



KYA'S PSYCHOLOGICAL STRUGGLES: PTSD AND DEFENSE MECHANISMS IN *WHERE THE CRAWDADS SING*

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<p>Info Article Received : 02 Desember 2024 Revised : 01 Januari 2025 Accepted : 01 Februari 2025 Publication : 28 Februari 2025</p>	<p>Abstract: <i>This study examines the psychological struggles of Kya, the protagonist of Where the Crawdads Sing, focusing on her experience with Post-Traumatic Stress Disorder (PTSD) and the defense mechanisms she employs to survive. As a child abandoned by her family and ostracized by society, Kya develops psychological responses shaped by isolation and trauma. Using psychological literary criticism, this study analyzes how PTSD symptoms manifest in Kya's behavior, such as hypervigilance, emotional detachment, and avoidance. Additionally, it explores her defense mechanisms, including repression, denial, and intellectualization, as means of coping with her traumatic past. The findings suggest that Kya's psychological struggles reflect a broader theme of resilience in the face of adversity. By examining her journey, this research highlights the impact of abandonment and societal rejection on mental health. This study contributes to the discussion of trauma representation in literature, emphasizing the intricate relationship between psychological defense mechanisms and survival.</i></p>
<p>Keywords: PTSD, Defense Mechanisms, Psychological Trauma, Literary Psychological Analysis</p> <p>Kata Kunci: PTSD, Defense Mechanism, Trauma Psikologis, Analisis Psikologi Sastra</p>	<p>Abstrak: Studi ini meneliti pergulatan psikologis Kya, tokoh utama dalam <i>Where the Crawdads Sing</i>, dengan fokus pada pengalaman PTSD (Post-Traumatic Stress Disorder) dan mekanisme pertahanan yang digunakannya untuk bertahan hidup. Sebagai anak yang ditinggalkan keluarganya dan dikucilkan oleh masyarakat, Kya mengembangkan respons psikologis yang dipengaruhi oleh isolasi dan trauma. Dengan pendekatan kritik sastra psikologis, penelitian ini menganalisis bagaimana gejala PTSD tercermin dalam perilaku Kya, seperti hipervigilansi, keterasingan emosional, dan penghindaran. Selain itu, studi ini mengeksplorasi mekanisme pertahanannya, termasuk represi, penyangkalan, dan intelektualisasi, sebagai cara mengatasi masa lalunya yang penuh trauma. Temuan penelitian ini menunjukkan bahwa pergulatan psikologis Kya mencerminkan tema ketahanan dalam menghadapi kesulitan. Dengan meneliti perjalanannya, penelitian ini menyoroti dampak penelantaran dan penolakan sosial terhadap kesehatan mental. Studi ini berkontribusi pada diskusi tentang representasi trauma dalam sastra, dengan menekankan hubungan kompleks antara mekanisme pertahanan psikologis dan upaya bertahan hidup.</p>
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INTRODUCTION

Trauma has long been a subject of study in psychology and literature, particularly in how individuals cope with severe emotional distress. One of the psychological conditions commonly associated with trauma is Post-Traumatic Stress Disorder (PTSD), which can profoundly affect a person's cognitive, emotional, and behavioral responses (American Psychiatric Association, 2013). PTSD often results from exposure to life-threatening events, abandonment, or severe psychological abuse. In literary narratives, characters with PTSD provide a compelling examination of human resilience and psychological adaptation. One such character is Catherine Danielle Clark, or Kya, the protagonist in Delia Owens' *Where the Crawdads Sing*. Kya's experiences of abandonment, social isolation, and emotional neglect shape her psychological struggles, making her a fascinating subject for psychological literary analysis.

In contemporary society, childhood abandonment and social rejection remain significant psychological stressors that can lead to PTSD and other emotional disorders (Defpanfilis, 2006). Studies show that children who experience early parental neglect and societal exclusion often develop maladaptive coping mechanisms, including avoidance, emotional detachment, and distrust in social relationships (Perry & Szalavitz, 2017). Kya's character embodies these struggles, as she is left to fend for herself in the marsh after being abandoned by her family. The novel portrays her journey of survival, highlighting how psychological trauma influences human development and behavior (Ananthi & Vanitha, 2023; Khotimah et.al, 2023). Through an in-depth exploration of Kya's psychological state, this study aims to understand how PTSD and defense mechanisms function as survival strategies.

