



Kathy's Trauma Response as a Means of Recovery in Kazuo Ishiguro's *Never Let Me Go*

Respons Trauma Kathy sebagai Sarana Pemulihan dalam Never Let Me Go karya Kazuo Ishiguro

Muzakki Kamal Akbar

Universitas Gadjah Mada, Indonesia

*Email: Muzakki.kamal.a@mail.ugm.ac.id

*Correspondence: Muzakki Kamal Akbar

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ABSTRACT

Trauma is a psychological condition resulting from distressing events experienced by an individual, leading to ongoing mental and emotional pain throughout their life. Survivors of trauma often develop various trauma responses, which act as implications or triggers stemming from their traumatic experiences. These mechanisms are essential for individuals to undergo in order to achieve healing and recovery from their trauma. This study aims to analyze how Kathy's trauma responses influence her journey toward recovery in Kazuo Ishiguro's novel *Never Let Me Go*. The novel presents Kathy's narration about her experiences as a career and how she endures traumatic events, particularly the knowledge of her existence as a clone with a fated life, which generates traumatic responses in various aspects of her life. This study employs Judith Herman's model of trauma and recovery, which is divided into three phases: establishment of safety, remembrance and mourning, and reconnection with ordinary life. Using this method, the researcher scrutinizes Kathy's life as a career and her past throughout the novel. This study hypothesizes that Kathy undergoes trauma in her life, generating traumatic responses in many aspects of her life. However, those trauma responses are essential to be undergone as she eventually manages to achieve healing and recovery, offering her a sense of relief despite her unfortunate existence as a clone with predetermined fate

Keywords: Trauma, trauma response, existence, recovery

ABSTRAK

Trauma adalah kondisi psikologis yang diakibatkan oleh peristiwa menyedihkan yang dialami oleh seseorang, yang menyebabkan rasa sakit mental dan emosional yang berkelanjutan sepanjang hidup mereka. Penyintas trauma sering mengembangkan berbagai respons trauma, yang bertindak sebagai implikasi atau pemicu yang berasal dari pengalaman traumatis mereka. Mekanisme ini sangat penting untuk dijalani individu untuk mencapai penyembuhan dan pemulihan dari trauma mereka. Penelitian ini bertujuan untuk menganalisis bagaimana respons trauma Kathy memengaruhi perjalanannya menuju pemulihan dalam novel Kazuo Ishiguro *Never Let Me Go*. Novel ini menyajikan narasi Kathy tentang pengalamannya sebagai karier dan bagaimana dia menanggung peristiwa traumatis, terutama pengetahuan tentang keberadaannya sebagai klon dengan kehidupan yang ditakdirkan, yang menghasilkan respons traumatis

dalam berbagai aspek kehidupannya. Studi ini menggunakan model trauma dan pemulihan Judith Herman, yang dibagi menjadi tiga fase: pembentukan keselamatan, ingatan dan berkabung, dan hubungan kembali dengan kehidupan biasa. Dengan menggunakan metode ini, peneliti meneliti kehidupan Kathy sebagai karier dan masa lalunya sepanjang novel. Studi ini berhipotesis bahwa Kathy mengalami trauma dalam hidupnya, menghasilkan respons traumatis dalam banyak aspek kehidupannya. Namun, respons trauma itu sangat penting untuk dialami karena dia akhirnya berhasil mencapai penyembuhan dan pemulihan, memberinya rasa lega meskipun keberadaannya yang tidak menguntungkan sebagai klon dengan nasib yang telah ditentukan.

Kata kunci: Trauma, respons trauma, keberadaan, pemulihan

INTRODUCTION

Trauma is often described as a persistent emotional response stemming from distressing past events that leave lasting imprints on an individual's memory, triggering responses in the present, even though the events occurred long ago. Trauma disrupts the systems that allow individuals to feel in control, connected, and purposeful, making it difficult for them to live without constraints. The recurring memories of these events lead to a sense of constriction, limiting their ability to live freely (Badenoch, 2017). This ongoing impact reveals how trauma, by altering one's sense of self and mental frameworks, requires individuals to engage in a complex process of healing and recovery to regain stability and a sense of normalcy in their lives.

Understanding trauma as a force that deeply disrupts an individual's sense of self, it becomes clear that recovery is about rebuilding this lost stability. This process involves restoring a sense of empowerment and rebuilding connections, often shattered by trauma (Hübl & Avritt, 2020). Recovery unfolds in three main stages: establishing safety, remembrance and mourning, and reconnection with ordinary life (Koutra et al., 2022). As these stages guide the survivor on a path toward healing and resilience, it's crucial to see how these stages intertwine with the trauma responses that emerge, particularly as individuals struggle to maintain their mental frameworks in the face of overwhelming experiences.

