



## EFFECTIVE USAGE OF PSYCHOLOGICAL CONCEPTS IN ENGLISH LITERATURE

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### ABSTRACT

Psychology no doubt has played a vital role in the in the development and growth of literature ever since the beginning of the modern era in literature. When English writers and poets noticed that psychological concepts really have a great impact in the live events of human beings they started creating work that actually moves around these psychological concepts and theories. Such is the impact of psychology in literature and it really is not the end of story as psychology will keep influencing literature as psychology will keep influencing literature for many years to come. The current research is an attempt to witness and acknowledge the presence and influence of psychology and psychological concepts in English literature. Gone are the times when there was actually no one to think of the role and effects of psychology in literature as the subject and the stream itself was looked down upon.

### Introduction

There were serious issues that literature had been dealing with right from the very beginning. It not only helps create awareness among people about various aspects that have great importance in human life. But as far as the role of psychological concepts in human life was concerned writers were in fact apprehensive to include psychology as an aspect of human life in their writing. Freud who actually was a neurologist by profession did not hesitate even a bit to experiment and prove how psychology can make or break one's sanity. Things started changing with time and a soon a people started realizing the importance of psychology as something that can actually help them keep themselves mentally healthy literature also started paying attention towards something that was earlier avoided to a great extent. Writers and poets learnt even more about these concepts and what role they actually play in human sanity. There was a time when literature started popularizing these psychological concepts as they were utilized to showcase how human lives can take a turn and make people understand what emotions or intelligence can contribute in making one's life worth living.

On one hand *Desire under the elms* by Eugene O Niel talks about the all-time famous Oedipus complex *The glass menagerie* by Tennessee Williamson deals with human emotions that actually brings one's life to an end. Talking more about these plays you may get an altogether yet another viewpoint to look at the lives of the characters that were nothing but the victims at the hands of destiny but destiny also implied psychology as

something that twisted their lives for good or for bad. A 74 year old father's marriage and then Eben's hatred that eventually turned in love was nothing has a twist for sure but the way Freud must have looked upon it would have been entirely different. Oedipus complex that actually was criticized to a great extreme in all culture and societies has an explanation for the attraction that Eben had for Abbey his father's newlywed wife. Though quite twisted the Oedipus complex caught half-hearted acceptance of the readers at the same time popularizing a psychological concept through literature. The eventually Abbey kills her new born for the sake of proving her towards Eben who was under the impression that she loved or pretended to love him for the sake of having a child so that she could use that child to claim her share in the prosperity. What would you actually call it writers way of telling a story or in actual manner things would have had happened in the same manner if it was a true incidence or story. The idea that plays a role has emerged out of the field called psychology that is only hundred years old. So we can realize that the influence of a social science called psychology, an hundred years old science has such great influence on English literature and the reason is because it really play a vital role in human life.

In The glass menagerie, Laura Wingfield's attraction towards her high school crush was but natural but when Chris tells her about his so called sweetheart or lover who he was planning to get married to she still has that liking for him. How would we define this? Emotions play fundamental roles and make people go crazy for those who hardly bother to have you around them in their lives. The field that highlighted what we call human emotions and to what extent they can entangle with other aspects of life is the phenomena explained by psychology and such facts are used by writers in modern literature.

### **Psychological literature**

A psychological novel, also called mental authenticity, is the work of myths that place more than the usual value of emphasizing internal structure, as well as the motives, circumstances, and inner action that emerges, and that initiates an external action.

The psychological novel is not enough to say what is happening but it goes on to explain the motivation for this action. In this type of character writing and characters are more important than usual, and they often penetrate deeper into the character's mind than novels of other genres. A psychological novel can be called an "inner man" novel, so to speak. Distribution of the know-how, as well as internal monologues, may be used to better illustrate the inner workings of the human mind at work.

Psychological novel emotional reactions and internal situations of the characters are influenced by them and trigger external events in rational expression. This emphasis on the inner life of the characters is a fundamental foundation of a great mythical story: William Shakespeare's Hamlet is perhaps the first example of its remarkable form. Although the most obscure method of psychology is found among the first English novels, such as Samuel Richardson's Pamela (1740), narrated by the heroine, and the Laurence Sterne story of the first-person Tristram Sandy (1759-67), the psychological novel reached its climax only in the 20th century. Its development coincided with Sigmund Freud's mental and emotional development, but it was not the result of this. The insight into the psychological problems and the insatiable motivation of the work of Fyodor Dostoyevsky and Leo Tolstoy, a detailed recording of the external events of individual connections as made by Henry James, the collective memories of Marcel Proust, the self-awareness of James Joyce and William Faulkner's work and so on.

In a psychological novel, the plot is subordinate and depends on an examination of the character's description. Events may be presented in chronological order but rather as in the imaginary organizations of the character, dreams, recollection, contemplation and dreams. For example, Joyce's act of Ulysses (1922) took place in Dublin within 24 hours, but the events of the day awaken the organizations that take the reader back and forth with the lives of past and present characters. In Franz Kafka's intricate and mysterious works, the ruling world is excluded, and the events that seem to take place are actually governed by a common sense of dreams.

The term criticism refers to the analysis, testing and interpretation of a text. Put simply, it evaluates the pros and cons of work and why it is good or bad. Criticism also links the contents of the textbook with different ideas and opinions presented by different critics.

Psychological criticism in literature refers to the way in which the work of a particular author is analyzed through the lens of the mind. This approach mentally analyzes the author of the work or character in his work. It helps readers understand the motives of the author and the characters. In other words, this criticism helps us to understand why a writer writes the way he does, how his historical background has influenced his writing and why the characters in the story behave in a certain way.

### **Psychological Criticism in Literature**

This approach to psychology, which reflects the influence of psychology on both literature and literary criticism, has been largely influenced by the work of Sigmund Freud and Carl Jung. Sigmund Freud argued that literary texts were an expression of the secret desires of the author's ignorance and concern. Therefore, assessing the performance of the character will help the student to track childhood, family life, correction, trauma, conflicts. However, these facts are not directly reflected in the work; they are often indirectly expressed in the form of dreams, symbols and images. Therefore, this criticism can sometimes give students clues to understand signs, actions, and settings that are difficult to understand otherwise.

Psychological criticism does not care about the author's intentions. Instead, it is more concerned with what the author did not intend, that is, what the author unknowingly put into the work

### **Conclusion**

Psychology includes the study of conscious and unconscious situations, also as feelings and thoughts and the literature also deals with the same aspects but in an altogether different manner. Psychological novel emotional reactions and internal situations of the characters are influenced and then external events begin in rational manifestations.

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