

**INVESTIGATION OF TRAUMA IN FUNKE AKINDELE'S *A TRIBE CALLED
JUDAH* AND KENNETH NNEBUE'S *DIED WRETCHED***

BY

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BENIN CITY, NIGERIA.**

FEBRUARY, 2025

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**A PROJECT SUBMITTED TO THE DEPARTMENT OF ENGLISH AND
LITERATURE IN PARTIAL FULFILMENT OF THE REQUIREMENT'S OF
THE AWARD OF THE BACHELOR OF ART (B.A.) HONOURS DEGREE IN
ENGLISH AND LITERATURE, UNIVERSITY OF BENIN, BENIN CITY,
NIGERIA.**

FEBRUARY, 2025

CERTIFICATION

This is to certify that this project was carried out by Blessing Aimuanmwosa UWADIAE (Miss) Department of English and Literature, University of Benin, Benin City, under my supervision.

Prof. A.P. Mamudu

Project Supervisor

Date

DEDICATION

I dedicate this project to my father, my chief who treated me like a princess all the time we spent together. Chief F. O. Uwadiae. Keep resting Sir.

ACKNOWLEDGMENTS

First, I want to give God almighty the glory for the grace to finish well. My second acknowledgment goes to my mother, my treasure, Mrs. Oghosa Osemwengie Uwadae. My strong woman who made it possible I finish my education, what more can I say, Thank you Iyenogie , I will always love you, and I won't stop until I become the best so I can give you the best. Ever heard of a father that means well for his child? They are never lenient with that child, because they want the child to succeed. Thank you Professor A.P. Mamudu, I am so grateful. A man that who forces you to succeed, a man who won't allow you fail under his watch, thank you sir.

To my siblings, My support system, My big brother Efe Osemwengie Uwadiae, the one who always listens to me even when I'm not speaking. The man that loves me and never allowed me feel the vacuum my father's absence created, my brother that became my friend, my father and support system, thank you sir, I will always do what will make you happy with me. My sister Glory Uwadiae. For God so love me that He gave me you so I won't be lonely, thank you for being my sister, my best friend and my support system. My little brother Divine Osemwengie Uwadiae, my Smallie, thank you for always showing me off, a proud little brother, I won't disappoint you.

To my Uncle, Uncle Ekundayo Adesanya words in the dictionary can't quantify my gratitude, but I'm so certain that Heaven will not rest until your prayers are answered, before you pray God will by himself answer you, thank you sir.

And to my Aunty, Aunty Fumi Adesanya, The best Aunty in the whole wide world, I love you so much, thank you for staying with me all through this journey, you must be decorated. To my big sis, Chidima Innocent, my big sister from another mother, you became a friend and then a sister, God will bless you, you are the big sister Glory and I never had, thank God for the gift of you.

To my friends Emerald, Terry, Jeffery, Ese, Aduwo, Jennifer, Nafeesat, Robeehat thank you all so much, this journey wouldn't have been easy without you guys. And of course I

can't forget you Emmanuel Okeligho, my personal person, I love you more than words can express, thank God for the Gift of you, you made this journey so smooth and fun, thank you.

To a friend I met last minute, I just know this friendship is infinite. Eseosa Osaigbovo, thank you so much , you have a kind heart. And to my darling, my best friend Eze Goodness, thank you for being a friend and a sister. To my most caring, Ericson, thank you so much, God bless you for being a part of my life. And to everyone who has supported me in one way or the other, thank you all, you are all loved.

ABSTRACT

Trauma is a deeply distressing experience that greatly impacts individuals' psychological, emotional and physical wellbeing. Hence this study will focus on examining its type and causes, effects and defense mechanisms as demonstrated in Funke Akibdeke's "A tribe called Judah" and Kenneth Nnebue's "Died Wretched" .

The methodological approach used in this study is the psychoanalytic approach because trauma is like a sickness of the mind, it has to do with matters of the subconscious mind. The study discovers that Funke Akindele and Kenneth Nnebue through the characters, reveals how people become the things they hate as a result of one traumatic experience or the other,. The findings reveals that the subconscious has a greater percent influence on our consciousness as we tend to react physically based on what we are facing or have faced psychologically. The study concludes that both movies are like mirror or a reflection of the inner mind and the physical reaction of an individual.

CHAPTER ONE

INTRODUCTION

1.1. Purpose of Study

This study aims at examining the presence of trauma, its impact on the characters, and as well as coping mechanisms or rather defence mechanisms taken by characters in Funke Akindele's *A Tribe Called Judah* and Kenneth Nnebue's *Died Wretched*. Basically, we will be looking at trauma its types, its causes, its effects, and also possible the defence mechanisms used by characters in the movies.

1.2. Scope of Study

The whole essence of this is to show the extent, range or boundary of this entire journey through "Trauma" in *Died Wretched* by Kenneth Nnebue and *A tribe called Judah* by Funke Akindele.

- Examining the types of trauma experienced by the characters.
- Identifying the causes and effects of trauma
- As well as analyzing the portrayal of coping mechanisms/defence strategies.

1.3. Methodology

1.3.1. Method of Data Collection

The primary sources of data for this research are two movies - Funke Akindele's *A tribe called Judah* and Kenneth Nnebue's *Died Wretched* which was downloaded from Movie box App and YouTube respectively.

These movies were sourced from Movie Box and YouTube because these platforms have become significant spaces thus making them rich sources for downloading movies. The choice of these movies is deliberate because the movies explicitly portray Trauma of several kinds as demonstrated through the characters.

The data collection will focus on relevant parts from the movies. The movies are transcribed into textual format using subtitles, maintaining unedited and exact accuracy; participants are manually labelled with their names to distinguish their roles in the discourse. The secondary sources of data for this study are texts related to the research topic scholars, articles, academic journals, and dictionaries.

1.3.2. Method of Data Analysis

The research methodology selected for this study is the psychoanalytic Approach because it deliberates and expatiates deeply on matters of the mind that is the subconscious mind of individuals, which of course 'Trauma' is a branch of the psychoanalyst Theory. Research has been made, and the movies has been watched and transcribed before analyzing then using the theory of psychoanalysis.

1.4 Theoretical Background

The Research adopts the theory of psychoanalysis as its outline. In this selection, the attention would be in the historical context of psychoanalytic theory, its interpretation by various critics, mode of operation in human lives and attitudes and its specific role in the lives of the character in the movies.

Psychoanalytic theory developed by Sigmund Freud in the early 1890s and continued to refine it until his death in 1939. It is a psychological guideline that explains human behaviour, emotions and thoughts. Sigmund Freud defines psychoanalytic theory as a clinical method for treating mental illness and understanding human behaviour.

