



## POST-TRAUMATIC STRESS DISORDER IN *THE STATIONERY SHOP* NOVEL BY MARJAN KAMALI

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### Abstract

In this thesis entitled Post-Traumatic Stress Disorder in *The Stationery Shop* Novel by Marjan Kamali, the writer describes post-traumatic stress disorder. PTSD (Post Traumatic Stress Disorder) is a mental health condition triggered by a traumatic event. The purpose of this study is to identify the post-traumatic stress disorder raised by Roy. To enhance the examination of post-traumatic stress disorder, the writer utilizes the theory of Gerald C. Davison (2006) to analyze the symptoms, causes, and effects of post-traumatic stress disorder. In addition, the American Psychiatric Association's (APA) theory in its publication Diagnostic and Statistical Manual of Mental Illness: DSM-5 was applied in this research study for more information and as a supporting theory on the symptoms of Post-Traumatic Disorder. In this study, the writer used qualitative research techniques to describe post-traumatic stress disorder. This study can enhance the reader's understanding of a person's psychological state and mental disorder in response to a traumatic event or circumstance.

**Keywords:** *Post-Traumatic Stress Disorder, PTSD, Psychological Approach, The Stationery Shop Novel*

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## INTRODUCTION

The wounds of the past that are retained until now have the ability to influence one's beliefs to the extent of changing one's interactions with the environment. The most crucial thing to remember about traumatic experiences is that they are connected with substantial stressors that exceed a person's ability to cope with the circumstance. Trauma is a personal event that overwhelms a person's ability to assimilate emotional experiences (Giller, 1999). Trauma is generally associated with significant emotional to psychological distress, mainly as a result of painful situations or experiences, violence, abuse and natural disasters. It is important to seek professional treatment after experiencing trauma, particularly the kind of trauma that frequently recurs and attacks more and more each day, otherwise post-traumatic stress disorder (PTSD) may manifest in a person as a consequence of this. Post-Traumatic Stress Disorder is a syndrome of anxiety, autonomic lability, emotional insecurity, and flashbacks of those traumatic experiences following significant physical and emotional stress beyond the endurance limitations of regular individuals (Kaplan, 1998). These traumatic occurrences typically cause victims to battle with terrible feelings and memories, as well as anxiety that is difficult to get rid of. This syndrome might cause oneself to become overwhelmed when presented with situations that can cause trauma, feelings of isolation, and lack of trust in others. A person who has watched or encountered something unpleasant, terrifying, disturbing, or painful may develop PTSD. People who have PTSD are influenced by horrific events for a lengthy period of time, and their reactions and behaviors fluctuate based on the triggering event and the causative event. A psychological analysis of PTSD will serve as the primary theory that is discussed throughout this research. The study of the human psyche or spirit is referred to as psychology. It is also known as the study of behavior and mental processes. Psychological conditions might cause a person to develop mental or

psychological disorders that should not be ignored. As a result of certain situations, psychological issues or personality disorders may develop. This also applies in reverse, since certain human behaviors can impact the wellness. Behavior is defined as a person's mind or mentality, which is also remarkably related with post-traumatic stress disorder symptoms (Siswanto, 2005).

Literature and psychology have a strong correlation because they relate to humans and their reactions to the world and their own feelings (Goksen, 2014). Literary psychology can be used to investigate the author as a human being, the author's creative process, as well as the psychological side of the character (Endraswara, 2011). This theory's concept depicts the instant captured by our senses in terms of how meaning is assigned to it through language (Ramadhani & Setiawan, 2021). Novel is a literary work that reflects phenomena in real life such as psychological phenomena in fictional characters. People can convey their emotions and present their loudest voice through language (Cenita & Nurmaily, 2020). Literature is one of the primary forms of communication, and as such, it must possess a set of values, including moral standards. This ensures that a literary work not only tries to entertain its audiences, but also to educate them (Mahendra and Amelia, 2020). The writer applies psychological theory to analyze the data on the behavior and condition of the character. Novel is a literary work that reflects phenomena in real life such as psychological phenomena in fictional characters. Therefore, the writer applies psychological theory to analyze the data on the behavior and condition of the character.

Marjan Kamali, the author of the novel that will serve as the primary source for this research, was born in Turkey She is Iranian. Kamali spent her youth moving about to several countries, including Kenya, Germany, and post- revolutionary Iran. She started writing fiction as a way to escape the monotony of her employment when she was pursuing her Master of Business Administration degree at Columbia. Eventually, she wrote the short tales that would become the first chapters of her first published novel. *Together Tea*, the author's first book, was released in 2013. The book was selected as a Targeted Emerging Author Selection, as well as a Finalist for the Massachusetts Book Award and NPR WBUR Good Read. *The Stationery Shop*, Kamali's second novel, which was published in 2019, is a Boston Globe Bestseller Novel.

