



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2019; 5(3): 93-97  
www.allresearchjournal.com  
Received: 11-01-2019  
Accepted: 15-02-2019

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## **Frustration: Aggression hypothesis in khaled hosseini's *a thousand splendid suns***

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### **Abstract**

The aim of this paper was to explore and analyse frustration-aggression hypothesis in Khaled Hosseini's *A Thousand Splendid Suns*. It was found that frustration-aggression happens in Mariam's family, and the most of aggression in this family is caused by Nana's frustration in her past, exactly there is cycle of violence, and because of Rasheed's frustration toward his wives who cannot give him a son. In addition, Mariam and Laila have frustration, and cycle of violence is happened when they live with Rasheed.

**Keywords:** aggression, frustration, hypothesis

### **Introduction**

Violence and aggression have quite close relationship and become part of daily life. Harris, Gergen and Lannaman in Anjarwati's thesis (Anjarwati 4) as presented in Hocker Wilmot believed that violence is related to increase in verbal aggressiveness. Frustration is external obstacles that obscure someone's target. The experience of frustration can arise of desires to do aggressive that are cause of frustration. Aggression can arise or not, as reaction of frustration depends on influence connection variable, that is anxious toward punishment because doing aggression, or nothing existence is cause of frustration as factor that can aggression not arise. For Warburton and Anderson "Feelings such as anger, attitudes such as wishing the worst for another, and motivations such as the desire to win or control one's environment may contribute to a person behaving aggressively but are not aggression per se" (296). Regardless of culture or geographical location, various manifestations of aggression and forms of aggressive behaviour may be found among groups of individual. Aggressive behaviour has been defined as any behaviour intended to harm or injure another organism which is motivated to avoid such treatment (Hsieh and Chen; RA). Thus, aggression is a subset of violence.

Violence and aggression have quite close relationship and become part of daily life. Harris, Gergen and Lannaman in Andris's thesis (2006) as presented in Hocker Wilmot believe that violence is related to increase in verbal aggressiveness. It appears that violence occurs when a person's goal attainment is blocked (the frustration-aggression hypothesis), and the end result from increase in verbal aggressive-part of an "aggression ritual". Frustration is external obstacles that obscure someone's target. The experience of frustration can arise of desires to do aggressive that are cause of frustration. Aggression can arise or not, as reaction of frustration is depend on influence connection variable, that is anxious toward punishment because doing aggression, or nothing existence is cause of frustration as factor that can aggression not arise. While, Baron and Robert (1977) <sup>[6]</sup> say that frustration is the blocking of ongoing, goal-directed behaviour, it has long been held to be one of the major elicitors of aggression, but recent findings suggest that it may play a smaller role in this respect that was previously suspected.

In Frustration- Aggression Hypothesis (drive theory), aggression comes from pushing that caused by external factors. Robert (2005) says that drive theories (Frustration- Aggression Hypothesis) appear external conditions, especially frustration as strong motif to hurt the others (Berkowitz, 1989; Freshbach, 1984). According to Koeswara (In Zahroh, 2007),

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Frustration is a situation in which individual pursued or fail in tired effort of wanted specific-purpose it, or experience of resistance to be free to act in reaching target. There are many experiments done to lay open bearing between behavioural and frustration of aggression. Berkowitz formulates frustration aggression hypothesis by telling that there are two factors becoming prerequisite to apparition of aggression, and they are readiness of to act aggression which is usually formed by experience of signals and frustration or stimulus of external which triggering aggression expression. can be said that frustration can instruct individual to act aggression because that frustration to individual represent the individual and inconvenience situation that wish to overcome or avoiding him variously, one of them by aggression.

Frustration that is beyond the individual's power to control often causes great emotion stress and strain. An individual who is frustrated tends to act in a different manner from what he does in a non-frustrating situation. Furthermore, Andris (2001) say that frustration is inseparable from human life. An individual has motivation, desire, ambition, and need. To get satisfaction of his need, he is actively striving to reach a goal that is important and attainable. When the need is blocked or cannot be reached, they feel frustrated of that condition. Schneiders in Andris (2001) states, for the same reason, frustration is unpleasant and repugnant, opposed as they are to the natural tendency of the natural organism toward internal harmony, peace of mind, and satisfactions realized from the expression of needs or motives.

