

Echoes of Displacement: Trauma and Resilience in the Works of Afghan Women Writers

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Abstract

This research aims to analyze the representation of trauma and resilience within the narratives of Afghan women writers. Furthermore, it sought to conduct a comparative analysis of their works and contextualize the influence of historical and cultural factors. This study specifically focuses on the writings of Nadia Hashimi, Homeria Qaderi and Fariba Nawa, employing Judith Herman's framework from "Trauma and Recovery" to delve into the depiction of trauma and resilience present in their narratives. Through a comprehensive literary analysis, the research examines the psychological and emotional experiences of characters within these works, revealing the intricate interplay between personal and collective traumas. Hashimi's use of parallel narratives and symbolic imagery, Qaderi's memoir style and Nawa's combination of personal and investigative approaches provide a range of representations of trauma and resilience. A comparative analysis, however, highlights the similarities and differences in thematic focus, narrative techniques and the impact of each author's unique background because these factors critically shape their storytelling. Although each author approaches their subject matter differently, this diversity enriches the understanding of trauma and resilience in Afghan women's literature. The research contextualizes these narratives within a broader historical and cultural framework; it examines the impact of socio-political events and cultural practices on the characters' experiences. This study illuminated (the narratives of trauma and resilience) in Afghan women's literature. However, it also reveals how these elements intertwine, although the effects may vary because unique circumstances shape them. This highlighted significant contributions of the novels under study: the comprehensive analysis provided by the research yielded valuable insights into the psychological and emotional experiences of Afghan women and their contributions to literary studies and trauma research.

Keywords: Trauma, Resilience, Displacement, Afghan women Writers, Literary Analysis, Trauma and Recovery, Cultural Context, Afghan Diasporic Literature.

Introduction

Literature has the power to offer profound insights into human conditions. Afghan women writers have created narratives that reflect the complex realities of displacement and the enduring strength of the human spirit (Bezhan, 2008). The exploration of trauma and resilience in literature offers profound insights into the human condition. Afghan women writers in this regard mainly viewed it through the lens of those who endured extreme adversity (Raymond, 2021). These women's

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writings provided compelling narratives that reflected the complex interplay of historical, cultural, and personal factors influencing their experiences. This study explores their works employing Judith Herman's framework to understand how trauma and resilience are depicted and navigated in their narratives. Afghanistan's turbulent history, marked by decades of conflict, foreign invasions, and socio-political turmoil, has profoundly affected its people, particularly women. The Soviet invasion, the subsequent civil war, the rise of the Taliban, and the ongoing conflicts have created an environment of constant instability and danger. Afghan women during this era suffered challenges unbound (Whitlock, 2021). They faced displacement, loss and systemic oppression. Literature from Afghan women writers offers a unique and valuable perspective on these experiences (Farzad, 2022). They wrote what they suffered. Their writings are accurate representations of their thoughts and sufferings. Their write-ups are not silent presenters. Instead, they are interactive. They are voices and a testament to their enduring resilience (True and Akbari, 2024).

The reason behind selecting the works of Hashimi, Qaderi and Nawa was their significant contributions to Afghan diaspora literature. Their narratives are profoundly personal and resonate with broader echo displacement. They offer rich material for examining the interplay between trauma and resilience. These authors highlighted the strength and perseverance of Afghan women, portraying their struggles and triumphs with profound sensitivity and insight (Oumeddour Safa, 2022). The significance of this study lies in its potential to enhance our understanding of trauma and resilience in literature, particularly from the perspective of marginalized voices. The analysis of the themes is depicted in the works of Afghan women writers (Ekka, 2022). The research provides valuable insights into the psychological impacts of conflict and displacement. These narratives also contributed to a deeper understanding of the cultural and historical contexts that shape experiences of trauma and resilience. Trauma and resilience examined the depiction of the variables in the selected works (Marcia & Dragota, 2023). It involved analysis of the literary techniques used by the authors to convey their characters' psychological and emotional experiences. The comparative study of themes and techniques involved comparing the thematic focus and narratives to depict trauma and resilience. It highlights the similarities and differences in their approaches, revealing the background and differences in the methods of the novelist's understudy.

The research objectives were achieved through a detailed literary analysis of the novels, applying Herman's framework to examine the stages of trauma recovery—safety, remembrance and mourning. This approach gave freedom for a structured and comprehensive analysis of how characters in these works navigate their traumatic experiences and journey towards healing. Her Model provided a robust theoretical foundation for this study (Herman, 2018). She outlined the stages of establishing the present and future that offered a systematic approach to understanding trauma recovery. Through the application of this framework to the three Afghan women writers, it was identified that this framework not only enhances the understanding of the literary depictions of trauma and resilience. It also provided more profound insights into the social and cultural dynamics that shape these processes.

