

To Study the Relationship between Psychology and Literature

Kawaljeet Kaur^{1*}, Dr. Seema Verma²

1 Research Scholar, Shri Venkateshwara University, Gajraula, Uttar Pradesh, India

kawaljeet246@gmail.com

2 Associate Professor, Shri Venkateshwara University, Gajraula, Uttar Pradesh, India

Abstract: The interplay between psychology and English literature offers profound insights into the human condition, exploring the complex layers of human emotions, motivations, and behavior. From the introspective soliloquies of Shakespearean tragedies to the modernist exploration of consciousness in Virginia Woolf's and James Joyce's works, literature reflects the depth of human psyche and the influence of inner struggles on external actions. Both the interior workings of the mind and its outward manifestations are included under the broader field of psychology. Examining literary and cultural expressions from other countries, languages, and academic fields has been a challenging and sluggish path for the field of comparative literature. We can understand the many issues that plagued Victorian society as a result of the Industrial Revolution, which transformed England from an agricultural to an industrial powerhouse.

Keywords: Relationship, Psychology, Literature, human and languages.

INTRODUCTION

In Greek literature, thinkers like Aristotle placed a premium on psychology, which has since grown in prominence. The two fields have a deep connection since they both focus on human experience: their thoughts, emotions, responses, fears, losses, loves, hates, anxieties, sufferings, hopes, desires, conflicts, and so on. The ability to accurately portray human nature via fictional characters and stories is a hallmark of great writing (Cherry, 2020). As a kind of entertaining and thought-provoking entertainment, they show how individuals act, think, and make sense of the world around them. The field of psychology is useful for immersing the reader in the mental side of life. While literature utilizes fiction to portray human behavior, psychology seeks to understand human behavior and its origins.

Psychology: Patterns of human behavior that may be seen are the focus of psychology. The field of psychology, however, defies straightforward definition. The scientific study of human behavior and cognition is known as psychology in a larger sense. Mental processes, behavior, and brain function are the subjects of this field of research. It takes into account the ways in

which people's biology, their surroundings, and societal norms impact their emotions, behaviors, and thoughts (Harmon, W., 2009).

Literature: Literature shows how people act in response to their surroundings and challenges. On literature, many academics have diverse perspectives and ideas. The "idiosyncratic values" of man, his varied experiences, and literature are the "most significant means to gain knowledge," says contemporary linguist and father Noam Chomsky. A literary work is an artistic creation. The work is an anthology of essays. The word "literature" is most appropriately used when used to literary art, according to Wellek and Warren (1963:22). The author's imagination is a key component in the creation of literature. This is more than simply a record of events, even if they did take place in the actual world.

The focus of psychological literature is on the individual's internal experiences rather than on the external behaviors of others or events. Certainly, the field of psychology aids authors in creating compelling characters by allowing them to convey not only their sensations and emotions but also their ideas and the impact of certain events on their minds. Here we take a look at a few books to see how the author paints a picture of their characters and the depth of their portrayal (James, H., 2015).

There are numerous influential literary works that touch on psychological themes. Some psychological aspect can be found in nearly all literary works. Both the interior workings of the mind and its outward manifestations are included under the broader field of psychology. The writer focuses on the inner life of the character, including his thoughts, emotions, and feelings, rather than the person's behavior on the outside, while discussing psychology in literature. A character's inner life—their wants, thoughts, emotions, and feelings—are the primary topics of a psychological book. In its widest meaning, a "psychological novel" may be any narrative piece of fiction that places a heavy focus on complicated characters.

DIFFERENT TYPES OF PSYCHOLOGICAL WORK IN LITERATURE

Literary works that fall under the umbrella of "psychological fiction" or "psychological realism" often focus on the inner lives of its protagonists and antagonists, delving into their thoughts, feelings, and spirituality (Kumar, D. S. 2022). The narrative style delves into the motivations behind the characters' actions, which drive the storyline and provide context. To attain psychological realism, one must delve deeply into the character's inner thoughts and feelings, often using storytelling techniques like flashbacks and stream of consciousness.

