

**TRAUMATIC EXPERIENCE OF MARYAM IN *THE SAFFRON*
*KITCHEN***

A GRADUATING PAPER

Submitted in Partial Fulfillment of the Requirement for Gaining the Bachelor

Degree in English Literature



By :

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A FINAL PROJECT STATEMENT

I certify that this graduate paper is definitely my own work. I am completely responsible for the content of this graduating paper. Other researcher's opinions or findings included in this research are quoted or cited in accordance with ethical standards.

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Saya menyatakan bahwa skripsi tersebut sudah dapat diajukan pada sidang Munaqosyah untuk memenuhi salah satu syarat memperoleh gelar Sarjana Sastra Inggris.

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ABSTRACT

Events in the past that are painful and unresolved can affect human life. This experience is illustrated in the novel *The Saffron Kitchen* by Yasmin Crowther, featuring the story of the main character, Maryam, an Iranian woman living in London who experiences past traumatic events that affect her present life. This follows Cathy Caruth's opinion that trauma cannot be claimed when the incident occurs. However, it appears later in disturbing forms, such as the emergence of repressed memories, flashbacks, and narrative disruption. This research is an analysis with a qualitative method that focuses on how Maryam's trauma is portrayed in the narrative novel using trauma theory by Cathy Caruth, then proceeds to see the healing efforts applied in Maryam. The findings of this study show that the essential role in dealing with trauma is that trauma sufferers must voice their trauma before the survivor is capable of voicing the trauma. There are aspects of survival to overcome trauma, such as awareness and the relationship between survival and acceptance. After passing through these aspects and finally, survivor healing from the traumatic experience, Maryam became a survivor in the novel *The Saffron Kitchen*.

Keywords: Trauma, Past, Present, Narrative, Disturbing, Repressed, Voice

ABSTRAK

Peristiwa di masa lalu yang menyakitkan dan tidak terselesaikan dapat mempengaruhi kehidupan manusia. Pengalaman ini tergambar dalam *The Saffron Kitchen* karya Yasmin Crowther, yang menampilkan kisah tokoh utama, Maryam, seorang wanita Iran yang tinggal di London yang mengalami kejadian traumatis di masa lalu yang mempengaruhi kehidupannya saat ini. Hal ini sesuai dengan pendapat Cathy Caruth bahwa trauma tidak dapat diklaim saat kejadian itu terjadi. Namun, trauma muncul kemudian dalam bentuk-bentuk yang mengganggu, seperti munculnya ingatan-ingatan yang direpresi, kilas balik, dan gangguan narasi. Penelitian ini merupakan analisis dengan metode kualitatif yang berfokus pada bagaimana trauma Maryam digambarkan dalam novel naratif dengan menggunakan teori trauma dari Cathy Caruth, kemudian dilanjutkan dengan melihat upaya penyembuhan yang diterapkan pada tokoh Maryam. Temuan dari penelitian ini menunjukkan bahwa peran penting dalam menghadapi trauma adalah penderita trauma harus menyuarkan traumanya sebelum penyintas mampu menyuarkan traumanya. Terdapat aspek-aspek survival untuk mengatasi trauma, seperti kesadaran dan hubungan antara survival dan penerimaan. Setelah melewati aspek-aspek tersebut dan akhirnya penyintas sembuh dari pengalaman traumatis, Maryam menjadi penyintas dalam *The Saffron Kitchen*

Key words: Trauma, Masa Lalu, Masa Kini, Narasi, Gangguan, Tertekan, Suara

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MOTTO

Success is failure turned inside out

The silver tint of the clouds of doubts

You can never tell how close you are

It may be near when it seems far

So stick to the fight when u're hardest hit

It's when things seem worse that u must not quit!

--Don't Quit by Edgar A.G.--

“If you never choose to give up, you will find a way to make it happen!”

--Kanemoto Yoshi--



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DEDICATION

I finished this graduation paper for my mother, Umma, who persuaded me to choose English Literature at UIN SUKA.

You are forever my mother.

Your kindness, smile, and attention will always stay in my heart forever. I hope you are happy in another world.



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CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter consists of conclusions and research suggestions. It has two parts: a conclusion that briefly explains the results of this research analysis and a suggestion that provides an overview for further research that may use the novel *The Saffron Kitchen* or Trauma Theory by Cathy Caruth.

4.1 Conclusion

Cathy Caruth's theory provides a valuable framework for understanding how past traumatic experiences can remain "unclaimed" and continue to impact an individual's emotional and psychological well-being. Maryam's difficulty in managing her anger serves as a manifestation of the unresolved trauma she experienced in her past life when she was young. This theory highlights the importance of recognizing and addressing these unclaimed traumas to foster healing and emotional regulation.

According to trauma theory by Caruth "voice the trauma" is important to start the healing process. However, the "voice the trauma" is difficult, cause for the survival reveal their traumatic experience is painful. There are aspects for survival to overcome voice the trauma, such as awareness, relational between the survival to another and acceptance. After passing through these aspects, and finally, survivor healing from the traumatic experience, in the novel *The Saffron Kitchen*, Maryam managed to become a survivor.

4.2 Suggestion

The researcher uses the theory of trauma by Cathy Caruth in her work entitled *Unclaimed Experience, Trauma, Narrative and History* to analyse the object of the study. May future researchers who will analyze trauma could uses this as their reference. The researcher also suggests that future scholars explore other aspects of *The Saffron Kitchen*. This novel provides rich phenomena that can be investigated, such as multiple identities through Sara's character or immigrant life through Maryam, Doctor Ahlavi, and Saeed, last suggestion may become the portrayal feminism through a deeper focus on the character of Maryam's past.

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