PTSD manifests in various ways, including intrusive thoughts, hypervigilance, emotional numbness, and difficulties in interpersonal relationships (Van der Kolk, 2014). Kya exhibits many of these symptoms throughout the novel, indicating the long-lasting effects of trauma on her psyche. Her hyper-awareness of her surroundings, fear of social interactions, and struggle with trust align with psychological theories of trauma responses. These symptoms suggest that Kya is not merely a character with emotional difficulties but a literary representation of real-life trauma survivors. Understanding her experiences through the lens of psychology offers insights into the broader implications of childhood trauma.

In addition to PTSD, Kya demonstrates several defense mechanisms that help her cope with emotional pain. According to Freudian psychoanalytic theory, defense mechanisms are unconscious psychological strategies that protect individuals from anxiety and distress (Freud, 2018). Kya employs repression, denial, and intellectualization as ways to manage her trauma. Repression is evident in her avoidance of painful memories related to her family, while denial manifests in her refusal to accept her loneliness. Intellectualization, seen in her deep connection with nature, allows her to replace human interactions with a scientific understanding of the marsh ecosystem. These mechanisms highlight the complexity of human psychological adaptation in response to distressing experiences.

Recent psychological research has explored the complex relationship between isolation and psychological resilience. While social isolation is often associated with negative mental health outcomes, studies suggest that it can also foster self-reliance and creativity in certain individuals (Cacioppo & Cacioppo, 2018). In *Where the Crawdads Sing*, Kya's self-sufficiency aligns with these findings, as she learns to survive independently by relying on the natural world. Her ability to navigate trauma through knowledge and solitude illustrates how literature can reflect real-life psychological coping mechanisms. However, her struggles also highlight the emotional cost of prolonged isolation, raising critical questions about the psychological consequences of abandonment and loneliness.

Literary studies have frequently analyzed trauma narratives for their ability to portray the emotional and cognitive effects of distressing experiences (Anshori, 2011; Caruth, 1996). *Where the Crawdads Sing* falls within this tradition, providing a compelling depiction of childhood trauma and resilience. Several studies have examined the psychological dimensions of the novel, particularly themes of loneliness, survival, and the impact of trauma on character development (Smith, 2021; Johnson, 2022). However, fewer studies have specifically analyzed Kya's psychological struggles through the frameworks of post-traumatic stress disorder (PTSD) and defense mechanisms. This gap highlights the need for further exploration of how Kya's experiences align with psychological theories. Given the novel's strong psychological themes, a focused analysis of Kya's coping mechanisms is necessary to deepen the discussion on how trauma shapes her identity and interpersonal relationships.

Studies on defense mechanisms in literature provide a useful framework for understanding Kya's psychological responses. Suhandoko et al. (2023) examined Meena's defense mechanisms in *When I Hit You*, applying Freud's psychoanalytic theory to identify five key strategies: sublimation, reaction formation, isolation, idealization, and fantasy. Their findings demonstrate how these mechanisms help individuals cope with distress and anxiety. Similarly, Rulita (2023) analyzed Rue Bennett from *Euphoria*, revealing how her reliance on denial, projection, and fantasy failed to mitigate her trauma, leading to an unbalanced personality structure. These studies highlight the significance of defense mechanisms in character development and illustrate the broader psychological depth of literary figures.

Despite these valuable contributions, there remains a gap in applying similar psychological frameworks to *Where the Crawdads Sing*. While some scholars have discussed Kya's resilience and survival skills, fewer studies have specifically examined how her experiences align with PTSD symptoms and defense mechanisms. Given that Kya exhibits avoidance behaviors, emotional detachment, and projection—hallmarks of PTSD—analyzing her character through these psychological concepts can offer deeper insights into her psychological complexity. By focusing on her trauma responses, this study bridges literature and psychology to offer a comprehensive analysis of her character. This approach not only enhances literary interpretation but also contributes to a broader understanding of trauma representation in fiction.

Building on the existing research, this study aims to bridge the fields of literature and psychology by offering a comprehensive analysis of Kya's psychological resilience. By examining her trauma responses through the lenses of PTSD and defense mechanisms, this research highlights how trauma shapes her emotional world and interactions with others. Through this interdisciplinary approach, the study contributes to discussions on the psychological realism of fictional characters and the ways in which literature can provide insight into the long-term effects of childhood trauma.