This novel's main character is a young woman named Roya. She is a woman with many aspirations living in Tehran in 1953. Despite the political unrest that was going on at the time, she could find solace in the literary beauty of Mr. Fakhri's stationery shop. Mr. Fakhri is a witness to how she has grown and developed. Mr. Fakhri, who has a good instinct for romance, introduces Roya to his other favorite customer, Bahman. He is a political activist and an attractive man with a deep affection for Rumi's poetry and he is believed by many people as "the boy who wants to change the world". Unlike Roya, who only wants to read poetry in a stationery shop, Bahman has a strong desire to see justice done. As their relationship developed, the stationery shop continued to be their destination of choice everywhere in Tehran. A few months later, Roya agreed to meet Bahman in the town square. However, protests erupted, conflict broke out as a result of a coup that would forever change the future of their country. In the midst of all the chaos, Roya was trapped in the massive demonstration. She witnessed all the horrific events. People were shot and injured. Her closest people, fell, stepped on, and even shot dead. Since then, She has never met Bahman. She avoided all of the scenes. She had a "flashback" of the event. She had nightmares related to the accidents.

Roya left her country to study in the United States and married an American man named Walter. Even though she is married, in fact she always has nightmares related to the events in Tehran. She always dreamed how she witnessed the people closest to her died from being shot. She makes an effort to steer clear of anything that can trigger memories of the terrifying events, because of these events, she is experiencing negative impacts on both her thinking and her mood, these memories elicit both emotional and physical reactions. Her life with Walter seems to be going nowhere, constantly clouded by the loss of those closest to her, in Tehran. The love story in the novel *The Stationery Shop* is about two people who cannot be together due to a significant historical event that affects the course of many things. The past accidents in this novel are unforgettable and painful until they are recognized as traumatic events.

According to the descriptions given above, the purpose of this research is to determine the Post-Traumatic Stress Disorder symptoms, causes, and effects presented in the novel. These findings will be valuable in a variety of circumstances, such as raising awareness of psychological problems and mental state. This writer believes that this can be beneficial for many parties. This research can also add to the reader's insight about the psychological condition and mental disorder of a person against a traumatic condition or event. It is hoped that the reader's understanding of PTSD and the events in this novel will increase and this is the result of the research. This particular study aims to investigate PTSD, which is addressed in *The Stationery Shop*, a novel written by Marjan Kamali through the character of Roya. Based on the theory presented by Gerald C. Davison (2006) analysis of symptoms, causes and effects for PTSD were applied in this study. In addition, the theory the American Psychiatric Association (APA) in their publication entitled *Diagnostic and Statistical Manual of Mental Illness: DSM-5* is utilized in this research study for additional information and as supporting theory in connection with the symptoms of Post-Traumatic Disorder.

The writer provides an explanation of the hypotheses or discoveries based on the findings of many past studies that are necessary and relevant in order to support the facts. Previous research that is relevant to the issues being explored in this study is one of the supporting data sources that, according to the researcher, should be separated into its own section. Previous studies are intended to provide insight and information to researcher who are involved in this study. So as a guide for the writer, various studies with the same topic, item, and issue were picked as examples from the study. The writer chose five past studies to include in this research, which are mentioned below:

The first previous study is a thesis entitled *Geraldine's Post-Traumatic Stress Disorder in Just Another Kid Novel* by Torey Hayden written by Yosephine Wastu Prajnaputri (2016). This thesis focuses on Torey Hayden's autobiographical novel *Just Another Kid*. Due to the fact that Geraldine was subjected to a horrific incident, the primary focus of this study was on defining diagnostic criteria for Post-Traumatic Stress Disorder (PTSD). Three conclusions were drawn from this study. To begin, Geraldine is described utilizing a variety of storytelling approaches. Contrasts disclose characters, shows, and narrative ways in particular. Conflict reveals character; exposition and description reveal character; and exposition and description reveal character for the second time. It was determined that Geraldine meets five of the diagnostic requirements for post-traumatic stress disorder (PTSD). They include persistent avoidance, negative change, considerable change, persistent discomfort, and disturbance that is not linked to the physiological action of the medication. Thirdly, Geraldine's trauma was precipitated by a devastating event. She takes a psychological method because the research is primarily concerned with Geraldine's psychological state. She identified PTSD using the theory proposed by APA (2013). She discovered five PTSD diagnostic criteria that the main character qualified. There are eight PTSD diagnostic criteria in total. As a result, the writer needs this previous study because it provides insight regarding the PTSD symptoms.

The second previous is a thesis written by Andini Aziz entitled *The Portrayal of Dawson Scott's Post-Traumatic Stress Disorder in Deadlin* by Sandra Brown (2019). The author of this thesis conducted an analysis of the novel *Deadline* by Sandra Brown. The author discusses post-traumatic stress disorder (PTSD), a condition that affects not only the personality of the novel's protagonist but also the personalities of other characters. This analysis includes a discussion of the etiology of Post-Traumatic Stress Disorder as well as its symptoms, effects, and potential treatments. In order to evaluate the novel, she uses a contextual method that is founded on the idea of post-traumatic stress disorder developed by the American Psychiatric Association. According to her, a specific traumatic experience that has an impact on the sufferer's social life is what causes post-traumatic stress disorder. She discovered that a person's personality and social network are crucial to the recovery from Post-Traumatic Stress Disorder. Therefore, this previous study is necessary for the writer since it helps the writer to get insight into identify some of the conflicts that exist between the character and himself on his own PTSD as well as its symptoms, effects, and potential treatments.