Echoes of Displacement

Trauma and Resilience in the Works of Afghan Women Writers aimed to shed light on the powerful stories of Afghan women, showcasing their strength and resilience in the face of ongoing adversity (Verge, 2024). Through a thorough and organized analysis, this research aimed to offer valuable insights into Afghan women's psychological and emotional experiences. This work

contributes to both literary studies and trauma research. These narratives are crucial for understanding the broader human experience of suffering and recovery, serving as a testament to the enduring spirit of those who persevere against the odds.

Research Methodology

This study investigates the themes of trauma and resilience in the literature of Afghan women writers, focusing on the novels of Nadia Hashimi, Homeira Qaderi, and Fariba Nawa. The qualitative approach employed here includes a comprehensive literary analysis, which facilitates a deep examination of how trauma and Post-Traumatic Stress Disorder (PTSD) are represented in these narratives. The texts selected for this analysis are "The Pearl That Broke Its Shell" and "When the Moon Is Low" by Nadia Hashimi, "Dancing in the Mosque: An Afghan Mother's Letter to Her Son" by Homeira Qaderi, and "Opium Nation: Child Brides, Drug Lords, and One Woman's Journey through Afghanistan" by Fariba Nawa. These works were chosen for their insightful exploration of trauma, displacement, and resilience.

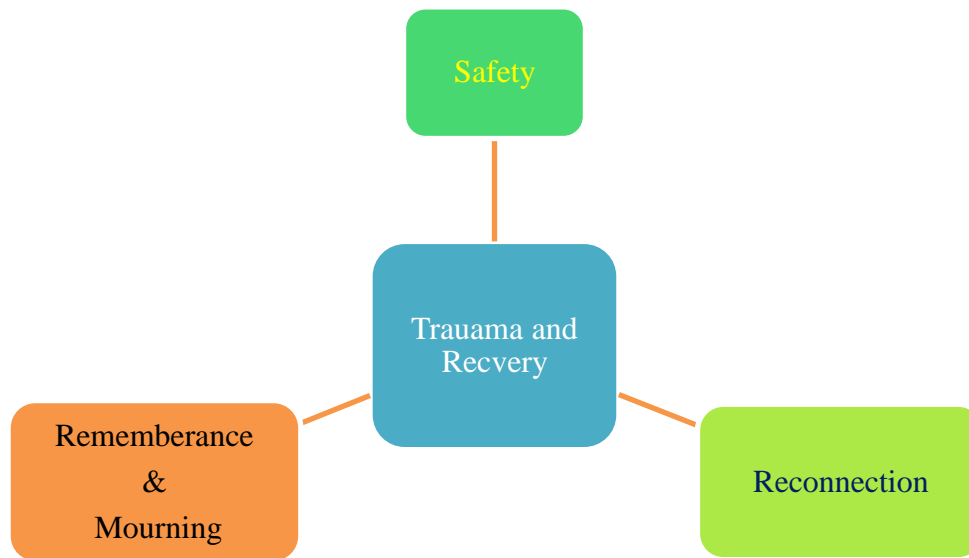
Table 1: Writers and their Literary Works Description

| Writer | Selected Literary Works |
|----------------|---|
| Nadia Hashmi | The Pearl that Broke its Shell When the moon is low |
| Homeira Qaderi | Dancing in the Mosque: An Afghan Mother's Letter to Her Son |
| Fariba Nawa | Opium Nation: Child Brides, Drug Lords, and one Women's Journey Through Afghanistan |

These writers were chosen for their significant contribution to Afghan diasporic literature. Nadia Hashmi explores complex themes of identity, displacement, and empowerment. Homeira Qaderi provides a poignant and personal account of trauma and resilience. Fariba Nawa combines personal narratives with broader social issues, offering an in depth look at the impact of conflict and displacement on Afghan women.

The literary analysis involves close reading of the selected texts to identify themes of trauma and PTSD. The analysis focused on the character's experience, examining how their narratives are shaped by their traumatic pasts and their journey towards resilience. Thematic analysis identified common themes such as trauma, resilience, and displacement, analyzing how these themes is presented in the narratives and how they contributed to the overall message of the works. Textual evidence used to support the findings.

Judith Herman's framework from "Trauma and Recovery" was applied to analyze the stages of trauma recovery depicted in the narratives (Anderson, 2021). This framework was chosen because it outlines clear stages of trauma recovery—safety, remembrance and mourning, and reconnection. This is particularly useful for analyzing literary narratives. Hermen's emphasis on the reconstruction of a sense of self and the importance of interpersonal relationships and community in the recovery process aligns with the themes present in the works of Hashimi, Qaderi and Nawa. This framework will examine how the characters deal with their trauma, the elements that support their healing, and the wider social and cultural consequences of their experiences.