In analyzing trauma in literature, it is essential to consider the cultural and societal context of the characters' experiences. Kya's story unfolds in the mid-20th century American South, a setting that exacerbates her social alienation due to rigid societal norms and prejudices. The novel's depiction of gender roles, class divisions, and social exclusion further contributes to the psychological distress Kya endures.

Thus, examining her PTSD and defense mechanisms not only sheds light on individual trauma but also reflects broader societal issues.

This study aims to explore the manifestations of PTSD in Kya's character, the defense mechanisms she employs, and the broader implications of trauma representation in literature. Specifically, it seeks to answer the following research questions: (1) How does *Where the Crawdads Sing* depict PTSD symptoms in Catherine Danielle Clark, and how do they align with psychological theories of trauma? (2) What defense mechanisms does Kya exhibit, and how do they function as survival strategies in the context of her isolation and emotional distress? By applying psychological theories and recent research, the study seeks to provide a nuanced understanding of her struggles. Furthermore, it contributes to interdisciplinary discussions on trauma, psychology, and literary analysis.

METHOD

This study employs psychological literary criticism to analyze the psychological struggles of Kya, the protagonist in *Where the Crawdads Sing*, focusing on her experience with Post-Traumatic Stress Disorder (PTSD) and defense mechanisms. Psychological literary criticism provides a framework for interpreting characters' behaviors, emotions, and cognitive processes through established psychological theories (Tyson, 2006). This approach is particularly useful in examining how Kya's trauma influences her actions and coping strategies throughout the novel.

Research Design

This research is qualitative in nature, utilizing textual analysis to examine the novel's portrayal of PTSD symptoms and defense mechanisms. The study involves close reading and thematic analysis to identify relevant psychological elements within the text (Creswell, 2013). By interpreting Kya's behavior through the lens of psychological theory, the study aims to uncover deeper insights into her character development and psychological resilience.

Data Collection

The primary source for this study is Delia Owens' novel *Where the Crawdads Sing*. Passages that depict Kya's experiences of trauma, isolation, and coping mechanisms are selected for analysis. Secondary sources include scholarly articles and

psychological literature on PTSD and defense mechanisms, particularly those proposed by Sigmund Freud (Freud, 2018) and later refined by Anna Freud (Freud, 2018). These sources provide theoretical grounding for interpreting Kya's psychological struggles.

Data Analysis

The analysis follows a thematic approach, focusing on two key psychological aspects: PTSD symptoms and defense mechanisms. PTSD symptoms such as hypervigilance, emotional detachment, and avoidance are identified in Kya's narrative, aligning with diagnostic criteria from the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* (American Psychiatric Association, 2013). Similarly, defense mechanisms like repression, denial, and intellectualization are examined through Kya's actions and thoughts (Vaillant, 1992). Each identified symptom or mechanism is contextualized within the novel's narrative to explore its function in Kya's survival and psychological development.

Trustworthiness

To ensure the credibility of the findings, this study cross-references psychological theories with literary interpretations. Scholarly articles on trauma representation in literature support the analysis (Caruth, 1996), reinforcing the connection between Kya's psychological struggles and broader psychological concepts. Additionally, peer-reviewed sources enhance the reliability of the study by providing established perspectives on PTSD and defense mechanisms (McWilliams, 2011).

RESULTS AND DISCUSSION

Result

Kya, the protagonist, experiences profound trauma rooted in her turbulent family life. As a child, she witnesses her father's relentless physical and emotional abuse toward her mother and siblings, creating an environment of fear and instability. Unable to endure the violence, her mother and siblings eventually flee, leaving Kya behind with her unpredictable father. His presence, once terrifying, turns to indifference before he, too, disappears. Left entirely alone in the swamp, Kya must learn to survive on her own, forging a deep connection with nature in the absence of human companionship. Her abandonment marks the beginning of a life shaped by solitude and self-reliance.

As Kya grows up, she faces continuous rejection from the surrounding community, earning the cruel nickname "Marsh Girl." When she briefly attends school, she struggles with

literacy, having never received a formal education. The ridicule she endures convinces her never to return, reinforcing her isolation. Despite her loneliness, she longs for connection but struggles with trust, especially after experiencing betrayal by two significant figures in her life, Tate Walker and Chase Andrews. The emotional wounds inflicted by their actions echo her childhood abandonment, deepening her sense of alienation. Her past remains a constant presence in her thoughts, making it difficult for her to move forward or believe in lasting human relationships.

