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The Psychological Development of the Afghan People in Khaled Hosseini's Selected Novels

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Abstract *The decade-long conflicts in Afghanistan—particularly during the Soviet invasion and the Taliban regime in the 1990s—have resulted in severe humanitarian crises and profound psychological trauma for its population. This study examines how Khaled Hosseini's selected novels (The Kite Runner, A Thousand Splendid Suns, and And the Mountains Echoed) depict the lived realities of Afghan people navigating trauma, displacement, systemic violence, and survival. Utilizing Sigmund Freud's psychoanalytic framework, specifically the structural model of the Id, Ego, and Superego, this research analyzes the psychological and emotional development of the major and minor characters across the three texts. Through qualitative textual and narrative analysis, the study demonstrates how physical abuse, war-induced displacement, patriarchy, and ethnic persecution serve as external psychological triggers (Id and external reality) that shape the characters' coping mechanisms, identity formation, and mental trajectories (Ego and Superego). The findings reveal that Hosseini's narrative accounts closely mirror the historical and psycho-social realities of Afghan war victims, highlighting the role of literature as both a reflective medium for collective trauma and an exploration of human resilience.*

Keywords: *Khaled Hosseini, trauma, psychoanalysis.*

I. INTRODUCTION

Literature has always been one of the common topics in many communities around the world. It is defined as a work which contents contains the beautiful phrases, as well as aesthetic values. Literary works are typically made as a form of entertainment since they expose the values of beauty in order to attract the readers or the audiences while also explaining the real-life elements that are reflected in the intrinsic elements, and they also represents their authors' backgrounds and experiences in their own eras, which enabling the readers from the further generations to learn the historical values from the past. Eagleton (1993) defined literature as a fictitious work written on a paper, which means that the concept of a literary work is always based on an author's imagination.

It is also described as something that contains several backgrounds in the past and the historical values, which made the authors rewrite the events and inform the next generations about various events in the past (Arafah, and Kaharuddin, 2019), while Onuekwusi (2013) in his statement describes literature as a beautiful thing made in various unique forms, either textual or oral. It describes the process of development in the literary field in which it was initially introduced as an oral tradition before the rise of the textual forms, especially the novels.

Novel is listed as one of the well-known examples of textual literary works, and it is described as a collected long story that are made into a single book. Several types of novels also have their genres vary depending on the authors' experiences and imaginations, either being based on the historical events past or their dreams about the events in the future (Irmayani et al., 2024; Muslimat et al., 2025; Nahdhiyah et al., 2023; Irmayani et al., 2026; Junaid et al., 2023). Although most of the novels are fictitious, there are several types that reflect the reality, with some of them may involve the real-life events and the historical figures while combining the real-life elements and the fictional characters. Wellek and Warren (1948) in their explanation defined novel as a narrative text being made based on the authors' experiences in the reality, and the language is defined as an explanation

about something that never actually existed in the life.

The writer would like to describe three novels written by an Afghan-American novelist named Khaled Hosseini, namely The Kite Runner, A Thousand Splendid Suns, and And The Mountains Echoed. The writer decided to analyze these novels due to them mentioning the situation of Afghanistan during the war periods, as well as the struggle of the people to survive in the terrifying moments caused by the continuous conflicts. The first novel is The Kite Runner (2003), which focuses on the story of a young boy named Amir who lived under the condition where his hometown is invaded in a war, which changes everything in his life. The second novel is A Thousand Splendid Suns (2007), which focuses on the life of a girl named Mariam. The synopsis reveals that she is an illegitimate child, which made her being ostracized and stigmatized by everyone in her community as the status of an illegitimate child is never recognized by anyone. And the third novel is And The Mountains Echoed (2013). It tells the life of the siblings Abdullah and Pari. They are born to an impoverished family, which must force their father to work hard in order to sustain their life. One day, the siblings' fate would change when Pari is sold to a wealthy yet childless couple by their father, much to Abdullah's dismay as he cherished his only sister.

