

War's Aftermath: Gendered Experiences of Trauma in Charles Frazier's *Cold Mountain*

Asst.Inst Hussein Ibrahim Jaheed

University of Misan-dep. Student Affairs

<https://orcid.org/0009-0001-0710-4289>

Asst.Inst Ali Mohammad Jabr

College of Al-Imam Al-Kadhum-Department of English

<https://orcid.org/0009-0006-5820-661X>

Abstract

The study wants to analyze the examples of the post-traumatic stress disorder (PTSD) in Charles Frazier's *Cold Mountain* by examining the sex experiences of trauma and extraction between their male and female characters. By observing social ideas and gender roles that affect these experiences, this research shows how to trauma for men and women after the war. By using Judith Butler's penis beliefs, the current article argues that the reactions of the characters to trauma are not only influenced by their personal relationships, but also heavily related to the cultural paradigms of masculinity and femininity. Male characters often struggle with social problems to demonstrate resolutions and rights, leading to the destruction of their expressive erections. On the other hand, women who are qualified for their traumas meet in the boundaries of nutritional roles, which both strengthen and limit the production processes. By setting these gender experiences next to each other, the study depicts multilayer's exchange between trauma and social principles, suggesting that *Cold Mountain* requires a thoughtful inspection to understand PTSD in *Cold Mountain* requires a thoughtful inspection focusing on the performing aspects of the penis and the methods they go to the rating.

Key Words: *Cold Mountain*, Gender Roles, Judith Butler, PTSD, Trauma

آثار الحرب تجارب الصدمة المرتبطة بالجنس في رواية "الجبل البارد" لشارلز فريزرز

م.م حسين ابراهيم جهيد

جامعة ميسان - قسم شؤون الطلبة والتسجيل

اختصاص لغة انكليزية / لغة تطبيقي

م.م علي محمد جبر

كلية الامام الكاظم - قسم اللغة الانكليزية

اختصاص لغة انكليزية / ادب

ملخص

تهدف الدراسة إلى تحليل أمثلة اضطراب ما بعد الصدمة لدى تشارلز فريزرز، وذلك من خلال دراسة التجارب الجنسية للصدمة والاستنزاف بين شخصياتهم الذكورية والأنثوية. ومن خلال رصد الأفكار الاجتماعية والأدوار الجنسانية التي تؤثر على هذه التجارب، يُظهر هذا البحث كيفية تأثير الصدمة على الرجال والنساء بعد الحرب. وباستناد إلى معتقدات جوديث بتلر المتعلقة بالقضيب، تُجادل هذه المقالة بأن ردود فعل الشخصيات على الصدمة لا تتأثر فقط بعلاقاتهم الشخصية، بل ترتبط ارتباطاً وثيقاً أيضاً بالنماذج الثقافية للذكورة والأنوثة. فكتيراً ما تُكافح الشخصيات الذكورية مع مشاكل اجتماعية لإثبات حلولها وحقوقها، مما يؤدي إلى تدمير انتصابها التعبيري. من ناحية أخرى، تواجه النساء، اللواتي تأهلن لصدماتهن، تحديات في الأدوار الغذائية، التي تُعزز عمليات الإنتاج وتحد منها في آن واحد. من خلال

مقارنة هذه التجارب الجندرية، تُصوّر الدراسة التفاعل متعدد الطبقات بين الصدمة والمبادئ الاجتماعية، مما يُشير إلى أن فهم اضطراب ما بعد الصدمة يتطلب دراسةً متعمقة، مع التركيز على الجوانب الأدائية للقضايا والطرق التي يتبعها في التقييم.

الكلمات المفتاحية: الجبل البارد، الأدوار الجندرية، جوديث بتلر، اضطراب ما بعد الصدمة، الصدمة

1. Background of the Study:

Charles Frasier's *Cold Mountain* (1997) is about human experience during and after the civil war, and focuses largely on the spiritual and expressive size of the war. When the novel reflects the inman journey, a confederated soldier, and Aida, a woman who left to leave into a field, the novel examines the difficulties with trauma and improvement in a society disturbed by strict gender roles and ideas. The image of the post-factual stress disorder (PTSD) in *Cold Mountain* acts as a heart-oriented image of how the war affects people separately on the basis of its gender, and emphasizes social paradigms that shape their experiences and responses to trauma.