Freud's theory is based in the idea that the mind is made up of three parts: the Id, the ego, and the superego, and that unconscious processes influences human behaviour.

It emerged late 19th century and early 20th century Europe. And influenced by Romanticism and enlightenment, and Freud's Medical Training and Patients. Although these are not the only influences. Johann Wolfgang Von Goethe talks on romanticism, he talks about desire and emotional intensity. Emphasis on emotion and intuition, focus on individual experience and personal opinion, interest in the unconscious and the irrational, rejection of rationalism and enlightenment values, celebration of nature and beauty, all these are the characteristics of Johann Wolfgang Vin Goethe's Romanticism (1749-1833). Goethe's Romanticism legacy significantly influenced Freud's psychoanalytic theory, particularly in: Tripartite division; Goethe's "Faust" features three main characters; Faust (id), Mephisto (ego), and the Divine (superego), mirroring Freud's structure, Goethe's uncovering of Faust's concept of conflicting desires between id and ego, Goethe's emphasis on unconscious motivations in "Faust" influenced Freud's understanding of the unconscious mind, Goethe's "Faust" explores Faust's suppressed desires and guilt, mirroring Freud's repression concept (repression is suppressing or hiding uncomfortable

thoughts, desires or memories), Goethe's character's refusal to acknowledge reality (eg; Faust's denial to his pact) inspired Freud's denial mechanism, Goethe's portrayal of characters connecting their own desires to others (eg; Faust's suspicion of mephisto) influenced Freud's projection concept.

Enlightenment on the other hand influenced Freud's structural model (Id, Ego, and superego).

Immanuel Kant talks on enlightenment.

Kant's influence on Freud's structural model includes world distinction inspired Freud's division between -Id (primitive, instinctual), Ego (rational, conscious), Superego (moral, ethical), Kant's categorical essential and profound idealism informed Freud's hierarchical organisation; Id (unconscious, primitive), Ego (unconscious, rational), Superego (unconscious, moral).

Another key figure is;

Freud's Medical Training and Patients also influenced his psychoanalytic theory. One major influence is his Medical training (1873-1881) in the University of Vienna Freud studied medicine, focusing on Neuroscience, physiology and psychiatry. Freud's studied under Ernst Bruce and Theodore Meynert shaped his understanding of the brain's role in human behaviour. His mentorship under Theodor Meynert and Richard Con Kraft - Ebing exposed Freud to psychiatric cases, informing his concepts. All his training influenced his psychoanalytic theory in the aspect of; Hysteria cases (Anxiety, irritability,

or mood swings. Excessive emotional expression) a famous case under this is 'Anna O'. (Bertha Pappenheim), Freud's patient. This also influenced his psychoanalytic theory. Another one is free association. Freud's patients association revealed unconscious connections and desires. Free association validated unconscious existence. Another influence is Also Freud's patient Anna O. (Bertha Pappenheim) who also developed transference case; When a person redirects their feelings, attitudes or desires towards important figures from their past onto their therapist or analyst.

Sigmund Freud has notable works on trauma:

"Studies on Hysteria" (1895): Teaches Trauma's role in hysteria, "The interpretation of dreams" (1900): Discusses trauma's impact on dreams, "Introduction to psychoanalysis" (1916-1917): Lectures on trauma, anxiety.

According to 'Sigmund Freud,' he defined trauma as physical injury, psychological shock and overwhelming experiences. He also emphasised on psychological Trauma: Emotional distress, Unconscious conflicts: Restricted or Hidden memories and desires, Breaches or Gap in psychic defences: Overwhelmed coping mechanisms.

We have Types of trauma: Acute trauma (Single event), Chronic Trauma (reappeared events), intergenerational trauma, and the impacts of Trauma on individuals; Isolation (psychological effects), Depression (emotional effect), Health issues (physical effect), Irritability (emotional effect), substance abuse (behavioural effect), Anger (emotional effect), Family conflicts (social effect), and also Death. (Physical effect) as well as things that can cause trauma; Poverty (financial crisis), Abuse (physical, emotional, sexual),

Accidents, Separation, Neglect, Betrayal, Loss of identity, and the possible defence mechanisms used by people,.

1.5 Review of Related Scholarship

This literature review emphasises the focus of other scholars on Funke Akindele's *A Tribe Called Judah* and Kenneth Nnebue's *Died Wretched*, targeting to establish the uniqueness of this essay.

overtime, several scholars have explored different subject matters on Funke Akindele and Kenneth Nnebue's films but unfortunately, little or nothing has to do with the investigation of the Theme of Trauma in the films, that includes the types of trauma, the causes of trauma, the effects of trauma and also the defence mechanisms as portrayed through the characters.

Hence, this study examines these comments to ascertain their differences from the main focus of this essay.

From the aspect of Allegorical interpretation, Atanang Godwin Etim is canine Funke Akindele *A tribe called Judah* as a significant film that establishes a new milestone for Nollywood. To him, *A tribe called Judah* stands out because of its strong family oriented storyline. According to him, Funke Akindele through the character Jeddah Judahs and her children which form the tribe called Judah colourfully demonstrated the diversified nature of the characters representing the western, southern, eastern and northern parts of Nigeria. Given how deeply divided along ethnic lines the country seem to have become in more recent times, he goes further to say the movie doesn't only achieve its aim in

ensuring that it keeps its audience entertained (something it does brilliantly well by infusion humour into strong themed messages), but also present to the audience a diversified society the beauty in diversity, as evidenced in the diverse Nigerian vernaculars used by its characters, thus stirring in the hearts of its diverse audience a positive feeling towards diversity, which is a necessary ingredient for fostering unity in a deeply divided society like ours (Nigeria). ‘Atanang Godwin Etim’ tries to view the film as an allegory i.e fixing each characters as representation of our country (Nigeria) and the various tribes in it and the possibilities to leave in a diverse society with different tribes but as long as we are birthed by one Mother Earth (Nigeria) which is assumed by the character ‘Jedidah Judah’ in the movie, regardless of our father’s tribes, we can leave in unity and as one and we should begin to see ourselves as one Family and we should be Family Oriented.

Another Peculiar comment on Funke Akindele’s *A tribe called Judah* is that of ‘Mmesoma Nzgwu’. She commented on the cinematic review of the movie. She gave a wonderful remark and applaud and the storyline, the performances, from the cast, she says the cinematography was usually stunning, capturing the essence of each scene brilliantly, and she goes on commending the sound tracks complementing the mood perfectly, enhancing overall emotional impact, while the plot had e expected twists, the pacing keeps the audience hooked from start to finish.