The reason why the writer chooses these novels is due to them containing a lot of psychological elements in the entire plots. Hosseini's three selected novels serve as the representative of the Afghan people's condition during the war periods, which revealed that the wars had caused many serious impacts, especially trauma, on their mental health development. However, some of the other victims would also develop the other impacts such as fear, anger, and obsession as they would become rebellious in the process.

II. LITERATURE REVIEW

There are some previous studies that are used as the reference for the main topic of this article. Hardiansyah (2016) in his thesis describes Gayle Forman's novel titled If I Stay, in which it discussed the psychological experience of the main character named Mia. Using both qualitative method and the psychoanalysis theory, Hardiansyah revealed the negative effect of anxiety in Mia's mentality in which her personality is somehow affected by the external factors in the social life.

The next reference was cited from Ilham's thesis (2017), which topic is related to Herbert George Well's novel The War of The Worlds described the psychological and emotional change of the main character who must find a way to survive during the war between humans and the extraterrestrial beings from the Planet Mars during the late 19th century. Ilham's study also used the psychoanalysis approach in analyzing the emotional developments found in the novel.

The third reference is found in the thesis of Fildzha (2019). The topic of the thesis is focused on Winston's Cloudstreet, in which it discussed the common behavioral development of youths, particularly the influence of the psychological tensions towards the major characters' idiosyncratic behaviors based on their experiences. Fildzha also applied the psychoanalysis method to find out and explain the detailed information about the psychological and emotional development of each character' story.

Sakti (2020) from Hasanuddin University in her thesis also described the relationship between the literature and psychology, in which the analysis focuses on how literary works reflected how humans show their behavior and attitude in the social life. By applying the concept of Freud's psychoanalysis, Sakti analyzed short stories such as Mark Twain's Cannibalism in the Cars, Edgar Allan Poe's The Black Cat, and Arthur Conan Doyle's The Case of Lady Sannox. Her study prioritized the discussion based on the psychological perspective being related to these works, namely the paradoxical effect of id, ego, and the superego.

A. Theoretical Background

1. Psychoanalysis Theory

Theoretical background is the most necessary element in analyzing a work. It refers to the scientific theories that strengthen the explanations and evidences in an analysis. There are many theories that can be applied in analyzing a literary work.

In this article, the writer would like to use the psychoanalysis theory. It is a literary theory developed by an Austrian neurologist, namely Sigmund Freud (1856-1939). Freud in his explanation defined that psychological factors are things that are developed from someone's experiences in the past.

An individual's psychological condition could be triggered when he or she is unconscious, especially when dreaming (Freud; 1917, p. 71-72). In the dream, the individual also managed to find the meaning of a certain event he or she witnessed previously. The result of a dream depends on how someone view his or experience, as it can become either a beautiful dream or a nightmare.

In his other book, Freud (1923) also introduced a concept known as "Id, Ego, and Superego". This concept describes the process of establishing the emotional and psychological qualities of an individual. Ego is defined as something that brings an impact to the world, and id is described as the factor that tends to maintain the principles reality without restricting any substances.

Meanwhile, superego is known as the representative of the reaction that is against the choices from the id, namely the principles of the reality, despite also serving as the remains of the factors caused by the id itself.

Freud's concept of "Id, Ego, and Superego" has proven that these three point has their own contributions in establishing the psychological and emotional qualities of an individual, as well as influencing the way someone makes his or her own decision.

2. Psychology

Psychology is explained as a science that discusses the comprehension about the work of mind, emotions, and behaviors of an individual. According to Lahey (2009), the term "psychology" is translated as 'the study of a human's mind'.

In general discussion, the definition of psychology is always related to how an individual develop his or her behaviour and how to solve the mental problems. Hence, the definition would often lead people to a misconception in which the psychology is always associated with the mental treatment and insanity, although this is not actually a correct opinion as the actual purpose of psychology is just to learn about how a person develop his or her own mentality and behavior in the life.

On the literary side, Aras (2015) described literature as something that reflects the emotions and feelings of an individual as these traits serve as some of the main components of the writing process.

