily be obtained when desired.

3. Unconscious mind

According to Freud, the unconscious mind is the biggest part of the human mind. This section covers all the things that are difficult to notice, such as instincts and drives, and memories and emotions that are associated with trauma. Freud's psychoanalysis theory emphasizes the important role of the unconscious mind in regulating behavior in humans (Boeree 2006).

B.2 Structural Personalities

In 1923, Freud developed a more structural model of the mind called the psychic apparatus. This is not a physical area of the brain, but rather a hypothetical conceptualization of important mental functions of the human personality (Leod 2018). This model of the mind consists of three parts, which are:

1. Id

The id operates at the unconscious mind based on the pleasure principle which satisfies the basic instincts.

The id consists of two types of biological instincts known as Eros and Thanatos. Eros or life instinct helps people to survive by directing life support activities such as breathing, eating, and sex. This instinct creates energy known as libido. Next is Thanatos or death instinct which is a set of destructive powers by every human being. When

this energy is directed outward to others, the resulting forms of expression are violence and aggressiveness. However, Freud believed that Eros was stronger than Thanatos. That is what keeps people alive rather than hurting themselves (Sibi 2020).

2. Ego

The ego is described as a more rational, reality-oriented, and executive-oriented aspect of the personality, acting on both the conscious and unconscious minds. The ego serves as the controller of the more primitive id impulse and adapts it according to the principle of reality. Thus, the ego acts as a satisfactory id impulse but by using a safe and socially acceptable way (Bateman and Holmes 2001).

3. Superego

The superego works based on the principles of morality and is responsible for ensuring that these moral standards are met (Leod 2018). The superego has two important aspects, namely conscience which is an internalization that leads to warning and punishment. Then the ideal ego is an appreciation and positive model given to individuals. Both of these communicate their needs to the

ego by generating feelings such as guilt, pride, and shame (Boeree 2006).

In short, the Id contains a basic human impulse or instinct that always wants to be satisfied as soon as possible. But before that wish is fulfilled, Superego gives a warning about which actions can be done and cannot be done. Superego creates guilt when people do something against their conscience. Then Ego acts as the executor to make that desire come true by looking at various factors. The Ego often becomes the mediator when there is a conflict between the goal of Id and the Superego. However, when the person obeys the demands of Id too much or is egotistical in excess, it will cause feelings of guilt and shame which all appear together to become anxious.

B.3 Anxiety

According to Freud, anxiety is an unpleasant feeling that appears as a warning against impending danger (Feist 2008). Anxiety will arise when a person is not prepared to face threats. Usually, the individual's reaction to the threat of displeasure and destruction that he has faced is to become anxious. Anxiety serves as a mechanism that secures the ego by giving a signal of danger in sight.

Anxiety is associated with changes in a person's mental state with symptoms such as increased heart rate and adrenaline. Anxiety is a series of emotions that has a positive function for humans to warn about potentially dangerous things. These emotions help to evaluate threats so that someone who experiences them can respond to them in an appropriate manner (Swift 2014).

Anxiety is the anticipation of a threatening event that is unclear and causes feelings of tension and discomfort. This feeling is a negative influence associated with fear. In many circumstances, anxiety and fear are a combination used to describe an individual's emotional reactions. But basically, the two are very different. The term "fear" is used to describe an emotional reaction to danger and threat that can be identified and has a specific focus. Fear is episodic or it can subside and disappear when the danger is removed. In this sense, fear is controlled by the stimuli of the events that are seen. Meanwhile, anxiety does not have a special focus. When experiencing anxiety, individuals tend to have difficulty identifying the cause of the feeling of being tense. Unlike controlled fear, anxiety spreads persistently even without a clear trigger object. Anxiety is of high intensity which results in unpleasant, unsettling, and even energy-draining feelings. Anxiety with this intensity can paralyze and damage the individual's mind if it occurs in a prolonged manner (Rachman 2005).

In psychoanalysis theory, Freud divided anxiety into three types, which are:

1. Realistic anxiety

Realistic anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this realistic anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).

Realistic anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Realistic anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).

2. Neurotic anxiety

Neurotic anxiety is fear caused by unknown dangers. This feeling stems from the id impulse but operates at the ego level (Feist 2008). Neurotic anxiety is

also defined as an unconscious fear of being punished for displaying too much behavior dominated by the id impulse. However, this fear is not instinct but a possible outcome of instinct gratification (Schultz 2005).

Freud called this anxiety clear and simple. In Latin, the word Neurotic means nervous. So basically, neurotic anxiety is a feeling of anxiety that is dominated by nervous feelings. When a person has ever felt like he is going to “lose” whether it is losing control, anger, rationality, or even his mind, then he has felt neurotic anxiety (Boeree 2006).

3. Moral anxiety

Moral anxiety is fear related to conscience, caused by the conflict between the id and the superego. Moral anxiety is a function of the development of the superego. When someone tries to express an instinctive urge that goes against their moral code, the superego will respond by making that person feel guilty and ashamed. These feelings arise from within a person's conscience which will cause fear and anxiety. Freud believed that the superego would demand terrible retribution when moral principles were violated (Schultz 2005).

Charlie Kurth argues that moral anxiety is something that should be developed because it is at the heart of making good moral choice decisions. Psychologically, moral anxiety involves metacognitive functions needed by humans. These functions are essential for making decisions on good moral agency. Moral anxiety makes a special and important contribution to the human ability to make good moral agency decisions (2015).

B.4 Defense Mechanisms

Anxiety is a signal to warn the individual that the ego is being threatened. The threat stems from the conflict between the id's demands and the superego. Freud argued that this conflict will always exist because the instinct of the id always urges to be satisfied, and then the superego will always be the limiter for any action that can be taken to satisfy that instinct. This conflict can cause feelings of discomfort or pressure which can develop into anxiety (Schultz 2005). Therefore, before anxiety gets too far on a person, the ego needs to do something as a form of resistance. This process is known as defense mechanisms. The ego will carry out various defense mechanisms in the form of unconscious behaviors to reduce feelings of anxiety.

According to the psychoanalysis theory by Sigmund Freud, defense mechanisms are used by the ego to protect the person from anxiety (Patel 2013). Defense mechanisms or ego defense mechanisms are unconscious psychological responses that protect people from threats and things that they don't want to think about or deal with. Freud was the first to introduce this concept in 1926 and then arranged and perfected by his daughter named Anna Freud into several parts (Feist 2008). In his journal, Assoc. Prof. Dr. Rüçhan Gokdag stated that there are many types of defense mechanisms defined by scientists. Of all these types, only 10 are the most well-known and commonly used. They are Denial, Repression, Projection, Identification, Regression, Intellectualization, Reaction-formation, Displacement, Sublimation, and Fantasy-formation- day dreaming (2015). However, due to the study, only three types of defense mechanisms will be explained here, which are:

1. Sublimation

Sublimation is the transforming of an unacceptable impulse, whether it is sex, anger, fear, or whatever, into a socially acceptable, even productive form (Boeree 2006). Sublimation turns negative thoughts into positive ones. Its purpose is to regulate and control aggressive impulses in a person. Freud considered sublimation as a sign of maturity that allowed people to behave in a civilized and acceptable

manner. This behavior can be in the form of energy and efforts made by individuals in a social environment that are beneficial to society such as literature, arts, and science (Gokdag 2015).

Artwork is one of the things that can be done because artistic imagination will reveal all desires, human inner contents, and morals through the existence of the subconscious. Humans with the help of their mind's imagination can express problems, fears, worries, and desires. When all these things are expressed through art, it reduces emotional pain. Doing such creative activities is also known as art therapy. Art therapy covers a wide range of therapeutic functions consisting of visual arts including painting, sculpture, collage, and all other inanimate works of art. This series is used as a means of non-verbal communication which is interpreted to help understand and solve problems (Ghazvini et al 2010).

2. Intellectualization

Intellectualization is known as defense mechanisms in the form of denial which analyzes problems at an abstract level by focusing on reality and logic. This method is used by individuals to distance themselves from emotions related to these problems (Gokdag 2015).