Judith Chinazaekpere Nwofor’ evaluates *A tribe called Judah* as a commentary on our culture and identity. In her words she says *A tribe called Judah* tackles important themes

of cultural identity and the search for one's place in the world. It prompts viewers to reflect on their own heritage and the significance of embracing diversity. She goes on to state that the movie's narrative is beautifully crafted, taking the audience in an emotional rollercoaster filled with moments of joy, heartbreak and Self-Discovery.

However, parallel to Funke Akindele's *A tribe called Judah* is Kenneth Nnebue's *Died wretched* which has also received a few attention overtime. Getting reviews about this movie was not really that easy because it is not as recent as *A tribe called Judah*.

Astor George gave a summary of the movie. In his introduction, he started with; 'I watched the old Nollywood movie *Died Wretched*, so you don't have to. He made the summary of this movie quite fun and interesting than the movie itself. Thoroughly the use of pictures from the movie scenes with funny inscriptions to make it well understood. And he ended the summary with airing his confusion wondering why the done parts of the movie was not tied up, like the part of Chris' side-chick and why Chris didn't defend Sarah when she was being accused. And 'Astor Gorge' also feels Lucas was being too entitled.

1.5.1. Justification of Study

This literature review reveals a unique gap in the existing literature concerning the analysis on the types of trauma, the causes of trauma , the effect of trauma and the defense mechanisms in the movies. While several studies evaluates the movies from allegorical interpretations, the cinematic review, culture and identity, and the plot

summary of the movies, limited attention has been given to the Theme of trauma which I will be focusing on using the psychoanalytic theory.

1.6 Thesis Statement

Trauma is like a cankerworm that can eat deep into the fabric of one's life. The portrayal of Trauma in the movies Kenneth Nnebue's *Died wretched* and Funke Akindele's *A tribe called Judah* reveals the types, causes, effects of emotional and physical struggles and as well as the defense mechanisms or coping strategies as evidenced through the characters.

CHAPTER TWO

TYPES AND CAUSES OF TRAUMA AS POTRAYED IN FUNKE AKINDELE'S

A TRIBE CALLED JUDAH AND KENNETH NNEBUE'S DIED WRETCHED

2.1 Introduction

Trauma is a deeply distressing or disturbing experience that has a lasting effect on person's mental, emotional, and physical wellbeing. It can stem from a wide range of evens, from singular incidents like accidents or assault, to prolonged exposure to stressful situations such as abuse or neglect. Understanding the different types and causes of trauma is crucial for recognizing their diverse impacts and developing appropriate support mechanisms. This exploration will delve into various categories and things that can lead to trauma, examining their characteristics and potential consequences. This chapter focuses on investigating the types and causes of trauma as adopted in "A tribe called Judah" and "Died Wretched". In both movies, the directors provide a blend of emotional and physical depictions that reflect people's mental health through the use of dramatic elements.

According to Sigmund Freud, he defined trauma as physical injury, psychological shock and overwhelming experience. Trauma is a deeply impactful emotional response to an event or series of events that are perceived as threatening or harmful, either physically or emotionally. It can result from a wide range of experiences, and its effects can be profound and long-lasting.

2.2 Acute Trauma

This had to do with that one Single event that occurs in a person's life that now creates physical injury, psychological shock, and overwhelming experience, the sudden and overwhelming experience of loss identity, betrayal and poverty as portrayed in the movie *Died Wretched* by Kenneth Nnebue.

In Kenneth Nnebue's *Died Wretched* Lucas faces or rather experiences loss of identity which leads to his traumatic experience. Lucas, who used to be a very wealthy man, faces a single event/incident of loss of identity. He loses his status as a wealthy as a result of a single event that happens to his brother "Chris" who is accused wrongly for a crime he didn't commit and is locked up in detention, and Lucas his uncle sells all he has to save Chris from going to prison; and this new phase of his life makes his loss his identity and status as a rich man and with asserts and he becomes poor.

We find this evidenced in the dialogue below from the movie:

(There is a flashback, and Chris is locked up in detection, looking sad and frustrated, Lucas walks in looking curious)

LUCAS: Chris, did you do it? Look I want the truth

CHRIS: (sobbing) Uncle, I did not do it. I was duped. Uncle please I don't want to go to jail. Help me uncle (crying) you are my last hope. Help me.

LUCAS: (nodding in assurance and with confidence) you won't go to jail. As far as I am here. Okay? But let me ask you have you eating something?

CHRIS: (shakes his head signifying NO)

LUCAS: okay hold on give a moment, I will get you something to eat okay?

(Chris continues sobbing)

Then another scene in the “High Court of Lagos State Ikeja Complex as written on the wall, some men dressed like lawyers walks out then Chris, Lucas and a lawyer follows suit. And they get to the car and Lucas opens the door for Chris, but Chris stops before entering the car:

CHRIS: uncle, how did you raise the money?

LUCAS: I sold my plot of land at Ikeja and the goods in my shop. That’s okay just
get into the car let’s go

CHRIS: (crying while entering the car)

THE LAWYER: (Taps Chris on his arm) calm down. The most important thing is
your freedom which you’ve gained; enter the vehicle let’s go.

(They entered the car and drives off and Chris comes back from his flashback to the present).

This one event/incident marks the beginning of Lucas suffering and frustration, he loses his shop and cant bounce back in business, then he begins to do petty jobs to raise his family and the employers are not consistent in payment, so life becomes tough after that one incident of Chris’ misfortune that in turn leads to Lucas’ loss of identity and status in the society.

Then also we will also look at the possible appearances of acute trauma in Funke Akindele's *A Tribe Called Judah*. an illustration could be drawn from one incident that actually creates a deep rooted trauma in the minds of the characters and even in the minds of the audience; "The Rubbery". In "A Tribe Called Judah," the robbery scene is a significant moment that exposes the desperation of Jedidah's sons and the harsh realities of their environment. In the movie Jedidah develops a health challenge that requires. Jedidah develops kidney issues and needs money for instant surgery, and the sons are unable to raise the money. Driven by their mother's critical illness and their lack of financial resources, the brothers devise a plan to rob Emeka's former boss, a man suspected of money laundering but disguising to be running a furniture shop, why using the furniture chairs to carry money in and out of the shop. Emeka gets to find out. So due to Jedidah's poor health condition, Emeka becomes a bit distracted at work and most absent, and this displeased the boss and he refuses to understand Emeka's situations so he fires Emeka from his job and this made matter worse, as Emeka is seriously in need of money . The five brothers believe this is their only option to save their mother's life. The robbery takes place at a furniture store, C&K Furniture, which serves as a front for the boss's illegal activities. The brothers' plan is to enter the store during a costume party, blend in, and steal the money hidden within the furniture. However, their plan goes amiss when they encounter another group of armed robbers with the same objective. The situation escalates into a violent combat between the two groups. Gunshots are exchanged, and the brothers are forced to fight for their lives and the money they stole.