3. The Correlation between Literature and Psychoanalysis

There are many literary works that uses the psychological elements as their genre due to the plot that involves certain characters' psychological factors, and the most common examples of the psychology-oriented works are typically found in those involving the themes of social life and war since these themes often describes various impacts on people in the stories.

Since the writer chooses Khaled Hosseini's novels as the subject of this article, the writer will try to expose several tragic scenes from each novel and the impacts on the victims in the plot by involving Freud's theory of psychoanalysis as each synopsis mentions the condition faced by the

Afghans in the continuous war periods and how they deal with their own realities. Hosseini himself had described that his works blatantly reflected how hard the life of the Afghans just like his experience.

4. External Factors

External factors are things that refer to the authors' experience in the society and the events in the era where they lived. These factors would later become the authors' inspirations in creating various literary works in the future as a way to reflect the results and the historical values of their respective experiences. On the other side, there are also several authors who imagined about things that may come in the future and significantly change many life aspects, which lead them to write several works that "predict" what will come afterwards.

In the case of Khaled Hosseini, there are several external factors that influenced him in writing his novels, and all of them are obviously based on his experience and view on Afghanistan, his homeland. The first factor is war. War is described as the most horrifying form of a conflict between the opposing factions or nations that involved weapons and costs many fees, thus becoming a chaotic moment in the history of humanity.

According to Upeniece (2016), was is defined as an action that leads humanity to a social crisis while threatening the peace. It is also defined as the last resort to solve an ongoing problem if the peaceful solution cannot become the good option, leading two or many nations to an intense fight. It also serves as the factor behind the rise of terrorism.

On the other hand, Carroll (2012) also described war as something that represents the "cruelty" towards mankind, and literary works involving war as the main theme would reflect one of the darkest moments in the history of humanity. This would eventually lead humanity to an unforgettable moment in which they would tell the historical events to their descendants in the future.

There are several factors that initiate a war, such as political disputes, opposing idealisms, or the ambition of a certain group. The motive behind the beginning of a war is caused by a nation's ambition to dominate the other nations by involving its armed forces in conquering the targeted location and seizing its natural resources.

Meanwhile, the war in the early modern era, particularly during the Second World War era, also revealed another motivation of the fascism ideology, which would later become a dictatorship in the process. However, the wars would only lead many people to their suffering due to the domination and enslavement as most of them were forced to swear loyalty and work for the invaders, with some of them are abused if they are considered incompetent.

Even after the World War era ends, there would be many wars that occurred in many parts of the world until this day, and the conflict will always be continued as long as there are people who maintained their ambition to subjugate the others. The modern day wars, particularly in the 21st century, are described more terrifying than those in the previous periods as the development of modern armaments has become more advanced and significant. Therefore, this development would lead several individuals, especially the criminals, to the negative side which they would misuse the weapons for the negative purposes. The well-known examples of the ongoing modern wars are the heated conflicts in the Middle East and South Asia, precisely in Afghanistan, in which there are many intense fights between the armed forces and the terrorist groups. Rahman (2019) also included terrorism as one the most serious man-made disasters, particularly in the topic of social problems.

The second factor is the social problems, which focuses on the situation of the Afghan people who became the victims of the continuous wars in Afghanistan. In terms of the demography, Afghanistan is inhabited by many ethnic groups with various cultures, but everything would change in the mid-1990s when the country fell into the hands of a group named Taliban, who ruled

Afghanistan with strict regulations while eradicating several innocent people and banning the local culture. The conflicts had also caused the other social problems such as poverty, violence, or bullying, and these things are also present in Hosseini's novels.

There are also possibly some gaps regarding the topics about the psychological problems described above, and by comparing each reference, the writer would like to use them as a reference in making this research.

III. METHODS

within the contents of Hosseini's selected novels. This method is aimed at the plots of the novels. The writer required the selected novels The Kite Runner, A Thousand Splendid Suns, and And The Mountains Echoed.

In addition to the novels, the writer would also add several secondary sources either from the other printed media or the internet, with the sources should be reliable in the explanations.

Several techniques that the writer would like to use in this article are the literary study, interpretation, relation, and display. These four techniques would be involved in exposing the problems being discussed in this article.