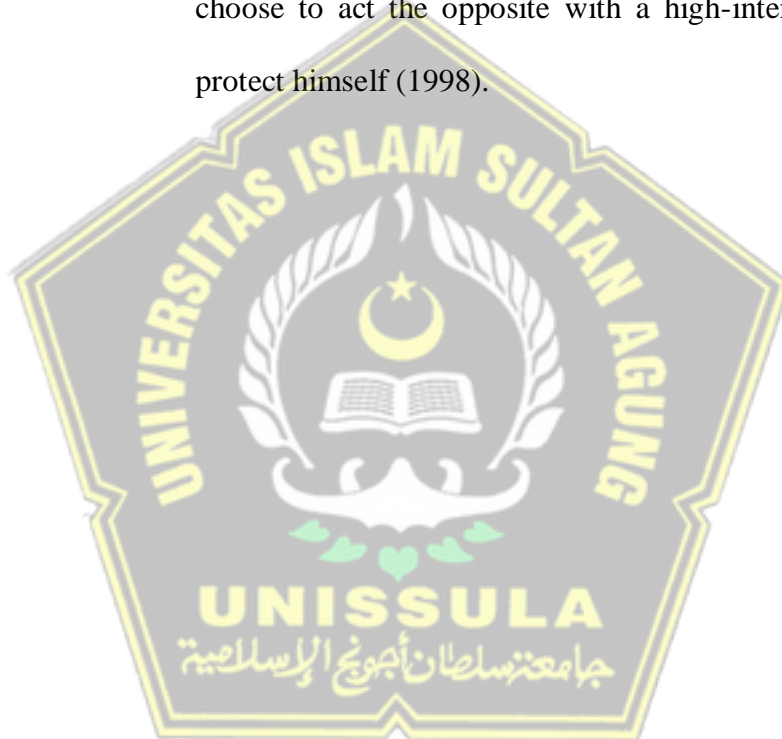
Freud never used this term in his theory of defense mechanisms, but it was Anna Freud who introduced it. Furthermore, Anna defines intellectualization as a process in which the ego tries to gain control over instinctive impulses using the mind. The ego translates these impulses into abstract ideas. This translation process consists of connecting the unconscious impulses to the conscious mind. Intellectualization was not an attempt to solve a problem, but an attempt to master the internal drive. In essence, intellectualization is another way to understand thoughts in general and more rationally with the main objective of diverting attention from emotionally charged internal stimuli to more neutral internal stimuli (Arnold 2014).

3. Reaction Formation

Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).

According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing

exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).



CHAPTER III

RESEARCH METHOD

A. Types of Research

This study used qualitative research as a method. Qualitative research is a method for analyzing, obtaining, and describing the data used to explain the object of the study. Qualitative research involves an interpretive and naturalistic approach to the subject matter. Qualitative data is able to describe the object of the study in detail with descriptions derived from data collection through case studies, observations, interviews, and visual texts such as books or literary work (Aspers and Corte, 2019). The data was analyzed to find out the answer to the problem formulation as the aim of this study.

B. Data Organizing

B.1 Data Collecting Method

Data collecting method was related to the data collection process which will be analyzed in various ways and stages. In this study, there are several methods used to collect data, such as:

1. Reading the Novel

The object of this study is Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*. In this study, reading the novel several times is needed to get a better understanding.

2. Identifying the Data

After reading the novel several times, the next step was identifying the data. In this process, attention was focused on important parts related to the study. Data can appear in various forms in the form of sentences, dialogues, narrations, or prologues.

3. Classifying Data

After getting the data from the process of identifying the data, the next step was classify it based on the type of data such as quotes from novels, references, and comments. All the data collected was made into a table called an appendix.

4. Reducing Data

Reducing data was the final step in the data collection process. This step was taken to filter the information back from the data that has been obtained.

B.2 Types of the Data

This study used two types of data, namely primary and secondary. Primary data was often referred to as the main source, while secondary data was supporting data for existing primary data.

1. Primary data was the main data collected from Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*. This novel was published by HarperCollins in March 2011 with a total of 138 pages in the e-books version. Several data can be found in the novel such as narration, dialogue, and description.
2. Secondary data was supporting data from journals, books, articles, essays, or websites related to the topic of the study.

B.3 Analyzing the Data

After the data was collected, the next step is analyzing the data. This process used qualitative techniques in which all data was explained in descriptive form. This descriptive form was in the form of quotes, statements, and descriptions. Then the final part was an appendix that explains some of the statements in the novel to support this study. Each statement will be complemented by several statements from journals, books, articles, essays, or websites to support and prove the existing statements.

CHAPTER IV

FINDINGS AND DISCUSSION

This chapter presents an analysis of the anxieties and defense mechanisms of Kamila Sidiqi as the main character in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*. This chapter is divided into two subchapters. The first subchapters contains the types of anxieties experienced by Kamila Sidiqi as the main character. The second subchapters contains several kinds of defense mechanisms used by Kamila Sidiqi as the main character to cope her anxiety.

A. Kamila Sidiqi's Anxieties

This sub-chapter will identify the types of anxieties experienced by Kamila Sidiqi as the main character in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*. Based on the explanation in the previous chapter, Sigmund Freud divided anxiety into three types, namely neurotic anxiety, realistic anxiety, and moral anxiety. However, this study will only explain two types of anxiety, they are neurotic anxiety and realistic anxiety. These two types are visible in the character of Kamila Sidiqi.

A.1 Neurotic Anxiety

The definition of neurotic anxiety is fear caused by unknown dangers. This feeling of anxiety usually arises when a person faced a situation that is expected to endanger him, but this does not necessarily happen. Neurotic anxiety is dominated by feelings of nervousness. This feeling drives a person to think more about the bad things that might

occur. The neurotic anxiety of Kamila Sidiqi felt in Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana* shown in the quotation below,

"I hear they are coming today," the first woman said to her friend.

"My cousin told me they are just outside Kabul," the other answered in a whisper.

Kamila immediately knew who "they" were: the Taliban, whose arrival now felt utterly inevitable ... Rumors of the arriving regime were rampant, and the word was out that women were in the crosshairs...

Kamila stood quietly in the hallway of the school she had fought so hard to attend, despite all the dangers, and listened to her classmates with a feeling of growing unease...

"You know they shut the schools for girls in Herat," the sharp-nosed brunette said. Her voice was heavy with worry. The Taliban had captured the western city a year earlier. "My sister heard that women can't even leave the house once they take over. And here we thought we had lived through the worst."(15 –16)

The arrival of the Taliban is hot news that is discussed every day in Kabul. Some happily welcome the news and hope the Taliban will bring security to them, but some are worried about the arrival of the Taliban.

Kamila is one of those people who are worried about the arrival of the Taliban. Still overshadowed by the atmosphere of the previous war, Kamila immediately thought of the possibilities she would face when she heard the news of the arrival of the Taliban. Kamila became even more agitated after hearing her friends' conversations about the Taliban targeting women by enforcing strict rules on them. The feeling arises and continues to develop into concern even though the news is not necessarily true.

A.2 Realistic Anxiety

Realistic anxiety is fear caused by real danger from the real world that can be seen and felt directly. This anxiety is based on reality and can become extreme if it is overloaded. In mild cases, this anxiety may subside when the dangers are removed.

In Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*, the character of Kamila Sidiqi faces several situations that cause her anxiety. The first realistic anxiety showed in the quotation below,

“Finally home, with her family close and darkness falling, Kamila settled down on a velvety pillow in her living room. She picked up one of her favorite books, a frayed collection of poems, and lit a hurricane lamp with one of the small red and white matchboxes the family kept all over the house for just such a purpose. Power was a luxury; it arrived unpredictably

and for only an hour or two a day, if at all, and everyone had learned to adjust to life in the dark. A long night lay before them, and they waited anxiously to see what would happen next...”(18)

Kamila finally reaches home, a place where she can gather with her family and do her favorite activities. But that does not mean that Kamila does not feel worried about the war situation that is going on out there. Each night, they waited anxiously about what would happen next. They could be the next victim. In the previous story, there was a mention of rocket attacks that took place continuously in the skies of Kabul. Even the attack could not be predicted where it would lead. That makes Kamila and her family worried because their house is located quite close to the Taliban camp.