Trauma responses originate from the disruption of the mental frameworks people use to understand their lives. These frameworks help make sense of past experiences, manage current situations, and plan for the future (Ross et al., 2017). When trauma strikes, it can shake these frameworks, weakening the core beliefs and assumptions that usually keep life stable. People often attempt to fit the trauma into their existing understanding, but when the event is too overwhelming or doesn't align with previous beliefs, it causes a major shift in how they perceive themselves and the world (Yoder, 2020). This shift often leads to emotional distress as they struggle to adjust to a new reality, an adjustment that is a significant aspect of how individuals respond to trauma and move towards recovery (Shapiro & Forrest, 2016).

The process of healing and recovery is fraught with challenges, especially when trauma survivors are required to narrate their traumatic experiences. Given trauma's profound impact on memory and behavior, recounting these events often becomes a struggle due to the fragmented and often incoherent nature of these memories. Individuals often repress painful memories as a defense mechanism,

unconsciously pushing them out of conscious awareness to protect themselves from overwhelming emotional distress (Diamond, 2020). Trauma narratives do more than simply recount the violence; they also reveal the confusion and lack of comprehension that follow such events (Caruth, 2016). These narratives highlight that the effects of trauma extend beyond the incident itself, involving an ongoing struggle to make sense of the occurrence, which is an essential part of the healing process.

Trauma can significantly alter how individuals perceive their social roles and relationships. Individuals are not born with a pre-defined essence but must continually define themselves through their choices and actions as they navigate their circumstances (Javakhishvili, 2018). When individuals experience traumatic events, the trauma may lead them to withdraw from relationships or view their roles within them through a lens of distrust or fear, reconstructing their identity in the process. Survivors often associate themselves with rigid understandings of their identity, constantly reliving their traumatic experiences, which severely limits their ability to explore new identities. This constriction of identity exploration is particularly relevant as trauma survivors make their negative experiences the foundation of how they see themselves in society (Muldoon et al., 2019).

As social beings, humans have essential needs for interaction and mutual support, driving their desire for relationships with others and cultivate emotional attachment with each other. Emotional bonds are fundamental for psychological well-being and security, particularly in times of distress (Sagone et al., 2023). However, trauma survivors often face challenges in fulfilling this natural human tendency after their encounters with traumatic experiences. Insecure attachment, an attachment style that stems from negative experiences, develops dissociation and difficulties in recognizing or articulating emotions (Farina & Meares, 2022); (Zdankiewicz-Ścigała & Ścigała, 2020). Victims struggle to discern what constitutes a conventional relationship, as they are constantly haunted by their negative experiences. This leads to a distortion of reality and an inability to adapt to present social situations, with their behavior heavily influenced by the persistent recall of past traumas.

The insecurity and fear ingrained within the minds of trauma victims can also lead to heightened irritability and a tendency to respond aggressively in situations that others might navigate calmly. Aggression can be defined as a response that arises when an individual's goals are obstructed, or when they encounter an obstacle that prevents the fulfillment of their desires, leading to feelings of frustration and the expression of hostile behaviors (Novaco, 2023). This aggression often results from the survivors' inability to change the outcome of their traumatic experiences, leading them to externalize their frustration toward others (Novaco, 2023). This response is a manifestation of the deeper internal conflict caused by the trauma, further complicating their interactions with the world around them.

When the symptoms of traumatic events surface, victims often develop coping mechanisms to manage their distress. Coping involves the cognitive and behavioral efforts individuals use to handle both internal and external sources of stress (Baqutayan, 2015). These mechanisms revolve around altering one's state of mind or engaging in activities that provide relief from the constant recall of negative events. Trauma victims, each haunted by different traumatic experiences, develop varied coping strategies. These strategies are influenced by personal preferences and environmental demands, making each individual's coping style unique. These coping styles, stable traits that influence how stress is handled, become reliable methods for trauma victims to alleviate the distressing effects of their experiences (Yeung et al., 2016); (de Boer et al., 2017).

Kazuo Ishiguro's *Never Let Me Go* tells the story of Kathy H., a career who reflects on her past life at Hailsham School, where she formed relationships and underwent various experiences, particularly with

her close friends Tommy and Ruth. Kathy's traumatic awareness of her existence as a human clone, created for organ donation, lies at the core of the novel. The story presents a grim world where the creation and systematic development of human clones for a predetermined purpose is normalized. Despite their natural human qualities, hopes, and dreams, the clones are destined for a specific fate. As Kathy's narrative unfolds, she and her friends must confront the trauma of acknowledging their true identity and predetermined fate. This acknowledgment becomes a source of profound distress, as their aspirations are systematically crushed.

As a clone, Kathy's role as a career involves administering organ donations, with the knowledge that she will eventually be "completed"—a term indicating the end of her life after fulfilling her purpose. Kathy's narration of her past is a portrayal of her identity as a trauma survivor who has experienced significant traumatic events. Though she has yet to serve her final life purpose, her narrative throughout the story reflects her ongoing struggle with trauma and her responses to its cumulative effects on her life.