Figure 1: Judith Herman Theoretical framework: trauma and Recovery

An analysis was performed comparing the works of Nadia Hashimi, Homeira Qaderi, and Fariba Nawa. This analysis brought to light the similarities and differences in their representations of trauma and PTSD and the unique insights each writer offers in their storytelling. The study examined the historical and cultural contexts in which these works were created, including the effects of socio-political events on the narratives. It assessed the authors' backgrounds and viewpoints.

Research Objectives

This research aimed to:

1. Investigate the depiction of trauma and resilience in the narratives created by Afghan women writers.
2. Carry out a comparative analysis of the works of Afghan women writers to bring attention to the themes of trauma and resilience in their literature.
3. Contextualize the effects of historical and cultural influences.

Research Questions

1. What literary techniques do these writers use to convey the psychological and emotional experience of trauma?
2. In what ways do the characters navigate their traumatic experiences and work towards healing and empowerment?
3. How do these writers' unique backgrounds and perspectives influence their portrayal of these themes?

Literature Review

The exploration of trauma and resilience in Afghan women's literature is an important area of study, given these writers' unique perspectives (Taheri et al., 2024). This research focuses on the works of Nadia Hashimi, Homeira Qaderi, and Fariba Nawa, employing Judith Herman's

framework "Trauma and Recovery" to analyze how trauma recovery stages are depicted in their narratives. Afghan literature, especially by Afghan women, offered profound insights into the socio-political turmoil and its impact on personal lives. This study is significant because it sheds light on the psychological resilience and trauma recovery process of Afghan women, a subject that has been underexplored in literary studies. The analysis of these narratives developed a better understanding of the broader human experiences of suffering, survival and healing (Hashemi & Amiry, 2024). The choice of Nadia Hashmi, Homeira Qadri, and Fariba Nawa is based on their significant contributions to Afghan diasporic literature (Ramos, 2023). These authors not only portray the problematic realities of their homeland but also share narratives filled with hope and resilience. Their works serve as a valuable foundation for exploring how trauma and recovery are experienced in environments shaped by conflict and displacement. Analyzing Nadia Hashimi's "The Pearl That Broke its Shell" (Hashimi & Hammond, 2014) reveals that Rahima's journey mirrors that of her great-great-grandmother Shekiba, as both women confront considerable challenges. Hashimi employs parallel narratives and symbolic imagery to emphasize their struggles and moments of empowerment. The "shell" motif symbolizes vulnerability and resilience (Miller et al., 2020). Similarly, in "When the Moon is Low" (Hashimi, 2015), Fereiba's journey as a refugee embodies the search for safety and stability, providing a detailed portrayal of the displacement's psychological toll. Hashimi's narrative techniques, such as detailed character development and internal monologues, vividly depict the character's trauma as resilience (Hatala et al., 2020).

Homeira Qadri's memoir, "Dancing in the mosque: an Afghan mother's letter to her son" (Qadri Dancing in the mosque: an Afghan mother's letter to her son), presents a deeply personal account of her life under an oppressive regime. The memoir is structured as a letter, providing an intimate look at her emotional journey. Qadri's detailed recounting of her experiences, from creating safe spaces within a hostile environment to mourning lost opportunities, reflects the stages of trauma recovery.

Her narrative styles, rich with emotional depth and personal reflection, vividly capture her resilience and determination to reclaim her identity and agency. Fariba Nawa's "Opium Nation: Child Brides (Nawa, 2011), Drug Lords, and One Woman's Journey Through Afghanistan" blends personal narrative with broader social issues. Nawa documents the harsh realities faced by Afghan Women entangled in the opium trade. They used personal anecdotes and investigative journalism. The narrative highlights these women's collective trauma and incredible resilience in challenging times. Nawa's weaving of personal and societal stories offers a detailed perspective on the socio-political issues that affect these women's lives (Schmeding, 2023).

In contrast, the three authors portray trauma and resilience through various lenses. Hashmi often incorporates symbolism and parallel narratives to reflect her characters' inner turmoil. Qadri's memoir presents a more personal and candid exploration of trauma and healing, focusing on emotional and psychological aspects. Meanwhile, Nawa's work combines personal narrative with broader social commentary, creating a nuanced understanding of trauma and resilience. This analysis illustrates how each author's background and viewpoint shape their representation of Afghan women's experiences (Liu et al., 2020).