As Yehuda (2015, pp. 1-22), it is said by PTSD, a disorder that affects many veterans and not -akumatents in the same way, is often valued through an approach that offends the division of the penis. Unknowingly, male experiences of trauma have been exposed, often related to such ideas and boldness as female experiences are often deprived or evaluated through an emotionalism perspective. This gender divide not only affects how trauma is experienced, but also how it is spoken and discussed on the agenda for social expectations. In the *Cold Mountain*, fragies provide a rich representation of characters whose trauma experiences are sensible by their gender identity, suggesting serious studies of social ideals that command their healing processes.

Judith Butler's ideas of gender performance are chosen to perform this study, as they provide a valuable framework for understanding the experiences of the characters in the cold mountain. Butler believes that the penis is not an inherent factor, but is a system of demonstrations shaped by social morals and principles (McLaren, 2017, pp. 227-233). This perspective makes it possible to detect how Inman and Ada challenge and challenge social pressure with their trauma. The inman struggle with mental lesions of war types the social potential of masculinity, which often eliminates sensitivity and emotional expression. On the other hand, Ada experiences follow the clashes that go by women in a man-controlled society, where their experiences of loss and trauma are often low or ignored.

2. Literature Review:

This section is divided into three sections. In the first part, a review of literature related to the novel is presented; The second part will then be about Judith Butler's principles of gender performance, and the third part will be about tracking disorder.

2.1. On the Novel:

"Terrain, Character and Text: Is *Cold Mountain* by Charles Frazier a Post Pastoral Novel?" (2001, pp. 87-96) by Gifford analyzes the features of landscape, character development, and narrative structure in *Cold Mountain* in order to conclude if the novel fits in the agenda of pastoral literature or signifies a withdrawal from conventional pastoral themes, therefore the word "post-pastoral." In conventional pastoral literature, the countryside is often romanticized, demonstrating a departure from the difficulties and deceits of city life. Still, a post-pastoral attitude criticizes and obscures this fantasy, validating the tough realities of rustic life and the influence of such historical happenings as war, on the landscape and its residents.

Gifford has discussed how the physical background of the Appalachian Mountains functions as more than just a setting, but as a character in its own right that affects the story and the characters' experiences. Also, he has explored how the characters in *Cold Mountain* interrelate with their setting and how their journeys mirror greater themes of endurance, trauma, and the quest for meaning in a world spoiled by war. Referring to the ways in which Frazier's depiction of nature is different from the flawless pastoral imagery is another discussed point, which embraces the realities of war, grief, and the fight for identity in a distorted landscape.

In another study, Way (2004, pp. 33-54) analyzes the intricate relationship amid environment, knowledge, and human experience in *Cold Mountain*. The research offers an examination of how the novel depicts the natural world and the ways in which characters interconnect with their setting, underscoring the implication of ecological knowledge in defining their identities and experiences. Way has investigated how the characters in *Cold Mountain* disclose an understanding of their natural settings and how this knowledge influences their life, choices, and relations. The article also deliberates how environmental knowledge is embodied as a dynamic supply for the characters, chiefly in the framework of the challenges they undergo throughout and after the Civil War.

Examining the inference of the Appalachian scenery in the novel and focusing on how the physical background affects the characters' expressive and spiritual circumstances are correspondingly alluded to. Then, Way has argued how the historical and cultural context of the Civil War disturbs the characters' association with their place, including discussions on how war intrudes the natural order and distracts the characters' communications with the land and each other. Moreover, Way has analyzed more significant environmental issues

that exist in the novel like the impacts of human actions on the environment, the interconnectedness of life, and the idea of stewardship of the land.

In another research, Bryant (2009, pp. 591-603) examines the questions of rebirth and regeneration in *Cold Mountain*, while also inspecting the relationship between race and rationalism in the novel. Bryant has been regularly preoccupied with the transformative journeys of the characters, principally their personal and societal clashes, in addition to the way in which these subjects are determined by racism and rational way of thinking.

Bryant has also argued how the concept of revival, both factual and symbolic, plays a dynamic role in the characters' movements, such as the examination of the journey of Inman as he attempts to go back to Cold Mountain and the life he left behind, as well as the more important theme of healing and rebirth after war. This researcher correspondingly studies how race is portrayed in the novel, mainly in the Civil War by debating the experiences of African-American characters and how their stories intersect with those of white characters, which highlights the complexities of race relations during this blustery epoch in American history.

2.2. On Judith Butler's Theories on Gender Performativity and Post-Traumatic Stress Disorder (PTSD):

"Gender as Performance" (2013, pp. 109-125) by Butler is about the concept of gender as a socially constructed performance in place of a secure or inherent attribute. Butler, a very significant gender theorist, is renowned for her work on gender performativity, which proposes that gender is not something one is, but something one does, a never-ending sequence of performances and expressions that are collectively bordered and fortified.