This research examines the relationship between trauma and recovery as portrayed through Kathy in Kazuo Ishiguro's novel *Never Let Me Go*. Despite the realization of her true identity as a clone, Kathy endures psychological trauma and must navigate several phases of response to find relief from her circumstances. This study employs Judith Herman's trauma and Recovery model, which focuses on the stages of safety, remembrance and mourning, and reconnection. The ultimate goal of this study is to provide insight into how Kathy, as a trauma survivor, experiences these trauma responses as essential steps that guide her from despair of her traumatic experience toward the comfort of recovery, where she ultimately finds a sense of fulfillment and acceptance.

This study examines the effects of Kathy's traumatic experiences in her life as portrayed in the novel *Never Let Me Go*. Specifically, this study explores two key questions: (1) How does Kathy respond to traumatic experience in her life, and (2) how do Kathy's responses to these events serve as essential phases that she must undergo in her journey toward recovery?

These inquiries are vital, as this study analyzes how Kathy's experiences shape her behavior, relationships, and overall perspective on life, which have significantly shifted as she grapples with the lingering impacts of her trauma. This study also examines how Kathy's responses to the traumatic events unfold in several phases, with each phase serving as an important step toward her recovery.

The primary goal of this research is to scrutinize on how Kathy recovers from the traumatic events in her life by analyzing the trauma responses she undergoes and their important roles in Kathy's healing and recovery. This study aims to present an understanding of the relationship between trauma, how individuals recover from unfortunate circumstances, and how they experience gradual reactive adaptations that guide them toward a sense of restoration.

RESEARCH METHOD

Research method is a systematic process utilized by a researcher to accumulate, analyze, and interpret data acquired to be able to answer the research questions and generate conclusive answer. This study uses Qualitative approach to analyze and explore the theme of trauma and recovery in literature. Qualitative research method as a method that involve accumulation, analysis, and interpretation of non-numerical data such as text, to understand the contents of the text (Cresswell, 2017)

This research applies qualitative approach through textual analysis in the novel *Never Let Me Go* by Kazuo Ishiguro. The analysis is structured in chronological order, which allow a thorough exploration on how Kathy's trauma responses evolve over the course of the novel and how the trauma responses are

essential to be gone through to achieve healing and recovery, based on Judith Herman's model of trauma recovery.

This method is essential for this research to discover how Kathy traumatic event affects her life as a whole and how her trauma responses are the effects that she has to undergo overtime to fulfill her healing and recovery overtime.

RESULTS AND DISCUSSION

Trauma Narrative Reflection

The novel begins the process by presenting Kathy H, who already has an identity as an established career, whose task to guide the clones who donate their vital organs in systematic schedules. The self-awareness of Kathy as a trauma survivor solidifies an identity and gives her a sense of safety after the length of traumatic experience she had to endure as a clone. Based on her experience as a trauma survivor, Kathy is able to accentuate her narration in well-articulated introductory opening.

My name is Kathy H. I'm thirty-one years old, and I've been a career now for over eleven years. That sounds long enough, I know, but actually they want me to go on for another eight months, until the end of this year. That'll make it almost exactly twelve years. (p.3)

The authority in the place Kathy is living with gives her a sense of safety and stability for her purpose. This stuff can be highlighted on how Kathy introduced herself as a career in a casual way as she becomes self-actualized with her identity as a career and inhabit an established environment. Safety relates from the control of the body and progresses to control the environment as the traumatized person needs a safe refuge (Yoder, 2020). In this sense, Kathy's comfort in the beginning of the presentation of the novel set the stage on trauma narrative she conveys in the beginning of the novel as she has archived a sense of safety in her disposal.

Kathy carried on with her narrative as a career into her attempt to leave Hailsham, her former school, and made an effort to keep herself in the present moment, not the past past. However, as a former student of the Hailsham School with array of experiences, she cannot contain her desire to revisit her former years. Moreover, her eagerness to revisit the nostalgic school years was incited by a certain trigger that bring her closer into remembering the past.

There have been times over the years when I've tried to leave Hailsham behind, when I've told myself I shouldn't look back so much. But then there came a point when I just stopped resisting. It had to do with this particular donor I had once, in my third year as a career; it was his reaction, when I mentioned I was from Hailsham. (p. 5)

Kathy's contemplation on her remembrance of her past life indicates that she, as a trauma survivor, is not able to deny about her inclusion as a former Hailsham student where she experienced traumatic occurrence. Her identity as a career demands her to work with the clones and guide them with the distributions with their vital organs. She does not have a choice but to communicate with the patients who shared the same identity as a clone, same history as a student, and same cultural establishment. Narratives can be seen as culturally constructed representations of both personal and historical memory (Kirmayer, 1996). In Kathy's case, her narration and avoidance of certain triggers reflect this idea, illustrating how her personal experiences are intertwined with the broader cultural context of her identity and past.

As a trauma survivor, it can be understood that she has tendency to avoid visiting her traumatic experience as Hailsham. However, as a career, she cannot keep distancing herself from her past because of the encounter with her donor which incites her memory, which proves that seemingly unimportant reminders can bring these memories back. Through her narrative, her desire to revisit her memory is the beginning of recovery process that she is experiencing as she has admission and eagerness to explore her past and delve deeper to traumatic events which generate a sense of challenge toward her unfortunate event leading to her recovery.