As a result of this chaos, Emeka, the eldest brother and the mastermind behind the plan, is tragically shot and killed. The robbery scene is a traumatic experience for all the brothers. They witness violence, face the possibility of death, and ultimately lose their eldest brother. The emotional and psychological impact of this event is profound. They are left with feelings of guilt, fear, and grief. The trauma of the robbery also strains their relationships with each other and their mother. The robbery has lasting consequences for the brothers. They are now fugitives, wanted by the police for their involvement in the crime. They must also wrestle with the loss of Emeka and the guilt of their actions. The robbery shatters their sense of security and forces them to confront the harsh realities of their choices.

The robbery scene in "A Tribe Called Judah" is a powerful depiction of the desperation and trauma that can result from poverty and lack of opportunity. This single scene creates whole lots of trauma that goes with regrets and pains and also fears in the life of the Judah's brothers and depression and frustration in the life of Jedidah their mother.

2.2.1 Chronic Trauma

The Chronic trauma is another type of trauma that has to do with trauma with prolonged or repeated events. A perfect illustration for this is Funke Akindele's *A Tribe Called Judah*. Jedidah' in the movie, a single mother raising five sons, faces numerous hardship, social stigma, financial struggles, and emotional burdens. Her ability to persevere is a

sign of enduring a long history of difficult situations which will be traced to her own upbringing. As a single mother raising five sons with different fathers, she embodies the struggles and pain of a woman trying to exist in a challenging and judgmental environment. Jedidah's life is marked by a series of hardships. She faces social stigma for her unconventional family structure, financial instability, and the daily struggles of raising five boys in a low-income neighborhood. Yet, she remains a pillar of strength for her sons, providing them with love, support, and a sense of belonging. Her resilience is evident in her unwavering determination to provide for her sons, even when faced with seemingly insurmountable obstacles. She works tirelessly to make ends meet, and she never gives up on her sons, even when they make mistakes.

The reason for this is because of the prolonged neglect and abandonment she faced as a young woman while growing up. Jedidah is disowned as by her father for getting pregnant out of wedlock, this abandonment causes a whole lot of emotional and psychological break down; Jedidah's story highlights the importance of family bonds in the face of adversity. This makes her supports and stands by children even when they get involved in criminal act, she never abandons them nor leave them alone to carry the cross alone. This Jedidah's abandonment that leads to her prolonged trauma is seen in the movie from the early part of the movie, Jedidah is seen on the bed, shivering, obviously having a nightmare, and she's up like something she's used to already, and a flashback of her father's voice echoes in the room as she goes about her daily activity.

Jedidah's father's voice: You a disgrace to this family. How will I Rev. Simon

Judah face the congregation when they find out my daughter is pregnant? Out of wedlock!

A woman's voice echo's also, the voice is Jedidah's mother,

Jedidah's mother: My husband. Biko take it easy. Okay, let her go and stay with my sister in Kano. She can have the baby there.

Jedidah's Father: Don't tell me that!

Jedidah

Jedidah: Daddy

Jedidah's father: I disown you.

Jedidah:(crying) Ah daddy please

Now in the present;

Jedidah: (sighs) I will bear my cross.

Jedidah's resilience, hints at the potential for chronic trauma. The cumulative effect of her hardships, coupled with the challenges of raising her sons in a tough environment, could take a toll on her emotional and psychological well-being. However, the film does not explicitly delve into this aspect of her life.

Overall, Jedidah's story is a powerful portrayal of the strength of family bonds in the face of adversity.

2.2.2 Intergenerational Trauma

Intergenerational trauma is a form of trauma that is passed down from one generation to the next. It can be caused by a variety of factors, including war, poverty, abuse, and

discrimination. When parents experience trauma, it can affect their parenting styles and their children's development. Children who grow up in homes where there is intergenerational trauma may experience a variety of challenges, including mental health problems, substance abuse, and relationship difficulties and some tend to end up developing some criminal behavior as evidenced in Funke Akindele's *A tribe called Judah*. In the movie we find the effect of intergenerational trauma through sons of Jedidah. Jedidah becomes a product of her environment.

Jedidah's strength and ability to persevere likely stem from her own experiences. As a single mother of five sons she uses all her might and strength to stand fir her children even when they engage in criminal activities, she won't give up on them, she is their only parent and has taken it upon herself to be there for them despite the stigma from the society. This choice of parenting actually caused the children to engage in things that are really not cool and they become social vices and problem to their environment. Pere and Shina are perfect illustration to this. We find in the part of the movie when Jedida's mother comes to visit and finds his grandson Shina smoking, and she blames Jedidah for raising Pere and Shina wrongly and spoilt. In this scene also it is revealed that Emeka the eldest son and Adamu the second born is raised by Jedidah's aunty.

The reason for Jedidah's raising the children in that way is as a result of her experience of abandonment. Jedidah who is abandoned by her father for getting pregnant out of wedlock, has determined to stand by her sons regardless of their flaws, and she won't give up on them just like how her father gave up on her

2.3 Causes of Trauma

After concluding on the types of trauma as portrayed in both movies, in this chapter we will also be revealing the causes of the kind of trauma a person might be going through as portrayed in both movies *A tribe called Judah and Died Wretched*. To this end, Funke Akindele and Kenneth Nnebue employ their movies to caution its causes ranging from poverty (financial crisis), separation (divorce, abandonment), Neglect, Betrayal, loss of identity.

2.3.1 Poverty

Poverty is more than just a problem; it is a menace, a crisis. This is one thing that can cause trauma in an individual's life without giving it consent or creating room for it, because poverty is something that can be inherited. Lacking the basic necessities of life is traumatizing and makes one less a living thing. So in the movie "Died Wretched" by Kenneth Nnebue, we find poverty a very prominent theme in the movie. Lucas' inability to carter for his family makes him restless, frustrated and displeased. At the early part of the farm we find Lucas walks into his house and he finds his children lying on the floor hungry and starving with no hope of something to eat and the arrival of their father Lucas is suppose to bring a little hope but Lucas who is just returning from work appears to be empty handed and hopeless like the children too. Lucas steps out to beg for food from his neighbor to give to the children.