Afghanistan's historical and cultural contexts are closely linked to the stories told by Afghan women writers (Mitra, 2020). These contexts create a backdrop that influences the characters' experiences of trauma and resilience. A deep understanding of these historical and cultural factors is essential for this study. Significant socio-political events, such as the rise of the Taliban and ongoing conflicts, significantly impact the narratives. These contexts shape the characters'

experiences, highlighting their trauma and resilience. For example, Qaderi's memoir illustrates societal constraints and the fight for freedom, reflecting the broader historical oppression Afghan women face. Similarly, Hashmi's depiction of displacement and the quest for safety echoes the real-life struggles of Afghan refugees (Taye, 2023). Afghanistan's history has been characterized by persistent conflict and socio-political turmoil. The Soviet invasion in 1979, the subsequent civil war, the rise of the Taliban in the 1990s, and the US-led invasion in 2001 are significant events that have deeply impacted Afghan society. Each period has contributed to widespread displacement, economic hardship, and social instability. The characters in the selected novels often navigate these tumultuous historical landscapes, reflecting the broader experience of the Afghan people (Kovach, 2021).

Nadia Hashimi's novel *The Pearl that Broke its Shell* is set during Taliban rule. It highlights the oppressive conditions faced by women and the cultural practice of "bacha posh," where young girls dress as boys to gain social freedoms (De Meyer et al., 2021).

The historical context of Taliban rule is crucial in understanding Rahima's and Shekiba's struggles and acts of resistance. In "When the Moon is Low," the impact of the Taliban's rise and the subsequent refugee crisis are central to Fereiba's journey. Her flight from Afghanistan to Europe mirrors the real-life experiences of many Afghan refugees fleeing persecution and seeking safety. Homeira Qaderi's "Dancing in the Mosque" is deeply rooted in Afghanistan's political turmoil (De Coninck, 2023). Her narrative is interwoven with the socio-political changes that occurred during the Taliban's regime. The historical context of oppressive policies and gender-based restrictions imposed by the Taliban is critical in understanding Qadeir's acts of defiance in her efforts to create safe spaces for herself and her son within a repressive society (Chioyenda, 2024). Fariba Nawa's "Opium Nation" explored the historical context of the opium trade in Afghanistan, which has been both a product and catalyst of conflict. The books delve into how the opium economy has fueled violence, perpetuated poverty, and exploited women and children. Nawa's investigative approach highlights the complex interplay between historical events and the socio-economic conditions that shape the lives of Afghan women (Nielsen, 2024).

Cultural norms and practices in Afghanistan also play a significant role in shaping the narratives of Afghan women writers (Barfield, 2022). Traditional gender roles, family dynamics, and social expectations are recurring themes influencing the character's experiences and actions. These cultural contexts often intersect with historical events to create layered and complex narratives (Borile, 2019). In Hashimi's works, cultural practices like "bacha posh" and the focus on family honour are essential for understanding the characters' motivations and the societal pressures they encounter. Rahima's change into a "bacha posh" and Shekiba's fight for survival illustrate how cultural norms can limit and empower women. Likewise, Fereiba's journey in "When the Moon is Low" is influenced by her role as a mother and her determination to safeguard her children in a patriarchal society. Qaderi's memoir provides personal insights into the cultural challenges that Afghan women face. Her experiences navigating societal expectations, family duties, and the quest for personal freedom highlight the broader cultural conflicts many Afghan women endure. Her stories emphasize the resilience needed to confront and reshape traditional gender roles in a conservative environment. Nawa's "Opium Nation" delves into the cultural ramifications of the opium trade in Afghan society. The exploitation of women and children in this context exposes the grim realities of cultural and economic oppression. Nawa's examination of family dynamics, gender roles, and societal expectations offers a detailed understanding of the cultural contexts that influence the lives of Afghan women.

Understanding Afghanistan's historical and cultural contexts is essential for grasping the themes of trauma and resilience in the works of the novelists under examination. These contexts provide a rich backdrop shaping the characters' experiences and journeys toward healing (Mulholland, 2023). This literature review highlights the importance of analyzing trauma and resilience in Afghan women's literature. By utilizing Judith Herman's framework and examining the selected works of Nadia Hashimi, Homeira Qaderi, and Fariba Nawa, this study aims to shed light on Afghan women's psychological and emotional experiences. These insights are valuable for literary studies and trauma research, emphasizing the resilience and strength of Afghan women in challenging circumstances (Ahmed-Ghosh, 2023).

