

TRAUMA AND DEFENSE MECHANISMS: A PSYCHODYNAMIC STUDY OF THE ISLAND OF MISSING TREES BY ALIF SHAFAK

Sonia Kanwal^{*1}; Dr. Muhammad Akbar Khan²; Sadia Tabassum³

^{*1}MPhil Scholar, The University of Chenab, Gujrat; ²Department of Languages, The University of Chenab, Gujrat; ³MPhil Scholar, The University of Chenab, Gujrat

Corresponding Author: * ²makbar@lang.uchenab.edu.pk

Received: 18 February, 2023 Revised: 23 February, 2024 Accepted: 29 February, 2024 Published: 06 March, 2024

ABSTRACT

Every person in this world faces many uncertainties. He/she can change his/her personality and behaviour according to experience. This phenomenon is also represented in Elif Shafak's novel titled The Island of Missing Trees. The study aims to explore the trauma and defense mechanisms of three main characters of the said novel. Through physical actions and dialogues of characters, these aspects could be seen widely. The research study opts for psychodynamic lens to analyze the text. The primary datum of this study is the novel which sheds light on the expressions and explanation related to the trauma and defense mechanism by the characters. The research study concludes that trauma and defense mechanisms are reflected in this novel in the form of denial, silence, depression, gloom, and hopelessness. The reflection of defense mechanisms can be seen in three main characters i.e., Kostas, Defne, and Ada in the form of repression, suppression, and intellectualization. Trauma and Defense mechanisms are reached at with the help of the perspective of psychodynamic theory by Freud.

Key terms: Trauma, denial, suppression, silence, defense mechanisms, The Island of Missing Trees.

INTRODUCTION

The study pertains to exploring trauma that is experienced by the main characters of the novel The Island of Missing Trees and the defense mechanisms adopted by them to avoid the memory of tragic conditions or events. The research uses qualitative and descriptive analyses as a technique to analyze the said text. The researchers manipulate psychodynamic study as a lens to shed light on the main three characters of the novel. The readers are invited into a multifaceted exploration of trauma and elements of defense mechanism, masterfully delving into the intricate workings of the human psyche. Shafak, known for her rich storytelling and insightful narratives, embarks on a journey that brings depth and nuance to the subject and lent this novel a fragrance of trauma and nostalgic memories. Experiencing some form of grief is universal in individuals who have lost some loved one. However, a significant minority of bereaved individuals develops traumatic grief disorder.

Trauma literature examines the impact of trauma on individuals and society by investigating various aspects related to it. It provides an explanation of the effects of traumatization on both the individual and collective psyche. Additionally, it elucidates the release of these psychological conflicts and tensions through literature as a means of achieving a more enhanced sense of self-identity. Trauma literature also explores its psychological, linguistic, cultural, and social significance. It adeptly highlights the role that memory plays in shaping personal and social identities. The foundation of trauma studies can be traced back to the Freudian theory, which emerged in the 1990s. Trauma can be defined as a "psychic injury" caused by unwanted events, including unpleasant thoughts, words, and actions. These distressing memories are stored in our conscious mind, possessing a volatile nature. They create a division within the self and lead to the separation of mental processes, resulting in independent

