

Psychology and Literature as Inter-Dependent Domains

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Abstract

The functioning of the 'human mind' makes an impact on human 'Behaviour'. It is the psychologist, who studies the human psyche and brings life to it. Among many psychologists, Sigmund Freud is the renowned theorist; when it comes to formulation of the behaviours of the human psyche. According to him, the human psyche has three divisions- namely the Id, Ego, and the Superego. Similar to these is the 'alter-ego' which has a major connection to human behaviour; within the field of psychology. Like Freud's Id, ego, and the superego- alter ego has its own performatory function in the human psyche. It is more like an alternative personality of the author, which gets manifested and raises questions, through the persona of the literary character. In this paper, the researcher will attempt to bring forth the characteristics which make the fields of Psychology and Literature mutually inclusive.

Keywords: psychology, literature, science, impact, human, perspective.

Literature and Human Psyche

Literature and the human psyche don't need to prove the link between them. The relation between psychology and literature is bilateral. Human psychological receptions take into consideration the human and natural life perspectives and provide references of literal work. Literature also takes into account life's truths to make clear the perspectives of human soul. Literature and psychology both pay attention to fancy, thoughts, feelings sensations and physical issues. The psychological impact on the psychological perspective is the creation of metaphors. The literary perspective is another angle of vision to see human life which is helpful even to a psychologist.

Psychological Approach

The psychological approach leads directly to a substantial amplification of the meaning of a literary work. The psychology and its place in a literary work primarily study the author's imagination. All literary works are based on some kind of experience and are necessarily caught up in the wide spectrum of emotional problems. Typical neurotic symptoms include "anxiety, depression, phobias, and sexual dysfunctions and neuroses give rise to such character problems as non-assertiveness and impulsivity. Such character problem may be the cause of aggressive behavior" (The Encyclopedia Americana, 720). Therefore, it can be asserted that Literature and Psychology are two branches of science that study human soul.

Psychology researches human behaviors and their causes while literature depicts human behavior through fiction. These two branches of social science that study human behavior are interrelated and mutually beneficial. The basic building block of the correlation between literature and psychology is a literary work. Literary works study human beings and

describe their inner world with all its aspects. The reason is that a literary work is at the same time a product of a certain psychological condition. A literary work benefits from psychology in terms of successful presentation of its characters, expressing their moods, and bringing the reader into the psychological dimension of human reality.

Relationship between Human Body and Soul

Beside literature and psychology there is no other branch of science which is engaged to such an extent in the study of the relationship between human body and soul with its contradictions and dilemmas, making efforts to define the relationship in terms of certain rules, to know the mysterious aspects of the human soul and its subconscious areas by means of long and detailed journeys. Each and every literary character qualifies as a case for psychological study and can safely affirm that Freud is the most obvious example of the connection between literature and psychology. When Psychology is taken as a part of research in the field of literature, it is labelled as Psychoanalysis, which is developed into a form of literary theory. Fromm (1973) points out that, “Psychoanalysis is a method of discovering the unconscious inner reality through the interpretation of the observable and often seemingly insignificant data” (6). More often than not, a technique similar to psycho analysis is employed by the author of a literary text in order to give expression to human psyche. Therefore, the theory that Psychology and Literature are inter-dependent domains is proven by the help of the factual assertions made in the paper.

References

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