Literary Analysis

Literary analysis explores how trauma and resilience are depicted in the writings of Nadia Hashimi, Homeira Qaderi, and Fariba Nawa, drawing on Judith Herman's framework from "Trauma and Recovery" (Hashemi & Amiry, 2024). This framework, which includes the stages of safety, remembrance and mourning, and reconnection, provides a structured approach to comprehending how these themes are depicted in the narratives (Barati, 2023).

Nadia Hashimi's Novels Literary Analysis

This study includes two novels by Nadia Hashimi, "The Pearl that Broke its Shell" and "When the Moon is Low." The first novel narrates parallel narratives of Rahima and her grandmother, Shekiba, powerful tools to explore trauma and resilience. Both of the characters experience significant trauma due to the oppressive societal norms and political turmoil in Afghanistan. Rahima, forced into marriage at a young age, and Shekiba, who disguises herself as a male guide to survive, embody the struggle for safety in hostile environments. Hashimi's use of the "bacha posh" tradition, a cultural practice where young girls dress as boys to gain freedom__ highlights the desperate measures taken to create safe spaces. This aligns with Herman's first stage of trauma recovery, where establishing safety is paramount (Wilson, 2022).

As the narrative progresses, both Rahima and Shekiba engage in acts of remembrance and mourning. Rahima finds solace in the stories of Shekiba, drawing strength from her ancestor's resilience. The novel depicts Rahima's internal battles and moments of mourning for her lost childhood and freedom, reflecting Herman's second stage (Alman, 2024). Hashimi's detailed portrayal of Rahima's emotional journey offers insights into the process of confronting and processing trauma. The second novel included in this study states that the protagonist Fereiba's journey as a refugee fleeing the Taliban with her children is a poignant depiction of displacement and the quest for safety. Fereiba's narrative illustrates the continuous search for security in the face of the danger, mirroring the first stage of trauma recovery. Her journey through various refugee camps and the constant threat of deportation emphasize the instability and fear that pervade her life. As Fereiba reflects on her past, mourning the loss of her husband and homeland. The novels delve into the second stage of recovery. Fereiba's resilience is evident in her unwavering determination to provide a safe future for her children, ultimately showcasing her journey towards reconnection and rebuilding a new life in a foreign land (Israel et al., 2024).

Homeira Qaderi's Novel

The novelist's memoir, "Dancing in the Mosque: An Afghan Mother's Letter to Her Son, presents a deeply personal and evocative account of her life under an oppressive regime (Doubleday, 2023). The memoir is structured as a letter to her son, providing an intimate window into her emotional

and psychological struggles. Qaderi's narrative vividly captures the creation of safe spaces amidst the hostility of the Taliban's rule. Despite the dangers, her determination to educate herself and her son aligns with Heman's first stage of establishing safety (Cottrell et al., 2023). The process of remembrance and mourning is central to Qaderi's memoir. She reflects on the lost opportunities, the oppressive conditions, and the cultural restrictions that shaped her life. Her rewritings serve as a form of mourning, allowing her to confront and process the traumas she has endured. Qaderi's narrative style, rich with emotional depth and personal reflection, provides a profound insight into the second stage of trauma recovery (Gupta & Arora, 2024).

Despite the challenges, her efforts to reconnect with her son and her community highlight the final stage of recovery. Her activism and commitment to education reflect her resilience and determination to rebuild her life and support others. The memoir not only portrays Qaderi's journey but also serves as a testament to the resilience of Afghan women in the face of oppression.

Literary Analysis of Fariba Nawa's Novel

The novel by Fariba Nawa offers a multifaceted view of trauma and resilience, blending personal narrative with broader social issues. Nawa's investigative approach documents the harsh realities faced by Afghan women entangled in the opium trade. The narrative comprehensively portrays the socio-political and economic conditions that fuel trauma and exploitation (Ahmad et al., 2024). Nawa's exploration of the impact of the opium trade on Afghan women highlights the pervasive trauma experienced by these individuals. The creation of safe spaces is depicted through the efforts of women who strive to protect their children and themselves from the dangers of the trade. This aligns with the first stage of trauma recovery. Nawa's stories and those of other women vividly illustrate their fight for safety and stability (Sikander et al., 2024). In her reflections, the process of remembering and mourning is straightforward, showcasing the collective trauma experienced by Afghan women. Her narratives convey the deep grief and loss felt by those impacted by the opium trade and ongoing conflict. Through her writing, Nawa processes these traumas, giving a voice to the often unheard experiences of Afghan women. Themes of reconnection and rebuilding are prominent in her work. The narrative emphasizes the strength of Afghan women as they face the challenges posed by the opium trade and work to reconstruct their lives. Nawa's path of reconnecting with her homeland and her commitment to highlighting the struggles of Afghan women represent a crucial phase in trauma recovery. Her work highlights the significance of resilience and community support in overcoming trauma.

