

## CHAPTER V

### CONCLUSIONS AND SUGGESTIONS

#### A. Conclusions

From the discussion of the research in the previous chapter, the researcher gives the following conclusion:

1. This study aimed to analyze the expression of PTSD in the poetry of Mosab Abu Thaha and Rafeef Ziadah and identified the causes of PTSD and the used of imagery as a form of Palestinian resistance. With a focus on language, symbolism, and metaphor, this study explored how the experience of trauma due to conflict is manifested in their works. It analyzed the lyrics of poems that contain PTSD in them. The poems of Mosab Abu Thaha and Rafeef Ziadah contain deep emotional expressions of traumatic experiences caused by the prolonged conflict in Palestine. This expression is reflected in strong metaphors, symbolism, and intense visual depictions or imagery. Through their poems, both poets can portray feelings of despair, fear, loss, and the deep psychological impact of the violence and suffering experienced. These poems reflected the collective experienced of Palestinians lived under prolonged occupation and conflict.

2. This study aims to analyze the expression of PTSD in the poetry of Mosab Abu Thaha and Rafeef Ziadah and identify the causes of PTSD, taking into account Gerald C. Davison's theory of the causes of PTSD, such as brain causes, genetic causes, environmental causes, and psychological causes. After analyzing their poems, it was found that there are environmental

causes and psychological causes that are highlighted the most. Their poems highlighted various causes of PTSD, including violence, loss of family and friends, destruction of homes and communities, and psychological distress arising from living under military occupation. Daily experiences of threat, loss, and uncertainty significantly contribute to the development of PTSD among Palestinians. These poems offer a deep insight into the profound and complex impact of conflict on the mental and emotional health of Palestinian individuals and communities. Both poets successfully convey the importance of understanding the social and political context in which trauma occurs. They describe not only personal experiences of trauma, but also the collective trauma that permeates the Palestinian community. This collective trauma is felt by many Palestinians, creating a shared experience of suffering and resilience. The works of these poets illustrate how trauma is not limited to individual experiences, but is a pervasive and communal phenomenon that affects the wider social fabric of Palestinian society.

3. The poets used powerful imagery to describe their PTSD experienced as well as their spirit of resistance. This imagery included descriptions of visuals, sounds, and sensations that reflected their trauma and resilience. For example, images of destruction, blood, tears, and the sounds of gunfire and explosions appear frequently in their poetry to depict the horror and suffered experienced. However, behind this bleak imagery, some images depict resilience, hope, and resistance. Descriptions of resurgence, courage, and fighting spirit provide a balanced view of the traumatic experience and the

resilience born out of such suffering. The imagery depicts suffering, a fighting spirit, and hope for a better future.

### **B. Suggestion**

1. For the English Department, English Literature students need to deepen their skills in analyzed poetry texts that address PTSD to understand the messages conveyed by Mosab Abu Thaha and Rafeef Ziadah. It is recommended to adopt an analytical approach from a different perspective or analyze the works of different poets. A deeper understanding of both literary theory and the content of the poems is required to explore deeper meanings.
2. For readers, this suggested payed more attention to the messages conveyed through poetry and understanding the content within, while also opened up insight that trauma is caused by factors in our surroundings, necessitated awareness of these influences.
3. This study can served as a source of inspiration for future researchers interested in explored the relationship between psychological trauma and poetry in the Palestinian cultural context. The findings discussed in this thesis can served as a basis for further research on how poetry influences people's understanding of war trauma and political conflict in Palestine. In addition, this thesis can also provide insight into how poetry can be used as a tool to convey messages of humanity and peace in prolonged conflict.