In this disposition he has inspected how social values and approaches affect the personal performance of the penis and how these performances can vary in different cultures and situations. Butler also undergoes the effect of understanding the penis as a performance for cases of identity, strength and resistance, and says how humans can distinguish conservative gender norms through their actions.

Similarly, the article refers to the topics at the intersection, it inspects how such subjects are interacted with gender performance with race, class and sexuality. Ultimately, Butler's work stimulates a thoughtful examination of methods in which the penis forms and expected, and supports more fluid and inclusive awareness of gender identity.

McLaren (2017, pp. 227-233) also analyzes the concept of gender performance to Judith Butler and how it belongs to the idea of heterosexual domination. The article examines Butler's adequate vision that the penis is not an innate quality, but a view of social values and politics. It also argues how humans increase gender roles through repetitive functions, pesticides and vocabulary that adjust cultural standards.

The research then examines how the Butler principle affects the right of astonishment as an authentic agenda as gender and sexuality is observed. This involves discussing how social structures respect heterosexual relationships and reduce non-heteronormative identity and manifestations. Furthermore, the McCalen has claimed how Butler's concepts provide a framework for understanding the struggle with conservative gender roles and heterosexual norms. The article argues for how humans and groups can withstand these hegemonic structures and interrupts through their performance of gender and sexuality.

The perception of Judith Butler's gender performance (2018) of Ton presents a thorough examination of the operating theory of Judith Butler's gender performance. The tone started with the description of the important philosophy of butler's theory, as the idea that gender is not a certain identity, but a system of movements that together is created and confirmed over time. Ton then examines the historical and rational agenda where Butler presented its principles, such as the influence of feminist theory, Queer principle and postal structure.

Next, Ton alludes to the significance of perceiving gender as a social construct, debating how this perspective challenges normal dualistic ideas of gender and accentuates the flexibility of gender identities. Ton also analyses how Butler's opinion of gender performativity denounces heteronormative outlines, highlighting how social models enforce specific gender roles and principles, often demoting non-heteronormative identities.

"Memory and Attention in Combat-Related Post-Traumatic Stress Disorder (PTSD)" (1993, pp. 43-52) is about the cognitive impacts of PTSD, chiefly the way in which the disorder affects memory and attention in people who have undergone combat-related trauma. This paper presents an overview of PTSD, including its definition, indications, and how it affects combat veterans. Then, an inspection of how PTSD influences cognitive procedures, especially memory (both short-term and long-term) and attention is delivered, which involves complications in remembering particular happenings, invasive reminiscences, and difficulties with awareness.

Moreover, the research offers an argument of the neurobiological keystones of PTSD, such as changes in brain structure and function related to trauma exposure and how these changes could relate to memory and attention discrepancies. Another important point of this study is its presentation of experiential studies that explore the association between PTSD signs and cognitive performance, including valuations of memory responsibilities and attention extent in people with PTSD.

"Post-Traumatic Stress Disorder (PTSD) in Victims of Domestic Violence: A Review of the Research" (2001, pp. 99-119) offers an all-encompassing inspection of the association between domestic violence and the development of PTSD in victims. This article provides an introduction to PTSD,

such as its symptoms, diagnostic criteria, and how it is demonstrated in those who have undergone trauma, chiefly in the framework of domestic violence. Additionally, a discussion on the pervasiveness and systems of domestic violence, including physical, emotional, and mental exploitation is presented.

Then, an evaluation of the present studies that examine the commonness of PTSD amid victims of domestic violence, including statistical data, discoveries on the severity of PTSD indicators, and comparisons with other trauma populations is another significant point of this paper. The researcher then provides an investigation of how domestic violence influences cognitive functioning, emotional regulation, and general psychological well-being, including the implication of dread, hypervigilance, and evasion behaviors in PTSD.

3. Statement of the Problem:

In Charles Fraziers Cold Mountain, after the Civil War, is considered a background for a detailed study of trauma, mainly in light of the post-traumatic stress disorder (PTSD). Although this novel symbolizes the diversity of characters fighting with mental injuries to war, the experiences of male and female characters are different, reflecting complex connection between gender, social ideas and trauma. As a result of this inequality, serious issues of social values and gender roles result in how individual experiences of trauma and recovery are defined.