functioning. In some cases, this can manifest as disorders such as dissociative identity disorder. Dissociation occurs when individuals become disconnected from their surroundings, either during the traumatic event or when reminded of it later. This is why dissociation is closely associated with post-traumatic stress disorder. In the 1990s, Cathy Caruth, Shoshana Felman, and Geoffrey Hartman revolutionized the concept of trauma and its portrayal in language and experience in Caruth's work "Unclaimed Experience: Trauma, Narrative, History" (1996). Caruth acknowledges Freud's theories on trauma in her examination. She argues that recurring figures in texts can convey fragmented references that reveal both the knowing and unknowing aspects of the traumatic past, ultimately exposing the traumatic nature of history itself (1996, p.4). Nasrullah Mambrol quotes Caruth in his article "Literary Theory and Criticism," where she posits that trauma is "not confined to the explicit violent or original event in an individual's past, but rather resides in the way it is precisely unknown initially. "Caruth (1996) posits that the haunting effect of traumatic experiences on survivors is enduring. Additionally, she elaborates on the paradoxical nature of these experiences, explaining that the direct witnessing of violent events often results in an absolute inability to comprehend them, leading to a belated understanding. The theory of defense mechanism, originally formulated by Sigmund Freud in 1894, posits that individuals possess the innate capacity to either reject or accept certain stimuli in order to safeguard their emotional well-being, whether consciously or unconsciously (Freud, 1915, p. 44). Freud goes on to propose a captivating notion regarding the processes of self-deflection and reversal, which he labels as "vicissitudes of instinct." Moreover, from the perspective of the ego, these two mechanisms must also be regarded as methods of defense, as every fluctuation to which the instincts are susceptible originates from some form of egoic activity. It is through the development of maturity and cognitive processes that every human being acquires a distinct personality. Some individuals exhibit introverted tendencies and encounter difficulties in social interactions, while others display irritable dispositions due to the challenges they confront. The term "personality" derives from the Latin word "persona," meaning mask, and serves as a descriptor of an individual's

behavior, character, or disposition. Personality encapsulates the intricate amalgamation of psychological and physiological aspects unique to each individual, manifesting through their idiosyncratic conduct (Barry, 2002, p. 87). The defense mechanism operates on an unconscious or subconscious level, enabling individuals to perceive a sense of fulfillment even in the absence of tangible reality. Furthermore, the concept of defense mechanism encompasses an individual's inclination to resist accepting undesirable truths, despite their undeniable existence. British-Turkish writer Elif Shafak is best known for several of her novels including *The Bastard of Istanbul* (2006), *The Forty Rules of Love* (2009), *The Daughter of Eve* (2016), *10 Minutes 38 Seconds in this Strange World* (2019) and her latest *The Island of Missing Trees* published in 2021. Shafak who has been noted as Turkey's leading female novelist by the *Financial Times* in 2011, writes about important themes such as the roles of women in society, conflicts between eastern and western culture, and several other issues related to human rights. If written communication is better it improves psychological affects (Javaid et al., 2023) and language discursiveness has psychological impacts as well (Ramzan et al., 2023) The research showed that the story of novel revolves around the lives of sixteen years old Ada and her father Kostas. Ada's mother died few months before Ada's story starts. Both Ada and her father are still processing their traumatic grief. Ada withdraws in herself and Kostas in his work as an evolutionary ecologist and botanist. Ada and Kostas are reflected as individuals who have been experiencing trauma since the death of Defne. She committed suicide due to an obsession with trauma, memories and grief. Her sudden death shaken their mind that they were unable to be stable in their daily life. The way they stumble through their attempt to communicate and hobbled by the inarticulacy that comes with grief. Defne also experienced and suffered from traumatic grief of her past as painful memories of her friends and homeland which caused her suicide. The island serves as both a metaphorical and tangible landscape, a microcosm where trauma manifests, intertwines, and shapes the lives of its inhabitants. The provides a wide range of psychodynamic study through its character, their behaviors and actions. This novel works like balm on unhealed wounds 'memories and human psyche.

1.1 Research Questions

1. What kind of elements of trauma and defense mechanism are found in the selected text.
2. How can the forms of trauma and defense mechanism be applied on *The Island of Missing Trees* by Elif Shafak?

2. Literature review

Psychological approaches are frequently employed to analyze literary works. Psychological, dealing with human behavior that is closely intertwined with human struggles, is an area of expertise for individuals such as Sigmund Freud. Freud established a framework that elucidates the functioning of individuals' minds (Rezaei, 2013). The human mind can be divided into two levels: the conscious and the unconscious. The conscious level encompasses individuals' awareness of their surroundings, including their feelings and sensations. Conversely, the unconscious level encompasses what individuals are not cognizant of. Individuals navigate the world by harmonizing the conscious and unconscious aspects of their minds. The unconscious level assumes a pivotal role in shaping individuals' thoughts, actions, and responses. Naziat Mustari (2021) in 'A psychoanalysis approach to Mohsin Hamid's *The Reluctant Fundamentalist* elaborates the behavior of Changez main character of the novel *Reluctant Fundamentalist* who tells the reader about his experience America to an American offcomer. The study inquires the psychological pressure and behavioral changes in Changez' s character. Numerous investigations have been manipulated to probe traumatic grief and defense mechanism in various literary pieces. S'O Niel (2023) in his research paper 'The Arborealities and Making Trees Matter in Elif Shafak's the island of missing trees tells us about the importance of trees and helps us to understand how trees support each other through a network of roots and fungi below ground. In novel fig trees explain deliberately arboreal time more than human time space. The Fig tree also has a deep time of 96-year-old in novel, and it exceeds the lives of human characters. In the research paper 'Memory Shot Through Holes': The idea of post memory in *The Island of Missing Trees*" by Elif Shafak Smita Jha and Nancy Sharma (2023) are of the view that the novel engages with the study of trauma, This literary work delves into the personal experiences of individuals who are compelled to