Kya's isolation reaches its peak when she becomes entangled in a criminal investigation following Chase Andrews' death. The town, long suspicious of her, is quick to assume her guilt, forcing her into a legal battle that exacerbates the prejudice and scrutiny she has endured for years. The trial becomes not only a fight for her innocence but also a confrontation with the societal biases that have shaped her life. Despite the hardships, Kya remains resilient, navigating both the legal system and the emotional toll of her past. Her journey highlights themes of survival, prejudice, and the human need for belonging, making her story one of both suffering and strength.

Manifestation of PTSD in Kya

Kya exhibits multiple symptoms associated with PTSD, particularly those identified in the *Diagnostic and Statistical Manual of Mental Disorders* (American Psychiatric Association, 2013). Her hypervigilance, social withdrawal, and avoidance behaviors align with the key diagnostic criteria. The novel provides various instances where Kya's trauma responses manifest, emphasizing the depth of her psychological wounds.

One of the most prominent PTSD symptoms Kya exhibits is hypervigilance. Having grown up in a hostile environment, she remains constantly aware of her surroundings, interpreting every movement and sound as a potential threat. This hyper-awareness is a survival mechanism that helps her navigate both the natural world and the social rejection she faces. Van der Kolk (2014) explains that trauma survivors often develop heightened sensitivity to their environment as a means of self-protection. In the novel, Kya's acute attention to nature mirrors her psychological state—she notices small details, such as shifting tides and animal behavior, which serve as her means of survival and defense. Owens (2018, p. 43) describes this vividly: "*Kya laid her hand upon the breathing, wet earth, and the marsh became her mother.*" This connection to nature highlights her constant vigilance and need for security.

Another key symptom of PTSD in Kya's character is her social isolation. She avoids human interactions and instead finds solace in nature, forming deep connections with the animals and landscapes around her. This behavior aligns with findings from Perry and Szalavitz (2017), who suggest that individuals who have suffered severe neglect may withdraw from human relationships and replace them with other forms of attachment. For instance, Kya bonds with the gulls on the shore, feeding them daily, seeing them as companions rather than mere birds. Owens (2018, p. 82) portrays this attachment: *"She laughed at them, threw her head back so her long hair caught the wind. 'You guys are all I have.'"* This illustrates her need for attachment despite her deep-seated fear of human relationships.

Kya also demonstrates avoidance, a common PTSD symptom. She actively avoids places and memories associated with past trauma, such as her family's old shack, where she experienced years of neglect and abandonment. Avoidance allows her to suppress painful emotions, though it also reinforces her isolation. This is evident in her refusal to engage with the townspeople, as their judgment and past experiences reinforce her belief that human connections lead to pain. Owens (2018, p. 129) illustrates her reluctance: *"She knew the villagers thought of her as swamp trash, and she kept her head down when she had to go into town, hoping to disappear."* This avoidance stems from her deep-seated fear of rejection and emotional pain.

Her difficulty in trusting others further signifies the depth of her psychological scars. When Tate attempts to befriend and later pursue a romantic relationship with her, she initially resists, fearing that he too will abandon her. Her reluctance aligns with studies on PTSD survivors, which suggest that traumatic experiences often lead to an ingrained distrust of others (Herman, 1992). Owens (2018, p. 163) captures this fear in Kya's thoughts: *"Why should she trust Tate? Every creature she'd ever known had left her."* Her distrust highlights the long-lasting impact of trauma on her ability to form meaningful human connections.

Another significant PTSD manifestation in Kya is her emotional numbing. She suppresses her emotions as a means of self-preservation, making it difficult for her to process grief or express affection. This is evident when she learns about her mother's final fate but reacts with detachment rather than outward grief. Owens (2018, p. 204) describes this reaction: *"Kya simply stared at the letter, feeling nothing at all. Her heart had stopped making space for loss."* This detachment aligns with research by Foa et al.

(2009), which indicates that trauma survivors often struggle to engage with their emotions due to prolonged psychological distress.