The third previous study is a thesis authored by Abdul Mufied Yasin entitled *Post-Traumatic Stress Disorder Suffered by Katie in Nicholas Sparks' Safe Heaven* (2016). This study focused on the symptoms, causes, and effects of post-traumatic stress disorder (PTSD) that are depicted in the novel and have an impact on the personality and life of the main character. The writer is able to obtain references regarding the causes related

to post-traumatic stress disorder and its effects. The next following previous study is a thesis that was completed in 2016 by Yanady Ayubrata and is titled *Revealing Charlie's Post Traumatic Stress Disorder Through His Behavior in Stephen Chbosky's The Perks of Being a Wallflower*. This previous study is important for the writer because it allows the writer to collect research more effectively, both in terms of characteristics and behavior revealing PTSD or signs of PTSD through their behavior. The last previous study is a thesis written by Muhammad Maulana entitled *An Analysis of Hannah Baker's Post Traumatic Stress Disorder (PTSD) in Jay Asher's Novel Thirteen Reasons Why* (2021). This previous study is necessary in order to help the writer in determining the effect of the character's condition on her life and how PTSD affects her condition.

## **RESEARCH METHOD**

Psychology is a completely objective experimental part of the natural sciences. Psychology of literature can be content of research that considers the significance and having the part of psychological studies (Afif & Amelia, 2021). Theoretical aims include behavior prediction and control. Psychology is involved with the study of psychological occurrences in humans, including their symptoms and even their potential causes (Ahmadi, 2009). Psychological theories explain human ideas, feelings, and behavior. Psychology has created several hypotheses to explain and predict human behavior. According to Guerin, Labor, Morgan, Reesman and Willingham (2011), psychological approach can give insight on a work of literature's subject and symbolic mysteries while also complementing other reading. In this technique, symbols are interpreted and literature is analyzed by making reference to various psychological theories. For instance, the writer may choose to take a psychological method in order to determine the factors that contributed to the development of a character's new personality. At this point, the actions, lines of dialogue, or even facial expressions displayed by the character in the narrative can be perceived as signals, signs, or hints regarding an individual's identity.

The researchers are required to make reference to one of the methodologies that is the most directly associated with the study. There are three different approaches of analysis that can be taken while doing psychological criticism. To begin, a researcher has the option of doing an analysis of the author's mental condition when he or she is creating literary works. In the second step of the research process, the researcher may investigate the psychological state of the characters in the literary work. The final aspect of the reader's mental state that the researcher can investigate when the reader is engaged in the act of reading literary work (Endraswara, 2011). The writer utilizes a psychological approach since the emphases of this study are both connected to Roya's mental state as it is presented in the work of literature.

Roya in this novel is experiencing psychological trauma. Trauma is an event that is considered self-threatening, life-threatening, and has long-lasting effects on life. In order to conduct a character analysis of Roya, who has post-traumatic stress disorder (PTSD), a psychological approach is used. Understanding Roya's psychological condition can help in the process of analyzing literary works, especially to find out the symptoms, causes, and effects of PTSD.

The Diagnostic and Statistical Manual of Mental Disorders (5th ed.; DSM- 5; American Psychiatric Association [APA], 2013) defines post-traumatic stress disorder as exposure to traumatic or stressful events is clearly indicated as a diagnostic criterion. Post-traumatic stress disorder is a group of anxiety symptoms that occur after a person experiences a traumatic event that results in feelings of horror, helplessness, and fear. Post-traumatic stress disorder is not just a person unable to move on from a traumatic event, but much more than that. Some people have a higher risk than others of developing a condition known as post-traumatic stress disorder (PTSD) after being exposed to traumatic events that was surprising, upsetting, or frightening (Davison, 2006). This condition can be described as an anxiety disorder. This condition is included in the field of abnormal psychology. In the aftermath of horrific events that a person has been through, it is not uncommon for them to develop anxiety disorders such as PTSD (Pervanidou & Chrousos, 2007).

Post-traumatic stress disorder is defined by symptoms that last for a significantly longer period of time and has the potential to seriously affect an individual's life in a variety of ways. The majority of people only know about traumatic experiences in the context of an anxiety condition that can develop as a result of traumatic

events, horrific experiences, or other dreadful, difficult, and unpleasant situations in which there is physical or psychological persecution (American psychological association, 2004). The DSM-5 contains a category for post-traumatic stress disorder (PTSD), which describes an excessive response to a significant stressor. Symptoms of PTSD include an increase in anxiety, the avoidance of stimuli that are connected with the traumatic event, and a decrease in emotional responses. After experiencing a terrible experience, a person who suffers from post-traumatic stress disorder will acquire feelings that are exceptionally intense, to the point where they impede them from leading a meaningful life. When it manifests in people, PTSD possesses both a cause and a symptom (Jeffrey, Spencer, and Beverly. 2009: 174).