After the Taliban took power, they began to implement various regulations specifically aimed at women. Not only prohibiting women from working and attending school, but the Taliban also issued other regulations. The second realistic anxiety of Kamila shown in the following quotation,

“Months had passed since the Taliban’s arrival, and the girls in Kamila’s house no longer spoke of a swift end to their home detention. Instead they watched helplessly as the nine men of the Taliban High Court issued edicts that strengthened the

rules of their banishment and regulated ever smaller details of their everyday lives. Walking in the middle of the street was now prohibited, as was wearing high-heeled shoes. Clothing must be baggy and loose-fitting “to prevent the seditious limbs from being noticed,” and chadri could not be made from any lightweight material through which arms or legs might be seen. Mixing with strangers and going out without a mahram, or male relative, had been outlawed.

Kamila and her sisters banded together to seek relief from the creeping despair that threatened to suffocate them. And they began to think about possible solutions. “We should ask Habiba Jan to bring some of her books over,” Kamila said to Saaman one morning...

“I’m so sick of reading the same thing over and over again. Maybe we could share some books with our friends.” She was on a roll.”(32)

This section mentioned the girls in the Kamila family, including Kamila, who are feeling hopeless due to the situation that is not getting better. The Taliban succeeded in overtaking Kabul and declaring other regulations relating to daily life for women. The regulations caused Kamila and her siblings felt tremendous despair. Then they tried to think of a way out of the current situation. They choose to read books to fill their days at home and hope it will take away their worries. But reading

books only makes them more bored and depressed because they have no more activities other than reading books. The Taliban and his regulations pose a real threat to Kamila and her siblings.

After her father and brother left Kabul to avoid being captured by the Taliban, Kamila, the oldest child in the house, became responsible for her family. Kamila started learning sewing from her sister, Malika, to support her life and her siblings. She was selling her homemade clothes in the market. However, due to Taliban regulations prohibiting women from working, Kamila had to be secretive when selling her clothes. The Taliban are watching every corner of the city, making Kamila feel threatened at all times. The third realistic anxiety of Kamila shown in the following quotation,

“Before he could reply she reached into her bag and neatly spread the blue dress across the glass counter. Her hands trembled, but she worked deftly. She pointed to the beading.

“It is very nice for weddings or for Eid,” she said. Her heart beat in her ears, and she leaned against the counter to steady herself.

The shopkeeper picked up the dress and began to inspect it more closely. Suddenly a large, blueclad figure Kamila saw out of the corner of her eye approached the counter. The shopkeeper dropped Kamila’s blue fabric in a heap on the

glass but to his—and Kamila’s—relief it turned out to be just another female shopper with her mahram. Kamila struggled to look busy while she waited. She didn’t dare to look at her brother; she was sure he was as nervous as she was...”(47)

Kamila managed to make her first dress after learning to sew from her sister and then brought it to the market to sell. But it was not easy to find a trustworthy shop to sell the clothes she made. Finally, Kamila went to a shop that she used to frequent and meet the owner. The owner looks interested when Kamila takes out her homemade clothes. From the moment she entered the shop, Kamila was very anxious. Her hands kept shaking as explained the clothes she made to the shop owner. She kept thinking that if the Taliban found out about what she was doing, then everything would be over here. Her worries culminated when someone walked into the shop. Even though in the end it was not the Taliban, but Kamila still felt anxious. Kamila realized that she was causing trouble for herself and her brother. The difficulty is about the Taliban that can catch their current actions red-handed at any time.

The forth realistic anxiety was experienced by Kamila when she started joining a United Nations organization called UN-Habitat. Then one day, when Kamila and some of her friends were about to attend an event organized by the United Nations, they were intercepted by the Taliban soldiers. The appearance of the Taliban soldiers made the

atmosphere tense and sparked Kamila's worries that shown in the quotation below,

“The standoff wore on. The soldier asked for her father’s name and her family’s residence. Then he asked once more about her brother. Twenty minutes passed. Kamila imagined being taken to prison, wondering what she would tell her mother and Malika if she were arrested. This is exactly what her older sister had warned her about when they finally reconciled a few months back, and why she had begged her not to accept the Habitat offer in the first place. Kamila thought of her own harsh words from several months earlier.

“If something does happen to me, I promise I will not come to you to get me out of it. It will be my responsibility.”

Now she only hoped her sister would forgive her if she was hauled off to jail here in Jalalabad. Malika was right; it took only a moment for everything to go horribly wrong.”(105)

This tension stems from the Taliban soldiers' questions about who *Mahram* was with them. Kamila could not answer as they left without a *Mahram*. But she has a bus ticket in her younger brother's name that can be given to Taliban soldiers as proof that they are not breaking the rules. But the Taliban soldiers did not want to accept the evidence and continued to corner Kamila with questions that endangered her. These are the questions that put pressure on Kamila to the point that she feels

anxious about her fate. The presence of the Taliban soldiers at that time was a real threat to Kamila and her friends. The Taliban soldiers cause panic and fear for Kamila and her friends.

The Taliban managed to defeat Massoud in an attack and took control of the entire country. A Taliban victory has become a nightmare for the Afghan. The situation worsened with the outbreak of a war between the Taliban and American. The American government claims that one of the Taliban guests named Osama bin Laden was involved in the September 11th attacks that destroyed the World Trade Center building in New York. But the Taliban denies the allegations and refuses to hand over Osama bin Laden to the American government. That refusal sparked a protracted war that led to an economic crisis throughout Afghanistan. This condition further made Kamila experience tremendous anxiety as seen in the quotation below,

“Khair Khana reeled under the relentless pounding of the American air blitz, which sometimes began long before nightfall. Sara Jan was right, Kamila thought. No one is safe here. Bombs dropped from the sky sometimes landed so close that Kamila was shocked to open her eyes and see that her house was still standing. She now felt certain that she would not survive. American planes targeted neighborhood Taliban sites night after night, leaving behind deafening explosions and

cratered streets. One afternoon a week after the aerial assault began, a bomb demolished two homes in another part of Khair Khana and killed seven people inside. The intended target appeared to be a military garrison a few miles away. Word of the deaths spread swiftly among the few families who were still living in Khair Khana, and with it came even more fear.”(111)

The situation in Kabul became even more chaotic due to the war between the Taliban and American. Kamila and her family have no other choice but to stay in Kabul even though they have to live under the pressure of the war that goes on every day. They are trapped and have nowhere to go. The Taliban ordered every survivor to stay indoors. The attacks occurred every day made Kamila feel could not take it anymore. The news of the deaths that kept heard made everyone who remained in their homes even more afraid and worried.

B. Defense Mechanisms

This sub-chapter will explain several types of defense mechanisms used by Kamila Sidiqi as the main character to cope her anxiety. As explained in the previous chapter, there are many types of defense mechanisms. Among them, 10 types are often used, they are Denial, Repression, Projection, Identification, Regression, Intellectualization, Reaction-formation, Displacement, Sublimation, and Fantasy-formation- daydreaming. However,

this study will discuss three types of defense mechanisms, they are intellectualization, sublimation, and reaction formation.