Comparative Analysis

The three authors examined portrayals of trauma and resilience from distinct perspectives. Hashmi employs parallel narratives and symbolic imagery to delve into internal and external conflicts. Qaderi's memoir presents a deeply personal and introspective view, focusing on the emotional and psychological dimensions of recovering from trauma. The intertwined stories of Rahima and her grandmother, Shekiba, offer a nuanced exploration of trauma and resilience across generations. This approach enables Hashmi to connect the past with the present, illustrating how historical trauma continues to influence modern lives. The symbolic elements, like the "Shell," highlight the delicate balance of fragility and strength within her characters. Similarly, "When the Moon is Low" shifts between Fereiba's past and her current experiences as a refugee. This dual narrative enriches the reader's comprehension of her internal battles and the lasting effects of her past traumas.

Homeira's memoir showcases a profoundly personal and reflective narrative approach. It is organized as a letter to her son, providing an intimate insight into her emotional and psychological

journey. This first-person perspective facilitates a raw and honest depiction of her experiences, highlighting the personal ramifications of trauma and the process of mourning and remembrance. Qader's detailed reflections and emotional depth tell a touching account of her resilience and determination to reclaim her identity and agency within a repressive society.

Nawa's integration of personal and investigative storytelling offers a well-rounded perspective on the socio-political and economic realities impacting Afghan women. The distinct approaches of each author enhance the portrayal of trauma and resilience. This novel artfully combines personal narrative with investigative journalism, delivering an in-depth look at the challenges faced by Afghan women. Nawa's narrative style intertwines her experiences with those of the women she interviews, creating a layered representation of trauma and resilience. This fusion of personal and societal narratives allows Nawa to underscore the links between individual and collective trauma. Her investigative work provides a thorough and contextual analysis of Afghan women's difficulties, revealing the systemic issues that contribute to their ongoing struggles.

The authors of Afghan diaspora literature all concentrate on themes of trauma and resilience, each presenting a distinct viewpoint. Hashimi's writings often investigate the effects of historical and cultural practices on individual lives. In her novels, characters utilize thematic symbols to demonstrate the extreme lengths women must go to achieve safety and freedom in a patriarchal society. Hashimi also highlights the theme of displacement, illustrating the psychological burden of being a refugee throughout her work. Qaderi's literary pieces emphasize the emotional and psychological facets of trauma recovery. Her reflections on missed opportunities, cultural constraints, and the harsh realities of Taliban rule provide a rich and nuanced perspective on the trauma endured by Afghan women. Education and personal empowerment are pivotal themes in her narrative, showcasing her resilience and commitment to building a brighter future for herself and her son. Nawa's novel examines the broader socio-political and economic circumstances that contribute to the trauma faced by Afghan women in the context of systemic oppression and violence, offering a detailed analysis of the factors influencing their experiences.

The comparative analysis of the works of Nadia Hashimi, Homeira Qaderi, and Fariba Nawa through Judith Herman's framework sheds light on the portrayal of trauma and resilience in Afghan women's literature. Their distinct narrative styles, thematic focuses, and the historical and cultural contexts they operate within provide unique insights into the lives of Afghan women. Hashimi employs parallel narratives and symbolic imagery, Qaderi shares a deeply personal memoir, and Nawa combines personal and investigative storytelling, offering different perspectives on trauma and resilience. These narratives enrich our understanding of the psychological and emotional experiences of Afghan women, making significant contributions to both literary studies and trauma research.

Discussion

This research thoroughly examines how trauma and resilience are represented in the works of Afghan women writers. The study emphasizes the distinctive ways these authors convey their characters' psychological and emotional journeys. A significant finding is the varied depiction of trauma in the selected works. Hashimi's use of parallel narratives and symbolic imagery in "The Pearl That Broke Its Shell" and "When the Moon is Low" provides a nuanced understanding of trauma that transcends generations and geographical boundaries. The characters' experiences reflect personal trauma and the collective historical traumas that continue to influence modern lives. Hashimi's intricate character development and the incorporation of internal monologues give

profound insight into the psychological impact of trauma, rendering her narratives both personal and universal.

Homeira Qaderi's work presents a deeply personal view of trauma, focusing on its emotional and psychological dimensions. Readers can engage closely with her journey through her first-person narrative, emphasizing the significance of remembrance and mourning in healing. Qaderi's insights into missed opportunities and the harsh realities of life under Taliban rule offer a powerful testament to the strength needed to cope with such experiences. Her story highlights the necessity of establishing safe spaces, both physically and emotionally, as an essential initial step in recovering from trauma.