## **FINDINGS AND DISCUSSION**

In this chapter, the writer presents an analysis of the symptoms, effects, and causes of Post-Traumatic Stress Disorder (PTSD) experienced by the main character in the novel *The Stationery Shop*. There are quotations taken from the novel and the writer analyzes the detailed aspects contained in the story from the novel. This chapter consists of two parts based on the problems formulated in this research. The first part is an analysis of Post-Traumatic Stress Disorder experienced by Roya. This is a description of how Roya's post-traumatic stress disorder is portrayed in the novel. Recognizing the symptoms and the causes of Post-Traumatic Stress Disorder in Roya made it easy for the writer to analyze in depth about the consequences of what Roya experienced. For the second part, the writer analyzes the effects of Post-Traumatic Stress Disorder experienced by Roya, starting from sentences to dialogues will be included and then added with the use of applied theories to revive the relationship between theories, symptoms, effects and causes of Post-Traumatic Stress Disorder.

### ***The Cause of Post-Traumatic Stress Disorder Suffered by Roya***

There are four distinct causes that have the potential to contribute to the development of post-traumatic stress disorder: genetic causes, causes related to brain structure, causes related to the environment, and psychological causes (Davison, 2006). In this section, the writer found one definite cause of the four cause of Roya experiencing Post-Traumatic Stress Disorder in the novel *The Stationery Shop*.

- **Environmental Causes**

Individuals who have a history of traumatic experiences and high levels of stress are more likely to develop post-traumatic stress disorder (PTSD) than those who do not have an equivalent background to theirs in the past (Davison, 2006). The fact that a person goes through, witnesses, or gains knowledge of an event that includes death, threats of death, war or combat, threats involving weapons, terrorism, bullying, physical violence, serious injury, or sexual harassment are all examples of things that can cause post-traumatic stress disorder (APA, 2013). Environmental factors are the causes of post-traumatic stress disorder, which occurs when a person's surroundings is dire and he or she either experiences or observes a dreadful incident that threatens his life or the lives of others he cares about. The main character in the novel *The Stationery Shop*, Roya, suffers from post-traumatic stress disorder (PTSD), and one of the contributing factors to her condition is the environment.

Roya's life was full of fear, even in what was supposed to be a safe place for students. One day the principal of Roya's school announced to the whole community at the school for them to identify or find out who was circulating communist newspapers among them with the aim of punishing the person who had provided the information. The data below shows that Roya's friend is an activist who spreads facts about the communists. However, as a result of this action, Roya's friend was attacked by the communists.

*Roya knew it was Jaleh Tabatabayi who passed those pamphlets under desks and at recess, hidden in parchment. She wondered how Jaleh had access to such political papers. How she even dared to get them in the first place. Then, at dismissal, the police had shown up, bearing a megaphone, guns, and a water hose. Abbas, the school door guard, helped the thick-necked policemen attach the water hose to a faucet in the yard. Just as Jaleh walked out of school, the policemen turned on the hose and aimed the force of the water at her. She sailed into the air to avoid the hissing snake of water. She landed with a thud smack in the middle of its force. (Kamali, 2019)*

The data above illustrates that Roya is facing a horrible situation. Seeing how her friend only wanted to show the truth about communism but she couldn't help her friend. Roya witnessed an unusual situation in her school environment, the quotation "**the police had shown up, bearing a megaphone, guns, and a water hose**" shows that Roya is in a tense situation even in a place where there should be no violence. Roya feels disappointment, anger and deep sadness for not being able to help her friend and she realizes that this is a result of an action when we oppose the criminals. In the quotation "**the policemen turned on the hose and at the time the force of the water at her**" it shows that Roya clearly witnessed how her friend was tortured using a water gun with big force that made her fall which can be seen from the quotation "**She sailed into the air to avoid the hissing snake of water. She landed with a thud smack in the middle of its force**". Therefore, this frightening environment causes post-traumatic stress disorder as Roya witnesses a gun-involving threat against her friend (APA, 2013).

Roya is a student who lives in an environment full of heartbreaking events. She often faces many unexpected and scary moments. Roya's favorite place in all of Tehran is Mr. Fakhri stationery shop. Roya always comes to Mr. Fakhri place to just chat with him or read Rumi's poetry book. By that time, the summer of 1953, the political divisions were deepening, people were engaged in debates and street demonstrations that referred to the great coup d'etat. Roya and Mr. Fakhri opted for pro-Mossadegh. Mr. Fakhri knows Roya personally and knows what she likes. He is the owner of a stationery shop called "Stationery Shop" which had owned the shop for as long as Roya could remember. Mr. Fakhri is a shop owner, friend, best friend and second father to Roya who will always understand her and provide a place to protect herself from the rioting protests in Tehran, Iran. On August 19, 1953, Roya wanted to meet with Bahman at Sepah Square at 12 noon. When Roya walked towards the place where they were planning to meet, it turned out that many people were flocking to the square as well. Thousands of people with a suffocating smell of anger. They do not just gather, they try to move, march towards a goal. Roya realized that they were moving towards the prime minister's house. Their cry for his death. She could barely move, there were so many people around her and all over the square. She got stuck and kept trying to push to get out of time. She felt short of breath, weak, dizzy and wanted to scream. Suddenly there was Mr. Fakhri, he screamed for Roya then he grabbed Roya to get out of the crowd.