Lucas a ones wealthy man now facing a very severe financial crisis try's hard to be able to get his rich brother Chris to see reasons with him to help open a business for him gets disappointed every time he tries as Chris will always come up with excuses and unfulfilled promises. Lucas financial makes him unable to send his children to school and they stops to school. Lucas decides to gives his out as a sales boy. Lucas is not able to even pay his house rent and is sent out of the house with his family and his properties. The financial crisis faces by Lucas makes him sad and unhappy and this made him developed a health challenge that eventually takes his life. His state of poverty makes his neglected and abandoned by his brother Chris. He is always going to Chris with one of his personal problem to the other and Chris refusing to help him sees him as a burden. So

Lucas's financial status makes him neglected by his wealthy brother. Lucas' financial crisis makes him neglected, abandoned, and frustrated. This on it own creates an emotional and psychological breakdown on him. His life becomes unbalanced, his day to day not being able to raise the bare minimal for his family makes restless and unhappy.

In Funke Akindele's *A tribe called Judah* we also find the poverty as a cause of the trauma faced by the characters.

The Judah family's impoverished state is established early in the film, highlighting their daily struggles and lack of opportunities. This destitution serves as the primary motivation for the desperate rubbery plan, as they seek funds for their mother's medical treatment.

Poverty is depicted not only as a lack of financial resources but also as a multifaceted issue that affects various aspects of the characters' lives. It limits their access to quality healthcare, education, and decent living conditions. The film also suggests a correlation between poverty and crime, as the Judah brothers resort to illegal activities due to their financial constraints.

Jedidah (the mother): Poverty forces Jedidah into a constant struggle for survival. She works tirelessly, running a small Keke business and engaging in other petty businesses, to provide for her five sons. Her limited resources contribute to her poor health, culminating in kidney failure due to alleged excessive alcohol intake. Ultimately, it is her critical medical condition that drives her sons to desperation and crime.

Emeka (the eldest son): Despite being the brightest among his siblings, Emeka is forced to put his education on hold to become the family's breadwinner. He works as a customer representative in a furniture showroom, earning a meager salary that barely meets his family's basic needs. His inability to afford his mother's medical treatment and provide a better life for his family pushes him to conceive the desperate plan to rob his employer.

Adamu (the second son): Like Emeka, Adamu also works at the furniture showroom as a security officer. His limited income and lack of opportunities reflect the socio-economic realities of many young adults living in poverty. He is easily persuaded to join the heist plan, driven by the hope of a better future for himself and his family.

Pere (the third son): Pere's character exemplifies how poverty can breed desperation and turn individuals to crime. He engages in street activities like pick-pocketing and stealing,

believing it to be a faster route to financial stability than formal education or legitimate employment. His actions highlight the difficult choices faced by those living in impoverished conditions.

Shina (the fourth son): Shina's involvement with street gangsters and participation in armed robbery underscores the correlation between poverty and crime. His desperation to escape poverty makes him vulnerable to criminal influences, ultimately leading to tragic consequences.

Ejiro (the youngest son): Ejiro's resort to begging with his girlfriend, Testimony, highlights the extent of their financial struggles. Their situation reflects the harsh realities faced by many families living in poverty, where even basic necessities are a daily struggle.

In summary, poverty affects the characters in "A Tribe Called Judah" by limiting their opportunities, forcing them to make difficult choices, and pushing them towards crime and desperation. The film serves as a poignant commentary on the socio-economic realities faced by many families in Nigeria and underscores the urgent need for solutions to address poverty and its far-reaching consequences.

2.3.2 Separation (Abandonment, Divorcement)

Abandonment is also seen in Kenneth Nnebue's *Died Wretched*. Chris and his uncle Lucas seems to be quite close when Lucas was wealthy, but after the misfortune of Chris that leads to Lucas selling his properties to help Chris from not going to jail, Lucas

becomes broke and unable to stand back on his feet financially, Chris becomes wealthy and both of them now belongs to two different social class, Lucas who expects Chris to pay favour with favour to help him back on his feet again is disappointed at Chris refusal to help him, instead Chris abandons Lucas in poverty along with Lucas' wife and his children. Chris doesn't consider his days of problem when Lucas didn't abandon him. When Lucas visits Chris' house to see him, Chris' wife Sarah calls Chris to inform him of his uncle visit, but Chris orders Sarah to send him away. And countless time Lucas tries to confront Chris for help, Chris always comes up with excuses, that there's no money, but on newspapers and TVs, he is seen giving donations worth millions to churches. And when Lucas' wife visits Chris herself, Chris offers to give her the money to give to Lucas to start up a business and Lucas' wife tells him Lucas is dead.

Even when Lucas' Landlord sends him out of the house for not being able to pay his rent, Chris, doesn't go to see the situation of things, but rather sends his wife. This abandonment of Lucas by Chris really breaks him and makes him feel betrayed for trusting Chris to be his family that he gives all he has for a man like Chris, only to get abandoned by that same person. Chris pays Lucas evil for good so Lucas is betrayed.

In Funke Akindele's *A tribe called Judah* we also find the theme of Separation of both divorce and abandonment. Jedidah, the head of the family, is a single mother raising five sons from five different fathers. Each of these men has abandoned her and their children, leaving Jedidah to bear the sole responsibility of raising her sons. This abandonment has a significant impact on the boys, shaping their emotional and

psychological development. They grow up without father figures, which affects their sense of identity and their understanding of male roles in society.

The absence of fathers also creates a void in their lives, leading to feelings of resentment, anger, and insecurity. This emotional stress manifests in their behavior, as some of them engage in rebellious and criminal activities. The theme of separation also extends to the brothers themselves. Despite sharing a mother, they have different fathers and come from different tribes, which create a sense of difference among them. They struggle to connect with each other and form strong bonds, as they grapple with their individual identities and the absence of a unifying paternal figure..

Jedidah: Abandoned by five different men, Jedidah carries the weight of single motherhood. This impacts her emotionally, forcing her to be both mother and father to her sons. It also affects her physically, as the stress and hardship likely contribute to her health issues. The movie hints at a past where she might have sought solace in alcohol.

Emeka: As the eldest, Emeka feels the pressure of being the family's provider in the absence of his father. He grapples with the responsibility of caring for his mother and younger brothers, which forces him to put his personal aspirations on hold. The abandonment by his father likely fuels his determination to succeed, but also contributes to the desperation that leads him to crime.

Adamu: Adamu's experience of having his father's family reject his mother due to religious differences likely leaves him with feelings of rejection and inadequacy. This

contributes to his desire for financial security and his willingness to participate in the robbery.

Pere: Pere's rebellious behavior and engagement in petty theft can be seen as a reaction to the absence of a father figure. He might be seeking attention or trying to fill the void left by his father's abandonment. His actions highlight how the lack of parental guidance can lead young people down a destructive path.

Shina: Shina's involvement in gang activity and armed robbery reflects a desperate attempt to escape the cycle of poverty and abandonment. He seeks a sense of belonging and validation in the gang, which fills the void left by his absent father. His choices demonstrate the vulnerability of young people who lack positive role models and support systems.