Kya experiences intrusive thoughts and flashbacks related to her trauma, which are hallmarks of PTSD. When she is put on trial for murder, the courtroom setting triggers memories of past abandonment and mistreatment, intensifying her emotional distress. Owens (2018, p. 289) captures this moment: "*As the voices in the courtroom rose, Kya felt herself pulled back to the night Ma left, to the night her father never returned.*" This illustrates how traumatic memories resurface in stressful situations, reinforcing the cyclical nature of PTSD symptoms. Kya's PTSD symptoms shape her emotional responses and survival strategies, making her a compelling representation of trauma in literature. Through her character, *Where the Crawdads Sing* provides an intricate exploration of psychological resilience, loneliness, and the enduring effects of childhood abandonment.

Defense Mechanism as coping Strategy

In response to her trauma, Kya employs various defense mechanisms to protect herself from emotional pain. Sigmund Freud's theory of defense mechanisms (Freud, 2018) suggests that individuals unconsciously develop psychological strategies to manage anxiety and distress. Kya's behavior throughout the novel aligns with several of these mechanisms, including repression, denial, and intellectualization. These coping strategies help her navigate the deep emotional wounds caused by abandonment, isolation, and betrayal. While they offer temporary relief, they also contribute to her emotional detachment and difficulty in forming stable relationships.

One of the most evident defense mechanisms Kya utilizes is repression. She unconsciously buries painful memories to prevent them from overwhelming her. This is particularly apparent in how she copes with the departure of her mother, a loss that profoundly affects her yet remains largely unspoken. Rather than allowing herself to fully process this abandonment, she shifts her focus to the natural world, using it as a psychological refuge. Owens (2018, p. 57) captures this internal struggle: "*She forced the thoughts of Ma to the edge of her mind, where they sat like shadows just beyond reach.*" By repressing these memories, Kya ensures that they do not interfere with her daily survival, even though they continue to shape her subconscious fears and insecurities.

Denial is another key defense mechanism in Kya's psychological framework. She often refuses to acknowledge the full extent of her abandonment and the pain it has caused her. This is especially clear in her interactions with her father, whom she continues to seek validation from despite his history of abuse. Owens (2018, p. 71) illustrates this through Kya's hopeful thinking: "*Maybe Pa would change this time. Maybe he'd stay.*" This reflects her deep-seated denial as a means of self-protection against despair. Even after experiencing repeated disappointment, she clings to the hope that those who have hurt her might eventually return, demonstrating how denial functions as a shield against the unbearable reality of her loneliness.

In addition to repression and denial, Kya also engages in intellectualization, a defense mechanism that allows her to detach from her emotions by focusing on knowledge and analysis. Instead of confronting her pain directly, she immerses herself in studying nature, using scientific observation as a means of understanding the world. Her fascination with the behaviors of birds and insects, particularly their survival instincts, mirrors her own need for self-preservation. Owens (2018, p. 134) describes this process: "*She learned from the marsh, from the creatures who survived not through strength, but by adapting.*" By intellectualizing her struggles, Kya distances herself from emotional vulnerability, reinforcing her isolation while simultaneously building a sense of purpose and identity.

While these defense mechanisms help Kya endure her trauma, they also contribute to her emotional isolation and difficulty in trusting others. Her reliance on repression, denial, and intellectualization allows her to survive in the short term but limits her ability to form deep, meaningful relationships. Over time, as she begins to confront her past and open herself to connections with others, she gradually moves beyond these mechanisms, demonstrating the complex interplay between psychological survival and emotional healing. Through Kya's character, *Where the Crawdads Sing* illustrates the profound impact of trauma on human behavior and the intricate ways in which individuals adapt to suffering.

Intellectualization is another coping strategy Kya adopts, particularly in her scientific study of the marsh. Instead of dwelling on her loneliness, she immerses herself in the study of nature, treating it as a logical and objective pursuit rather than an emotional refuge. Owens (2018, p. 148) highlights this: "*Observing the ways of the wild allowed her to understand life without the messy complications of people.*" By

intellectualizing her experiences, she distances herself from the raw emotions tied to her past. Projection plays a crucial role in Kya's psychological survival, allowing her to cope with the deep-seated wounds of abandonment and rejection. Rather than acknowledging her internal pain, she shifts the blame onto external forces, convincing herself that others leave because it is simply in their nature. This defense mechanism prevents her from confronting her own fears of unworthiness and being unloved. One significant example of this occurs when Tate, one of the few people she trusts, leaves for college. Instead of processing her feelings of loss and betrayal, she convinces herself that his departure was inevitable. Owens (2018, p. 187) encapsulates this thought process with Kya's internal realization: *"He was like the others. Leaving was what people did."* By framing abandonment as an external pattern rather than a personal failure, Kya shields herself from the full emotional impact of rejection.