*His voice was drowned out by gunshots. Shouts filled the air. The smell of sulfur stung her nostrils. From her peripheral vision, she saw two tanks at the edge of the square. It couldn't be. She shock off Mr. Fakhri and swerved to see better. The bastards. Soldiers stood on the tanks waving pieces of paper that looked like money. Next to her she felt something shift, slump, sink to the ground. "Mr. Fakhri!" he lay on the ground, writhing. Blood spread across his chest. She squatted down and grabbed his arms and screamed, "He's been shot, he's been shot!". (Kamali, 2019)*

The data above explains that Roya witnessed how Mr. Fakhri was shot by the army. In this case, Roya described how the situation she felt at that time. The quotations "**His voice was drowned out by gunshots**", and "**she saw two tanks at the edge of the square**" are the facts that Roya goes through, witnesses, or gains knowledge of an event that includes threats involving weapons (APA, 2013). Mr. Fakhri tries to talk and help then get Roya out of the crowd, but Roya pushes Mr. Fakhri to stay out of her sight for a while because Roya wants to see soldiers standing on tanks and holding guns as if they are ready to kill people in protest. The quotations "**he lay on the ground, writhing**", and "**Blood spread across his chest**" are the situations and facts that Roya witnessed and she was in a terrifying environment where Mr. Fakhri was seriously injured by being shot in a battle between the residents and the army, the fact that Roya witnesses of an event that includes serious injury are all examples of things that can cause post-traumatic stress disorder (APA, 2013). She saw threats involving firearms, tanks, and chemicals to paralyze large crowds and it can be seen in the quotation "**The smell of sulfur stung her nostrils**". The fact that Roya participated in a large-scale demonstration, experienced threats from the army involving weapons and chemical gas, and watched Mr. Fakhri being shot are all examples of circumstances that can lead in post-traumatic stress disorder (APA, 2013). The data below also shows that Roya is in a situation or condition where Mr. Fakhri is on the verge of death.

*Shouts and warnings and noise all around. Two rivulets of blood streamed from Mr. Fakhri's eyes and ran down his face. She touched his soaked shirt, his bloody torso. Suddenly, She she was shoved aside. A man straddled Mr. Fakhri's body and pumped his heart with both hands while other men and women hovered and bustled and tried to help. In the midst of the din-so loud it swallowed all noise and grew into a kind of silence- she heard only one sound clearly, crisply. The tear of cloth. A melon-colored piece of someone's clothing was wrapped around Mr. Fakhri's upper chest, around his heart. Soon it was soaked red. Mr. Fakhri's eyes looked to the left of the square, toward the embassies, toward the street that held his shop. Roya followed his gaze. Maybe it was gunpowder or her own blurred vision from tears, but she thought she saw a cloud of smoke rise from that direction. Before she could be sure, the man pumping Mr. Fakhri's chest collapsed over him. "He's gone!" he cried. (Kamali, 2019)*

The quotation **"Shouts and warnings and noise all around"** shows that the environmental conditions at that time were far from conducive and safe, people screamed because they were hurt. **"Two rivulets of blood streamed from Mr. Fakhri's eyes and ran down his face"** shows that Roya witnessed how Mr. Fakhri was bleeding profusely because he was shot. Therefore, Roya witnesses a terrible occurrence including death and major injuries, which can result in post-traumatic stress disorder (APA, 2013). In addition, the quotation **"she thought she saw a cloud of smoke rise"** shows that Roya saw a puff of smoke, which she later realized came from the Stationery Shop fire. Roya feels guilty for making Mr. Fakhri decide to protect her from harm. In the end, Mr. Fakhri died in protest right at her feet, and the incident led to Roya's post-traumatic stress disorder. Roya's experience in the massive demonstrations to overthrow prime minister Mossadegh and the death of Mr. Fakhri in front of her eyes has given her a traumatic experience. It is inevitable that Roya is in a scary environment and feels guilty for causing Mr. Fakhri to be shot. These bad memories, bad realities, and inhuman experiences lead to post-traumatic stress disorder for Roya.

### ***The Symptom of Post-Traumatic Stress Disorder Suffered by Roya***

This subchapter describes the symptoms of Post-Traumatic Stress Disorder that Roya experiences in *The Stationery Shop*. Roya got post-traumatic stress disorder after witnessing the horrifying events of the political demonstrations in Tehran in 1953. After losing her dearest friend, Mr. Fakhri, she developed symptoms of post-traumatic stress disorder. This terrible event affected Roya's mental health, and she developed symptoms of post-traumatic stress disorder. After experiencing a traumatic event, one of three symptoms of post-traumatic stress disorder is shown by the character Roya.

- **Avoidance Symptoms**

Avoidance symptoms are divided into two, the first is avoidance or attempts to avoid distressing memories, thoughts, or feelings about or closely related to the traumatic event. The second is avoidance or attempts to avoid external reminders (people, places, conversations, activities, objects, situations) that evoke sad memories, thoughts, or feelings about or are closely related to the traumatic event (APA, 2013).

