



MIRROR AND MIND

CULTURAL AND PSYCHOLOGICAL PERCEPTIONS

Dr. ANAND LALI SEENA
Dr. N. U. LEKSHMI

MIRROR AND MIND

Cultural and Psychological Perceptions

Edited by

Dr. Anand Lali Sena

Dr. N. U. Lekshmi



H. S. R. A PUBLICATIONS

published by

HSRA Publications 2022

#02, Sri Annapoorneshwari Nilaya, 1st Main,

Byraveswara Nagar, Laggere,

Bangalore – 560058

Ph- 7892793054

Sales Headquarters – Bangalore

This book has been published with all reasonable efforts taken to make the material error-free after the consent of the respective authors. No part of this book shall be used, reproduced in any manner whatsoever without written permission from the editors, except in the case of brief quotations embodied in critical articles and reviews. The authors of the respective chapters of this book are solely responsible and liable for its content.

Copyright Dr. Anand Lali Seená and Dr. N.U. Lekshmi

Concerned authors are solely responsible for any kind of issues regarding the articles. Neither the editors nor the publisher shall be responsible for penalty or loss if claimed at any time. No royalty amount shall be claimed by the authors for their articles published in the book.

ISBN: 978-93-5506-073-0

First Edition 2022

No. of Pages -120

₹299. 00

portrays sexual violence committed against a married woman Mireille by a group of people. According to the psychological approach, trauma remakes the body to respond only to itself. The study gives a limpid picture about the Haitian American culture and rules and how it affects Mireille's family.

Athira M.S. in *Cultural Clash: A Focus Through V.R. Ananthamurthy's Bharathipura* talks about the act of resistance, confrontation, modernization, socialism and struggle of individuals to move beyond their caste and class interests. The paper presents how the protagonist in *Bharathipura* is trying to break the cultural customs followed by the people of Bharathipura town and to implement modernization in them.

In *Trauma of Isolation: A Critical Discourse on Sylvia Plath's Poetry*, Parvathi and Dr. V. Asha Kumari examine the poetry of Sylvia Plath to identify a new perspective of trauma and isolation that itself functions as the narrative voice in her poetry. To explore how traumatic experiences are presented, this paper takes a close reading of a selection of poems of Plath's with the present traumatic experiences of the humanity.

Chitra K.S. in *Cultural Dilemma: An Insight Into Ama Ata Aidoo's The Dilemma of a Ghost* highlights how both literature and culture are intertwined and go hand in hand with each other. The author brings to the lime light the conflict between the followers of two different cultures.

Cultural Crevices: A Delve into Meera Syal's Anita and Me by Sreelatha R.H. opines that culture can be considered as the way of life including beliefs, dress sense, food habits, arts, and institutions of a population that are passed down from generation to generation. The paper is an attempt to bring out the difficulties faced by the immigrants in the host land and also the agonies of the first generation immigrants' about their children.

Empowering Women for a Better Tomorrow, an article by Raseena S. speaks of the culture that considered women as the most respected individuals. The study highlights that it is necessary to create an awareness in society and create public values, which will promote women empowerment. It also brings out the tension that prevails between parents and children regarding the adaptation of culture. The paper aims to throw light on the importance of native culture.

CONTENTS

1	The Agony of the Marginalized: Veyilmarangal as a Chronicle of Enduring Experiences	Dr. N. U. Lekshmi	9
2	The Uphill Battle for Survival: A Critical Perspective in Easterine Kire's Bitter Wormwood	Blessy M Dr. V Asha Kumari	17
3	Dalit Cultural Revolt in Meena Kandaswamy's Poems	Subhamol R.S.	25
4	Trauma of Migration: A Critical Study on Chimamanda Ngozi Adichie's Americanah	A. Annie Divya Mahisha Dr. V. Asha Kumari	36
5	The Portrayal of Sexual Violence and Traumatic Experience in Roxane Gay's Novel An Untamed State	Aafiya Mole. R.P	44
6	Cultural Clash: A Focus Through V.R. Ananthamurthy's Bharathipura	Athira .M.S	51
7	Trauma of Isolation : A Critical Discourse on Sylvia Plath's Poetry.	Parvathi Dr. V. Ashakumari	54
8	Cultural Dilemma: An Insight Into Ama Ata Aidoo's The Dilemma of a Ghost	Chitra K S	59
9	Cultural Crevices: A Delve into Meera Syal's Anita and Me	Sreelatha R. H.	65
10	Empowering Women for a Better Tomorrow	Raseena S.	69
11	Ethnomathematics- The Mirror of Culture and Civilization	Dr. Deepthi Elizabeth Mathew Dr. Joju John	78
12	Progress of Secondary Education in Virudhunagar – A Study	Dr. S.KANNAN	84