Ejiro: As the youngest, Ejiro's experience of growing up without a father figure might manifest in his carefree and sometimes irresponsible behavior. His relationship with Testimony, where they resort to begging, highlights the lack of opportunities and support available to him.

2.3.3 Betrayal

Betrayal is a very crucial theme in Kenneth Nnebue's *Died Wretched*. The whole time, Lucas feels, Chris is and should be indebted to him because Lucas gives all he has for Chris to be a free man, and also he sees Chris through school. He is always there for Chris and expects Chris to be there for him now that he has nothing, so Lucas' level of

entitlement is tied to his belief that Chris is supposed to help him in situations like this. Chris not seeing things from this perspective or not feeling indebted and tends to act ungrateful and doesn't want to help his uncle Lucas. This adamant attitude of Chris makes Lucas feel betrayed like, he trusted the wrong man, and he gives his all to the wrong person. Chris being in the position to help him but is refusing to help him makes Lucas feel betrayed because Lucas feels Chris owes him. I mean one good they say; deserves another.

2.3.4 Loss of Identity

Fractured Identities is seen in Funke Akindele's *A tribe called Judah*. Jedidah's sons share a mother and a bond, which is quite alright but their diverse paternal lineages create a sense of not fully belonging to one specific group. This is further emphasized on their societal exclusion, which makes it difficult for them to connect with their ancestral roots. This is seen in the part when Adamu Judah goes to visit the family of the girl he wants to marry but was asked about his hometown and he couldn't find words to say anything meaningful. Yes he has the name but doesn't his father's house and this disqualifies him in the presence of his in-laws to be. He goes to a corner to call him mum Jedidah to ask questions about his father but Jedidah still boiling with hatred for Adamu's father and his family tells Adamu he is from the Judah family. And he is a Judah and Jedidah hangs up, Adamu is frustrated.

2.4 Conclusion

Based on the analysis of the two movies featured in the chapter we can infer that Trauma is something that people around us go through and sometimes people bottle up these feelings. Funke Akindele and Kenneth Nnebue, through the characters reveals that most people behaviour we see today in the society is as a result of trauma from childhood, family, and from the society, and also people tend to begin to develop certain mindsets and attitudes as a defense and coping strategy to be able to coexist in a society such as this.

CHAPTER THREE

**EFFECTS OF TRAUMA AND DEFENCE MECHANISMS AS PORTRAYED IN
FUNKE AKINDELE’S *A TRIBE CALLED JUDAH* AND KENNETH NNEBUE’S
*DIED WRETCHED***

3.1 Introduction

The preceding chapter focused on the types and causes of trauma portrayed in the movies Funke Akindele’s *A Tribe called Judah* and Kenneth Nnebue’s *Died Wretched* analyzing how both producers through the use of characters, scenes and actions explains the ways to deduce the type of trauma a person might be facing from the person’s actions or behavior and the possible of cause of that trauma.

This chapter will be revealing the effects of the trauma on that individual and the possible defense mechanism or coping strategies of the individual as portrayed in both movies “A tribe called Judah” and “Died Wretched”. To this end, Funke Akindele and Kenneth Nnebue employ their movies to caution its effects ranging from isolation (psychological effect), depression (emotional effect), health issues (physical effects), family conflict (social effect) and also death (physical effect) and its defense mechanisms of coping strategies we have denial, dissociation, sublimation, blames, entitlement. Firstly this study will begin with the effects of trauma before diving into the defense mechanisms used by individuals as portrayed in both movies.

3.2 Effects of Trauma

3.2.1 Isolation (Psychological Effect)

Isolation is a common psychological effect of trauma, where individuals withdraw from social interactions and relationships as a way to cope with the aftermath of a traumatic experience. This withdrawal can manifest in various ways, such as avoiding social gatherings, spending excessive time alone, or feeling emotionally disconnected from others. Isolation is seen in the Kenneth Nnebue's *Died Wretched*. Joy is isolated and unseen after the death of Lucas her husband. Chris makes sure to give his uncle a befitting burial and he invites men of great status to the burial of his uncle. The same Chris that abandons his uncle Lucas while still alive seems to be receiving more condolence visits and donations than Lucas' wife and children. During the burial preparation, the children are only told to do what they are asked; nobody sees them nor sends them neither greetings nor donations. So Chris has all attention while Joy and his children are not even giving the attention they ought to receive as the closest family of the deceased. No one pays attention to them, everyone who comes, comes to honour Chris and not the poor the dead Lucas, even the dead Lucas is isolated even in grave, because majority present are not present to honour the dead but to honour the rich Chris. So Joy and her children are like strangers in Lucas' burial as their opinions towards the burial are not even needed, so they are left alone with the grief and emotions.

3.3.2 Depression (Emotional Effect)

Depression is a common and significant emotional effect of trauma. It can manifest in various ways, impacting thoughts, feelings, and behaviors.

In Kenneth Nnebue's *Died Wretched* we find depression a very obvious theme. Lucas is always unhappy, always bothered about where the next meal will come from, where money for school fees will come from, where money for house rent will come from. Lucas sadness increases every time he goes to me Chris for help and he disappoints him. Lucas is a sad character from the start of the film till he eventually dies at the end.

In Funke Akindele's *A tribe called Judah* we also find depression through the life of the characters, Jedidah's situation – single mother of five sons with absent fathers – creates a fertile ground for exploring what might be termed “depression.”:

Jedidah carries the entire responsibility for her family. This burden, increased by societal judgment of her "unconventional" family, could lead to a sense of crushing responsibility and hopelessness. We might see this in her attitude, her interactions with her sons, and even physical manifestations like tiredness and a lack of self-care. Jedidah's life is largely defined by her role as a mother, potentially leading to a feeling of lost identity and a lack of control over her own destiny. All these contribute to the feeling of depression. The movie portrays this through her interactions with others, showing her as reactive rather than proactive. The constant struggle for survival leaves Jedidah feeling emotionally drained. This emptiness can be a core component of depression. Also the part of the sons, each son's experience of depression could be unique, reflecting their

individual circumstances and personalities. The absence of their fathers creates a void in their lives, impacting their sense of self and belonging. This lack of a stable paternal figure leads to insecurities, self-doubt, and feelings of inadequacy, all of which are fertile ground for depression. The family's likely financial struggles also worsen the feelings of hopelessness and despair, particularly the part where the sons feel trapped in their circumstances when Jedidah falls sick.