B.1 Intellectualization

Intellectualization is a defense mechanism by keeping someone's mind away from the emotions related to the problems he faced. People who use this defense mechanism will analyze the problems logically and see the reality. Kamila used this defense mechanism to reduce her anxiety about the news of the arrival of the Taliban. While feeling that anxiety, Kamila tried to convince herself by looking at the situation around Kabul as seen in the following quotation,

“Kamila gazed through the window and tried to tune out the conversations around her. She knew the girl was probably right, but she couldn't bear to think about what it would mean for her and her four younger sisters still living at home. She watched as shopkeepers on the city's dusty streets engaged in the daily routine of closing their grocery stores, photo shops, and bakery stalls. Over the past four years the entrances to Kabul's shops had become a barometer of the day's violence: doors that were wide open meant daily life pushed forward, even if occasionally punctured by the ring of distant rocket fire. But when they were shut in broad daylight, Kabulis knew danger waited nearby and that they, too, would be best served by remaining indoors.”(16 –17)

The narration explained that the shop doors in Kabul were used as a barometer for the environment. If the shop doors are opened wide, the situation is safe, whereas when the shop doors are closed quickly, the situation is dangerous. And that day, Kamila saw people closing their shops as usual. They also look very busy and calm. Kamila was relieved to see people still doing their activities. It made Kamila think that the current situation was not too bad. The arrival of the new regime was not necessarily as cruel as the news was.

The quotation above successfully describes Intellectualization. It can be seen Kamila managed to reduce her anxiety after seeing Kabul's condition as usual.

B.2 Sublimation

Sublimation converts socially unacceptable impulses into socially acceptable actions or behaviors related to anger, fear, anxiety, and also sex. This behavior can be in the form of science, literature, or art. Kamila uses sublimation to reduce her anxiety when she feels pressure and hopelessness with the Taliban, which further strengthens the rules for women. These rules made Kamila unable to do anything other than stay at home. The Taliban are too strong to fight. Kamila decided to find other activities to divert her despair that shown in the below,

“There were many positives: she could do the work in her living room, her sisters could help, and, most important of all,

she had seen for herself at Lycée Myriam that the market for clothing remained strong. Even with the Taliban in power and the economy collapsing, women would still need simple dresses. As long as she kept quiet and didn't attract unnecessary attention, the risks should be manageable.”(37)

After failing to distract by reading a book, Kamila continued to think about something else. The economic conditions in Kabul have worsened due to the ongoing civil war. Many families became poor and deprived, including the Kamila's family. Finally, Kamila thought of sewing. Apart from being able to fill spare time, sewing can also generate money to survive for her family. Kamila felt this idea was the right one for them at the moment. As long as the sewing is done carefully, Kamila was sure there would be no problems.

According to Gokdag, the behavior of sublimation has a positive impact on society (2015). It also happened to the sewing activities that Kamila was doing that shown in the following quotation,

“It wasn't long before the demand for work outpaced the orders Kamila was receiving from shopkeepers. She now received visits almost daily from young women who were trying to help out their families. Most of them were girls whose high school and university studies had been cut short by the Taliban's arrival, but some of them, like Sara, were a bit older. She didn't know how she was going to find a place for all of

them, but she was determined to. With the city's economy shrinking and almost no other chances for women to earn money, how could she turn them away?"(65)

Kamila's sewing activities began to develop into a large business. She then asked for help from a good friend to find someone who could work with her. Initially, only one person came to her house. Then add up every day. Those who have worked with Kamila began to tell stories about Kamila's business until the story spread by word of mouth. The spread of the story made more and more people come to her house to find work. Kamila could not refuse them because she knew that everyone was not doing well. They need money for their family. In the end, Kamila accepted every woman who came to her house to help her work.

After successfully opening up jobs for women in her neighborhood, Kamila had the idea to open a sewing school. Kamila plans to teach them sewing and embroidery that they can use to build their team or stay with her. Finally, the sewing course school was finally opened and got a good reception as can be seen in the following quotation,

"Within a week, the school began to take shape. The neighborhood grapevine spread the word that young women were gathering for classes at the Sidiqi home, and students started flocking to the house each morning, ready to learn and to work. Though some schools in the neighborhood were

charging a small fee, Kamila had decided it was better not to; the girls would pay nothing while they were learning, and in exchange they wouldn't earn a salary until their training period ended. During their apprenticeship they would help make garments that Kamila could take to the market, so their work would contribute to the business almost immediately. How soon a girl completed her training depended on both her skills and her commitment to her work. Only Kamila and Sara would have the final say on that question, with input from their teachers, Saaman and Laila.”(71)

Everyone is excited about the sewing school that Kamila has founded. Kamila decided not to charge a course fee so that all the women could come and learn to sew in her place. In addition, those who are studying are involved in Kamila's business so that they have direct contribution experience in the work of making clothes that are worth selling in the market. Kamila hopes that it can foster a sense of responsibility to commit to their work.

Based on the explanation above, sublimation is described in these activities. Kamila managed to convert her anger into good things such as sewing activities that have a positive impact on the surrounding environment.

B.3 Reaction Formation

Reaction formation is a defense mechanism by showing a different reaction from what he feels. Kamila uses this defense mechanism to reduce her anxiety when she is at home and thinks about what will happen next. The endless war also made Kamila feel scared and anxious like everyone else in Kabul. But she chose to remain calm for the sake of her family that shown in the quotation below,

“Kamila tried to be optimistic. “I’m sure it won’t be more than a few months,” she’d say to her sisters when they grew restless and began to snap at each other. But privately she was sick at heart. She ached for her old life, which had been filled with school and friends. And she found it painful to imagine the world outside going on uninterrupted without her or any of Kabul’s women. Surely this could not last forever. Yes, she would wear the chadri, but she could not stay indoors with nothing but empty time for much longer; there had to be a way to study or to work, even if the university remained off-limits...”(26)

Kamila tried to be optimistic and calm her siblings even though she was scared and worried. Kamila wants to act as a protector for her younger siblings. Therefore, she chose to remain optimistic to calm herself and her siblings. Kamila showed a different reaction to encourage her siblings during war situations. Kamila wants to believe that

everything will return to normal. She will be able to do activities as usual. She can also sleep soundly in her own house without being overwhelmed by feelings of anxiety about what will happen next.

The second reaction formation was used by Kamila to overcome her worry and anxiety when selling her homemade clothes in the market. The older sister, Malika, even told her about the risks involved in her work. Kamila knows the big risks of her work, but she chooses to ignore these risks that shown in the quotation below,

“Kamila Jan, I’m nervous about you going to the market,” Malika replied. One of the twins was running a fever and now slept uneasily against her shoulder. “The more work you get, the more you will have to be there and the more likely it is that something could go wrong.”

Kamila could not disagree. But now that she had begun to see the possibilities, she had no intention of stopping. Their work could do a great deal of good for their own family—and maybe even some others in the neighborhood. Now, perhaps more than ever before, they must push forward.

“I know,” she said. And she left it at that.”(53)

Kamila and her sister are engaged in a serious conversation about the risks of Kamila's job. Kamila could not argue with every word of her sister because she also knew about this risk. Kamila also feels anxiety like her sister but chooses to respond differently. Kamila did not want to

give up because she had good reasons about a shop that would accept the clothes made by her and the people who worked at her house. Kamila knew that he could not go against the Taliban regulations, but she could still be careful not to get caught by the Taliban. This job helped her and people around her. It made Kamila even more eager to continue this dangerous job.

Kamila used the third reaction formation to reduce her anxiety when facing Taliban soldiers who confronted her and her friends while attending an event organized by the United Nations. Despite the tense situation, Kamila tried to control the situation by speaking to the Taliban soldiers as seen in the following quotation,

“Ignoring her fear and relying on her faith and her experience, she kept on talking, calmly and deferentially. Eventually Kamila realized that she was wearing the soldier down and he was beginning to tire of the situation. He was still angry but she sensed he was growing restless and was ready to move on to more docile offenders.

The Talib peered at her through the rectangular screen of her burqa. His words came out in a deep growl.

“If you didn’t have this ticket I would never allow you to go to Pakistan. Do not travel again without your mahram. Next time it will be prison.”

He turned around and stepped off the minibus, returning to his post at the checkpoint. Kamila tried not to look in his direction as the driver pulled away and returned to the road once more. The driver, she noticed, looked as pale and shaken as she felt.”(105)

This section shows Kamila trying to overcome her fear of facing the Taliban. Kamila knows that encounter the Taliban must be calm. Answering questions from the Taliban soldiers in a hurry and full of emotions is not a good idea. The previous story explained that Kamila had faced the Taliban directly. This incident taught her that Taliban soldiers can still be spoken to during the process politely, firmly, and respectfully. And this method was successfully carried out by Kamila to face the Taliban soldiers.