Consequently, an individual must overcome the tension to gain satisfaction, peace of mind, and internal harmony. Schneider in Andris (2001) states that it is important to note that character of frustration and it subsequent effects on adjustment very considerable with the kind of motivation or respond involved and with the psychological contacts in which it occurs.

Moreover, Schneider also says that that when someone experiences frustration at one time or another in the course of his strivings, he will develop external signs that reflect the effect of his frustration. Therefore, this theory appears is happen cause of external factors as like frustration. Frustration-aggression hypothesis is a drive that have main destination to hurt the others, especially cause of frustration.

### **Frustration-aggression in mariam's family**

The researcher finds the data that explain more about aggression in domestic violence based on frustration described in *A Thousand Splendid Suns*. The most of aggression in domestic violence on this novel is caused by frustration. From Nana, who has frustrated because she has a bad memory in past when she lived in Jalil's house until she was pregnant, and then Jalil's wives dissipated her from Jalil's house. It makes Nana frustrated, because there is cycle of violence that happens in Nana's life. Therefore, she forbids Mariam to meet Jalil. It is shown in the following data, "Instead, Nana grabbed Mariam by the wrists, pulled her close, and, through gritted teeth, said, "You are a clumsy little *harami* This is my reward for everything I've endured An heirloom-breaking, clumsy little *harami*" (Hosseini 4)

When Nana sees the bowl that fell to the wooden floorboards of the *kolba* and shattered from Mariam's finger, Nana reprimands Mariam, because Mariam has dismissed Nana's bowl. Nana also reprimands Mariam,

because Nana knows that Mariam remembers that the day when Jalil visited Mariam at the *kolba*. It is the first, Mariam hears the words *harami* from her mother, Nana. Besides that, Nana also says that she regrets of having a daughter likes Mariam. Even, she menaces Mariam when Mariam wants to meet Jalil in Jalil's house that she will die if Mariam leave Nana. "Of all the daughters I could have had, why did God give me an ungrateful one like you? Everything I endured for you! How dare you! How dare you abandon me like this, you treacherous little *harami*" ... (Hosseini 19).

Not only that, Nana also hates all of Jalil's families, mostly Jalil's sons who do not know about Jalil and Nana in the past times. Whereas, Jalil's sons are kind to Nana. Even, they are always asked by Jalil to deliver monthly food-stuff for Nana and Mariam. However, Nana is affronting and dissipating them. This phenomenon is described in the novel as follow, "...Nana yelled at the boys as she carried bags of rice inside, and called them names Mariam didn't understand. She cursed their mothers, made hateful faces at them. The boys never returned the insults" (Hosseini 10).

Nana's attitude shows that she has frustration toward Jalil's family in her past. Jalil's family dissipated her because she was pregnant before she got married with Jalil. Then, they dissipated Nana from Jalil's house and Nana takes care of Mariam by herself without Jalil. Nana's frustration ever gets aggression from Jalil's house, and there is cycle of violence that happens in Nana. The abuser rationalizes what he has done. The abuser lashes out with aggressive or violent behaviour. The abuse is a power play designed to show the victim "who is boss." After the abusive episode, the abuser feels guilt, but not over what he has done to the victim. The guilt is over the possibility of being caught and facing consequences (Allen and Anderson 15).

The abuser rationalizes what he's done. He may come up with a string of excuses or blame the victim for his own abusive behaviour—anything to shift responsibility from himself. Then, the abuser does everything he can to regain control and keep the victim in the relationship. He may act as if nothing has happened, or he may turn on the charm. This peaceful honeymoon phase may give the victim hope that the abuser has really changed this time. After that, the abuser begins to fantasize about abusing his victim again, spending a lot of time thinking about what she has done wrong and how he'll make her pay. Then he makes a plan for turning the fantasy of abuse into reality. The last, the abuser sets up the victim and puts his plan in motion, creating a situation where he can justify abusing her. Therefore, she humiliates her beloved daughter and hates Jalil's sons. However, Mariam and Jalil's sons do not know how Nana's story happened in past with their parents. It shows, frustration is a situation in which individual pursues or fails in tired effort of wanted specific-purpose it, or experience of resistance to be free to act in reaching target. Here, Nana wants to make Jalil's family's life became to fall to pieces. Therefore, Nana wants to revenge toward Jalil's family, because of her frustration in her past with Jalil's family.