The literary study focuses on finding out the meanings found in the story of each novel. The interpretation describes how the writer defines the contexts based on the plots. The relation is also applied in connecting the similarities found in each novel, and the fourth method, namely display, is focus on exposing the various results in this research.

IV. RESULTS

A. Findings

In this part, the writer would like to expose the points from Hosseini's novels (*The Kite Runner*, *A Thousand Splendid Suns*, and *And The Mountains Echoed*) and disscuss the problems being mentioned in the plots.

On the side of narration, Pattu (2015) divided it into two concepts, namely the narrating event and the narrated event. The narrating event is described as a moment that is occurring in the dialogue scene of some characters, which is usually associated with opinions, while the narrated event is defined as the explanation of things that already occurred in the previous parts of a story or a flashback, implying that the events that is discussed in the contents is the explanation of the narration. Therefore, the novels of Khaled Hosseini actually narrated the events in Afghanistan during the reign of Taliban.

Considering the novels focused on the impacts of wars on the Afghan people, especially on their mental and psychological development, the writer would like to focus on the factors that affect the characters that represented the reality of the victims.

1. The Mistreatment And Abuse

The case of mistreatment and abuse could be found in the novel *The Kite Runner* and *A Thousand Splendid Suns* in which the former had the scene of abusive actions while the latter has the similar case the introduction of the protagonist's background, as well as the physical abuse in the next chapters.

In the *Kite Runner*, the first case is found when a character named Hassan was mocked by several soldiers,

> "You! The Hazara! Look at me when I'm talking to you!" the soldier barked."
> (Hosseini, 2003:7)

This scene reflected the negative effect of a verbal bullying where someone tends to insult the weaker one by saying several offensive words or mocking the victim's background, as seen in Hassan being mocked due to his background as a Hazara person, who is known for being the minor ethnic group that were historically persecuted by major races in Afghanistan.

Meanwhile, the next cases also described the sexual abuse, which could be seen in the case of an antagonist named Assef. Assef is known as the bully to the main protagonist, namely Amir, and his friend Hassan. Not only mistreated both of the major characters, Assef also managed to abuse Hassan as cited from this scene,

"Assef knelt behind Hassan, put his hands on Hassan's hips and lifted his bare buttocks. He kept one hand on Hassan's back and undid his own belt buckle with his free hand. He unzipped his jeans. Dropped his underwear. He positioned himself behind Hassan. Hassan didn't struggle. Didn't even whimper. He moved his head slightly and I caught a glimpse of his face. Saw the resignation in it. It was a look I had seen before. It was the look of the lamb." (Hosseini, 2003:61)

This scene mentioned the harassment from a bully that would traumatize Hassan's mind, which made Amir feel guilty for being unable to save him. In the further chapters, Hassan is revealed to have a son named Sohrab, who would also feel the similar experience as his father when Assef caught and enslave him as a *bacha bazi* (dancing boy) during the moment when the bully become a member of Taliban during the regime period, as cited from this text,

"The boy had his father's round moon face, his pointy stub of a chin, his twisted, seashell ears, and the same slight frame. It was the Chinese doll face of my childhood, the face peering above fanned-out playing cards all those winter days, the face behind the mosquito net when we slept on the roof of my father's house in the summer. His head was shaved, his eyes darkened with mascara, and his cheeks glowed with an unnatural red. When he stopped in the middle of the room, the bells strapped around his anklets stopped jingling. His eyes fell on me. Lingered. Then he looked away. Looked down at his naked feet.

One of the guards pressed a button and Pashtu music filled the room. Tabla, harmonium, the whine of a dil-roba. I guessed music wasn't sinful as long as it played to Taliban ears. The three men began to clap.

"Wah wah! _Mashallah_!" they cheered.

Sohrab raised his arms and turned slowly. He stood on tiptoes, spun gracefully, dipped to his knees, straightened, and spun again. His little hands swiveled at the wrists, his fingers snapped, and his head swung side to side like a pendulum. His feet pounded the floor, the bells jingling in perfect harmony with the beat of the tabla. He kept his eyes closed.