Judith Butler's ideas of gender performance provide an appropriate overview to understand these inequalities, as they emphasize how gender effects are behavior, identification and social theory of emotional reactions. Male characters, often considered understanding and strong, show normal masculine values that can limit their acceptance of trauma and vulnerability. On the other hand, female grades, which are struggling with both individual and cooperative consequences of war, defy the diverse social principles, resulting in the emotions of emotional to the roles as care and victims.

This study tries to show how the aspects of the penis of trauma in the cold mountain reflect major social stories of manhood and femininity, and how these depictions affect the trails of characters against treatment or infinite pain. By examining the exchange of gender, trauma and recovery through Butler's approach, this article means showing ways social perspectives cut both and portray the real experiences of trauma after the war.

4. Significance of the Study:

The importance of this study is in Charles Fraud Mountains, primarily through the lens of the penis, is in its examination of the represented of the post-traumatic stress disorder (PTSD). By examining the discretionary experiences of male and female characters after the war, this research wants to show how social opportunities and gender roles determine their struggle with trauma and their routes for treatment. This letter also goes to a growing literature mass, whose purpose is to identify how the trauma is shown in a different way in the

sexes. While the traditional accounts of war and the results often focus on male experiences, women experience, mostly during war, often assigned or ignored. By focusing on both male and female characters in *Cold Mountains*, this study will outline the complications of trauma suffering from different sexes.

Similarly, by using Judith Butler's approach to gender performance, this study will inspect how social norms and ideas implement methods in which grades express the trauma and detect recovery. Butler's outline paves the way for a study of performing aspects of gender roles, and describes how the character tackles his identity after the war. Contrary to this, by examining the sex experiences of the trauma in the cold mountain, this research will also reveal the implications of relapse and treatment. Explains how male and female characters react to their trauma, and can inform the relevant discussions about mental comfort, mostly for the veterans in the war and the survivors.

5. Methodology:

Judith Butler's concept of gender performance, which is mainly spoken in her important book *Lingering Tribals* (1990), argues that the penis is not an underlying or passive quality, but a system of periodic actions and conceptions collected. As stated by Butler, human cultural identity promotes through a series of culturally authorized practices, which is stronger than social average and expectation. This concept defines the traditional binary understanding of the penis, which indicates that the identity is fluid and formed by the setting it is made (pp. 15–23).

Regarding the concept of trauma, Butler's theory presents a critical viewpoint through which to inspect how social beliefs concerning masculinity and femininity affect the experiences of PTSD between characters in *Cold Mountain*. Male characters exemplify customary masculine standards such as strength and emotional control, bringing about a subdual of their trauma and weakness. On the other hand, female characters are anticipated to accomplish cultivating roles, leading to the manifestation of emotional agony but also restraining them in social constrictions that command how they should react to trauma.

In addition, the study will use a qualitative function by reading a close text of *Cold Mountains* to examine the representation of PTSD between male and female characters. It should be noted that a detailed study will be provided to distinguish how the trauma is painted through the experiences of male and female characters.

6. Discussion:

In Charles Frazier's *Cold Mountains*, the effect of civil war acts as a base to observe trauma and diverse cooperation of the penis. The novel depicts many characters, with psychological damage to each war in ways influenced by social principles and gender roles. This discussion checks how PTSD is described in a different way between male and female characters, using Judith Butler's

principles to convince the methods of gender performance that these characters deal with trauma and recovery.

The leading male character, Inman, provides an example of a symbol of war finger soldier. His experience in war and later mental state he goes away after returning home, indicating the cultural approach that men must be determined and strong. PTSD for Inman is postponed through the remaining feeling of chaos and struggled to reconnect in a society that requires him to remove the vulnerability. They have enormous memories and have a weighty sense of alienation, which is intense of cultural history that reduces male sadness, while also defining emotional expression. The case sits well with the idea of Butler's gender performance, in which inman -minded manhood forces him to strengthen, and eventually exposes the recovery process.

On the other hand, female characters, mostly Adas and Ruby, experience trauma in ways that reflect their roles as caregivers and nutrients in society. Ada's visit is marked to adapt to the life of the personality from the father's disadvantage and later conflict. His traumas are combined by social expectations that define his reactions to harm and difficulty. Unlike Inman, the emotional expression of Ada is more collective enough; She is allowed to detect and find provisions from others including Ruby, which provides an example of a more practical approach to survival. Ruby's life and resource cabinets reduced gender criteria, suggesting that female experiences of trauma can also give birth support and agency, although in a man -controlled disposition that still limits her choice.