The fourth Reaction Formation used by Kamila reduced her anxiety when she felt no longer able to survive amid the worsening war situation between the Taliban and American troops. Even though Kamila wanted to give up, she chose to stay put and hoped a miracle would come to them as seen in the quotation below,

“Kamila depended on her faith to help her endure the terrifying offensive and stay strong for her younger sisters. She prayed for her country, which had known nothing but war and bloodshed for her entire life. Despite the fighting that now

engulfed her home and her city, she wanted to believe that whatever came next, the future would be brighter.

Peace and a chance to pursue our dreams, Kamila thought to herself one night when it seemed there would be no end to the blasts that rocked the earth beneath her. That's all we can dare to hope for.

For now, she thought, it would have to be enough.”(112)

During the fear that Kamila felt, she chose to believe that Allah will always protect her and her family. Kamila also felt unable to cope with the worsening war situation, but she prefers to ignore those feelings and act as the strongest person for her siblings. Kamila believes that she is the one responsible for her family. Therefore, she must remain intense to the end. Kamila realized that there was nothing she could expect from a war situation, only damage. But Kamila still tries to believe that a better future will exist for her and all Kabul residents. That belief gave her hope and strength to survive amid the war situation that hit his country.

Reaction Formation is explained through Kamila's activities seen in the four quotes above. The four of them show Kamila trying to reduce her anxiety by acting against her feelings. It managed to make Kamila feel better.

CHAPTER V

CONCLUSION AND SUGGESTION

A. Conclusion

This chapter provides conclusions from this study. This conclusion refers to the answers to the questions that have been presented in the previous chapter.

In Gayle Tzemach Lemmon's novel *The Dressmaker of Khair Khana*, Kamila Sidiqi as the main character experiences two types of anxieties. The first anxiety is neurotic anxiety. Kamila experiences neurotic anxiety when she heard the news of the arrival of the Taliban. She overheard her friends' conversations saying that the Taliban were targeting women. Kamila was worried about how her life would be when the Taliban came to her town. She was still traumatized by the previous war.

The second anxiety is reality anxiety. Kamila experienced this type of anxiety five times. The first reality anxiety is when Kamila was at her house which is located near the Taliban camp. Kamila is worried that one day a rocket or bomb attack her house. The second reality anxiety occurred when the Taliban issued new rules for women. It made Kamila feel anxious and hopeless. The third reality anxiety occurs when Kamila is about to sell her homemade clothes in the market. Kamila was worried and afraid that the Taliban would find out what she was doing because the Taliban forbade women to work. The fourth reality anxiety occurred when Kamila met the

Taliban soldiers when she was going to attend an event held by the United Nations. Kamila was interrogated with various questions that made her afraid and anxious. The fifth reality anxiety occurs when the war between America and the Taliban heats up. Kamila was worried that if the war continued, she would not be able to survive.

In addition, Kamila also uses several defense mechanisms to cope her anxiety. She used three types of defense mechanisms. They are Intellectualization, Sublimation, and Reaction formation. Kamila used Intellectualization to reduce her anxiety by looking at the situation in Kabul. Her anxiety was caused by the news of the arrival of the Taliban. Kamila uses Sublimation to cope her anxiety about the new rules imposed by the Taliban by making herself busy with sewing. This activity has many positive impacts for her and the people around her. And the last defense mechanism used by Kamila is Reaction formation. This type of defense mechanism is used by Kamila four times. The first reaction formation is used by Kamila to reduce her anxiety when she was at home and thinking about what would happen next. She tried to think more calmly and positively even though she was scared. Then Kamila used the second Reaction formation to deal with her anxiety every time she went to the market to sell her homemade clothes. Kamila knows that this activity is dangerous, but she wants to focus on the benefits she gets and gives to the people around her. The third reaction formation is used by Kamila to cope her anxiety when she met the Taliban soldiers. Kamila tried to remain polite

even though she did not dare speak to them. The last reaction formation is used by Kamila to cope her anxiety when the war between America and the Taliban occurred. During of chaotic situation, Kamila tried to convince herself that all of this would end and her country would be at peace.

B. Suggestion

This study found that anxiety has several types that are distinguished based on cause and effect after analyzing the novel *The Dressmaker of Khair Khana* by Gayle Tzemach Lemmon published in March 2011. This study also found that there is a method that can reduce anxiety levels called a defense mechanism. In this novel, there are several problems related to psychology aspects that are experienced not only by the main character. For further researchers who are interested in analyzing this novel, they can explore more about the psychological problems that exist in this novel. For example, taking other characters as the main focus in analyzing or describing the condition of the local people during the outbreak of a new war after a similar war had previously occurred.

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APPENDIX

A. What are anxieties experienced by Kamila Sidiqi?

No.	Quote from the Text	Pg.	Type of Analysis	Type of Data	Reference	Comment
1.	<p>“I hear they are coming today,” the first woman said to her friend.</p> <p>“My cousin told me they are just outside Kabul,” the other answered in a whisper.</p> <p>Kamila immediately knew who “they” were: the Taliban, whose arrival now felt utterly inevitable ... Rumors of the arriving regime were rampant, and the word was out that women were in the crosshairs...</p>	15 - 16	Dialogue + narration	Neurotic anxiety	<p>Neurotic anxiety is fear caused by unknown dangers. This feeling stems from the id impulse but operates at the ego level (Feist 2008). Neurotic anxiety is also defined as an unconscious fear of being punished for displaying too much behavior dominated by the id impulse. However, this fear is not instinct but a possible outcome of instinct gratification (Schultz 2005).</p>	<p>The arrival of the Taliban is hot news that is discussed every day in Kabul. Some happily welcome the news and hope the Taliban will bring security to them, but some are worried about the arrival of the Taliban. Kamila is one of those people who are worried about the arrival of the Taliban. Still overshadowed by the atmosphere of the previous war, Kamila</p>

	<p>Kamila stood quietly in the hallway of the school she had fought so hard to attend, despite all the dangers, and listened to her classmates with a feeling of growing unease...</p> <p>“You know they shut the schools for girls in Herat,” the sharp-nosed brunette said. Her voice was heavy with worry. The Taliban had captured the western city a year earlier. “My sister heard that women can’t even leave the house once they take over. And here we thought we had lived through the worst.</p>				<p>Freud called this anxiety clear and simple. In Latin, the word Neurotic means nervous. So basically, neurotic anxiety is a feeling of anxiety that is dominated by nervous feelings. When a person has ever felt like he is going to “lose” whether it is losing control, anger, rationality, or even his mind, then he has felt neurotic anxiety (Boeree 2006).</p>	<p>immediately thought of the possibilities she would face when she heard the news of the arrival of the Taliban. Kamila became even more agitated after hearing her friends' conversations about the Taliban targeting women by enforcing strict rules on them. The feeling arises and continues to develop into concern even though the news is not necessarily true.</p>
2.	<p>Finally home, with her family close and darkness falling, Kamila settled down on</p>	18	Narration	Reality anxiety	<p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This</p>	<p>Kamila finally reaches home, a place where she can gather with her family</p>