abandon their native lands as a result of traumatic events, and it further examines the subsequent generations that inherit these haunting memories . Traumatic events lead to embittered mind but expressive writing therapy lowers the level (Javaid & Mahmood, 2023). Psychological flexibility is important to deal with psychological disturbances (Gull et al., 2023). Sherien Sabbah and Paramita Ayuningtyas (2022) in the article 'Issues of diaspora and displacement in Elif Shafak explores the subjects of diaspora and displacement in Elif Shafak's *The Island of Missing Trees*. The novel centers around the Kazantzakis family, who are compelled to abandon their native land of Cyprus for England. A distinctive element of the novel is that half of its narrative is conveyed through a fig tree. Thus, this work will be scrutinized from both multicultural and ecocritical standpoints. This study examines the data. Ultimately, the findings of this article reveal a correlation between the issues of diaspora and displacement with the natural environment. This analysis holds significance due to the ongoing occurrence of conflicts in the 21st century, which force individuals to abandon their homelands and have a profound impact on the natural surroundings. Dr. Fariha Choudhary and Anika Munawar (2023) in 'Unburying the buried: Exploring Silence and generational Trauma in Elif Shafak 'The Island of missing Trees' portrays the desire to illustrate the notion that individual tragedy transitioning into collective tragedy is not confined to a singular generation, but rather is inherited by subsequent generations and presents itself as various subtle and evident consequences. As a result, the theoretical foundation of the study is formed by the concept of intergenerational trauma and silence as a strategy. The conflict between Greece and Turkey, known as the Greek-Turk enmity, and the resulting partition of the Island in 1974 compels the young couple, the Greek individual named Kostas and the Turk individual named Dafne, to flee to London. The unimaginable horror of this division, combined with personal and collective suffering, is beyond description as both Dafne and Kostas seek solace, comfort, and refuge in silence. However, this silence, along with the integration of trauma, permeates their daughter and haunts her present. The study significantly suggests that silence serves as a multifaceted survival strategy, which ultimately causes more harm than it offers escape in the long term. It is only by breaking

her silence that Ada, the daughter of the couple, can come to grips with herself and embrace her identity. Muhammad Iqbal and Maham Imran (2023) in 'A Postcolonial Analysis of Elif Shafak's The Island of Missing Trees makes us aware of the construction of third world space in the character of Ada protagonist of the novel. Homi k. Bhabha's role in postcolonial theory advances the study toward the world's well known book The location of Culture (2021) by scoring the conceptual and political condition of Cyprus during 1974 in the novel. Olivia Kohler (2024) in 'A Fig Tree Speaking about us' shares apart of book where a fig tree gives his views about humans and that line encourages the reader to share their knowledge about world. the researcher wonders how artistically Shafak presented a tree as a narrator who not only tells the story of Cyprus but also share his thoughts about human. Samar Zahra and Liaqat Ali Mohsin (2023) in 'Rootless Identity in Shafak 'Island of Missing Trees inquires the struggle of characters with their identities. It focuses on the journey of self-identification and deals with difficulties of multiple identities, changes faced by individuals and influences of the modern world. It reclaims the individual's roots and conflicts which breeds by the clashes of contemporary values. Through post-colonial theory it discusses the topic of cultural globalization and mingling of identities. Bellavita Hadiati Laila (2022) in 'Anthropocentricism and impact on the environment in Elif Shafak 's The Island of Missing Trees describes the inter connection of human and nature. It aims at unveiling the effects and problems faced by nature caused by human actions. Its analysis of the concept of anthropocentricism in the novel.