Social perspectives related to masculinity and femininity affect the experiences of dramatic trauma and treatment characters. Inman's PTSD has increased from the point of view that he would return as a "hero", a person who symbolizes the morality of bravery and mental strength. Their disability to follow this belief leads to feelings of the disinteresting and isolation, and shows how rigid gender roles can prevent healing process. As specified, Butler's principle suggests that gender is not an innate feature, but a display of common rules. To please social standards, the controversy of Inman becomes an obstacle to their improvement, as he accepts the approach that weakness is equal to the deficiency.

In contrast, the experiences of Ada and Ruby reflect the complications of femininity in the context of the Post War. Although Ada first writes the mysterious, indolent female model, his journey to self -realization reveals the rebellion in these principles. As she learns to cultivate her country and claims her individualism, Eda's character faces the belief that women must live in passive victims of their circumstances. Ruby indicates as a more dynamic woman a different class of femininity that has power, tackling her with trauma with willpower. His experience emphasizes Butler's statement that gender is performed in response to social pressure and that these performances can grow over time.

The relationship between trauma and gender performance in Cold Mountain also reveals in ways the characters handle their experiences. The inman journey becomes a discovery not only for physical safety, but also for psychological improvement, which is challenging of his affection for the expected masculinity. Social belief that he must be "difficult" prevents him from searching for help or pronouncing his weakness. On the other hand, the experiences of ADA and Ruby show how female characters can struggle with trauma through unity and common regulations. Their relationship is the basis for power, which is authorized to challenge the boundaries imposed by gender rules. When they work together to cultivate countries and adapt their new reality, they redefine their roles and claim their agency.

7. Conclusion:

In Cold Mountain, Charles Frazier tells a story that portrays the intensive result of trauma in human life after war, while highlighting different experiences of male and female characters formed by normal approaches and gender roles. In light of Judith Butler's theory of gender performance, this inspection has shown how the performance of masculinity and femininity affects the controversies of the characters with PTSD and traveling toward improvement. Male characters are often prohibited by specific perceptions of manhood, and show the characteristics of endurance and mental control, which pushes their ability to defy and clarify their trauma .

Their experiences reflect cultural problems that use a portico of power, leading to subdivisions that eventually prevent their treatment process. On the other hand, female characters struggle with another sequence of approaches, where psychological expression is more enough, yet withdrawn by social ideals around femininity and care. This protest shows that the protesting aspects of the penis not only affect the experiences of trauma characters, but also in the ways they are assessed and constant in local communities.

8. References:

- Bryant, C. G. (2009). "To Rise and Bloom Again": Resurrection, Race, and Rationalism in Charles Frazier's Cold Mountain. *The Mississippi Quarterly*, 62(4), 591-603.
- Butler, J. (1990). *Gender Trouble*. Routledge.
- Butler, J. (2013). Gender as Performance. In *A Critical Sense* (pp. 109-125). Routledge.
- Frazier, C. (1997). *Cold Mountain: A Novel*. Grove/Atlantic, Inc..
- Gifford, T. (2001). Terrain, Character and Text: Is Cold Mountain by Charles Frazier a Post Pastoral Novel?. *The Mississippi Quarterly*, 55(1), 87-96.
- Jones, L., Hughes, M., & Unterstaller, U. (2001). Post-Traumatic Stress Disorder (PTSD) in Victims of Domestic Violence: A Review of the Research. *Trauma, Violence, & Abuse*, 2(2), 99-119.

- Maclaran, P. (2017). Judith Butler: Gender Performativity and Heterosexual Hegemony. In *Canonical authors in consumption theory* (pp. 227-233). Routledge.
- Ton, J. T. (2018). *Judith Butler's Notion of Gender Performativity* (Bachelor's thesis).
- Uddo, M., Vasterling, J. J., Brailey, K., & Sutker, P. B. (1993). Memory and Attention in Combat-Related Post-Traumatic Stress Disorder (PTSD). *Journal of Psychopathology and Behavioral Assessment*, 15, 43-52.
- Way, A. (2004). "A World Properly Put Together": Environmental Knowledge in Charles Frazier's *Cold Mountain*. *Southern Cultures*, 10(4), 33-54.
- Yehuda, R., Hoge, C. W., McFarlane, A. C., Vermetten, E., Lanius, R. A., Nievergelt, C. M., & Hyman, S. E. (2015). Post-Traumatic Stress Disorder. *Nature reviews Disease primers*, 1(1), 1-22.