In "Opium Nation," Fariba Nawa merges personal narrative with investigative journalism, thoroughly exploring the socio-political and economic landscapes contributing to trauma. Her work brings to light systemic issues, including the opium trade and the exploitation of women and children, which sustain ongoing cycles of trauma. Nawa's narrative underscores the link between individual and collective experiences, stressing the importance of addressing broader societal challenges to enable recovery. Her investigative approach adds a critical layer to our understanding of trauma, revealing the need for structural changes to enhance resilience and healing.

Resilience and Recovery

The study also looked into how each author represents resilience and the journey to recovery. Hashimi's characters frequently find strength in their ties to their past and cultural heritage. The act of remembering and mourning in her works is shown through characters reflecting on their ancestors' experiences and losses. This phase is essential for the characters' reconnection with their identities and healing process. Hashimi's stories convey that resilience is about survival and reclaiming and redefining identity when faced with adversity. Qaderi's memoir underscores the importance of education and personal empowerment in fostering resilience. Her commitment to educating herself and her son illustrates the threats posed by the Taliban, serving as a powerful form of resistance. Qaderi's initiatives to create safe spaces and her journey of mourning and remembrance are key to her recovery. Her memoir emphasizes the significance of personal agency and community support in dealing with trauma and nurturing resilience.

Nawa's work highlights the importance of collective reliance. The stories of Afghan women intertwined with the opium trade and various socio-political challenges underscore the significance of community support and solidarity in the healing journey. Nawa's narratives indicate that resilience is not just an individual effort but a collective one that necessitates societal and structural backing. Her work emphasizes the need for comprehensive systemic changes to tackle the underlying causes of trauma and bolster the resilience of impacted communities.

His study indicates that although all three authors engage with the themes of trauma and resilience, they do so through their own distinct perspectives and narrative styles. Hashimi's use of symbolic and parallel narratives deeply explores the connection between individual and collective trauma. Qaderi's personal and introspective memoir offers a poignant look at the psychological journey of recovering from trauma. In contrast, Nawa's combination of personal and investigative narratives thoroughly examines the socio-political and economic conditions that influence the lives of Afghan women. These diverse approaches highlight the unique viewpoints of each author, enriching their representations of trauma and resilience and enhancing our understanding of these themes. Afghanistan's historical and cultural contexts play a crucial role in shaping these narratives. The impact of socio-political events, such as the rise of the Taliban and ongoing conflict, is reflected in the characters' experiences. Furthermore, cultural norms and practices,

mainly focusing on family honour, significantly influence the characters' actions and motivations. Understanding these contexts provides deeper insight into the external factors that shape the portrayal of trauma in Afghan women's literature.

Implication for Literary and Trauma Studies

This research offers significant insights into both literary studies and trauma research. By examining the representation of trauma and resilience through Judith Herman's framework, the study provides a structured way to understand these intricate themes. The findings underscore the importance of narrative techniques, cultural and historical contexts, and community support in trauma recovery. These insights can be instrumental for future research and interventions supporting trauma recovery and resilience across different contexts. It is evident from the discussion that the works of Nadia, Homeira, and Fariba deliver powerful narratives that highlight the experiences of Afghan women confronting trauma and resilience. Their stories not only provide a glimpse into the harsh realities they face but also stand as a testament to the strength and resilience of Afghan women. Through a thorough and comparative analysis, this research emphasizes the need to comprehend the complex nature of trauma and resilience in literature and beyond.

Findings

This research uncovers important insights into the portrayal of trauma and resilience in the works of Afghan women writers. By applying Judith Herman's trauma recovery framework to these writings, we gain a deeper understanding of the Afghan diaspora. This framework consists of three stages: safety, remembrance, mourning, and reconnection. It provides a nuanced perspective on these themes across various narrative styles and contexts. Through parallel narratives and symbolic imagery, Hashmi's novels depict trauma as a multi-generational experience deeply connected to historical and cultural backgrounds. In the novel "The Pearl That Broke Its Shell," societal pressures and historical events influence the characters' lives, reflecting individual and collective traumas. Similarly, in "When the Moon Is Low," Feriba's journey as a refugee emphasizes the lasting effects of displacement and instability on mental health.

Qadeiri's memoirs offer a close examination of the personal trauma faced during the Taliban regime. She reflects on her experiences, providing deep insights into the emotional and psychological burdens of living in oppressive circumstances. The first-person narrative style helps readers relate to her feelings of fear, loss, and grief. Similarly, Nawa's novel links personal narratives to broader socio-political challenges. She points out the systemic nature of trauma, and her investigative approach illuminates the connections between individual traumas and more significant societal issues, including the opium trade and gender exploitation.