3.3.3 Health Issues (Physical Effect)

Health issue is one effect of facing trauma. This is a physical effect of trauma. When the mind is sick, sometimes it shows, the person begins to develop some symptoms, that is because the mind is not at peace, the mind is sick. Personally, I feel when one is facing trauma that matters that disturbs the mind, the end point is sickness, and it will definitely lead to a health issue.

Health issue is very visible in Funke Akindele's *A tribe called Judah*, particularly through the character of Jedidah. The movie portrays how the stress and emotional suffering of trauma can manifest in physical ailments.

Jedidah's health struggles, particularly her kidney disease, is a consequence of the chronic stress she endures and these stress make her to engage in taking hard substance like alcohol that is detrimental to her health. As a single mother raising five sons from different fathers, she carries a heavy burden of responsibility, facing societal judgment and financial strain. This constant pressure can take a lot on her body, leading to physical

health problems. Jedidah's reliance on alcohol is seen as a coping mechanism for her emotional pain, but it also contributes to her physical health decline.

3.3.4 Family Conflict (Social Effect)

Trauma can significantly disrupt family life, leading to conflict as members struggle to cope and communicate.

In Funke Akindele's *A Tribe Called Judah*, family conflict emerges as a significant social effect of trauma; this is seen from the experiences of Jedidah and her sons. The movie portrays how the impact of trauma can disrupt family dynamics, leading to misunderstandings, strained relationships, and conflict.

The sons, each struggling with the absence of their fathers and their own individual challenges, experience conflict with each other. Their lack of belonging and unresolved emotional wounds causes sibling rivalry, misunderstandings, and a lack of support. In the movie we find Pere a thief, and Shina a thug, these two sons of Jedidah are the rebellious and always getting themselves in trouble and always dragging everyone in the same mess. Emeka the eldest and Adamu, these are the two responsible ones, so being a responsible person and having disgrace and a social menace as family member will definitely result in family conflict. Even this is even more visible in the part where Pere is offered a job in the same place Adamu and Emeka works to support the family, Adamu and Emeka are displeased with it because of pere's bad habit of stealing. The movie portrays how these conflicts can escalate, leading to emotional distance, as in the case of Adamu, Emeka,

Pere and Shina, there is distance amongst them even though they stay in the same house, communication breakdowns – this is seen in the part when the Judah’s brothers concludes on rubbing Emeka’s boss, and Emeka refuses, his brothers stopped talking to him until he eventually gives in, and a sense of disconnection within the family- which is very visible in the movie also. Also in the movie, we find arguments as a result of financial strains. Jedidah's constant struggle to make ends meet is a recurring source of tension. We see this in scenes where she argues with her sons about money, often unable to provide for their basic needs. Especially the part when she finds out that her youngest son goes to the street with his girlfriend to sing and beg for money, she beats him and the girl and collects the money from them. This financial strain fuels their frustration, leading to outbursts and accusations, particularly from the sons who feel they need to contribute but lack opportunities. For example, when they try to help financially and their efforts go awry, the resulting arguments highlight the pressure they are all under

3.3.5 Death (Physical Effect)

Another physical effect that an individual can suffer as a result of the way we handle and approach trauma is death.

In Kenneth Nnebue’s “Died Wretched” we death also as an effect of physical trauma portrayed in the movie. After the fruitless and struggles of Lucas to convince Chris to help him financial, Lucas is hurt and depressed and he dies. Although this part is not shown in the movie, but we get to find out from the part when Joy goes to visit Chris to

break a news to him and Chris offers to give the money Lucas has been asking for to start a business, but Chris is shocked with the news when Joy Lucas' wife tells him Lucas is dead.

(In Chris' office, the phone rings and Chris takes the call)

Chris: yes?

Caller: Your uncle's wife is here to see you

Chris: Okay, let her in.

(Joy walks in looking sad)

Chris: ah aunty please come in and sits down. We came in this morning and heard

what happened, so I sent Sarah to find out if it is true. And I am very very sorry about what happened. But I said Uncle Lucas should come and see me. Okay, actually, it doesn't matter who comes, I guess uncle is annoyed, but I have written two checks here in case I go out. This five million Naira (₦5, 000,000) for uncle's business and this is another two hundred and fifty thousand Naira (₦250, 000) to rent a place. Aunty I cannot come to that place to see uncle, I am ashamed, please make sure he gets a house within three days, you can tell him to pick up the five million Naira cheque himself. Aunty take this to him.

Joy: (crying) I did not come for the money

Chris: why did you come?

Joy: (still crying) your uncle is dead! My husband is dead! (Crying and screaming)

3.4 Defence Mechanisms

Defense mechanisms are psychological strategies that individuals use to protect themselves from negative emotions, thoughts, or situations. In the context of trauma, these mechanisms can be particularly relevant as individuals struggle with the aftermath of deeply distressing experiences. It's important to understand that while defense mechanisms can offer temporary relief or coping strategies, they may also hinder long-term healing if relied upon excessively or inappropriately. Funke Akindele and Kenneth Nnebue has successfully through their movies elaborated on different coping mechanisms individuals stick to during their face of trauma just to make them feel better, and some or most of the coping strategies are negative.

3.4.1 Entitlement

In Kenneth Nnebue's *Died wretched* Lucas a frustrated and hopeless man, tends to develop two major defense mechanisms, one of them is entitlement. Due to poverty and to many financial struggles, Lucas tends to go to his brother Chris for help and gets angry when Chris refused to hm. He uses all his property to save Chris one time and even sees Chris through school and now he has nothing and has trued working to survive even gets a job in construction site, and still doesn't get paid, his only hope Is to turn too Chris for help to payback his good deeds, and Chris being ungrateful, won't help him but keeps promising to do so, Lucas becomes entitled, expecting Chris to help him because he deserves it after all.

3.4.2 Blames

In Kenneth Nnebue's "Died Wretched" we find Lucas and Joy pushing the blame to Sarah as being responsible for Chris refusing to help Lucas financially. The part when Lucas goes to give his son chucks out as a sales boy. The shop owner asks Lucas to ask his brother Chris to help him financially, and Joy responds saying Chris is a good buy man but his wife is a bad woman. So this shows that they tend to make themselves feel better by pushing Blames to Sarah. Even After the death of Lucas, Chris and Sarah goes to the village for the burial arrangements and the people (villagers) there starts to accuse Sarah for making Chris not to help his uncle, Proclaiming him to be a good man and the wife Sarah a bad woman.