- **Psychological horror:** A subgenre of the horror and psychological novel genres that relies on the psychological, emotional and mental states of characters to generate horror. On occasions, it overlaps with the psychological thriller subgenre to enhance the story suspense fully.
- **Psychological science fiction:** A genre with films that are considered dramas or thrillers occurring in a science fiction setting. Often the focus is on the character's inner struggle dealing with political or technological forces. *A Clockwork Orange* (1971) is a notable example of this genre.
- **Psychological Novel:** The stream of consciousness is one of the distinguishing features of a Psychological Novel. It is an important aspect of a Psychological Novel. The term “stream of consciousness” was coined by the American philosopher and psychologist, William James. “A psychological novel, also called psychological realism, is a work of prose fiction which places more than the usual amount of emphasis on interior characterization, and on the motives, circumstances, and internal action which springs from, and develops, external action.

THE RELATIONSHIP BETWEEN LITERATURE AND PSYCHOLOGY

The human spirit is the subject of both literature and psychology. While literature depicts human behavior via fiction, psychology teaches us about human behaviors and what causes them. Reading literature is a great way to learn about the human condition. The fields of literature and psychology both have much to offer each other in their study of human behavior. The literary canon includes works by many authors, artists, philosophers, psychiatrists, and psychologists who have sought to understand and make sense of the human condition via the medium of language (Mieliana, S. 2020). Both literature and psychology deal with human nature and everything that it entails: emotions, thoughts, deeds, goals, struggles, disputes, cultural differences, individual distinctions, reconciliations, and societal issues. To handle the problems, it employs a number of strategies and methodologies.

It is possible that Samuel Richardson's writings from the 18th century mark the beginning of psychological novels. The finest illustration of this is his book, *Clarissa*. Novels with a psychological bent may trace their roots back to the groundbreaking work of psychologists Jung and Freud. The crime and its psychological impact on the protagonist are the book's most

recognizable features. The vast majority of literature is the product of the writers' own imaginations. Samuel Richardson's *Pamela* (1740) is a classic work of psychological fiction. In this work by Samuel Richardson, the protagonist is a young woman navigating the challenges of married life, including sexual assault, classism, and violence. *The Turn of the Screw*, a psychological thriller by the great Henry James, is another example of his work.

A mother's desire to shield her children from a supernatural being is at the heart of the narrative. However, the narrative pivots in the novel's second half to center on the woman's mental condition. A touch of the otherworldly coexists with psychological aspects. The following is an excerpt from the book: "Absolutely not! There are a lot of depths!" I find more and more of it as I read it, and the more I find, the more afraid I am. According to Richardson (1898), "I don't know what I don't see—what I don't fear!" *Murder on the Orient Express* (1934) and *Then There Were None* (1939) are two famous books by Agatha Christie that include significant psychological aspects. Her psychologically complex and riveting novels have made her famous. "*Great Expectations*" (1860), a book by Charles Dickens, is another excellent example. It was the fourteenth book written by Charles Dickens (1812–1870). It tells the story of Pip, an orphan youngster. Pip goes through a period of self-discovery throughout the book. He had written a famous book. The risks of having erroneous impressions are shown.

RELATING TO THE INTERPLAY BETWEEN LITERATURE AND PSYCHOLOGY

Various courses on literary criticism and theory have been offered by English Languages and Literature. Students of literature in these classes learn about other fields' perspectives and how their fields relate to literature. The field of comparative literature is one such example. One may cultivate a discerning and well-rounded reader, writer, and thinker in an atmosphere that strives to develop insights into literature and culture in a comparative perspective (Omer, M. A. O. 2021).

Students of literature may benefit from studying comparative literature since it teaches them to analyze and evaluate works written in languages other than their own, as well as works from various cultures. The program teaches us how to articulate our ideas clearly, how to use various theoretical and methodological frameworks, and how to have fruitful conversations with other scholars in the area of comparative literature and related disciplines.

Literary theory is an interdisciplinary field that studies literature from all over the world, in all different languages, in all different genres, and even in different fields (such as psychology,

philosophy, science, history, architecture, sociology, politics, and the fine arts). Simply put, the study of literature across boundaries is known as comparative literature. Based on what I learned in this class, I decided to write this term paper to help me pass the grade.

Examining literary and cultural expressions from other countries, languages, and academic fields has been a challenging and sluggish path for the field of comparative literature. Literature on comparison "performs a role similar to that of the study of international relations, but works with languages and artistic traditions, so as to understand cultures 'from the inside'" (Suresh, L. 2022).

THE INTERACTION BETWEEN LITERATURE AND PSYCHOLOGY

The study of the human spirit is essential to the fields of literature and psychology. The field of psychology studies human behavior and its origins, while the literary canon presents fictional representations of human behavior. There is a strong relationship between and mutual benefit between these two fields that examine human behavior (Vrettos, A. 2010). Literary works serve as the foundation for the relationship between literature and psychology.