Roya tried to avoid situations that gave rise to memories of that horrific experience. Her attempts to avoid painful experiences are an example of a symptom of avoidance. A person experiencing symptoms of post-traumatic stress disorder will usually avoid being near the scene of the horrific incident. A person who has experienced a traumatic event may try to avoid anything that elicits memories of the event, including sights, sounds, smells, and even other people. Some people believe that the best way to prevent themselves from dwelling on painful experiences is to occupy themselves with something else, this is also what Roya does. People who suffer from post-traumatic stress disorder may have difficulty connecting their feelings or expressing their feelings to others. Roya is faced with a troubling event, she experiences numbness of their emotions, to the point where she tries to separate herself from others.

This condition had appeared on Roya. The avoidance symptoms of post-traumatic stress disorder in Roya's personality have emerged after she lost Mr. Fakhri. The quote below is a symptom that Roya showed during the four months after Mr. Fakhri's death.

*She thought of the days spent in Mr. Fakhri's stationery shop. She avoided that street entirely now. She couldn't bear to go near it, not with all the memories it held, not after she'd seen it scorched. (Kamali, 2019)*

From the data above, the writer found that Roya always thinks about the days she spent in the stationery shop with Mr. Fakhri, Bahman and other friends. She was also unable to cross the path she normally which can be seen from the quotation "**She avoided that street entirely now**". Therefore, this is a form of avoidance to avoid external reminders (places) that evoke sad memories, thoughts, or feelings for Roya (APA, 2013). She can not even come close or walk on the streets because so many horrible things happened and and this can be seen from the quotation "**She couldn't bear to go near it**".

Roya also avoids her family by leaving her home and environment which makes her feel guilty about Mr. Fakhri. This is an act of avoiding the symptoms of post-traumatic stress disorder she suffered. Roya decides to leave everything and hopes she can start a new life.

*It was impossible in this city to continue as before. Maybe baba was right. She should leave Tehran. At least for a few more years, she would get her sense back. **She would be away from the spot where Mr. Fakhri had fallen and from the charred remains of the shop** which someone had said would be rebuilt as the branch of a bank. (Kamali, 2019)*

One of the symptoms that arise when a person experiences post-traumatic stress disorder is avoidance symptoms. Avoidance symptoms make a person who has experienced a traumatic event become more aware and tries to avoid events that can lead to certain traumatic experiences as before. With a lot of stress experienced in her psychological state and mind, this situation made her decide to leave the house and it can be seen from the quotation "**She would be away from the spot where Mr. Fakhri had fallen and from the charred remains of the shop..**". Individuals usually make a deliberate effort to avoid activities, objects, situations, or people that evoke memories of the event (APA, 2013). Therefore, this is the avoidance or attempt to avoid external reminders (places) that evoke, thoughts, or happy feelings about Mr. Fakhri's death. This new habit she did was intended as a form of escape and the search for peace that she did not get at home or the environment. She thought that avoiding the neighborhood she lived in would erase her bad memories of Mr. Fakhri. Day after day, Roya kept on remembering the traumatic events she had experienced since the coup. Therefore, going to a new place becomes a distraction from grief.

### ***The Effects of Post-Traumatic Stress Disorder Suffered by Roya***

In this sub-chapter, the writer concentrates on examining the impact that Roya's life has had as a result of her suffering from post-traumatic stress disorder. Roya's exposure to a traumatic experience, which in turn impacts her psychological illnesses is the cause of the negative effects that post-traumatic stress disorder has on her mental health.

- **Mind Change**

Roya decided to go to California to stay away from her environment which caused Roya to always remember the traumatic event. Even though the person with post-traumatic stress disorder lives far from where the bad experience occurred, his or her mind still seems to be where the unfortunate event occurred. One day, Roya met someone who created a stationery shop in Newton. When they talked Roya felt uncomfortable. She felt that whenever he told her about a stationery shop, all she thought about was the stationery shop in Tehran which burned down in the coup. This quotation shows how Roya reacted when she heard the story about a bookstore where it wasn't a place where the traumatic experience took place, but it did remind her of the traumatic event. "**She felt like she might drown all over again. Remembering the shop in Newton also made her see the one in flames in Tehran**" (Kamali, 2019).

The effects of post-traumatic disorder can be seen in how the disorder causes clinically significant distress or impairment in social, occupational, or other important functions (APA, 2013). The quotation "**She felt like she might drown all over again**" shows that Roya is experiencing Derealization. Derealization is environmental experiences that are unreal or repetitive for examples; the world around the individual is experienced as unreal, dreamlike, distant, or distorted (APA, 2013). Based on that sentence, Roya showed that her world felt like a dream and she felt like she might drown all over which ia an unreal situation. This memory clearly disturbs



Roya. Therefore, this is an effect of post-traumatic stress disorder because the disorder causes clinically significant suffering or impairment in social.

- **Feeling Changes**

Post-traumatic stress disorder has had an impact on Roya's mood swings. Feeling the change has affected her life after she came to the state that a change appeared in her mentality, as she always felt sadness and depression. This condition is a negative impact of a woman who has traumatic memories during a coup situation in her area. Even though Roya has moved and has a peaceful environment to live in, the history of the traumatic events of the coup in Tehran still follows her and makes her feelings change. The writer found some changes in her feelings.