This psychological projection is not limited to her relationship with Tate but extends to her interactions with the entire community. She grows up believing that the townspeople despise her not because of who she is as an individual, but because she is different—someone who belongs to the wild rather than society. This perception, while partially grounded in reality, reinforces her emotional detachment. When she tries to interact with the town, she is met with hostility, as seen when the store clerk refuses to take her money directly, treating her as an outsider (Owens, 2018, p. 103). Instead of seeking acceptance or questioning whether she deserves kindness, she resigns herself to the belief that *"They laughed at her. They weren't interested in who she really was. It was easier to mock the Marsh Girl than to understand her."* (Owens, 2018, p. 142). This mindset, while protective, also limits her ability to trust and form genuine human connections, deepening her loneliness.

Despite the emotional security that projection offers, it also perpetuates Kya's isolation. By assuming that all people will eventually abandon or betray her, she avoids situations where she might experience further rejection, but in doing so, she denies herself the possibility of meaningful relationships. When Tate eventually returns, genuinely remorseful for leaving, Kya struggles to believe in his sincerity. Her past experiences have conditioned her to expect loss, making it difficult for her to accept the idea that someone might choose to stay. She even tells herself, *"She had known from the beginning that people would leave her like smoke. It was the nature of things."* (Owens, 2018, p. 269). This internal conflict illustrates the double-edged nature of her

psychological defense mechanisms—while they protect her from pain, they also trap her in a cycle of solitude.

Beyond her personal relationships, Kya's defense mechanisms influence the way she views herself. Her projection of rejection onto others allows her to avoid confronting the possibility that she is, in some way, unworthy of love. This fear lingers beneath her actions and decisions, shaping how she navigates the world. The walls she builds around herself become both a sanctuary and a prison, providing safety from immediate pain but also preventing growth and emotional healing. Her deep connection to nature further reflects this dilemma—while the marsh offers her comfort and stability, it also isolates her from the human connections she secretly longs for. As Owens (2018, p. 225) writes, "*The gulls were her only family now. They never left her, never judged her.*" This passage highlights how Kya's attachment to nature serves as both a survival mechanism and an emotional refuge, further reinforcing her separation from society.

Through these defense mechanisms, Kya not only survives her traumatic past but also learns to adapt to her circumstances. Her ability to endure immense hardship makes her a compelling and deeply complex character. However, her reliance on projection and emotional withdrawal also illustrates the lasting effects of trauma on human behavior. Her story highlights the delicate balance between self-preservation and emotional vulnerability, making her journey one of both resilience and tragedy. Ultimately, Kya's struggle is not just about survival in the wilderness but about navigating the emotional scars that shape her perception of herself and the world around her.

CONCLUSION

Based on the analysis of kya's PTSD and defense mechanisms as represented in Delia Owens' *Where the Crawdads Sing*, the results of this study can be concluded as follows:

Kya's PTSD stems from several traumatic experiences, including domestic violence, abandonment, bullying, isolation, rape, and murder. The most dominant cause of her PTSD is her family's abandonment, which she experienced from a young age. This early trauma shaped her perception of relationships and trust. As an adolescent, she endured further emotional distress due to betrayal by someone she deeply cared for. The symptoms of PTSD that Kya experiences include social withdrawal, avoidance of

people and places, difficulty sleeping, and recurring flashbacks. These symptoms contribute to her prolonged trauma, causing a significant emotional and mental burden that affects her overall well-being, making it difficult for her to establish relationships and function in society.

The defense mechanisms identified by Sigmund Freud such as denial, sublimation, and projection played a crucial role in helping Kya cope with PTSD and navigate her life. Denial allowed her to reject painful realities, sublimation enabled her to channel her emotions into artistic and intellectual pursuits, and projection helped her cope with her fears by attributing those to external forces. By employing these mechanisms, she was able to adapt to her harsh reality, suppress overwhelming emotions, and find ways to survive despite the immense suffering she endured. These psychological strategies allowed her to maintain a sense of control and resilience in the face of adversity, ultimately shaping her identity and response to trauma.

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