Following in Freud's footsteps, other illustrious psychologists like Adler, Jung, Lacan, Fromm, Reich, and Klein maintained the field's focus on literature, literary works, and authors. The field of literary psychology has benefited from the work of authors and literary theorists including N. Holland, Lev Tolstoy, Fyodor Dostoevsky, and Virginia Woolf.

Many different types of literature, including novels, poems, short tales, plays, and novels, include psychological themes. Psychological novels, on the other hand, make the most direct allusion to the human mind by focusing on characters' internal monologues and the range of emotions and experiences they've had. Aristotle, a century ago, used the phrase catharsis (the psychological or mental cleansing of the sentiments) to bridge the gap between literature and psychology. Writers, philosophers, and critics from that age and beyond have linked literature with the human psyche via a variety of approaches and movements (Arasa, Goksen, 2014). It was not just tragedies that fused psychological aspects with literary creation; novels, poetry, short stories, and even some psychoanalytical theories did the same.

According to academic Ismet Emre (2006, p. III), the connection between the two fields is as follows:

There isn't a single scientific discipline that devotes as much time and energy to investigating the tangled web of relationships between the human body and mind as literature and psychology do. These fields have spent the better part of a century trying to pin down the nature of this relationship, uncovering its hidden mysteries and delving into the depths of the human subconscious. (Emre, 2006)

The link between literature and psychology dates back to the Ancient Greeks, but the positivist approach of the nineteenth century brought the two fields closer together.

We can confidently say that Freud exemplifies the relationship between literature and psychology better than anybody else. Because his theories were based on literary references (the Oedipus complex is called after a character from a play by the great Greek playwright Sophocles, for example), and because his ideas continue to influence authors and poets long after he passed away. (From *Psychology is Literature to Psychology in Literature*, 2014)

The works of Friedrich Nietzsche, Bernard Shaw's *Superman*, Samuel Beckett's *Waiting for Godot*, Antonin Artaud's *Saved*, Martin Esslin's *theatre of the absurd*, etc., could all be examined through the lens of the interplay between the human mind and literature.

Let us see the poem of William Wordsworth

My heart leaps up when I behold A rainbow in the sky:

So was it when my life began; So is it know I am a man,

So be it when I shall grow old; Or let me die!

The child is the father of the man;

And I could wish my days to be

Bound each to each by natural piety.

Poet William Wordsworth of England penned "The Child is father of the Man" a century before to psychoanalyst Sigmund Freud developing his theory of psychoanalytic development. Physical maturity (such as sexual maturation) and the development of the body, mind, and character (such as psychological growth, social interaction, and adaptability) begin at birth and

continue throughout a child's life. Literature, therefore, plays a crucial role in reflecting the mental health of people in the actual world.

THEORY OF COMPARATIVE LITERATURE

The modern meaning of comparative literature differs greatly from its global context-based predecessors. The field of comparative cultural studies has recently expanded beyond the traditional confines of comparative literature (Lacan, Jacque, 1988). Although the theoretical and practical/applied works mentioned earlier and others have given us a glimpse into the field of comparative literature and its methodologies, approaches, and advancements, it is fair to say that we still don't fully grasp the field's theory, practice, or contributions.

The obvious lack of clarity on "what, why or how" we would compare—i.e., specific literary works or authors' oeuvres—is evident. In order to begin studying comparative literature, we must first find the answers to these questions. A well-defined methodological framework is essential, but we also need to debate its scope and look for solutions to problems like "who/what will we compare us/ours?" How are we going to compare the texts? Basically, we need to decide which books and authors to compare (Lynn, Steven, 1988). How do other people see us, and how do we see them? "How many are we?" is a question that arises in Spivak's *Death of a Discipline*, notwithstanding I asked, "Who are they?" (Spivak, 2003, p. 70) that she draws attention to has implications for cross-border comparative cultural studies in the field of New Comparative Literature.