> "_Mashallah_!" they cheered. "Shahbas! Bravo!" The two guards whistled and laughed. The Talib in white was tilting his head back and forth with the music, his mouth half-open in a leer. (Hosseini, 2003:245-246)

Sohrab danced in a circle, eyes closed, danced until the music stopped. The bells jingled one final time when he stomped his foot with the song's last note. He froze in midspin.

The text above proved that Taliban in this story also committed a sexual abuse to Sohrab, which actually affected his mental and psychological development as the mistreatment from the Taliban soldiers, especially Assef, would turn into a long-time fear and trauma, and what Sohrab feel reflected the war crimes against children in real life.

In the next novel titled *A Thousand Splendid Suns*, the first chapter introduced Mariam, the

protagonist of this story. The text revealed her background as an illegitimate child who was mistreated by her people,

> "Later, when she was older, Mariam did understand. It was the way Nana uttered the word-not so much saying it as spitting it at her-that made Mariam feel the full sting of it. She understood then what Nana meant, that a harami was an unwanted thing; that she, Mariam, was an illegitimate person who would never have legitimate claim to the things other people had, things such as love, family, home, acceptance." (Hosseini, 2007:5)

Though not being set in one of the war eras, the sentence above obviously proved that the status of an illegitimate child would always be treated as a humiliation as no one would accept him or her, even the parent who would abandon and disown the child out of shame, revealing the truth where the case of adultery and illegitimate child are considered taboo by the society. As a result, the parents and the child would end up being despised by people.

Another case that is also found in *A Thousand Splendid Suns* is the case of physical abuse, which has something to do with the domestic violence. This scene was found in the life of Mariam and her temperamental husband Rasheed in which the former is always abused by the latter as proved in the text below,

"Over the years, Mariam had learned to harden herself against his scorn and reproach, his ridiculing and reprimanding. But this fear she had no control over. All these years and still she shivered with fright when he was like this, sneering, tightening the belt around his fist, the creaking of the leather, the glint in his bloodshot eyes. It was the fear of the goat, released in the tiger's cage, when the tiger first looks up from its paws, begins to growl-Now the girl was in the room, her eyes wide, her face contorted" (Hosseini, 2007:151)

The household life of Mariam and Rasheed in the text above exposed the reflection of a reality where many Afghan women were often mistreated by men due to the domination of patriarchy, and the men would rather use force while treating the women as their tools. As seen in Mariam's case, her husband would often scold or hit her as a proof of his abusive role, especially when the novel revealed Mariam's incapability of bearing a child.

The case of domestic violence is also listed as one of the most serious problems in Afghanistan along with the ongoing wars and the ethnic discrimination. Jewkes et al (2019) stated that a woman who lived in a patriarchy domination is often mistreated and abused by the men, in this case, the husband and father-in-law, and the severe punishments, either the physical or the verbal form, would lead the woman to a fatal outcome that can affect their mentality.

The mistreatment and abuse in Hosseini's two novels *The Kite Runner* and *A Thousand Splendid Suns* proved that the mistreatment from someone to the weaker person, as well as the abusive personality, would rather cause a serious impact on the victim's mentality and sanity. In *The Kite Runner*, the impact of abusive behaviour could be seen in Hassan's trauma of being sexually abused by Assef the bully, as well as the experience of Sohrab, the former's son who was brutally abused when being enslaved as a dancing boy.

Meanwhile in *A Thousand Splendid Suns*, the problem is found in the mistreatment of people towards Mariam due to her status as an illegitimate child, and the domestic violence when she is married to her violent husband Rasheed.

Therefore, these two novels proved that the mistreatments and abusive behaviour towards the weaker people are also the factors that affected the victims' mental and psychological developments.

2. The Impacts of the Continuous Wars

The next psychological problem that would be discussed in this article are the wars and the impacts. Considering Hosseini's novels (*The Kite Runner*, *A Thousand Splendid Suns*, and *And The Mountains Echoed*) mentions the crisis of Afghanistan and the impacts of the continuous conflicts, the writer in this article would also describe the well-known negative impacts of the wars in the novels and the correlation with the real life situation.