Seda Bahar Pancaroglu (2024) in Becoming One: Eco spirituality in Elif Shafak's The Island of Missing Trees probes the story of star-crossed lovers Turkish-Cypriot Defne and Greek Cypriot Kostas who managed to escape from chaotic condition of Cyprus to start a new life in London. Displacement not only belongs to Defne but also is part of Fig tree's life whom they brought with them from Cyprus. It calls attention toward the relationship of Fig tree and its spiritual connection with nature. R. Gregory Fox 2023 highlighted Shafak that throughout all novels evaluates the connections of spirituality and faith that invites the reader toward her novels. This study centers its attention on the reception of Elif Shafak's fictional

works as they circulate within the global literary marketplace. It aims to analyze the reactions of secular and religious readerships in both English and Turkish. By utilizing Shafak's novels, "The Forty Rules of Love" (2010) and "Three Daughters of Eve" (2016), as case studies, and by examining media and reader reviews of these books, as well as public commentary by the author, this article assesses the readerly connections to spirituality and faith that Shafak constructs. This analysis includes the readers within her novels as well as the readers of her novels. In doing so, the article poses the question of what reading methodologies Shafak develops in a marketplace that positions books as both narratives and commodities. In an ardent defense of a cosmopolitan ideal, amidst transcontinental markets and metropolises, this article contends that Shafak places confidence in the potential for conviviality to be nurtured through the act of reading. Maryam Raza and Uzma Imran (2019) in 'A magic with in ordinary a probing of Elif Shafak's Gaze Metafictional Writing, Gaze, Trauma, Hybridity, Amplified Reality, Shafak, and Numbers are discussed in this writing. The argument put forth in this piece is that the novel in question is not simply a work of fantasy. The concept of the Gaze is introduced as a means of incorporating reality into the narrative, albeit in an exaggerated manner that lends itself to the genre of magical realism. Within the context of this novel, the author's own autobiographical liminal dwelling is interpreted as an unconscious desire to blend the real with the fantastical. The research explores the idea of hybridity by examining the stylistic and thematic elements that draw from both the Self and the other. Additionally, the significance of the human gaze is discussed in relation to its use as a tool of magic within the realm of reality. This study illustrates how the seemingly mundane act of looking can both create and destroy. Thus, the penetrating gaze of humans is characterized as a tool of meta fiction that has the power to undo and recreate. As a result, everyday vision is portrayed as a form of magic, as it precedes existence itself. Many researchers have seen this novel from various aspects and angles, but no one has dared to inspect and examine 'The Island of Missing Trees by Elif Shafak Through Psychodynamic aspect.

3. Research Methodology

In this study the methodology primarily entails a qualitative and literature-based approach. The primary data source is Elif Shafak's 'The Island of Missing Trees' serving as introductory text for analysis. Reviews of different scholars and critics of writers Elif Shafak and her book 'The Island of Missing Trees' are the secondary data sources for research. The research design involves a thorough reading of the novel by focusing on identifying instances of Traumatic and defense mechanism. Theoretical Framework enters on Psychodynamic criticism 's key elements and characteristics which works as the lens through which the novel will be interpreted. These findings are integrated to offer theoretical context and perspective.

3.1 Theoretical Framework

There are two main areas of research

1. Psychological Trauma
2. Defense Mechanisms

3.1 Psychological Trauma

According to Carlson et al. (2011), the concept of psychological trauma pertains to the occurrence of distressing experiences among individuals who possess high levels of competence, strength, and moral character. It is an undeniable reality that no person can wholly shield themselves from such encounters. Trauma can also be explained as shock caused by unexpected loss or injury, as from accident, rape, or impact.