This was a long time ago so I might have some of it wrong: but my memory of it is that my approaching Tommy that afternoon was part of a phase I was going through around that time —something to do with compulsively setting myself challenges — and I'd more or less forgotten all about it when Tommy stopped me a few days later.

I don't know how it was where you were, but at Hailsham we had to have some form of medical almost every week - usually up in Room 18 at the very top of the house - with stern Nurse Trisha, or Crow Face, as we called her. (p.13)

Kathy's inner remark suggest about her struggle with memory and compulsive behavior that may be interpreted as coping mechanism of trauma. The phrase "I might have some of it wrong" indicates a sense of doubt and unreliability in Kathy's recollection, which is also an indication with her effort on fragmented memories. Doubt is a significant aspect of its aftermath, as survivors find it difficult to maintain their perspective while staying connected to others as well as themselves (Herman, 2023).

Kathy's act of setting challenges compulsively suggests a need for control of her autonomy as an individual in response to the overwhelming nature of trauma. Kathy's behavior can be seen as an attempt to counteract this doubt and regain a sense of control and certainty in her situation. This act is response on her traumatic experience that helped her as a coping mechanism for a recovery process.

With the sense of safety secured in her role as a career, Kathy's journey takes a darker turn as she starts to face the unsettling truths about her identity as a clone. These realizations slowly push her into the painful process of remembering and mourning, where she must confront the loss of her innocence and the harsh reality of her existence.

Identity Apprehension

In the novel, Kathy narrates her experiences at Hailsham, offering readers glimpses into how her identity is shaped by her environment and societal expectations. As Kathy's understanding of her identity deepens, her reflections draw her into a period of mourning, where she grapples with the loss of innocence and the life she might have had. Hailsham, as an institution, plays a significant role in how she and the other clones come to understand themselves and their primary goals, serving as both a reflection of their autonomy as individuals and a tool of indoctrination.

"The point is, by the time we were ten, this whole notion that it was great honour to have something taken by Madame collided with a feeling that we were losing our most marketable stuff." (p. 39)

Kathy's narration above highlighted the emotional turmoils felt by Kathy and her friends as their arts are selectively picked by Miss Lucy, which is a sign that she internalizes the event through remembrance on the experience and mourn about the event.

On one side, the arts are considered as a symbol of honour as it is an admission toward their talents as well as their values. In other sense, there was a gradual realization that the selective nature of their most valuable items resembles metaphorical acts that restrain choice as well as their personal value which is a reflection of the notion that their identity are parted between their arts and their personal selves.

The clones understanding of their own values is a reflection on their attempt of making sense of their identity as they navigate life in Hailsham institution. Understanding that their value is based on the external object they crafted (art) added an idea of their worth as individuals internally which triggers their curiosity on who they are as individuals.

Beginning of Awareness of her identity makes Kathy and her friends able to accept ambiguity of her environments. The internal conflict on who they are urge the clones to question their existence. The conflicting realization her purpose in the world gives Kathy fragments of knowledge that serve as the fuel of her ability to confront traumatic occurrence.

When Kathy and her friends have to struggle with their identity, they gradually understand on the basic difference between them and the world outside Hailsham. This gradual realization shape their consciousness and the understanding of their position in the world, which are fragments of their knowledge of their fate that their purpose in life is predetermined:

It's hard to remember just how much we knew by then. We certainly knew - though not in any deep sense - that we were different from our guardians, and also from the normal people outside; we perhaps even knew that a long the way down the line there were donations waiting for us. But we didn't really know what that meant. (p. 69)

Kathy's reflection on limitation of her understanding about their future underlined the essence of their identity formation that forms in gradual and fragmented manner. Even though they already recognize their difference with their guardians and the outside world, the quote indicates an implication that that the clones' understanding of themselves are fragmented. Such partial information is a significant aspect in their identity formation as it has a role for their defense mechanism against emotional impact of looming exploitation by Hailsham School and how the institution conceals their identity.

In this sense, gradual realization experienced by Kathy and her friends is an implementation on how she has ability to adapt on seemingly traumatic situation and how she gradually able to take control on her autonomy as an individual. The increasing knowledge of exploitation of the students indicate that Kathy is able to identify her identity as well as the meaning of her existence in the school she is trained in and with the friends she is learning with.

As the narrative goes on, Kathy's understanding on her identity as a clone reaches its peak as Miss Lucy, one of her guardians declare an open revelation about the identity of Hailsham students and the meaning of their reality, which is the culmination of Kathy's knowledge about the identity formation as well as the meaning the existence of hers and her friends in the world.