Besides Nana, Rasheed (Mariam's husband) also has frustration that makes others get injure and or pain, though the victim of Rasheed's hardness is his own wives. It begins when Mariam has miscarriage, and makes them not have a son because he ever had a son from his wife before, but his son and his wife were passed away. Since Mariam has

miscarriage, Rasheed's action is changed. Rasheed does not care again; he is more apt to sulk these days, faults her cooking, complains about clutter around the yard or points out even minor uncleanliness in the house. There is no Mariam's attitude which makes Rasheed pleasing. Mariam's attitudes are bad for Rasheed. "Meanwhile, a change had come over Rasheed ever since the day at the bathhouse. Most nights when he came home, he hardly talked anymore. He ate, smoked, went to bed, sometimes came back in the middle of the night for a brief and, of late, quite rough session of coupling" (Hosseini 60).

In Frustration- Aggression Hypothesis (drive theory), aggression comes from pushing that is caused by external factors. Robert (138) said that drive theories (Frustration-Aggression Hypothesis) appear external conditions, especially frustration as strong motif to hurt the others. In addition, according to Lawson (24), frustration is a situation in which individual pursued or fail in tired effort of wanted specific-purpose it, or experience of resistance to be free to act in reaching. "Get up," he said. "Come here. Get up." He snatched her hand, opened it, and dropped a handful of pebbles into it. "Put these in your mouth." "What?" "Put. These. In your mouth." "Stop it, Rasheed, I'm-" His powerful hands clasped her jaw. He shoved two fingers into her mouth and pried it open, then forced the cold, hard pebbles into it" (Hosseini 66).

The dialogues happen when Rasheed eats Mariam's cooking, but he feels that the rice is like pebbles. However, Rasheed does not give his apologies for Mariam. Even, Rasheed asks Mariam to put the pebbles in Mariam's mouth, and then he asks her to eat those pebbles until her two molars are broken and spit out blood. It happens after Mariam cannot give Rasheed a son because Mariam has miscarriage. There are no Mariam's attitudes, which make Rasheed pleasing, even it is always bad for Rasheed. Frustration condition that is beyond the individual's power to control often causes great emotion and stress. When the need is blocked or cannot be reached, they feel frustrated of that condition. Furthermore, when someone experiences frustration at one time or another in the course of his strivings, he will develop external signs that reflect the effect of his frustration.

Since it, he often tortures Mariam without clear reason; even he does not consider Mariam as his wife again. Even, he decides to get married again with Laila without Mariam's agreement before. Although, there are more differences of age both of them. Rasheed decides it, because Rasheed considers that Mariam is not a good wife for him, especially Mariam cannot give him a daughter after Mariam was miscarriage. "But this?" "What of it? What? She's too young, you think? She's fourteen. Hardly a child. You were fifteen, remember? My mother was fourteen when she had me. Thirteen when she married." "I...I don't want this,"... (Hosseini 130).

Since Rasheed gets married again, he does not more respect to Mariam again. Even, he considers Mariam as their housemaid. He more respects to Laila than Mariam. And, he also compares both of them like car; Mariam like Volga and Laila like Benz. He always praises Laila in front of Mariam, and he also affronts Mariam in front of Laila. He believes that Laila will be good wife for himself and Laila can give him a son. Besides, he opens Mariam's ignominy in her past; he calls Mariam *Harami* in front of Laila. "We are city people, you and I, but she is dehati. A village girl. Not even

a village girl. No. She grew up in a *kolba* made of mud outside the village. Her father put her there. Have you told her, Mariam, have you told her that you are a *harami*?" (Hosseini 134).