3.1.1 Symptoms of Trauma

Symptoms of trauma are wide in scope and differ in intensity from person to person. A person can experience trauma in different ways both physically and mentally. Avoiding trauma reminders are referred to as triggers. This phenomenon can leave an indelible mark on an individual 's consciousness, often resulting in significant distress. In order to alleviate these emotions individuals may resort to the consumption of alcohol or psychoactive substances. It is not common for individuals to remain oblivious to the specific triggers that elicit the responses. Consequently, individuals suffering from traumatic disorders often resort to disruptive or self-destructive coping mechanism, without a comprehensive awareness of their own actions by Jaeline (2009:4)

Here are some common reactions of Trauma

- ★ Nightmares
Sleep is important a person to restore himself. But when you experience traumatic event your sleeping pattern may be change and nightmares are a reality for many people.
Difficulty in sleeping
Attempt to avoid all thoughts and activities associated with Trauma
 - ★ Flashbacks
Flashbacks of traumatic experience, sexual assault, abuse and other type of trauma can took place after the event.
 - ★ Emotional numbness
A person who suffers the traumatic situation reports the feelings of disconnected from the world feeling 'flat' or feeling life as autopilot.
 - ★ Anxiety
Anxiety is threat response. Although anxiety is not pleasant to experience but sometime it looks good. It could help you in anticipating harmful events.
 - ★ Isolation
A person prefers to live in isolation instead of being in public.
 - ★ Mood swings and irritability
If you feel happy the very next day you will full of anger
This sign is common in traumatic experience.
 - ★ Conflict
Thoughts are in jumble forms .No clarity in thinking and thoughts is part of traumatic experiences.
- #### 3.1.2 Causes of Trauma
- which induce in the condition
- The instance of situation that can be experienced by a person as psychological Trauma include by Jaeline (2009:4)
- ★ Childhood experiences
like sexual abuse, physical, emotional threat, and negligence.
 - ★ Life threatening events
These events are like accidents, medical complication, or crime.
 - ★ Death of loved one
Death of a child, or anyone close to your heart can be cause of sever condition
 - ★ Sexual harassment
Sexual abasements in childhood effects a person 's life and drag him towards trauma

- ★ Mental torture
Mental torture relies on psychological effects and harm inflicted
- ★ Suffering from natural disorder
like Tsunami, flood, or earthquake also source of trauma victimization
- ★ Experience warfare
War destroys families and personalities of individuals. It can reduce capacity of mind.

3.2 Defense mechanism

Frank b. McMahon and Judith McMahon said (1986, 536)

Defense Mechanism can be explained in different dimensions. Defense mechanisms are unconscious techniques adopted by a person to cope with undesirable situations. (Freud said defense mechanisms can be defined as ego strategies to avoid depression and anxiety Freud in 1956 along with his daughter Anna Freud established the types of defense mechanism that are universally applied, especially when anxiety and depression show their intensity compulsive, neurotic, and recitative (Fiest et al., 2018).

3.2.1 Denial: This type of defense Mechanism is frequently used in daily life. Denial makes ego stable not filled with unwanted demands, it works as the settlement of perceptions of outer world. (Freud, 1894)

3.2.2 Projection

It is an emotion of another that makes a person upset or uncomfortable. It works by removing a person's own anxiety by placing it into someone else (Fiest et ai 2018)

3.2.3 Identification

Hall says it is the most complex form of defense mechanism among all other defense mechanisms as requires capacity to differ between self and other (Hall 1954).

3.2.4 Repression

In this mechanism we make ourselves aware of the reality that the memory or idea is not harmful and remove the danger. (Schultz, 2017)

3.2.5 Reaction Formation

People use this defense mechanism to get perception of their feelings, but they react in opposition of their emotion (Schultz 2017).

3.2.6 Displacement

People adapt their feelings to another emotion, diverting their attention from painful conditions to avoid anxiety. A person shifts his impulsiveness to another object. (Schultz 2017) Rationalization similar to Denial. Here we cope with anxiety, threatening thought or action (Schultz 2017).

3.2.7 Sublimation

A person makes use of his inner feelings to a safer object to avert an unacceptable desire indulges his energy into socially valued activities (Dale Sommer 1998).

3.2.8 Regression

Regression is a state in which a person reacts as developmental growth like 'eating too much, going against the rules, or any other childish behavior as common adults (Hall,1954).

3.2.9 Isolation

Isolation is a kind of defense mechanism that limits the reaction. It does not abolish the bad idea but minimize its impact on the human mind. (Dale, Sommer, 1998).