13	The Cultural Dimension of Learning Accelaration	Sanila Manoj Dr. Joju John	91
14	Culture and Cultural Variability	Sajini.E.K,	99
15	Connectivity of Gold with Indian Culture	K. Kavitha	104
16	Kollemcode Sri Bhadrakali Temple – A Replica of Religious Tourist destination in Kanyakumari District.	Dr. Anand Lali Seena	110
17	Velu Tampi Dalawa	Bibimol R.B	116

Trauma of Isolation : A Critical Discourse on Sylvia Plath's Poetry.

Parvathi
Research Scholar, Department of English
Muslim Arts College, Thiruvithancode, 629174.
Email: parvathi2595@gmail.com
Mobile: 8281925011.

Dr. V. Ashakumari
Assistant Professor, Department of English
Muslim Arts College, Thiruvithancode, 629174.
Email: maila2asha@gmail.com.
Mobile: 94489416100

INTRODUCTION

Sylvia Plath a well renowned American poet born on October 27, 1932, at Boston, Massachusetts, U.S has a shorter span of life. She led a pathetic life for nearly thirty years and committed suicide on February 11, 1963. She was graduated from Smith College and her first collection of poems has the title as The Colossus. As she was psychologically disturbed most of her works contains the theme of alienation, self- destruction and death. The vision embodied in the poetry of Sylvia Plath is complex, prismatic and tantalizing, as it springs from one of the most enigmatic personalities of American literature with complex personality and multi-layered consciousness. Plath's short but eventful life has been a hot-bed of controversies. Her poems usually have a touch of Holocaust and were painted gothic. She got married and began her life with Ted Hughes in 1956. She doesn't have a happy life even then. Ted Hughes had an affair with another girl Assia Wevill, and the couple got separated in 1962. Then she went on depression, tried to kill her own self and that pushed her to be under psychiatric hospitalization. During her last five years she wrote some of her famous poems "Daddy" and "Lady Lazarus". Some of her notable works were "The Bell Jar", "Ariel", "Johnny Panic" and "The Bible of Dreams". She was awarded with Pulitzer Prize posthumously in 1982. She was said to be one of the prominent writers during her



period. In the New York Times book review, Joyce Carol Oates described Plath as "one of the most celebrated and controversial of post war poets writing in English".

Daddy

"Daddy" was written on October 12, 1962, four months before her death and one month after her separation from Ted Hughes. The poem employs controversial metaphors of the Holocaust to explain Plath's complex relationship with her father, Otto Plath, who died shortly after her eighth birthday. The poem is embellished with dark and painful allegory which gives the exact picture of her sufferings. The poem mostly contains surreal imagery and allusion with dark cinematic language.

*"The vampire who said he was you
And drank my blood for a year,
Seven years if you want to know."*

(Sylvia Plath, Daddy)

Lady Lazarus

Lady Lazarus is written during her final days in 1962, originally included in Ariel which was published in 1965, two years after her death by suicide. It is considered as one of Plath's best poems and has been subject to a plethora of literary criticism since its publication. It is commonly interpreted as an expression of Plath's suicidal attempts and thoughts. This poem depicts her thought about suicide as she was broke up in her marriage with Ted Hughes. Her hatred towards the whole male gender was described. This poem is also painted with dark and gothic effects of holocaust. Her sufferings were compared to the Holocaust victims. She also used mythological creature to give more terror in the poem. The poem is filled with more punctuation which literally describes her emotion towards death, society and men.