"If no one else will talk to you," she continued, "Then I will. The problem, as I see it, is that you've been told and not told. You've been told, but none of you really understand, and I dare say, some people are quite happy to leave it that way. But I'm not. If you're going to have decent lives, then you've got to know and know properly. None of you will go to America, none of you will be working in supermarkets. As I heard some of you planning the other day. Your lives are set out for you. You'll become adults, then before you're old, before you're even middle aged, you'll start to donate your vital organs, that's what's each of you are created to do. (79-80)

The quote above shows that finally one of the guardians in Hailsham institution disclosed the identity of the clones and how their fate are pre-determined in society. The explicit remark from the guardian has implication that Hailsham as an institution is tasked to conceal the identity of its students which prevent them to understand their purpose in life. The guardian, Miss Lucy, who has finally revealed their true identity and convey a sense of understanding to the clones, finally able to connect the fragments of their knowledge about their true identity in Hailsham.

The identity revelation can be interpreted as a critical and culmination phase of Kathy's acknowledgment toward herself as a clone. The information given by the guardian is not only traumatic for her but also other friends of hers as they feel constrained with the predetermined fate that ties into their identity. However, the information revelation becomes a base for Kathy on how she should act on her life as a clone. Kathy has a full understanding on her identity which she utilizes as a base for the adaptation toward life despite her unfortunate existence.

Interpersonal Relationship Struggle

Kathy's interpersonal relationship is one significant aspect in Kathy's life that also has role as a phase when Kathy develops as an individual while processing her traumatic existence. Kathy's friends, Ruth and Tommy act as supportive individuals in her life. Kathy was fortunate as she was able to form deep friendship with her friends through her life in Hailsham as well as become aware that her interpersonal relationship and trust between her friends have an important role that contributes to her existence as they are dependent on each other.

I shrugged. *"As you say, Tommy and I, we've always been able to talk."*

"And he really respects you. I know because he's often talked about it. How you've got guts and how you always do what you say you're going to do. He told me once if He was in a corner, he'd rather have you backing him up than any of the boys." she did a quick laugh. "now you've got to admit, that's a real compliment. So you see, it's got to be you to be our rescue. Tommy and I were made for each other and he'll listen to you. You'll do it for us, won't you, Kathy?"

I didn't say anything for a moment. Then I asked: "Ruth, are you serious about Tommy? I mean, if I do persuade him, and you get back together, you won't hurt him again?"

Ruth gives impatient sigh. *"Of course I'm serious. We're adults now. Soon we'll be leaving Hailsham. It's not a game anymore."*

"Okay. I'll talk to him. Like you say, we'll be leaving here soon. We can't afford to waste time (p. 102)

The quote above indicates that Kathy has already accustomed with her friends and is able to gain trust from Ruth to reconcile her relationship with Tommy. The sentence "we're adults now" said by Ruth points on Kathy's inclusion on the friendship as well as their existence as clone. The fact that Ruth has a remark that they are leaving Hailsham has an implication on Kathy on her gradual healing toward the revelation of her being a clone. Kathy's agreement toward Ruth's idea and her unwillingness to waste time is a testament of her admission as a clone which is already part of her identity. This feeling of admission

emerges as a result generated by her ongoing relationship with Tommy and Ruth which helps her to create a sense of togetherness on her unfortunate existence as a clone with predetermined fate.

Kathy's connection with her friends means that her interpersonal relationship is a base for her self-care as an individual who suffer from depression of her existence as a clone. The impact of her identity and existence is at ease as she established genuine relation with Tommy and Ruth which means that the friendship between them have mutual benefits in emotionally as they help each other in navigating their lives as clones.

Friendship establishment conducted by Kathy has similarity with any friendship in general as friendships have various problems. However, the friendship problems undergone by Kathy serves to strengthen their bonds with her friends. Kathy's act of nurturing friendship has similar effect on her way of nurturing the traumatic event she experiences.

Those early months at the cottages had been a strange time in our friendship. We were quarreling over all kinds of little things, but at the same time, we were confiding in each other more than ever (p. 124)

It is evident that Kathy's identity as a clone is permanent whether she is outside of Hailsham Institution or outside of it. The purpose of her existence is already predetermined. Kathy's journey in the outside world does not have effect on her status. However, she has a genuine connection to her friends. Tommy and Ruth who serve as emotional support toward her by her being together with them. The quarrel between them as cultivation of emotional support prove that they are inter-personally related with a deep attachment toward each other as they undergo life as a clone with a sense of togetherness.

Friendship quarrels and supportive acts in friendship have a tendency to give Kathy an ease toward her thinking about being a clone. In the established friendship, she is able to exist in a safe space and also give emotional contribution toward her relation with her friends as an exchange of the space who has given her an emotional support which is significant influence in her life that makes her feel safe in her existence.

As a clone, even though Kathy has major relationship with Tommy and Ruth. She does not forget about her relationship with the institution that makes her grow and learn as a student even before the revelation of her identity. It is evident with her past recalling on how when Kathy was away from the institution, she still remembers about the guardians who cared for her when she was a student.