As known by many people, Afghanistan is currently in a condition where people are terrified by the conflicts. Ever since the beginning of the Soviet-Afghan war, Afghanistan would fall into the crisis that ruined every sector of the social life, as well as the mentality of the surviving victims and the refugees in the other countries.

In the first part, the writer would like to discuss the case related to Hosseini's first novel *The Kite Runner*. The plot of this novel mentions the history of Afghanistan throughout the 20th century from the Soviet Afghan war to the Taliban Regime era in the 1990s.

The earlier chapters focused on the events during the Soviet-Afghan war, with the Soviet invasion being mentioned in this text,

"If not quite yet, then at least it was the beginning of the end. The end, the official end, would come first in April 1978 with the communist coup d'état, and then in December 1979, when Russian tanks would roll into the very same streets where Hassan and I played, bringing the death of the Afghanistan I knew and marking the start of a still ongoing era of bloodletting." (Hosseini, 2003:29)

The word *Russian* in the text above is obviously related to the armed forces of Soviet Union, as well as the ideology of communism, which was one of the powerful ideologies in the 20th century. Communism was also feared due to the large number of the force, making them glorious at the time.

In 1979, the Soviet communists and armed force would reach Afghanistan to invade the target, and this event would lead the two nations into a conflict that lasted for a decade. The website The Atlantic (2014) exposed the moment in which many victims were killed in the war, including Afghan civilians and the local fighters. Most of the survivors who were terrified by this incident decided to migrate to many countries in the hope of seeking for a refugee, and this case was also reflected in *The Kite Runner*, which had something to do with the migration of Amir and his father Baba from their hometown, and their first destination is Pakistan, as well as how the boy's trauma becoming the primary focus of the novel,

"Karim was a people smuggler--it was a pretty lucrative business then, driving people out of Shorawi-occupied Kabul to the relative safety of Pakistan. He was taking us to Jalalabad, about 170 kilometers southeast of Kabul, where his brother, Toor, who had a bigger truck with a second convoy of refugees, was waiting to drive us across the Khyber Pass and into Peshawar." (Hosseini, 2003:95)

However, in the next scene, they would move again to California, the United States of America,

"Fremont, California. 1980s Baba loved the idea of America.

It was living in America that gave him an ulcer" (Hosseini, 2003, p. 110)

These scenes implied that the migration of Amir and Baba represented the reality of the Afghan immigrants where they move to various countries in hopes of seeking a refuge and living a normal life. According to Bhutta (2002), there are about five million Afghans who migrated to the neighboring countries such as Iran and Pakistan during the Soviet-Afghan war period. However, there were also many of them moving to the Western countries, especially the United Kingdom and the

United States.

The conflict of *The Kite Runner* would also continue to the moment where Afghanistan is fallen to the hands of Taliban regime during the 1990s. At the time, the Taliban would rule the entire country with their strict rule, and those who disobeyed them would be severely punished, or even executed to death. As the title of the novel implied, Taliban also banned the kite fighting tradition along with the other Afghan culture,

> "A few weeks later, the Taliban banned kite fighting. And two years later, in 1998, they massacred the Hazaras in Mazar-i-Sharif." (Hosseini, 2003:191)

The text above suggested the moment in which the kite fighting tradition was banned by the Taliban authorities due to violating the law of *sharia*. As cited from website Riverside Eddy (n.d.), the information reported that the ban of kite fighting lasted for 5 years until 2001, although most of the Afghan youth were still traumatized due to the strict regulations of Taliban.

It is also revealed that Taliban in the 1990s also massacred the Hazara tribe in Mazar-i-Sharif, and this incident would become one of the well-known tragic moments in the history of Afghanistan. Hasrat (2019) mentioned that the conflict between Taliban militants and the Hazara people would result a persecution against the latter, as well as resulting the violation of human rights and genocide.