4. Textual Analysis

4.1 Reflections of trauma

Defne, the protagonist of novel suffers a lot. She loved to Greek-Cypriot boy Kostas but when war and violence flattered in Cyprus Kostas fly to London without informing her. When she learnt this news from Yiorgos, she was shocked, unable to make sense of how she felt: "It was as if she were gripped by an irresistible force of gravity locking her forever to this spot in this moment" This line from text makes us clear that Defne faced an unacceptable situation so that she was unable to react. Defne was pregnant with Kostas. War was there and Kostas was not with her in that critical condition. She tried for abortion but due to war all medical activities were stopped. This makes her depressed and broken. As Maryam (Defne "s sister) said that "She did not even talk about him anymore" When her baby died. She was drowned in grief. She cannot share her feelings with his loved

ones “Tears started streaming down her cheeks, even her face remained still, as if she did not realize she was weeping” She lost her beloved friend Yousaf and Yiorgos. All of sudden they were disappeared due to war and riots between Greeks and Cypriots. “Defne squeezed her eyes tight shut before opening them and spoke they are all among thousands of missing we are digging for” Kostas also gone through traumatic thoughts. When he was in London, he could not get connected with Defne. Agony produced in him. “He barely slept at night and whenever he drifted off, he plunged into disturbing dreams”. He became too much sensitive after death of his brother that he could not think about harming or killing the birds. One day in his childhood when she was preserving sunbirds. She was opening their breasts with her nails and stuffed salt and spices in them. Kostas spoke to his mother “Don't do that, Mama. Don't want to eat them anymore” Once dozens of fruit bats died due to heatwave. Kostas could not cry on his brother's death. He began to sob by seeing dead bats “But now, as he held a dead bat in his hands, grief became tangible, like something stitched together was tearing apart. He began to sob”. He could not manage to come out of the trauma of his wife's death. He always tries to hide this reality from his daughter. “He had been withdrawn and taciturn this past year, a cloud of lethargy looming over everything he said and couldn't say” Ada gets depressed after her mother's death, and she felt lonely all the time. She had no friends to share her feelings and stress. She was unable to focus on any point. In her class Mrs. Walcott asked her a general question and instead of giving answer “She screamed so unpredicted and forceful and impossibly high-pitched was her voice that the other students fell quiet.” “Thirty seconds passed. An eternity. Her voice cracked but persisted” “Forty seconds passed.... Inside the classroom Ada's madness was so captivating a spectacle that no one dared to move” She had memory of her mother into her mind while screaming “A vision of her mother crossed her mind just then and, for the first time since her death, thinking of her did not bring tears to her eyes” She couldn't stop her regression “Fifty-two seconds passed almost but not quite a minute and her voice – and her voice gave out, Just as suddenly as she started, she stopped”.

4.2 Reflections of Defense Mechanism

Defne tries to confine her grief by drinking alcohol and cigarettes. Whenever she feels helpless before traumatic memories of past, she drank wine heartedly. After fifteen years when Kostas and Defne met again, he saw her drinking. He asked her “When I last saw you, you were neither a drinker nor a smoker” At this she said “A lot has changed since you left” ‘Defne produced a tobacco pouch and began rolling herself a cigarette’ Defne being broken soul attempts to pretend herself as a brave one who has courage to fight with circumstances. At restaurant she disagrees with her fellows saying “There are moments in life when everyone has to become a warrior of some kind. If you are a poet, you fight with your words; if you are an artist inequality, injustice. She drained her drink and topped it up.” She used to drink alcohol to abstain her attention from her sorrows, anxiety and pain. At birthday of her dead friends Yousaf and Yiorgos she was overwhelmed by her griefs then she drank a lot and took sleeping pills that caused her death. Ada told her father that “She was drinking a lot, you know that. She took so many pills when you were away. Even though she must have realized it could be dangerous” Kostas felt depressed and remained busy in his plants and garden to compensate for his disastrous thoughts of pain and agony. “He forgot to eat or even speak sometimes, his hands plunged in the soil, surrounded by bacteria fungi and all those plants growing or decaying by the minute.’ Kostas was attached to his daughter enormously as sometime Defne felt jealousy by seeing their pure relationship and attachment. But Defne's death affected him so much that he remained aloof, and he prevailed silence on him as he tried to avoid his daughter. “Nowadays when his daughter looked at him, she saw his weaknesses, failure and insecurities.” He began to give more attention to a Fig tree which he and Defne brought from Cyprus along with them. He buried himself in things belonging to his wife.” As Ada said about him “He spends a lot of his time with his trees.” “Especially this fig tree, I think that is his Favorite.” Ada is the sixteen-year-old daughter of Kostas and Defne. She deals with a fire amount of grief, anxiety and loneliness. Aftermath her mother's death as she was deprived of a friend, listener, guide, a good advisor and a companion of silence. “A weightless shell that still hedged her in, kept her apart from others.” Ada was the main