Maybe once Hailsham was behind us, it was possible, just for that half year or so, before all the talk of becoming careers, before the driving lessons, all those other things, it was possible what guardians had told us; to forget Miss Lucy's outburst that rainy afternoon at the Pavilion, as well as all those theories we'd developed among ourselves over the years. It couldn't last, of course, but like I say. Just for those few months, we somehow managed to live in this cozy state of suspension in which we could ponder our lives without the usual boundaries. (p. 140)

The mentioning of Hailsham institution in the quote above has implication that Kathy's activities are considered to have a base, which is the particular institution. The base serves as an attachment for Kathy to the school as an individual. Kathy's mentioning that she was able to live without usual boundaries indicate that she has released herself from the constraint of Hailsham's rules, even though in temporary manner, However, this is also an indirect statement that she is still in relation with Hailsham as she realized that her life is at ease even though still having to revolve around Hailsham institution.

Kathy's relationship with Tommy and Ruth is able give her emotional support as it is considered as safe space for her to cope with her existence as a clone. However, it is recognized that her identity as a clone will always be tied to Hailsham as she was raised in the institution. The place she mentioned has a

lingering effect on how she acts indirectly makes her become self-aware on her identity as a clone, resulting in her lasting awareness as a clone.

Kathy's remark that she recognized Hailsham as the base of her activity indicates an everlasting connection between her and the memories of being raised as a clone. This remark also reflects Kathy's acknowledgement of her relationship with the past, particularly the traumatic revelations she faced, marking the beginning of her journey toward healing as she navigates her life as a clone. As she continues to reflect on these ties, the emotional struggle in Kathy's relationship begins to highlight her difficulty in reconnecting with others, a process interconnected with the rising tension and aggression that accompanies her ongoing trauma.

Aggression As Dissatisfaction

It is evident that survivors of traumatic event still have remembrance on traumatic events. The trauma victim can even do unthinkable things in the present as an act of remembrance of the past by acting it out. The trigger if such act is that sometimes, the victim remembers the traumatic event and act aggressively as an implementation of the traumatic event. The victim also has tendency to have imagination of the past event and how it could be better and wishes that he or she can go to the past and re-live the event.

This act can be implemented in many forms which include aggression. The aggressive behavior of the trauma victim is a reflection of his or her frustration on the traumatic event that happened to the victim. This act is done because the victim cannot distinguish the past and the present and is not able to distinguish the two.

Even though Kathy is able to establish a relationship with her friends, she is prone to aggression due to her growing awareness of her fate as a clone and the helplessness that comes with it. The revelation of her identity at Hailsham lingers in her memory, leading to moments of aggression, particularly toward Tommy and Ruth, as she struggles with the reality of her existence. Ruth's mention that clones are created from marginalized people only intensifies Kathy's anger, further fueling her frustration with both her situation and Ruth herself (p. 164). This aggression becomes a way for Kathy to cope with the overwhelming sense of injustice and powerlessness she feels, reflecting her struggle to reconcile her identity with the painful truth of her life.

"Well, you lot can go," I said quietly. "I'm not going."

Ruth Turned and Looked at me carefully. *"Well, what do you know? Who's the upset one now?"*

"I'm not upset. But sometimes you speak garbage, Ruth."

"Oh, look who's upset now. Poor Kathy. She never likes straight talking."

"It's nothing to do with that. I don't want to visit a career. We're not supposed to and I don't even know this guy." (p. 165)

The quote above is an implicit indication about Kathy's aggressive act toward her friends as she doesn't want to conform herself on her further reality of her status as clones are derived from marginalized people in society. Kathy's quiet remark is a sign of silent anger toward herself as she internalizes her identity as a clone, which is a sign of internalized aggression as an implementation of her dissatisfaction of her existence as a clone.

Kathy's remark that "It's nothing to do with that" is a denial on her hatred toward her existence as a clone. Her reluctance to visit a career, which is a significant task specialized for clones is a testament on her inability to admit on Ruth's reality or straight talking. Kathy's refusal is not only a form of insecurity on her existence but also an aggressive act toward her friends implemented in the expressive decline act.

Kathy's aggressive behavior on her satisfaction on self-expression and explication of her dissatisfaction toward her identity which will help her to not bury emotional turmoil within herself resulting in behaviors that inflict more harm toward her.

Kathy's aggression is also visible when she in conversation about the past with Tommy about their life at Hailsham. She is not pleasant with her encounter in gallery, which is a symbol of a place where the characters' lives and their memories as a clone are displayed for contemplation, both for themselves and for others. She has reluctant manner when talking to Tommy as the Gallery is a reflection on an awareness of the clones' limited existence and the sense of being observed or judged from distance, especially by the guardians. Kathy's refusal on visiting the past is evident in her act toward her friend, Tommy, was still eager to revisit the past and still has hope on changing the past.

"Tommy, did you ever anything into the gallery? When you are much younger maybe?"

He was shaking his head. *"you know how useless I was. And there was that stuff with Miss Lucy. I know she meant well. She was sorry for me and she wanted to help me. I'm sure she did. But if my theory's right, well..."*

"It's only a theory, Tommy," I said. "You know what your theories are like."