The research highlights resilience in Hashimi's work, mainly through the characters' ties to their cultural heritage and personal backgrounds. The processes of mourning and remembrance play a vital role for the characters as they seek to reclaim their identities and cope with their traumas. Hashimi's narratives emphasize that resilience encompasses personal strength and support derived from cultural legacies.

In Qaderi's works, the theme of resilience is conveyed through education and personal empowerment. Her determination to learn and ensure her son's education, even amidst the Taliban threats, reflects a profound act of resistance. The narrative highlights the significance of personal agency and the community's support in overcoming trauma.

Nawa's novel emphasizes resilience as a shared journey. Her stories showcase how crucial community support and solidarity are in dealing with trauma. Through her narratives, she implies that truly overcoming trauma necessitates both structural changes and societal backing.

The study examined the narrative techniques that each author employed. Hashmi incorporated parallel narratives and symbolic imagery, which allowed for a nuanced and layered exploration of these themes.

The three literary writers explored themes of trauma and resilience in their works. Each presented their art from unique viewpoints. Hashimi delved into cultural practices and the weight of historical trauma. Qaderi brought attention to personal and psychological experiences. Nawa examined these themes through the lens of social, political, and economic issues.

The findings highlighted the vital role of narrative techniques, the relevance of cultural and historical contexts, and the significance of community support in the trauma recovery journey. These insights can guide future research and interventions to bolster trauma recovery and resilience in different contexts.

Contribution to Literary and Trauma Studies

This research contributes to a better understanding of how trauma and resilience are represented in literature, especially about Afghan women's experiences. By employing Judith Herman's framework, the study offered a structured method for analyzing these themes, providing valuable insights into the psychological and emotional aspects of recovering from trauma. It showcased the resilience and strength of Afghan women as illustrated in the works of the novelists studied. The researchers examined these narratives through a comprehensive and comparative lens. This research adds significant value to both literary studies and trauma research, highlighting the complex nature of trauma and resilience.

Conclusion

This research focused on portraying trauma and resilience in the writings of Afghan women authors Nadia Hashimi, Homeira Qaderi, and Fariba Nawa. By applying Judith Herman's trauma recovery framework, which includes the stages of safety, remembrance and mourning, and reconnection, the study provided a detailed analysis of how these themes are represented in their stories. It uncovered the intricate ways parallel narratives and symbolic imagery express individual and collective traumas. The characters in "The Pearl that Broke its Shell" and "When the Moon is Low" reflect the struggles faced by Afghan women through generations, emphasizing the lasting effects of historical traumas and the pursuit of safety and stability. Hashimi's dual narratives and rich character development offer valuable insights into the psychological complexities of trauma and the resilience of her protagonists.

Homeira Qaderi's memoir provides a deeply personal account of trauma, focusing on the emotional and psychological difficulties faced by Afghan women under the Taliban regime. Qaderi's storytelling is reflective and intimate, effectively conveying her experiences. Her memoir is a powerful testament to the resilience and strength of Afghan women in the face of harsh oppression. Likewise, Fariba Nawa's novel combines personal stories with the economic conditions that shape Afghan women's lives. Nawa's work highlights systemic issues like the opium trade and child exploitation, which perpetuate cycles of trauma. Her narrative underscores the necessity of addressing broader societal issues to enable recovery and resilience, illustrating how collective efforts and structural changes are crucial for overcoming trauma.

The comparative analysis showed that while all three authors tackle the themes of trauma and resilience, they do so from different perspectives and narrative techniques. Hashimi employs a symbolic and parallel narrative, Qaderi shares a deeply personal memoir, and Nawa combines personal and investigative storytelling, each offering unique insights into the experiences of Afghan women. These varied approaches enhance our understanding of trauma and resilience, emphasizing the complex nature of these themes in literature. Afghanistan's historical and cultural contexts significantly shape the narratives, providing a backdrop that influences the characters' experiences and actions. The socio-political events, cultural norms, and traditional practices depicted in these works highlight the external factors contributing to trauma and the resilience needed to overcome such challenges.

This research has added valuable insights to both literary studies and trauma research. By applying Judith Herman's framework, the evaluation explores trauma and resilience, delivering a comprehensive analysis of the psychological and emotional experiences of Afghan women. The findings reveal the importance of narrative techniques, cultural and historical contexts, and community support in the recovery from trauma. These insights can guide future research and interventions aimed at fostering trauma recovery and resilience in various settings, emphasizing the strength and resilience of Afghan women in overcoming adversity.

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