*Even awake, she could feel Mr. Fakhri in the stationery shop as it used to be, taking inventory of his stock, organizing the translations of authors from all over the world. She could see him dust the table that carried volumes of poetry, including the one in which she and Bahman had passed their notes. He had opened up a world of possibilities for her, offering a place where her dreams had formed into a viable path, where she had escaped the tumult of politics and found refuge. Where she had fallen in love.. he was gone. **He was gone, and but for the grace of God, it could have been her. Quite possibly should have been her.** It was something she would always carry, like a scar, like a cold truth, like the sizzling embers of the shop's remains embedded in her skin, like the body of Mr. Fakhri carried invisible above her extended arms forever. Now that Mr. Fakhri was gone, she thought about him more than ever. What personal pain he carried inside, she did not know. (Kamali, 2019)*

The quotation "**Even awake, she could feel Mr. Fakhri in the stationery shop..**" shows that even when Roya was conscious, she still felt the presence of Mr. Fakhri. This is a form of Depersonalization: unreal feeling about someone's presence (APA, 2013). Roya sensed that Mr. Fakhri was present near her and seemed to be doing his usual activities when in reality Mr. Fakhri has died.

Depression is an emotional condition that is usually characterized by extreme sadness, feelings of meaninglessness and guilt (Davison, 2006). In the quotation "**He was gone, and but for the grace of God, it could have been her. Quite possibly should have been her.**" shows that Roya experiences negative changes in cognition and mood associated with traumatic events (APA, 2013). Persistent and distorted cognition about the causes or consequences of Mr. Fakhri's death that led Roya to blame herself (APA, 2013). Roya feels burdened by his death and feels that for this incident she will bear all the burdens as described in the following quotation "**It was something she would always carry, like a scar, like a cold truth, like the sizzling embers of the shop's remains embedded in her skin, like the body of Mr. Fakhri carried invisible above her extended arms forever.**" Therefore, Roya experienced a feeling change in the form of sadness and depression.

Roya's change in feelings has also been made clear by Baba, Roya's father. Since the death of Mr. Fakhri, Roya's closest person, realizes that Roya's psychological condition is getting worse. Her father told her that this was fate. Living in an environment full of political unrest is their way of life. Roya always locked herself in her room. Baba asked her to immediately move on and re-arrange a good future. Baba informed her that there was an opportunity to go to study elsewhere besides Tehran, with this opportunity her father hoped that she would recover from the traumatic event. Baba also told her that her sister, Zari, would accompany her. However, Roya still feels a deep and never ending sadness. The quotation below shows how Roya's feelings have changed.

*"We need to join the modern way of thought. If my boss is willing to help, if they have this opportunity, why not try? They will come back. They will get an education that is beyond anything we ever dreamed. And then they'll come back to us." Baba mentioned to Roya. **"For months she is done nothing but cry, she is becoming depressed and bitter here."** Roya felt herself grow small. Her role had become that of the jilted lover, the object of pity and shrugs. It was beyond humiliating. (Kamali, 2019)*

Individuals with post-traumatic stress disorder experience disturbances for more than 1 month (APA, 2013). Based on the data above, Roya was depressed and always cried because of Mr. Fakhri death for four months. Individuals will also experience persistent negative mood states (e.g., fear, horror, anger, sadness, guilt, shame) beginning or worsening after exposure to the event (APA, 2013). In this case, Roya is also in a state of persistent negative mood which is sadness that worsens after the events of Mr. Fakhri and it can be seen in the

quotation “**For months she is done nothing but cry, she is becoming depressed and bitter here**”. This indicates that Roya felt depressed as a result of traumatic incidents (Davison, 2006).

- **Behavior Changes**

The effect of post-traumatic stress disorder on Roya's behavior changes is related on her mental condition. Changes in Roya's behavior can be seen in the following quotation below.

*Roya had told her parents that she would never marry nor go near another boy. In the four months since she'd stood in that square, waiting for Bahman, seeing Mr. Fakhri die, she had mostly stayed home. Cried in her room with the door shut, barely ate, felt empty. High school was done anyway, and her plan had been to start a new life with Bahman, so without that. she actually had nothing. (Kamali, 2019)*

The data above shows how Roya deals with the effects of traumatic experiences. After Roya saw Mr. Fakhri died, seeing fires all over the road, especially the Stationery Shop, Roya experienced a change in behavior felt by those closest to him. There are seven behavioral changes in people who experience Post-Traumatic Stress Disorder; croup or have a trouble in breathing, having trouble in sleep, heart throbbes, lose appetite, isolate his or herself from society, easy to get shock, and dizzy and fainted (Davison, 2006). In the character Roya herself in the novel, in the data above she is identified as isolating herself from society for four months after the traumatic event and it can be seen in the quotation “**In the four months since she'd stood in that square**, waiting for Bahman, **seeing Mr. Fakhri die, she had mostly stayed home**”. She also lost her appetite, she did not even eat as can be seen in the quotation “**barely ate**”. All she did was cry in her room with the door closed. Roya chose to avoid the people closest to her and her environment and felt she deserved to torture herself, distancing herself from the social environment due to the death of Mr. Fakhri.