Not only that, since Mariam is miscarriage and cannot give Rasheed a son as soon as possible, there is no Rasheed's trusting toward Mariam. He also tortures Mariam without clear reason. It happens when Laila's action is changed and he considers that Mariam who causes Laila's attitude change. "... Mariam slid out of her bed and began back-peddalling. Her arms instinctively crossed over her chest, where he often struck her first. "What are you talking about?" she stammered. "Her denying me. You're teaching her to." "I should have known that you'd corrupt her," Rasheed spat at Mariam. He swung the belt, testing it against his own thigh. The buckle jingled loudly. (Hosseini 143). This Rasheed's aggression to Mariam happens because of Mariam's failure in giving a son to change Rasheed's son who was passed away. Moreover, he often blames and tortures Mariam without clear reason. This action is included aggression caused by frustration. So that he overflows his frustration to others, one of them by affronting and torturing, though they are his family. This theory is called frustration-aggression hypothesis. Lawson said that Frustration is a situation in which individual pursued or fail in tired effort of wanted specific purpose it, or experience of resistance to be free to act in reaching target (24).

However, in the next time, Rasheed has lack of respect to Laila, when Laila gives birth of a daughter. Even, he never considers Aziza is his daughter. He always insinuates situation of his house is different, not like as before Aziza is born, "This crying. I can't stand it." (Hosseini 141).

Furthermore, he never cares about Aziza's growth, does not want to touch Aziza, called Aziza but he just calls the baby. Furthermore, he ever swears that he wants to put the baby in a box and let her float down Kabul River, like baby Moses. Sometimes, he blames Laila and Aziza too, it happens after Laila bore a daughter. Whereas, before Laila bore Aziza, everything Laila said used to please and intrigued him. "... Demands to be fed, burped, changed, walked, held. The girl, in turn, scolded him for smoking in the room, for not letting the baby sleep with them. There were other arguments waged in voices pitched low... The baby's screeching rose and fell like a cleaver" (Hosseini 142-143).

This shows that Rasheed's wish to have a son from his wives, having effect for his family's life. So that, he tortures his family and does not consider Aziza as his daughter. Lawson said an individual has motivation, desire, ambition, and need. To get satisfaction of his need, he is actively striving to reach a goal that is important and attainable. When the need is blocked or cannot be reached, they feel frustrated of that condition (26). Moreover, he will overflow his frustration by hardness or aggression, as like Lawson's statement that when someone experiences frustration at one time or another in the course of his strivings, he will develop external signs that reflect the effect of his frustration (Lawson 25).

Rasheed's expectation to have a son is so big his dream. It is proved when Laila born a son, and makes Rasheed very happy. Rasheed gives the best and doing everything to his son (Zalmai). For Rasheed, Zalmai is everything in his life. Where there is Rasheed, there is also Zalmai. Anywhere, they always together, and very chummy, it makes Laila was

jealous. "... Zalmai liked to sit beside his father at dinner, where they played private games, as Mariam, Laila, and Aziza set plates on the sojrah. They took turns poking each other on the chest, giggling, pelting each other with bread crumbs, whispering things the others couldn't hear. If Laila spoke to them, Rasheed looked up with displeasure at the unwelcome intrusion" (Hosseini 173).

Moreover, Rasheed also often tortures Laila, like as to Mariam. It makes Laila not to hold up with Rasheed's attitude which always torturing her. Then, she decides to go far from Rasheed's house. She also invites Aziza and Mariam, because she does not want Rasheed always tortures them. However, Rasheed knows their planning, and makes Rasheed is angry and more tortures them. For Mariam and Laila, the sounds they heard were those of a methodical, familiar proceeding. There is no cursing, no screaming, no pleading, no surprised yelps, only the systematic business of beating and being beaten, the thump, thump of something solid repeatedly striking flesh, something, someone, hitting a wall with a thud, cloth ripping. Besides, as like Mariam, Rasheed does not care again with Laila's opinion. It begins when Rasheed gives his opinion that Aziza has to stay in dormitory. However, Laila disagrees, and this matter makes both of them fight. Moreover, make Laila slaps Rasheed, but that makes Rasheed is more aggressive to torture Laila. "The slap made a loud smacking sound, the palm of his thick fingered hand connecting squarely with the meat of Laila's cheek. It made her head whip around. Then Laila punched him... Laila watched the arch of her closed fist, slicing through the air, felt the crinkle of Rasheed's stubbly, coarse skin under her knuckles" (Hosseini 175).