3.4.3 Denial

Denial as a defense mechanism is psychological process where an individual refuses to acknowledge or accept a reality that is unpleasant or threatening. Jedidah, the mother uses this mechanism to cope with the challenges of raising five sons from different fathers. At the early part of the movies, we find Jedidah gets into a fight for defending a woman who is been abused physically by her husband. Jedidah gets into a fight the woman's husband, and almost immediately her five sons come to fight for their mother. In the cause of this chaos, Jedidah is mocked for having bastards as sons, sons with different fathers. In spite of all these, Jedediah denies succumbing to this mockery; she loves her sons and does her best to protect them regardless. And she moves on with her

life, she's not full of regrets or hatred's for her sons. She has five sons for five different men that are nowhere to be found and she doesn't admit this to be a problem at all. This scene illustrates Jedidah's level of Denial in the movie;

(in a very ghetto looking environment, Linda is shading her tomatoes and pepper, her husband walks in angrily)

Daddy Michael: Linda Linda Linda, look if you don't tell me the person that gave you the money

for you to start this nonsense pepper and tomatoes business, I will throw it away

Linda: ehn?

Daddy Michael: I will throw it away

Linda: you nor fit

(Daddy throws the pepper and tomatoes away and begins to fight Linda, then neighbours gathers and Jedidah comes in)

Jedidah: stop it now; I said you should stop fighting your husband

Linda: look at what he did to my market

Jedidah: daddy Michael why na?

Daddy Michael: hey hey keep quiet there, I will ask all the questions

Jedidah; ah ah

Daddy Michael: so you are the one that has been taking my wife to be sleeping with different

men for money abi?

Jedidah: eh? Linda?

Linda: No oo No oo I just told him that you borrowed me money to start up this small tomatoes

business

Jedidah: daddy Michael she is speaking the truth. I am the one that borrowed her thirty thousand

to start this small pepper business that she will be paying me small small

(Daddy Michael interrupts Jedidah)

Daddy Michael: shut up there don't you know when a man is taling you do not talk as a woman

and if you do not stop talking, I will discipline you like I discipline my wife.

Jedidah: eh? Discipline who? (Abuses him in Yoruba) real men don't beat a woman, they take

good care of them and provide for them, you are a useless man.

Daddy Michael: and you are not ashamed of yourself? You have five sons from five different

men!

Jedidah: ehen?

(and soon, Ejiro Jedidah's last son defends for his mother and calls his other brothers, and they all fight for Jedidah their mother and Jedidah walks home with them like a proud mother not minding the shades thrown at her and her five sons).

3.4.4 Sublimation

This is a mature defense mechanism where unacceptable or harmful impulses are transformed into socially acceptable and even productive behaviors. It's more like a way of channeling negative energy into positive actions or concentrations.

This is evident too in Funke Akindele's "A tribe called Judah" Jeddah the mother, facing the challenges of single parenthood and social stigma. She channels her frustration to work her ass out, taking care of her five sons and protecting them. She has keke she gives to drivers to balance her money, this is seen in the early part of the movie, she enters her keke and drives off, she is always hustling. Despite the frustrations, disappointments, she doesn't let anything stop her. She pushes on to make sure she doesn't give up on her sons. She channels her energy towards not giving up on her five sunsets the way her father gives up on her as seen at the early part of the movie.

3.5 Conclusion

From Analysis conducted in this chapter, we can conclude that effects of trauma tends to make people divert to several ways to cope, people engage in several defence mechanisms. It could be anger, over labor, positive energy, and negative energy, to be able to make them feel better in the situation.

CHAPTER FOUR

FINDINGS AND CONCLUSIONS

4.1 Summary

In a nutshell, Trauma is beyond just being a victim of an accident or assault, trauma could be an event that happened and caused an individual to worry, any activity that when remembered that causes psychologically unrest to someone's life can be considered to be traumatic experience. The whole essence of this study is to point out and analyze the traumatic experiences as evident in Kenneth Nnebue's "Died Wretched" and Funke Akindele's "A tribe called Judah". These movies are behind just the characters struggles and resilience, this movie portrays the society at large. Many people have had experiences that changed their mindset and they tend to develop certain attitudes that will help them to move on and try to cope with the situation. Sometimes it could be positive attitude developed or negative attitude that is been developed.

The first chapter of this study centers on purpose of study, the data collections, and the theoretical background of psychoanalytical theory, literature review and thesis. The data collection used for watching the movies are Movie box and YouTube respectively. Psychoanalytic theory is the framework for this discourse, and then justification follows.

The next chapter of this study focuses on the types of trauma and the causes of trauma as portrayed through scenes, characters, settings dialogues in the movies "A tribe called Judah" and "Died Wretched". This chapter reveals the types of trauma people go through and what could possibly be their causes. Then chapter three elaborates more on

trauma by revealing the possible effects and as well as the defense mechanisms/coping strategies the individual adapts to as portrayed in the movies.

4.2 Findings

Not all aggressive person or isolated and extremely reserved persons are the way they are by choice. Some could be due to psychological effect on the individual. The human mind is like a center control that generates every attitude a person possess. So each time we find someone act in a very abnormal or annoying way, take little time to check, something has happened that affected that person's mind .just like Malaria is a sickness to the body system, trauma is a sickness to the mind, any mind that has trauma in it is not expected to remain the same, and the person tends to cope with the situation. During the cause of this defense I made some findings from the contents, the texts.

- That the subconscious has a greater percent influence on our consciousness as we tend to react physically based on what we are facing or have faced psychologically.
- Poverty is an enemy. Poverty breaks an individual. It makes someone powerless and worthless. Poverty makes the conscience of a poor man to be easily mortgaged.
- Trauma is a sickness of the mind and only the strong hearted can survive and conquer it.
- Becoming a shadow of one's self is not an option after a traumatic experience. It is better to pick the little pieces, and move on.
- Not all criminal are criminals by choice, some are sick in the mind and they take to engaging themselves in various illicit acts just to cope.

- That the subconscious is a greater percent influence on our conscious mind as we tend to react physically based on what we are facing or have faced psychologically.
- Trauma is like an injury in the mind that takes time or forever to heal. Most people are prisoners to their traumatic experience and they don't know how to break free.
- One cannot actually tell the type of trauma a person is facing from the defense mechanisms they adapt to.
- Neglected Frustration and depression will graduate into trauma.
- One cannot outgrow trauma. It can happen at any stage of a man's life if anything that will affect his/her mental health occurs.

4.3 Recommendations

This study recommends that proper investigations and one on one communication should be done when we find someone doing something illicit or unacceptable as it could be as a result of one traumatic experience or the other. Also victims of trauma should strain from developing negative energies like engaging in crimes as a coping mechanism in traumatic experience cost by poverty or becoming aggressive as a defense for someone who might have been hurt emotionally before. Also this study is to motivate, being a victim of a traumatic experience is not enough for an individual to give up on his or she, the victim is to move on. And it is advisable for people battling with trauma to visit psychologists or therapists.

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