The further pages of *The Kite Runner* would also reveal the moment where the main antagonist Assef would become a member of Taliban because of his hatred towards the Hazara,

> "In the west, they have an expression for that," I said. "They call it ethnic cleansing."
>
> "Do they?" Assef's face brightened. "Ethnic cleansing. I like it. I like the sound of it."
>
> "All I want is the boy."
>
> "Ethnic cleansing," Assef murmured, tasting the words. (Hosseini, 2003:249)

These scripts revealed that Assef's hatred and prejudice towards the Hazara would lead him to the motivation of ethnic cleansing, which meant that he would slay the Hazara minorities, and Assef himself was known as a racist who believed that Pashtuns should become the most superior ethnic group in Afghanistan. This case reflected how Taliban massacred the Hazaras during their era, and Sohrab, who is revealed to be a Hazara, would also develop another trauma as he lost his father Hassan, who was killed in the event. Sohrab's mentality also becomes his fear after as the genocide would give a negative impact to his memory.

For the second topic, the writer would move to Hosseini's second novel *A Thousand Splendid Suns*. It shared some similarities with *The Kite Runner*, although the primary point was rather focused on the women's rights, which is represented by the story of a girl named Mariam.

Considering the discussion of this novel, the violation of women's rights is also one of the serious social problems in Afghanistan, especially when they lived under the strict regulations and oppression of Taliban. As cited from the novel, local women were forced to follow their order otherwise they would be severely punished, and they were also prohibited to work or do any outdoor activities due to their fear of the authorities,

> "Girls are forbidden from attending school All schools for girls will be closed immediately.
>
> "Women are forbidden from working." (Hosseini, 2007:178)

These texts proved that the authorities of Taliban had announced that they would forbid women to either find a job or go to school as their duties are just to take care of the household stuffs at their homes. Should a local woman go out without being accompanied by her male relative or working outside, she would face a serious problem where the religious police officers would deliver a painful punishment. Afghan young girls were also prohibited to go to school as Taliban announced the closure of all-girls school in Afghanistan. As a result, the girls would never receive a proper education.

The Afghan people's problem in this case brought to mind the similar case of the Australian Aborigins during the colonial era. Abbas et al (2018) exposed an event in which the native women were oppressed by the Europeans who suddenly claimed the continent of Australia as their "homeland", which is somehow similar to the events during the Taliban Regime era where the Taliban militants would conquer many regions in Afghanistan and subduing the local inhabitants.

In Hosseini's third novel titled *And The Mountains Echoed*, the main plot did not mention the major impacts of the war periods, although a flashback story did mention the indirect impact. *A Thousand Splendid Suns* introduced the scene of the minor characters named Mr. Wahdati, and Uncle Nabi. The flashback revealed that the former had fallen ill because of his stroke, therefore he would be taken care by the latter,

> "And, in a way, he was. At least the old version of him. Half of his face was now a frozen mask. His legs were almost of no service. He had movement of the left arm, but the right was only bone and flaccid meat. He spoke with hoarse grunts and moans that no one could decipher.
>
> The doctor told us that Mr. Wahdati felt emotions as he had before the stroke and he understood things well, but what he could not do, at least for the time being, was to act on what he felt and understood." (Hosseini, 2013:65)

This text informed that the condition of Mr. Wahdati, whose health was going worse in the story, reflected the reality where many Afghans would deal with a harsh condition, especially in finding a health care facility. As a result, Uncle Nabi would later accompany and take care of him throughout the war periods.

Despite not being directly affected by the impacts of wars in Afghanistan, the condition of both Mr. Wahdati and Uncle Nabi explained the indirect impacts of the on the local people in which the wars forced both characters to find a way to survive.

B. Discussion

In this section, the writer would like to discuss the result of the analysis based on the topic above.

Khaled Hosseini's novels (*The Kite Runner*, *A Thousand Splendid Suns*, and *And The Mountains Echoed*) had described many significant impacts of the continuous wars and the abusive actions on the Afghan people, especially on the side of psychology. The characters from each novel are introduced to represent how the local inhabitants deal with the crises caused by the never-ending conflicts, as well as the impacts on their psychological development and how they find a way to survive.