The top Rasheed's aggression is caused by frustration, when Zalmai tells that there is a man who met Laila in their house. He is Laila's ex-boyfriend, Tariq. This matter makes Rasheed angry, and tortures Laila, because he does not want Laila meet again with her ex-boyfriend. "She went to stop him, but he shoved her back and blew by her. Without saying a word, he swung the belt at Laila. He did it with such speed that she had no time to retreat or duck, or even raise a protective arm. .... The belt made a thump when Rasheed dropped it to the ground and came for her. Some jobs, that thump said, were meant to be done with bare hands" (Hosseini 205). This condition makes Mariam feels Rasheed's aggression is over in their family, that makes Mariam realizes that Mariam does the best for her husband, but nothing good attitude for Rasheed.

Furthermore, she also wants to protect Laila when Rasheed wants to kill Laila. Nevertheless, Rasheed tortures Mariam too. That makes Laila also wants to protect from Rasheed's aggression that is caused by his frustration. Moreover, it makes Laila strong to fight against her husband, because she does not hold up again with Rasheed's attitude which always tortures Mariam and her without clear reason. However, Rasheed is stronger than Laila, even Rasheed wants to kill Laila. "Mariam clawed at him. She beat at his chest. She hurled herself against him. She struggled to uncurl his fingers from Laila's neck. She bit them. But they remained tightly clamped around Laila's wind-pipe, and Mariam saw that he meant to carry this through. He meant to suffocate her, and there was nothing either of them could do about it" (Hosseini 206-207).

Further, the evidence above indicates how frustration is described in Mariam's family, especially in Rasheed's soul. Rasheed tortures, blames, and affronts Mariam because she

cannot give Rasheed a son. And he also tortures Laila since Laila born a daughter. Moreover, when Rasheed knows from Zalmai that Laila's ex-boyfriend met Laila in his house. He does not want Laila has communication with her ex-boy-friend. Although in the end, Mariam kills Rasheed because she wants to save Laila from Rasheed's frustration. Furthermore, she does not hold up again with Rasheed's attitudes, which always torture Laila and her without clear reason. It also there is cycle of violence that happen in Mariam and Laila, because they ever get aggression from Rasheed who always tortures them without clear reason. It shows that there is cycle of violence that happens in Mariam and Laila because of their frustration when they live together with their husband, Rasheed. According to Help Guide Site, domestic abuse falls into a common pattern or cycle of violence, one of them are the abuser begins to fantasize about abusing his victim again, spending a lot of time thinking about what she has done wrong and how he will make her pay. Then he makes a plan for turning the fantasy of abuse into reality, and The abuser sets up the victim and puts his plan in motion, creating a situation where he can justify abusing her.

From explanation above, Nana and Rasheed are the doers of aggression in this novel, exactly in Mariam's family, because of their frustration. Beside, Nana has frustrated, she has become victim when she lived in Jalil's house as housemaid. In other hand, Mariam as the victim from Rasheed's aggression, she also becomes the doer of aggression when she kills Rasheed. She kills her husband, because she wants to protect herself and Laila when Rasheed tortures them and Rasheed will kill Laila. Same with Mariam, Laila as the victim from Rasheed's aggression, she is also called the doer of aggression because she ever tortures Rasheed, when he blames and tortures her. Actually, Mariam and Laila do aggression to protect their selves.

### Conclusion

Therefore, the researcher can sum up that frustration-aggression happens in Mariam's family, and the most of aggression in this family is caused by Nana's frustration in her past, exactly there is cycle of violence, and because of Rasheed's frustration toward his wives who cannot give him a son. In addition, Mariam and Laila have frustration, and cycle of violence is happened when they live with Rasheed. The most aggression in Mariam's family based on frustration in this novel is kinds of active, direct, and physical aggression.

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