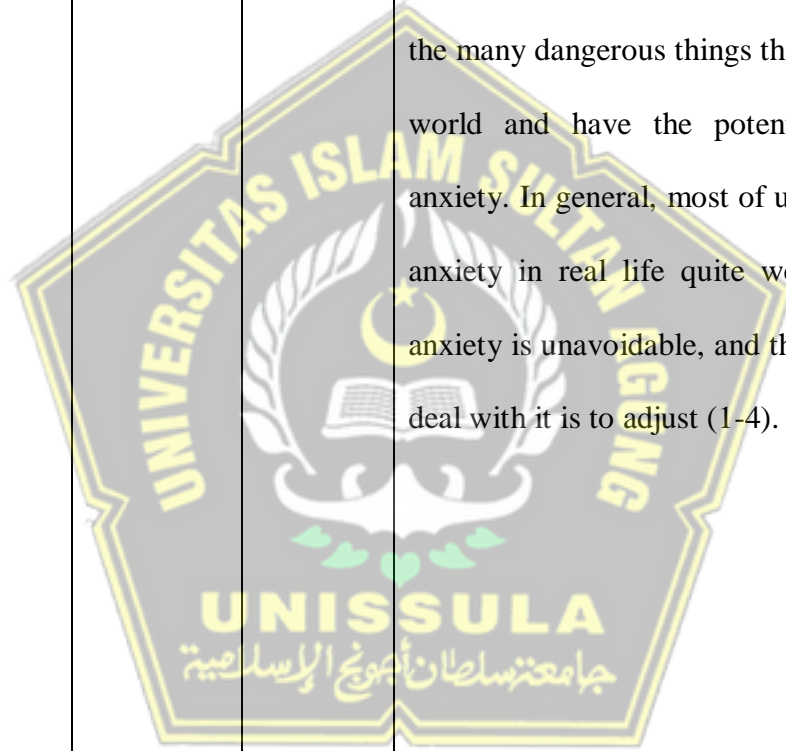
<p>a velvety pillow in her living room. She picked up one of her favorite books, a frayed collection of poems, and lit a hurricane lamp with one of the small red and white matchboxes the family kept all over the house for just such a purpose. Power was a luxury; it arrived unpredictably and for only an hour or two a day, if at all, and everyone had learned to adjust to life in the dark. A long night lay before them, and they waited anxiously to see what would happen next...</p>			<p>anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005). Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage</p>	<p>and do her favorite activities. But that does not mean that Kamila does not feel worried about the war situation that is going on out there. Each night, they waited anxiously about what would happen next. They could be the next victim. In the previous story, there was a mention of rocket attacks that took place continuously in the skies of Kabul. Even the attack could not be predicted where it would lead. That makes Kamila and her family worried because their house is located quite close to the Taliban</p>
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				<p>anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	camp.
<p>Months had passed since the Taliban's arrival, and the girls in Kamila's house no longer spoke of a swift end to their home detention. Instead they watched helplessly as the nine men of the Taliban High Court issued edicts that strengthened the rules of their banishment and regulated ever smaller details of their everyday lives. Walking in the middle of the street was now prohibited, as was wearing high-heeled shoes. Clothing must be baggy and loose-fitting "to</p>	32	<p>Narration + dialogue</p>	<p>Reality anxiety</p>	<p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p> <p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety</p>	<p>This section mentioned the girls in the Kamila family, including Kamila, who are feeling hopeless due to the situation that is not getting better. The Taliban succeeded in overtaking Kabul and declaring other regulations relating to daily life for women. The regulations caused Kamila and her siblings felt tremendous despair. Then they tried to think of a way out of the current situation. They choose to read books</p>

<p>prevent the seditious limbs from being noticed,” and chadri could not be made from any lightweight material through which arms or legs might be seen. Mixing with strangers and going out without a mahram, or male relative, had been outlawed.</p> <p>Kamila and her sisters banded together to seek relief from the creeping despair that threatened to suffocate them. And they began to think about possible solutions.</p> <p>“We should ask Habiba Jan to bring some of her books over,” Kamila said to Saaman one morning...</p> <p>“I’m so sick of reading the same thing</p>			<p>brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>to fill their days at home and hope it will take away their worries. But reading books only makes them more bored and depressed because they have no more activities other than reading books. The Taliban and his regulations pose a real threat to Kamila and her siblings.</p>
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<p>over and over again. Maybe we could share some books with our friends.” She was on a roll.</p>				
<p>Before he could reply she reached into her bag and neatly spread the blue dress across the glass counter. Her hands trembled, but she worked deftly. She pointed to the beading. “It is very nice for weddings or for Eid,” she said. Her heart beat in her ears, and she leaned against the counter to steady herself.</p> <p>The shopkeeper picked up the dress and began to inspect it more closely. Suddenly a large, blueclad figure Kamila saw out of the corner of her eye</p>	<p>47</p>	<p>Narration + dialogue</p>	<p>Reality anxiety</p> <p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p> <p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety</p>	<p>Kamila managed to make her first dress after learning to sew from her sister and then brought it to the market to sell. But it was not easy to find a trustworthy shop to sell the clothes she made. Finally, Kamila went to a shop that she used to frequent and meet the owner. The owner looks interested when Kamila takes out her homemade clothes. From the moment she entered the shop, Kamila was very anxious. Her</p>

	<p>approached the counter. The shopkeeper dropped Kamila’s blue fabric in a heap on the glass but to his—and Kamila’s—relief it turned out to be just another female shopper with her mahram. Kamila struggled to look busy while she waited. She didn’t dare to look at her brother; she was sure he was as nervous as she was...</p>				<p>brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>hands kept shaking as explained the clothes she made to the shop owner. She kept thinking that if the Taliban found out about what she was doing, then everything would be over here. Her worries culminated when someone walked into the shop. Even though in the end it was not the Taliban, but Kamila still felt anxious. Kamila realized that she was causing trouble for herself and her brother. The difficulty is about the Taliban that can catch their current actions red-handed at any time.</p>
	<p>The standoff wore on. The soldier asked</p>	<p>105</p>	<p>Narration</p>	<p>Reality</p>	<p>Reality anxiety is anxiety that involves fear</p>	<p>This tension stems from the Taliban</p>



<p>for her father's name and her family's residence. Then he asked once more about her brother. Twenty minutes passed. Kamila imagined being taken to prison, wondering what she would tell her mother and Malika if she were arrested. This is exactly what her older sister had warned her about when they finally reconciled a few months back, and why she had begged her not to accept the Habitat offer in the first place. Kamila thought of her own harsh words from several months earlier.</p> <p>"If something does happen to me, I promise I will not come to you to get me</p>		<p>+ dialogue</p>	<p>anxiety</p>	<p>of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p> <p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause</p>	<p>soldiers' questions about who <i>Mahram</i> was with them. Kamila could not answer as they left without a <i>Mahram</i>. But she has a bus ticket in her younger brother's name that can be given to Taliban soldiers as proof that they are not breaking the rules. But the Taliban soldiers did not want to accept the evidence and continued to corner Kamila with questions that endangered her. These are the questions that put pressure on Kamila to the point that she feels anxious about her fate. The presence of the Taliban soldiers at that time</p>
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<p>out of it. It will be my responsibility.”</p> <p>Now she only hoped her sister would forgive her if she was hauled off to jail here in Jalalabad. Malika was right; it took only a moment for everything to go horribly wrong.</p>			<p>anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>was a real threat to Kamila and her friends. They cause panic and fear for Kamila and her friends.</p>
<p>Khair Khana reeled under the relentless pounding of the American air blitz, which sometimes began long before nightfall. Sara Jan was right, Kamila thought. No one is safe here. Bombs dropped from the sky sometimes landed so close that Kamila was shocked to open her eyes and see that her house was still standing. She now felt certain that she would not</p>	<p>111</p>	<p>Narration</p>	<p>Reality anxiety</p> <p>Reality anxiety is anxiety that involves fear of real dangers in the real world. This anxiety can subside when the threatening danger is removed. However, this reality-based anxiety can become extreme when it exceeds the limits of reasonableness. For example, someone who is unable to leave the house because of excessive fear of being hit by a car (Schultz 2005).</p>	<p>The situation in Kabul became even more chaotic due to the war between the Taliban and American forces. Kamila and her family have no other choice but to stay in Kabul even though they have to live under the pressure of the war that goes on every day. They are trapped and have nowhere to go. The Taliban ordered</p>

<p>survive. American planes targeted neighborhood Taliban sites night after night, leaving behind deafening explosions and cratered streets. One afternoon a week after the aerial assault began, a bomb demolished two homes in another part of Khair Khana and killed seven people inside. The intended target appeared to be a military garrison a few miles away. Word of the deaths spread swiftly among the few families who were still living in Khair Khana, and with it came even more fear.</p>			<p>Reality anxiety refers to facts about real dangers in the outside world that can be seen and worried about. Reality anxiety brings a person to a greater level of awareness, which makes a person aware of the many dangerous things that exist in this world and have the potential to cause anxiety. In general, most of us can manage anxiety in real life quite well. However, anxiety is unavoidable, and the best way to deal with it is to adjust (1-4).</p>	<p>every survivor to stay indoors. The attacks that occurred every day made Kamila feel she could not take it anymore. The news of the deaths that kept heard made everyone who remained in their homes even more afraid and worried.</p>
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B. What are defense mechanisms used by Kamila Sidiqi to cope her anxieties?