victim of pain. Her father left her on her own to handle her fears miasma of grief. He enacts as stranger. She speaks "Since her death, Ada had felt her father drifting away from her, or perhaps it was she who had been drifting away from him." Ada also learnt to seek refuge in artistic activities like painting and drawing. In those sketches she portrays her own emptiness, weakness and insecurities which breed from untimely death of her mother. "On the open page, at the bottom, she had sketched a butterfly. Slowly, she traced the wings, so brittle, easily breakable."

5. Conclusion

The researcher has described Trauma and Defense Mechanism of leading characters of the novel by Elif Shafak "The Island of missing Trees". In this paper researcher discussed about Trauma and Defense Mechanisms embraced by Kostas, Defne and their daughter Ada the front-line characters of the novel. Trauma reflection was described by Shafak. It is quite evident that trauma disorder and defense mechanism effects the inabilities and characteristics of the main characters. Novel was written in the perspective of warfare between Greeks and Cyprus when Turkey invaded in 1974. Defne is presented as a woman who had problems related to love, friends, family, religion and homeland. She was in an unpleasant condition. Kostas faced the same issues. He had power and ambition to meet his goals as a scientist. Defne works with Committee of missing people in order to find out dead kins buried in different places. She drank alcohol to remove the bitterness of her painful past that take her to the bed of death. Kostas and Defne are cross culture lovers. So, her death affected her daughter Ada and husband mercilessly. Both Ada and Kostas were living a life full of mysterious silence, sorrow, pity and emptiness as there was body without soul. Then every character makes his own Ditch where he hides his fears, tears and aggression like taking excessive interest in plants, Fig tree, to confine oneself in own imagination or drinking alcohol intensively.

References

- Al-Ma'ruf, A. I. & Nugrahani, F. (2017). Pengkajian Sastra Teori dan Aplikasi. Pengkajian Sastra Teori dan Aplikasi (1st ed.). Surakarta: CV. Djiwa Amarta Press.
- Alexander, J. C. (2013). Trauma: A social theory. UK and USA: John Wiley & Sons.
- American Psychiatric Association, Diagnostic and Statistical manual of Mental Disorders DSM IV. Washington DC: American Psychiatric Association, 1994. Taken from <http://amazon.com/dp>. Accessed on March 15th, 2011.
- Baumeister, R. F., Dale, K., & Sommer, K. L. (1998). Freudian defense mechanisms and empirical findings in modern social psychology: re- action formation, projection, displacement, undoing, isolation, sublimation, and denial. *Journal of Personality*, 66, 1081-1124
- Barry, Peter. (2002). *Beginning Theory: An Introduction to Literary and Cultural Theory*. Wales: University Press.
- Bertens, K. (2006). *Etika*. Jakarta: PT. Gramedia Pustaka Utama.
- Brison, S. J. (1999) Trauma narratives and the remaking of the self. *Acts of memory: cultural recall in the present*, 39-54.
- Bressler, Charles. E. (1998). *Literary Criticism: An Introduction to Theory and Practice*. New Jersey: Simin & Schuster.
- Carlson, Eve B, et al., Effects of Traumatic Experiences. Taken from <http://athealth.com/consumer/disorder/trauma> effects. Accessed on March 15th, 2011.
- Caruth, C. (1996). *Unclaimed Experience: Trauma, Narrative, and History*. Baltimore: Johns Hopkins University Press
- Cherry, Kendra. (2017). *What Are the Id, Ego, and Superego The Structural Model of Personality*. Verywellmind.
- Fadillah, Waode Nia. 2018. *Self Defense Mechanism of Characters In Lawrences Lady Chatterlays Lover*. (Thesis)
- Fard, S. F. (2016). A Short Introduction to Literary Criticism. *International Journal of Humanities and Cultural Studies*, (3), 328-337.
- Feis, J & Feist, J. Gregory. (2006). *Theories of Personality Seventh Edition*. New York.: McGraw Hill.
- Feist, J., Feist, G. J., & Roberts, T.-A. (2018). *Theories of Personality (9th ed.)*. New York, NY: McGraw-Hill Education.
- Freud, A. (1936/1946). *The ego and the mechanisms of defense*. New York: International Universities