I'd wanted to lighten things a bit, but I couldn't get the tone right, and it must have been obvious I was still thinking hard about what he just said. *"Maybe the art's just one of all kinds of different ways."* (p. 174)

Kathy's aggression can be seen from her reluctance and discomfort when she is talking about the past, especially gallery of Hailsham. The gallery affects her emotional turmoil toward her existence and her defense mechanism on the reality of being a clone. Kathy's aggression, shown by her subtle remark when she is talking to Tommy, is evident with her effort to trivialize Tommy's theories. Her act is a form of expression of her aggressive behavior which acts as an emotional protection from her admission of her fate.

Kathy's conversation with Tommy is an expression of distancing from emotional pain generated from her trauma trigger, which is the gallery. While Tommy was eager to revisit the past and wanted to change his act and ask Kathy on how the past could have been better when he changed certain things, Kathy softly declined the idea which is an implicit act of aggression toward the past as she knew that revisiting the past means inflicting emotional pain because of the reality of their existence.

As Kathy grapples with the unsettling truths about her identity, she begins to exhibit behaviors that reflect her internal struggle. These actions, seemingly irrational on the surface, are her way of coping with the overwhelming emotions that threaten to engulf her. The act of searching through old magazines for her "possibles," though confusing to Tommy, represents her desperate need to connect with something, or someone, that might offer a semblance of understanding or belonging. It is in one of these moments, laden with unspoken pain and rising frustration, that we find Kathy on the verge of breaking, holding back tears as she tries to mask the depth of her suffering.

“I knew he was looking at me, but I kept my eyes straight ahead and made no response.”

“But I still really don’t get it, Kath,” he said eventually. “Even if what Ruth said is right, and I don’t think it is, why are you looking through old porn mags for your possibles? Why would your model have to be one of those girls?”

I shrugged, still not looking at him. “I don’t claim it makes sense. It’s just something I do.” There were tears filling my eyes now and I tried to hide them from Tommy. But my voice wobbled as I said: “If it annoys you so much, I won’t do it anymore.” (p. 178)

In the scene above, it is evident that Kathy’s emotional turmoil descended as she as she discovers her origin. The discovery deepens her sadness and discomfort adds to her aggression as she has to come to terms with the bitter reality of the marginalized person she is modeled from, which amplify her insecurity. Kathy’s conversation with Tommy ended in an aggressive remark from her as an expression of her sadness. Her inability to contain herself from the sadness is also evident with her withholding her tears in the conversation.

Kathy’s aggression toward Tommy’s remark serves as a defense mechanism which not only imply her expression but also her intention of hiding dissatisfaction toward her life as a clone. Moreover, Kathy’s remark, *“If it annoys you so much, I won’t do it anymore”* in aggressive manner reveals Kathy’s struggle to be dominant while hiding emotional turmoil within herself. This means that Kathy’s aggression is not just a self-expression of her sadness but also her struggle to be at peace with her identity as a clone.

Kathy’s aggression can be traced as motive her recovery toward trauma as it is a form of self-expression. Through her aggressive behavior, Kathy is able to articulate and confront her emotional pain stemming from her knowledge of being a clone. Her aggression serves as a means for her to channel and address the frustration and vulnerability she feels, enabling her to process and work through her trauma. By expressing her feelings through aggression, Kathy is able to confront the painful reality of her existence and gradually engage in the process of healing and self-recovery. As this process unfolds, her expressions of aggression help her to confront the inner conflict within her, while also slowly leading her toward a fragile reconnection with her sense of self and the world she inhabits.

Coping Towards Reconnection

Kathy’s traumatic experiences lead her to develop coping mechanisms that help her manage the harsh reality of her existence. By taking on the role of a career, she finds a way to distract herself from the bitter truth, focusing instead on her responsibilities to care for other clones destined for organ donation. Through this role, Kathy gradually rebuilds her sense of identity and begins process of reconnection, as she faces her traumatic responses and seeks peace within the life she has been given.

Kathy’s decision to be a career generate safety for her as she finally undergoes different life from her usual activities with her friends. Kathy’s activity as a career indicates a transition between her unsettling past into a comfortable environment where she can safely reflect on the true value of her existence by undergoing an activity as a coping mechanism.

Then there’s the solitude. You grow up surrounded by crowds of people, that’s all you ever known, and suddenly you’re a career. You spend hour after hour, on your own, driving across the country, centre to centre, hospital to hospital, sleeping overnights, no one talk about your worries, no one to have a laugh

with. Just now and again you run into a student you know—a career or a donor you recognize from the old days—but there’s never much time. (p. 203)

It is evident that the quote highlight on Kathy’s loneliness in her role as a career because she is transitioning from the the past to the present which has contrasting environment. Her isolation emphasizes emotional weight she carries within herself as she could no longer be together with Tommy and Ruth who provide her safe space and form a strong interpersonal relationship. Furthermore, slight appearances of familiar faces of clones she encounters add in a sense of reflection toward her own existence as a clone.