Hosseini's first novel, namely *The Kite Runner*, which told the life of Afghanistan during the conflict periods focused on these characters: Amir, Hassan, and Sohrab. They are the most discussed characters in the novel as they would become victims of the unpleasant events in the story where Amir would become a migrant after escaping from his hometown during the Soviet-Afghan war,

Hassan who become the victim of bullying and wars throughout the story, and the latter's son Sohrab who lived under the atrocious government of Taliban. These characters' background would eventually feel how worse the impacts of wars and abusive actions on their psychological and mental development, with Hassan and Sohrab being the well-known example due to being oppressed by their tormentors.

In the second novel titled *A Thousand Splendid Suns*, Hosseini mentioned the life of Mariam, an Afghan girl who was shunned by people around her for being an illegitimate child. The story reveals how Mariam deal with the difficulties in her life, especially as a woman who lived under the strict patriarchal rule and the extreme policy of Taliban. Mariam would face many challenges in the plot of the novel, especially when she lived during the regime of Taliban while managing to gain her right as a woman, and she would even risk her everything in the process.

Meanwhile, the third novel, namely *And The Mountains Echoed*, had the impacts of the long-running conflicts being found in the minor scenes, especially in the flashback scene of the minor character named Mr. Wahdati, who was taken care by another character named Uncle Nabi. The flashback of both Mr. Wahdati and Uncle Nabi focused on the moment where the latter took care of the former who had fallen ill.

Although both Mr. Wahdati and Uncle Nabi were not directly affected by the wars, the situation of them feeling difficult in finding a health care to cure the former's disease would reflect the case where the real-life Afghan people would deal with many difficulties during the war as they should find various ways to survive.

By using Freud's psychoanalysis and the concepts of "id, ego, and superego.". The writer could describe that the concept of "id" refer to the wars in Afghanistan, as well as the mistreatments from the antagonist, which served as the factors that affected the main characters throughout the entire storis of each novel.

Meanwhile, the third concept named "superego" had something to do with the resut where the psychological changes of the characters in each novel would eventually result their current mental states.

From these explanations above, the writer could interpret that the similarities of the novels are somehow relatable to what Afghan people felt during the Taliban Regime in the 1990s, as they focused on how a terrifying incident can cause a prolonged mental breakdown for the victims.

In brief, the writer could describe that Khaled Hosseini's novels (*The Kite Runner*, *A Thousand Splendid Suns*, and *And The Mountains Echoed*) also applied the theory of psychoanalysis and the concepts of "id, ego, and superego" in which these three works depicted the significant impacts of the continuous wars on the characters, especially on the side of mentality where they would develop various kinds of negative emotions such as fear and trauma. However, this research still has some limitations. First, the references in this article were taken from the novels, news reports, and some history-oriented articles, which may cause a bias. Second, this article also uses a self-oriented analysis with limited materials. Therefore, the writer would like to suggest this as an idea for the future researchers who want to expand the range of analysis and research, as well as applying various approaches.

V. CONCLUSION

Based on the qualitative analysis, this study concludes that Khaled Hosseini's selected novels (The Kite Runner, A Thousand Splendid Suns, and And the Mountains Echoed) serve as powerful literary representations of the historical and psycho-social realities experienced by the Afghan people throughout decades of violent conflict and oppressive regimes. Through the lens of Sigmund Freud's

psychoanalytic theory—specifically the interaction of the Id, Ego, and Superego—the findings demonstrate how external trauma, including physical and sexual abuse, ethnic persecution, patriarchal oppression, and wartime displacement, profoundly shapes the characters' emotional trajectories and mental survival mechanisms.

Ultimately, Hosseini's narratives illustrate that while the atrocities of war inflict severe long-term psychological scarring, they also reveal the extraordinary resilience of individuals striving to reclaim their humanity, dignity, and autonomy. Despite its insights, this study is subject to limitations regarding its focus on select textual references and qualitative interpretation. Future research is encouraged to expand this scope by incorporating broader interdisciplinary approaches, such as trauma theory or postcolonial semiotics, to gain deeper perspectives on contemporary Afghan literature.

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Conflict of Interest

The authors declare that there is no conflict of interest.

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