In addition, after Roya left the city of Tehran with the aim of eliminating bad and traumatic memories, Roya tried to stay away from places that reminded her of the bad incident. For example the Mr. Fakhri's stationery shop and it burns in riots, or when there are demonstrations and crowds. However, one time Roya was in a situation where she had to enter a stationery shop to meet her acquaintances. Roya hesitated but she kept trying. However, just entering the stationery shop, Roya immediately experienced a change in behavior. The quote below shows how Roy's behavior changes.

*When she opened the door of the shop, a familiar chime rang out. It had been a long time since she'd been in a store with one of those bells..  
"Find everything okay?". A man with salt-and-pepper hair, olive skin, and dark eyes stood by a door in the back.  
"Oh yes-" Her voice caught. **She was suddenly dizzy. Her chest tightened and the room began to swim.**  
"Are you all right?" the man asked. His voice. His voice was like something she should know.  
"Of course." But **she was sinking.** "Please, may I sit?"  
He came to her and gently took her arm. He helped her behind the counter to a chair with a pink cushion. She slid onto the chair with relief and leaned back. **Her forehead throbbed.**  
"Ma'am? Can I get you some water?"  
"No, no. **I just need to catch my breath.**" (Kamali, 2019)*

The data above shows how Roya's body reacts when faced with situations that remind her of bad memories. The Stationery Shop owned by Mr. Fakhri has the same old chime as the stationery shop she visits. Suddenly she felt her body resist and couldn't bear to stand there. In the quotation “**She was suddenly dizzy.**” shows that Roya experienced a behavior change; easy to get shocked and dizzy when in a bookstore (Davison, 2006). When the shop owner noticed Roya's presence and Roya was behaving strangely, he approached Roya to make sure she was okay. However, Roya's condition has changed drastically. She felt dizzy suddenly, her chest was tight. Also, in the quotation “**I just need to catch my breath**” shows that Roya experienced a behavior change; have a trouble in breathing (Davison, 2006). She felt like she was in the ocean so it was difficult to breathe, her forehead was throbbing in pain. This behavior cannot be controlled by Roya so that it interferes with Roya's loss of control, this behavior change certainly interferes with Roya's activities. Changes in behavior in Roya like this are the effects of Post-Traumatic Stress Disorder. If this condition is left alone for a long period of time, the sufferer can no longer be active and feel like ending bad memories by isolating herself from society,

not going out of the house, or deciding to leave the world because he or she is always aware and remembers of a traumatic event.

## CONCLUSION

Based on this explanation, the writer summarizes the findings of the post-traumatic stress disorder experienced by the main character Roya in the novel *The Stationery Shop* (2019). The writer concludes that Roya experienced the symptoms and effects of post-traumatic stress disorder. This can be seen in Roya's character, actions, and behavior through sentences, quotes and dialogues between other characters that describe post-traumatic stress disorder.

This research describes Roya's post-traumatic stress disorder's causes, symptoms, and effects. The causes of post-traumatic stress disorder are divided into four categories in this research: genetic factors, environmental factors, brain structural factors, and psychological factors. In *The Stationery Shop*, the writer identifies one definite cause among the four causes of Roya's Post-Traumatic Stress Disorder. Roya observed an uncommon situation at her school, as the police had arrived with a megaphone, firearms, and a water hose. Multiple sources of traumatic situations contribute to Roya's post-traumatic stress disorder in *The Stationery Shop*. The terrible death of Mr. Fakhri, the owner of the Stationery Shop, during a major communist protest to overthrow Prime Minister Mossadegh is the primary cause of Roya's post-traumatic stress disorder. Roya also observed the Anti-Mossadegh police officers' cruel and inappropriate treatment of her friends Jaleh and Bahman. The communists beat, tortured, and murdered Roya's loved ones. Roya could not accept her friend's awful death. This terrible event led to the development of post-traumatic stress disorder in Roya, especially when she returned home and isolated herself for an extended period of time.

In addition, the symptoms of post-traumatic stress disorder have been categorized into three categories: re-experiencing, avoidance, and arousal symptoms. The writer discovered the avoidance symptoms indicated by Roya. Roya attempted to avoid circumstances that triggered recollections of that horrifying event. Roya continued to recall the horrible incidents she had endured since the coup every day. The symptoms of post-traumatic stress disorder began to influence her mental condition. The death of Mr. Fakhri appears to motivate Roya to avoid all inquiries from her acquaintances on the massive political demonstration.

Finally, the writer found three impacts of post-traumatic stress disorder include changes in feelings, behavior, and thoughts. The writer identified the three effects Roya experienced. These include unreal or recurrent environmental experiences; Roya perceives the world as unreal, dreamy, remote, or distorted. Roya's mood changes have been influenced by her post-traumatic stress disorder. Feeling the change affected her life after she reached the point where a mental shift occurred, as she always felt sadness and depression. Roya is isolating herself from society for four months. She had also lost her appetite. Due to Mr. Fakhri's death, Roya preferred to avoid the people closest to her and her environment and believed she deserved to suffer herself, separating herself from her social environment. This research concludes by examining how the post-traumatic stress disorder shown in Roya's character reflects the causes, symptoms, and effects of post-traumatic stress disorder that she experienced in *The Stationery Shop* novel.

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