No.	Quote from the Text	Pg.	Type of Analysis	Type of Data	Reference	Comment
1.	Kamila gazed through the window and tried to tune out the conversations around her. She knew the girl was probably right, but she couldn't bear to think about what it would mean for her and her four younger sisters still living at home. She watched as shopkeepers on the city's dusty streets engaged in the daily routine of closing their grocery stores, photo shops, and bakery stalls. Over the past four years the entrances to Kabul's shops had	16 - 17	Narration	Intellectualization	Intellectualization is known as defense mechanisms in the form of denial which analyzes problems at an abstract level by focusing on reality and logic. This method is used by individuals to distance themselves from emotions related to these problems (Gokdag 2015). Freud never used this term in his theory of defense mechanisms, but it was Anna Freud who introduced it. Furthermore, Anna defines	The narration explained that the shop doors in Kabul were used as a barometer for the environment. If the shop doors are opened wide, the situation is safe, whereas when the shop doors are closed quickly, the situation is dangerous. And that day, Kamila saw people closing their shops as usual. They also look very busy and calm. Kamila was relieved to see people still doing their activities. It made Kamila think that the current situation was not too bad. The arrival of

<p>become a barometer of the day's violence: doors that were wide open meant daily life pushed forward, even if occasionally punctured by the ring of distant rocket fire. But when they were shut in broad daylight, Kabulis knew danger waited nearby and that they, too, would be best served by remaining indoors.</p>			<p>intellectualization as a process in which the ego tries to gain control over instinctive impulses using the mind. The ego translates these impulses into abstract ideas. This translation process consists of connecting the unconscious impulses to the conscious mind. Intellectualization was not an attempt to solve a problem, but an attempt to master the internal drive. In essence, intellectualization is another way to understand thoughts in general and more rationally with the main objective of diverting</p>	<p>the new regime was not necessarily as cruel as the news was.</p>
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				attention from emotionally charged internal stimuli to more neutral internal stimuli (Arnold 2014).	
2.	<p>There were many positives: she could do the work in her living room, her sisters could help, and, most important of all, she had seen for herself at Lycée Myriam that the market for clothing remained strong. Even with the Taliban in power and the economy collapsing, women would still need simple dresses. As long as she kept quiet and didn't attract unnecessary attention, the risks should be manageable.</p>	37	Narration	<p>Sublimation is the transforming of an unacceptable impulse, whether it is sex, anger, fear, or whatever, into a socially acceptable, even productive form (Boeree 2006). Sublimation turns negative thoughts into positive ones. Its purpose is to regulate and control aggressive impulses in a person. Freud considered sublimation as a sign of maturity that allowed people to behave in a civilized and acceptable</p>	<p>After failing to distract by reading a book, Kamila continued to think about something else. While thinking about this other matter, the economic conditions in Kabul have worsened due to the ongoing civil war. Many families became poor and deprived, including the Kamila family. Finally, Kamila thought of sewing. Apart from being able to fill spare time, sewing can also generate money to survive for his family. They also do not have to think about other</p>

				<p>manner. This behavior can be in the form of energy and efforts made by individuals in a social environment that are beneficial to society such as literature, arts, and science (Gokdag 2015).</p>	<p>things because they are too busy sewing. Kamila felt this idea was the right one for them at the moment. As long as the sewing is doing carefully, Kamila was sure there would be no problems.</p>
<p>It wasn't long before the demand for work outpaced the orders Kamila was receiving from shopkeepers. She now received visits almost daily from young women who were trying to help out their families. Most of them were girls whose high school and university studies had been cut short by the Taliban's arrival, but some of them, like Sara, were a bit older. She didn't</p>	<p>65</p>	<p>Narration</p>		<p>Artwork is one of the things that can be done because artistic imagination will reveal all desires, human inner contents, and morals through the existence of the subconscious. Humans with the help of their mind's imagination can express problems, fears, worries, and desires. When all these things are expressed through</p>	<p>Kamila's sewing activities began to develop into a large business. She then asked for help from a good friend to find someone who could work with her. Initially, only one person came to her house. Then add up every day. Those who have worked with Kamila began to tell stories about Kamila's business until the story spread by word of mouth. The spread of the story made more and more</p>

<p>know how she was going to find a place for all of them, but she was determined to. With the city's economy shrinking and almost no other chances for women to earn money, how could she turn them away?</p>			<p>art, it reduces emotional pain. Doing such creative activities is also known as art therapy. Art therapy covers a wide range of therapeutic functions consisting of visual arts including painting, sculpture, collage, and all other inanimate works of art. This series is used as a means of non-verbal communication which is interpreted to help understand and solve problems (Ghazvini et al 2010).</p>	<p>people come to her house to find work. Kamila could not refuse them because she knew that everyone was not doing well. They need money for their family. In the end, Kamila accepted every woman who came to her house to help her work.</p>
<p>Within a week, the school began to take shape. The neighborhood grapevine spread the word that young women were gathering for classes at the Sidiqi home, and students started flocking to the house each morning, ready to learn and to work. Though some schools in the neighborhood</p>	<p>71</p>	<p>Narration</p>	<p>UNISSULA جامعة سلطان अबوبنح الإسلامية</p>	<p>Everyone is excited about the sewing school that Kamila has founded. Kamila decided not to charge a course fee so that all the women could come and learn to sew in her place. In addition, those who are studying are involved in Kamila's business so that they have direct contribution experience in the</p>

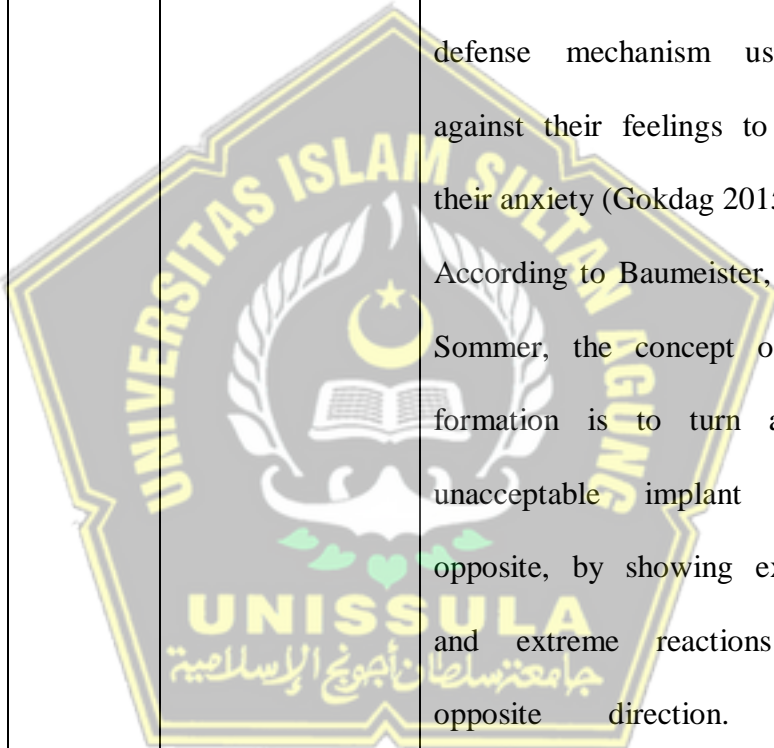
were charging a small fee, Kamila had decided it was better not to; the girls would pay nothing while they were learning, and in exchange they wouldn't earn a salary until their training period ended. During their apprenticeship they would help make garments that Kamila could take to the market, so their work would contribute to the business almost immediately. How soon a girl completed her training depended on both her skills and her commitment to her work. Only Kamila and Sara would have the final say on that question, with input from their



work of making clothes that are worth selling in the market. Kamila hopes that it can foster a sense of responsibility to commit to their work.