Dying

Is an art, like everything else.

I do it exceptionally well.

(Sylvia Plath, Lady Lazarus)

Theme of Isolation

Both Plath's father and her husband left her all alone and that serves as a main reason for her hatred towards all men. Even though they suppressed her but that seems to be secondary rather the primary reason they were not available when she needed the most. Even after the death of her father Plath explores his undead influence on her life by bringing in another man- her husband. The speaker clearly connects her father's effect on her life with the fact she married a man who was a "model" of him. Both men in the poem harmful effects on the speaker.

Also in Lady Lazarus, she says that she was already in depression which made her to commit suicide but once she got recovered from the death, the people sees her like a miracle and started to cook up stories about her suicide. For them her suicide is nothing serious but a time pass matter to crunch like a peanut. These situations pushed her into depression and thus resulted in neurosis and trauma. As a result of this she hated her life and thus made to attempt suicide often.

Trauma theory on Plath's poem:

As Plath's poems are highly embellished with pain and depression it can be analyzed on the basis of Freud's psychoanalysis theory. Plath did not get happy father-daughter relationship and so she thought she might get a happy relationship at least with her husband but unfortunately Ted Hughes, her husband also betrays her by having relationship with another women. When she was not prepared to face this situation it ended up in fear which combined with the reactions of the people around her and pushed her into depression. This resulted in neurosis. Also Freud says people who were marked with traumatic neurosis has "compulsion to repeat" the memory of the painful event with the hopes of mastering the unpleasant feelings (Freud 1920:19) She used to repeat her painful memories caused by her father and husband even after so many years. This justifies that she is affected with traumatic neurosis.

Furthermore effect of repression also proves that she is a neurotic Freud in his theory says that the repressed feeling will be somehow stored in the subconscious memory. He says, the fundamental "phenomenon of hysteria" involves dissociation which the authors argue is a defense mechanism that arises from repression. As Plath did not get her father's love in her early times her feelings were repressed. Also her husband's betrayal made her to hate the whole male gender, which resulted in the revenging attitude. She literally wished

to kill men. But unfortunately she was unable to do it in her real life and she achieves it through her poems for mental satisfaction.

One of the concerns for emergence of Trauma theory is to create awareness for the psychic scars caused by Holocaust. Plath's poem contains much imagery that represents Holocaust and World War two. Through her usage of gothic words to explain with these imageries it is clear that she is also psychologically affected by the terrors of Holocaust. This also serves as a major reason for her depression which forced her to a stage that she compares herself with the Holocaust victims and imagined as if she is dying in the same way and she admits that she loves doing it. Such things clearly portray how psychic she is.

Conclusion

Being in a depression is normal for a person but being in a state of depression which resulted in so many obsessions about suicide is something abnormal. Plath is one such kind. How to commit suicide and how to self harm in different ways seem to be her all time job and she says she loves doing it and also feels that she is so much tired of doing it. The main reason for this situation is isolation, longing for love and betrayal which pushed women to this state of trauma. If she was able to portray the gothic effects in such a lively manner then how intense her scars would be. Women are somehow getting disturbed by men despite of years.

Works cited

1. <https://www.poetryfoundation.org/poets/sylvia-plath>
2. <https://www.britannica.com/biography/Sylvia-Plath>
3. <https://www.britannica.com/topic/Daddy-poem-by-Plath#ref1113290>
4. <https://owlcation.com/humanities/Analysis-of-Poem-Daddy-by-Sylvia-Plath>
5. <https://owlcation.com/humanities/Analysis-of-Poem-Lady-Lazarus-by-Sylvia-Plath>
6. https://en.m.wikipedia.org/wiki/Psychological_trauma
7. <https://www.oxfordbibliographies.com/view/document/obo-9780199791286/obo-9780199791286-0147.xml>



8. <https://www.quora.com/What-is-trauma-theory-in-English-literature>

9. <https://www.google.com/amp/s/literariness.org/2017/06/21/sigmund-freud-and-the-trauma-theory/amp/> .

