

INTISARI

Penelitian ini bertujuan untuk mengkaji konstruksi trauma dan upaya rekonsiliasi akibat perang dalam novel *‘Aināni Khadrāwāni* karya Ḥāmid an-Nāzīr dengan menggunakan teori trauma historis Dominick LaCapra, khususnya konsep *acting out* dan *working through*. Penelitian ini menggunakan metode kualitatif dengan pendekatan analisis teks untuk mengidentifikasi representasi trauma dalam pengalaman tokoh-tokohnya. Hasil penelitian menunjukkan bahwa trauma dikonstruksi melalui pengalaman perang yang meliputi kehilangan anggota keluarga, pengungsian, kekerasan struktural, dan kekerasan seksual. Tokoh Arafah mengalami gejala *acting out* berupa kilas balik, mimpi buruk, dan hiperamnesia yang menandakan pengulangan kompulsif atas peristiwa traumatis. Trauma juga dialami oleh tokoh lain, seperti Amīnah yang kehilangan kemampuan bicara dan Fortuna yang mengalami tekanan psikologis sebagai bagian dari konflik. Di sisi lain, proses rekonsiliasi tampak melalui *working through*, yang ditunjukkan melalui narasi/testimoni, penerimaan masa lalu, dan upaya membangun kehidupan baru. Proses ini mencapai bentuknya ketika Arafah mampu menciptakan jarak kritis terhadap traumanya dan melanjutkan hidup dengan kesadaran baru. Dengan demikian, rekonsiliasi dalam novel ini bukanlah pemulihan total, melainkan transformasi relasi subjek terhadap masa lalunya.

Kata kunci: trauma, acting out, working through, rekonsiliasi, perang Sudan

ABSTRACT

This study aims to examine the construction of trauma and the process of reconciliation resulting from war in the novel *‘Aināni Khadrāwāni* by Ḥāmid an-Nāẓir, using Dominick LaCapra’s theory of historical trauma, particularly the concepts of acting out and working through. This research employs a qualitative method with a textual analysis approach to identify representations of trauma in the characters’ experiences. The findings reveal that trauma is constructed through experiences of war, including the loss of family members, displacement, structural violence, and sexual violence. The main character, Arafah, exhibits symptoms of acting out in the form of flashbacks, nightmares, and hypermnesia, indicating a compulsive repetition of traumatic events. Trauma is also experienced by other characters, such as Amīnah, who loses her ability to speak, and Fortuna, who suffers psychological distress as part of the armed conflict. On the other hand, the process of reconciliation is reflected through working through, demonstrated by acts of narration/testimony, acceptance of the past, and efforts to rebuild a new life. This process culminates in Arafah’s ability to establish a critical distance from her trauma and to continue her life with a renewed awareness. Therefore, reconciliation in this novel does not signify complete recovery, but rather a transformation in the subject’s relationship with the past.

Keywords: trauma, acting out, working through, reconciliation, Sudan war