	teachers, Saaman and Laila.				
3.	<p>Kamila tried to be optimistic. “I’m sure it won’t be more than a few months,” she’d say to her sisters when they grew restless and began to snap at each other. But privately she was sick at heart. She ached for her old life, which had been filled with school and friends. And she found it painful to imagine the world outside going on uninterrupted without her or any of Kabul’s women. Surely this could not last forever. Yes, she would wear the chadri, but she could not stay indoors with nothing but empty time for much longer; there had</p>	26	Narration	<p>Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the</p>	<p>Kamila tried to be optimistic and calm her siblings even though she was scared and worried. Kamila wants to act as a protector for her younger siblings. Therefore, she chose to remain optimistic to calm herself and her siblings. Kamila showed a different reaction to encourage her siblings during war situations. Kamila wants to believe that everything will return to normal. She will be able to do activities as usual. She can also sleep soundly in her own house without being overwhelmed by feelings of anxiety</p>

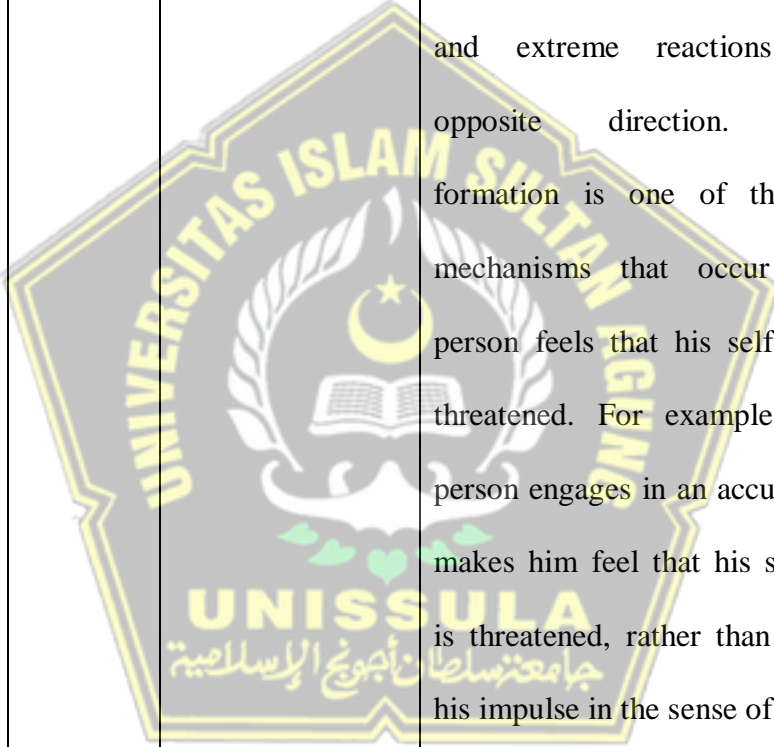
	<p>to be a way to study or to work, even if the university remained off-limits...</p>			<p>opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).</p>	<p>about what will happen next.</p>
	<p>“Kamila Jan, I’m nervous about you going to the market,” Malika replied. One of the twins was running a fever</p>	<p>53</p>	<p>Diaogue + narration</p>	<p>Reaction formation</p> <p>Reaction formation is denial behavior carried out by individuals by exaggerating emotions and</p>	<p>Kamila and her sister are engaged in a serious conversation about the risks of Kamila's job. Kamila could not argue</p>

<p>and now slept uneasily against her shoulder. “The more work you get, the more you will have to be there and the more likely it is that something could go wrong.”</p> <p>Kamila could not disagree. But now that she had begun to see the possibilities, she had no intention of stopping. Their work could do a great deal of good for their own family—and maybe even some others in the neighborhood. Now, perhaps more than ever before, they must push forward.</p> <p>“I know,” she said. And she left it at</p>				<p>thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is</p>	<p>with every word of her sister because she also knew about this risk. Kamila also feels anxiety like her sister but chooses to respond differently. Kamila did not want to give up because she had good reasons about a shop that would accept the clothes made by her and the people who worked at her house. Kamila knew that he could not go against the Taliban regulations, but she could still be careful not to get caught by the Taliban. This job helped her and the people around her. It made Kamila even more eager to continue this dangerous job.</p>
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	that.			threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).	
	Ignoring her fear and relying on her faith and her experience, she kept on talking, calmly and deferentially. Eventually Kamila realized that she was wearing the soldier down and he was beginning to tire of the situation. He was still angry but she sensed he	105	Narration + dialogue	Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up	This section shows Kamila trying to overcome her fear of facing the Taliban. Kamila knows that encounter the Taliban must be calm. Answering questions from the Taliban soldiers in a hurry and full of emotions is not a good idea. The previous story explained that

<p>was growing restless and was ready to move on to more docile offenders.</p> <p>The Talib peered at her through the rectangular screen of her burqa. His words came out in a deep growl.</p> <p>“If you didn’t have this ticket I would never allow you to go to Pakistan. Do not travel again without your mahram. Next time it will be prison.”</p> <p>He turned around and stepped off the minibus, returning to his post at the checkpoint. Kamila tried not to look in his direction as the driver pulled away and returned to the road once more.</p> <p>The driver, she noticed, looked as pale</p>			<p>their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying</p>	<p>Kamila had faced the Taliban directly.</p> <p>This incident taught her that Taliban soldiers can still be spoken to during the process politely, firmly, and respectfully. And this method was successfully carried out by Kamila to face the Taliban soldiers.</p>
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	<p>and shaken as she felt.</p>			<p>his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).</p>	
	<p>Kamila depended on her faith to help her endure the terrifying offensive and stay strong for her younger sisters. She prayed for her country, which had known nothing but war and bloodshed for her entire life. Despite the fighting that now engulfed her home and her city, she wanted to believe that whatever came next, the future would be brighter.</p> <p>Peace and a chance to pursue our</p>	<p>112</p>	<p>Narration</p>	<p>Reaction formation is denial behavior carried out by individuals by exaggerating emotions and thoughts that are opposite to their true feelings. People who use this defense mechanism usually act against their feelings to cover up their anxiety (Gokdag 2015).</p> <p>According to Baumeister, Dale, and Sommer, the concept of reaction formation is to turn a socially</p>	<p>During the fear that Kamila felt, she chose to believe that Allah will always protect her and her family. Kamila also felt unable to cope with the worsening war situation, but she prefers to ignore those feelings and act as the strongest person for her siblings. Kamila believes that she is the one responsible for her family. Therefore, he must remain intense to the end. Kamila realized that there was nothing he could expect from</p>

<p>dreams, Kamila thought to herself one night when it seemed there would be no end to the blasts that rocked the earth beneath her. That's all we can dare to hope for.</p> <p>For now, she thought, it would have to be enough.</p>			 <p>unacceptable implant into its opposite, by showing exaggerated and extreme reactions in the opposite direction. Reaction formation is one of the defense mechanisms that occur when a person feels that his self-esteem is threatened. For example, when a person engages in an accusation that makes him feel that his self-esteem is threatened, rather than satisfying his impulse in the sense of giving up, he will choose to act the opposite with a high-intensity effort to protect himself (1998).</p>	<p>a war situation, only damage. But Kamila still tries to believe that a better future will exist for her and all Kabul residents. That belief gave him hope and strength to survive amid the war situation that hit his country.</p>
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