Literary criticism and study will benefit from comparative studies because of this. But many opponents have argued over comparative literature's scope and approach. As a field of study, comparative literature requires its practitioners to strike a balance between breadth and depth, to employ innovative methods for dissecting literary works, to draw on the findings of related fields like linguistics, anthropology, philosophy, sociology, psychology, and art history, and, of course, to remain open to new ideas and perspectives (Murfin, Ross, 1997). When asked about his thoughts on what it means to study comparative literature, Bijay Kumar Das says:

In comparative literature, two works of literature are compared in order to find commonalities and differences. Additionally, it delves into the use of folktales and myths in two or more literatures, as well as their recurring themes, styles, and customs. (Das,)

PSYCHOLOGY AND CRITICISM

If literature is an author's "persona" coming to life on paper, then psychoanalytic literary criticism contends that we may learn about the interplay between our conscious and unconscious minds by studying human behavior. The history of psychoanalytic literary criticism may be divided into three distinct stages (Davis, R. C., 1998).

One of them is the author's psychoanalysis. Since the point of art is the covert fulfillment of an illicit childhood desire, the author's mental state influences the work, argues Ernest Jones.

PSYCHOLOGY AND THE CREATIVE PROCESS

While there are new obstacles for neuroscientists to overcome in their pursuit of understanding inspiration, comparable obstacles have been surmounted in the study of insight and other concepts. The groundwork for a thorough neuroscience of inspiration, in our opinion, has been laid. Not only can inspiration impact people's lives, but it may also transform whole communities. Innovations in technology, treatments for illness, and remedies for environmental issues all begin as lofty goals. The significance of understanding the why, how, and who behind the ideation process of innovative solutions to social challenges cannot be emphasized enough.

CONCLUSION

we can understand the many issues that plagued Victorian society as a result of the Industrial Revolution, which transformed England from an agricultural to an industrial powerhouse. As a work of Victorian-era literature, "Jane Eyre" is critical of the class stratification in England. An accomplished author, Charlotte Brontë fights for dignity, equality, and the elimination of class distinctions in her writings. Literature shows how people act in response to their surroundings and challenges. On literature, many academics have diverse perspectives and ideas. The "idiosyncratic values" of man, his varied experiences, and literature are the "most significant means to gain knowledge," says contemporary linguist and father Noam Chomsky. The human spirit is the subject of both literature and psychology. While literature depicts human behavior via fiction, psychology teaches us about human behaviors and what causes them. Reading literature is a great way to learn about the human condition.

References

1. Atari, O., & Henrich, J. (2023). *Historical events and psychological disparities in communities*. In Cultural Evolutionary Theories.
2. Baumard, N., Atari, O., Henrich, J. (2024). *Historical Perspectives in Psychology*.
3. Christiansen, M. H., & Chater, N. (2022). *Language and Cultural Evolution*. In Emerging Evidence on Human Language.
4. Henrich, J. (2020). *Understanding the Evolution of Cultures: History's Psychological Perspective*.
5. Slingerland, E., & Chudek, M. (2011). *Dead Minds: Insights into Human Psychology from Historical Data*.
6. Hirschberg, J., & Manning, C. D. (2014). *Natural Language Processing Methodologies for Historical Analysis*.
7. Piotrowski, M. (2012). *Digital Humanities: The Amalgamation of Qualitative and Quantitative Methods*.
8. Burns, S. (2019). *Text-Analytic Pipelines for Pre-Modern Languages*. In Historical Philology.
9. Boyd, R., & Schwartz, H. (2021). *Advancements in Psychological Text Analysis from Historical Corpora*.
10. Bhabha, H. (1983). *Postcolonial Theory: Psychological Implications and the Mirror-Stage Ego Formation*.
11. Beckett, S. (1964). *Waiting for Godot*. New York: Grove Press.
12. Norton. (n.d.). *Twentieth Century Literature and the Impact of Wars*. [Pages 9, 910].
13. Permana, I., & Kustanti, M. (2022). *Existential Philosophy in Samuel Beckett's Waiting for Godot*. Journal of Literary Studies, 14(2), 101-120.
14. Sartre, J. P. (1946). *Existentialism is a Humanism*. Paris: Editions Nagel.
15. Camus, A. (1991). *The Myth of Sisyphus*. Penguin Books.
16. Cornwell, N. (2016). *Absurdity in Literature: A Sociological Analysis*. Oxford University Press.
17. Esslin, M. (2004). *The Theatre of the Absurd*. Vintage Books.
18. Ford, M. (2018). *The Logic of the Absurd: Bergson and Absurdism*. Cambridge University Press.
19. Harmon, W., & Holman, C. H. (1984). *A Handbook to Literature*. Macmillan.
20. Norton. (n.d.). *Twentieth Century Literature and the Impact of Wars*. [Pages 9, 910].