

ABSTRACT

This Undergraduate Thesis discusses Post-Traumatic Stress Disorder (PTSD) and how the main character adapts it and changes it into Post-Traumatic Growth (PTG) in *As Long As the Lemon Trees Grow*, which is one of the novels by Zoulfa Katouh. This research uses Post-Traumatic Stress Disorder (PTSD) theory by Davison, G. C., Oltmanns, T., Martin, M., & Neale, J. Moreover, this research also uses Tedeschi RG and Calhoun LG theory about Post Traumatic Growth (PTG). In this study, data collection is naturally based on the written text found within the novel. Regarding the source of the research, which is a literary work, the author employs a qualitative research design. Both data collection and analysis are grounded in examining the text and library research. Additionally, previous research studies serve as references to assist in executing this research. The results of the research in this thesis indicate that the main character in this novel, Salama, experiences Post-Traumatic Stress Disorder (PTSD) Symptoms, but she is willing to be a better person. Furthermore, Salama has experienced all the Post-Traumatic Stress Disorder (PTSD) symptoms, and she also experienced all the Post Traumatic Growth (PTG) domains outlined in the theoretical framework of this research.

Keywords: Post-Traumatic Stress Disorder (PTSD), Post-Traumatic Growth (PTG), Self-development, Mental Health Issues

INTISARI

Skripsi ini membahas tentang Post-Traumatic Stress Disorder (PTSD) dan bagaimana tokoh utama dalam novel *As Long As the Lemon Trees Grow* karya Zoulfa Katouh mengatasi *Post-Traumatic Stress Disorder* (PTSD) dan mengubahnya menjadi *Post-Traumatic Growth* (PTG). Penelitian ini menggunakan teori PTSD yang dikemukakan oleh Davison, G. C., Olmanns, T., Martin, M., & Neale, J. Selain itu, penelitian ini juga mengacu pada teori *Post-Traumatic Growth* (PTG) yang dikembangkan oleh Tedeschi R. G. dan Calhoun L. G. Pengumpulan data dalam penelitian ini dilakukan secara alami berdasarkan teks tertulis yang terdapat dalam novel. Mengingat sumber penelitian ini adalah karya sastra, penulis menggunakan desain penelitian kualitatif. Baik pengumpulan data maupun analisisnya didasarkan pada telaah teks dan peneliti kepustakaan. Selain itu, penelitian terdahulu dijadikan sebagai referensi untuk mendukung pelaksanaan penelitian ini. Hasil penelitian dalam skripsi ini menunjukkan bahwa tokoh utama dalam novel ini, Salama, mengalami gejala *Post-Traumatic Stress Disorder* (PTSD) namun bertekad untuk menjadi pribadi yang lebih baik. Lebih lanjut, Salama mengalami seluruh gejala *Post-Traumatic Stress Disorder* (PTSD) sekaligus seluruh domain *Post-Traumatic Growth* (PTG) sebagaimana dijelaskan dalam kerangka teori penelitian ini.

Kata kunci: Post-Traumatic Stress Disorder (PTSD), Post-Traumatic Growth (PTG), Pengembangan Diri, Masalah Kesehatan Mental.