- Press Freud, S. (1960). *A General Introduction To Psychoanalysis*. New York: Washington square press, Inc.
- Freud, S. (1894). *The neuro-psychoses of defense*. Standard Edition, 3, 45-61. London: Hogarth Press, 1962.
- Golant, Mitch, *Depression*. Taken from <http://www.sivalintar.com/html>. Accessed on March 10th, 2009.
- Gull, M., Javaid, Z. K., Khan, K., & Chaudhry, H. A. (2023). Improving healthcare for substance users: the moderating role of psychological flexibility on stigma, mental health, and quality of life. *International Journal of Human Rights in Healthcare*.
- Hall, Calvin S. (1954). *A Primer of Freudian Psychology*. New York: A Meridian Book.
- Jaffe, Jaelline, et al., *Emotional and Psychological Trauma: Causes, Symptoms, Effects and Treatment*. Taken from http://www.abbypenson.com/symptoms_of_trauma.html. Accessed on March 10th, 2009.
- Javaid, Z. K., Andleeb, N., & Rana, S. (2023). Psychological Perspective on Advanced Learners' Foreign Language-related Emotions across the Four Skills. *Voyage Journal of Educational Studies*, 3 (2), 191-207. DOI: <https://doi.org/10.58622/vjes.v3i2.57>
- Javaid, Z. K., & Mahmood, K. (2023). Efficacy of Expressive Writing Therapy in Reducing Embitterment among University Students. *Pakistan Journal of Law, Analysis and Wisdom*, 2(02), 136-145.
- Javaid, Z.K. & Mahmood, K. (2023). Exploration of Embitterment among University Students: A Qualitative Study. *Journal of Policy Research*. 9 (3), 124–129. DOI:<https://doi.org/10.61506/02.00005>.
- Kurniawati, Neni. (2008). *Mekanisme Pertahanan Diri Tokoh Putri Lanhsiang Dalam Putri Bunga Meihua Karya Chiung Yao*.
- Paradhana, Bagaskara Gita (2018) *Anxiety And Sensitive Mechanism Study of Kat Novak In Girl Missing By Tess Gerriten*. (Thesis)
- Ramzan, M., Javaid, Z. K., & Khan, M. A. (2023). Psychological Discursiveness in Language Use of Imran Khan's Speech on National Issues. *Global Language Review*, VIII (II), 214-225. [https://doi.org/10.31703/glr.2023\(VIII-II\).19](https://doi.org/10.31703/glr.2023(VIII-II).19)
- Sangidu. (2004) *Metode Penelitian Sastra, Pendekatan Teori, Metode dan Kiat*. Yogyakarta: UGM.
- Salamah, Annisa Maulida. 2015. *Defense-Mechanism Pada Tokoh Marrie Dalam Novel Utakata No Ki Karya Mori Ogay*. (Thesis)
- Schultz, D. P., & Schultz, S. E. (2017) *Theories of Personality (11th ed.)* Boston, MA: Cengage Learning.
- Tyson, L (2006). *Critical Theory Today*, New York: Routledge.
- Utama, Lettrin Gannes (2016) *Defense Mechanism Tokoh Utama Dalam Cerita Bersambung Ara-Ara Cengkar Tanpa Pinggir Karya Adinda AS*.(Thesis)
- Wellek, Rene dan Austin warren, (1997). *Teori Kesustraan*, Diterjemahkan oleh Melani Budianto. Jakarta: Gramedia