Through all the initial discomfort, Kathy’s decision to become a career allows her to reconnect with her sense of self amidst her trauma. The solitary nature of her work, driving across the country and spending nights alone, provides her with a unique space for introspection and healing. Despite the isolation, these moments of solitude enable Kathy to reflect on her life and value her existence, transforming her realization toward reconnection. Through her role, Kathy finds semblance of purpose and structure, which helps her to reconcile with her past. This act serves as form of caring for others that aids her to gradually rebuild a sense of self and meaning after her traumatic experience.

As a career, Kathy still has tendency to reminisce the remnants of her traumatic events. One of the signs of the remembrance is her relationship with Tommy. Kathy tells Ruth that he will capitalize the opportunity to take care of Tommy, her former friend, into the donation program. Her choice of Tommy is a reflection of her coping mechanism and reconnection with her former good memory with her friend. So I said to her: It’s okay, I’m going to do it, Ruth. I’m going to become Tommy’s career as soon as I can.” I said it under my breath, because I didn’t think she’d hear the words anyway, even if I shouted them. But my hope was with our gazes locked as they were for those few seconds. She’d read my expression exactly as I’d read hers. The moment was over, and she was away again. Of course, I’ll never know for sure, but I think she did understand. And even if she didn’t, what occurs to me now is that she probably knew all along, even before I did, that I’d become Tommy’s career, and that we’d ‘five a try’, just as she’d told us in the car that day. (p. 232)

Kathy's decision to become Tommy's career shows how she deals with her trauma by getting closer to someone important from her past. Taking care of Tommy isn't just about doing the task, it's about reconnecting with a part of her life that brought her comfort. This act helps her hold onto positive memories from their time at Hailsham. It represents her effort to keep a sense of normalcy and comfort in a life full of uncertainty and loss.

This scene also illustrates Kathy's way of coping after learning about her true identity as a clone with a predetermined fate. By becoming Tommy's career, Kathy finds purpose and belonging, which helps her deal with the feelings of helplessness and isolation that come with this revelation. This relationship provides her with emotional support, allowing her to process and integrate her past traumas into her current life. Kathy's decision to care for Tommy is an important step in her healing process, helping her rebuild her identity and move forward despite the difficult circumstances. Through her relationship with Tommy, Kathy reconnects with her past and creates a sense of safety and continuity in her life.

Kathy spends her eventual phase of life on contemplation and reflection about her past memory and how the traumatic event she encounters shapes her as a person. She manages her emotional turmoil by engaging in daydreaming and fantasy about the good memories she had with Tommy and Ruth. Her reflection has a significant role for her recovery as it supports her when navigating her life as a clone.

I was thinking about the rubbish, the flapping plastic in the branches, the shore-line of odd stuff caught around the fencing, and I half-closed my eyes and imagined this was the spot where everything I'd ever lost since my childhood had washed up, and I was now standing here in front of it, and if I waited long enough, a tiny figure would appear on the horizon across the field, and gradually get larger until I'd see it was Tommy, and he'd wave or maybe even call. The fantasy never got beyond that—I didn't let it—and though the tears rolled down on my face, I wasn't sobbing or out of control. I just waited a bit, then turned back to the car, to drive off to wherever it was I was supposed to be. (p. 282)

Kathy's fantasy about Tommy reflects her way of coping with trauma by holding onto the good memories she had with him. When she imagines seeing Tommy again, it helps her deal with the pain of losing him. This daydream is a way for Kathy to manage her emotional turmoil, giving her a sense of comfort and hope. Even though she knows it's just a fantasy, it allows her to feel connected to Tommy and to her past, which is important for her mental well-being. This act of imagining brings her some peace, helping her to handle the reality of her life as a clone.

This scene also shows how Kathy's reflections and daydreams play a big part in her healing process. By thinking back on her good memories with Tommy and Ruth, she finds a way to navigate her life and deal with the trauma of her identity and fate. Her fantasies provide a temporary escape and a way to process her feelings without becoming overwhelmed. They help her to stay grounded and give her strength to face her present challenges. In this way, Kathy's coping mechanisms, like her daydreams, support her recovery by allowing her to reconnect with her past and find a sense of continuity and safety in her life.

CONCLUSION

As a trauma survivor, Kathy is able to narrate her traumatic event as she has already in a structured environment where her safety is guaranteed as a career. However, It cannot be denied that she is self-aware about herself and and recalls on her past memory where she confronted the traumatic reality about her real identity in Hailsham with her friends, which results on her struggle in forming proper relationship with others. Overtime, she acts aggressively toward others and herself as externalization of hopelessness on the reality of her predetermined fate. However, as time goes on, she is able to cope with the reality of her unfortunate fate by cherishing the memory of her friends and becomes a career who usher the clones to become "complete". Kathy's journey through her traumatic experiences, as reflected in various aspects of her life, shows that her responses are vital steps in rebuilding her identity and finding peace within her predetermined reality. Her reflections, relational struggles, and moments of aggression are not just reactions but crucial phases in her recovery. These phases, as a result of her traumatic experience, guide her toward acceptance and help her reclaim a sense

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