

1 Psychoanalytic Theory used in English Literature: A Descriptive 2 Study

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6

7 **Abstract**

8 Psychoanalysis is one of the modern theories that are used in English literature. It is a theory
9 that is regarded as a theory of personality organization and the dynamics of personality that
10 guides psychoanalysis. It is known that the closet connection between literature and
11 psychoanalysis has always been deployed by the academic field of literary criticism or literary
12 theory. Among the critical approaches to literature, the psychoanalysis has been one of the
13 most controversial and for many readers the least appreciated. In spite of that it has been
14 regarded one of the fascinating and rewarding approach in the application of interpretative
15 analysis. This psychological interpretation has become one of the mechanisms to find out the
16 hidden meaning of a literary text. It also helps to explore the innate conglomerate of the
17 writer's personality as factors that contribute to his experience from birth to the period of
18 writing a book. The goal of psychoanalysis was to show that behaviour which was caused by
19 the interaction between unconscious and unconsciousness. The proposed work titled
20 'Psychoanalytic theory used in English Literature: A Descriptive Study' aims to explore
21 where psychoanalysis has been used by the author's in his/her literary works in English
22 literature. This article also discusses the different psychoanalytic theory which was born out
23 of the self-analysis under taken by Sigmund Freud in 1897.

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25 **Index terms**— psychoanalysis, oedipus complex, consciousness, literature, unconsciousness, daydream

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27 Literature: A Descriptive Study

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42 3 Introduction

43 he early 20 th century marking the beginning of modern psychology and with the pace of this psychology the
44 psychological analysis of literary texts evolved. This method of critiquing used the concepts advocated by noted
45 sociologists, including Carl Jung, Alfred Adler and Otto Rank and above all Sigmund Freud. It was first used or
46 developed as a method of therapy for neuroses by Freud, but very soon expanded it to account for many expanded
47 developments and practices in the history of civilizations including warfare, mythology, religion, literature and
48 other arts.

49 In the process of explaining literature psychoanalysis has been used and in the process literature has been used
50 as a source for psychoanalytic conceptions. We noticed that literary criticism has used psychoanalysis theory
51 to interpret literature and literature has also attempted to exploit and use psychoanalysis for creative purposes.
52 Psychological criticism deals with the work of literature primarily as an expression, in fictional form, of the state
53 of mind and the structure of personality of individual author.

54 If we look at the history of psychology we will find that psychoanalysis started from the medical profession.
55 Entering into psychology, it spread into other fields of study and finally permeated literary studies as one of the
56 different approaches to literature. The idea of psychoanalysis revolves round the concept that peoples' actions
57 are determined by their pre-stored ideas of the recurrent events.

58 According to ??onte (1977), "Psychoanalytic theories assume the existence of unconscious internal states
59 that motivate an individual's overt actions". (Beneath the Mask, 8) .The Psychoanalysis movement is therefore
60 championed by Sigmund ??reud (1859 ??reud (-1939)).

61 A later student of Freudian psychology in the name of Carl Gustav Jung (1875-1961) re-directs his view to
62 suit his own social milieu in the understanding of psychoanalysis. It is Jung who sees the basic human behaviours
63 in myths and legends. A later development of psychoanalysis embraced Alfred Adler (1870-1937) who sees man
64 as a social being. In the sense of Adler we are motivated by social needs, "we are self conscious and capable of
65 improving ourselves and the world around us". ??McConnell, ??50) Thus, we can begin to perceive that there
66 is a mutual fascination between the field of 'Psychoanalysis and Literature' is the major 'mediator' between the
67 two disciplines.

68 4 II.

69 5 Psychoanalysis

70 Psychoanalytic therapy is the re-narratization of a person's life. It has given much importance on the significance
71 between the unconscious and thought processes. They believed that an awareness of this is therapeutic and
72 vital to a healthy mind. Psychoanalysis emphasized on motives, it focused on hidden or disguised motives which
73 helps to clarify literature on two levels, the level of writing itself and the level of character action within the
74 text. Psychoanalysis gives emphasis on the subject and tries to explain what are the relationship of meaning
75 and identity are to the psychic and cultural forces. Psychoanalysis has a great importance in Psychoanalysis has
76 been seen as a form of therapy which aims to cure mental disorders 'by investigating the interaction of conscious
77 and unconscious elements in the minds'. Psychoanalysis examines the articulation of our most private anxieties
78 and meanings to culture and gives us a perspective on them as cultural formations.

79 We live in a post-Freudian age; we cannot escape the fact that we think about human life differently from the
80 way people in the past thought about it. Psychoanalytic approaches to literature may not always be rich enough,
81 may tend to be reductive, on the level of theory psychoanalysis is of great importance.

82 6 III. The Basis of Freudian Psychoanalysis

83 The modern theory that is used in literature has two accepted meanings. Firstly, it means a method of
84 treating mentally disordered people. Secondly, it also goes to mean the theories on human mind and its various
85 complexities.

86 Psychoanalytic theory was propounded by Sigmund Freud. Freud was originally a medical man who was
87 engaged in the study and treatment of patients in his clinic. His long devotion to this sector makes him realize
88 and he observed mental disease of his patients. Gradually he was more interested in the study of psychology and
89 more particularly psychology of the unconscious mind.

90 Freud suggested that our mind has three distinct regions. On the basis of his first discoveries concern the
91 psychology of psychoneurosis, dreams, jokes and what he called the psychopathology of everyday life, such as
92 slips of the tongue, of the pens. The second is a system of pre-conscious and a third a system of conscious. His
93 ideas were first presented in 'The Interpretation of Dreams (1900). It has often been assumed that the evidential
94 basis for these theories came from his study of dreams. It is the mind in which all our pleasant and unpleasant
95 experiences are accumulated, synthesized and organized. (Das, Ritamain, pp.13-18) IV.

96 7 Theoretical Discussion

97 There are different theories relating to psychoanalysis. The main theories that are related to psychoanalysis are
98 Freudian theory, Lacanian theory and object related theory.

99 8 a) Freudian Theory

100 Psychoanalysis is a psychological theory developed in the late 19 th and early 20 th centuries by Austrian
101 Neurologist Sigmund Freud and others.

102 Freud's psychoanalytic theory, coming as it at the turn of the century, provided a radically new approach to
103 the analysis and treatment of 'abnormal' adult behavior. Earlier views tended to ignore behavior and look for
104 a physiological explanation of 'abnormality'. The novelty of Freud's approach was in recognizing that neurotic
105 behavior is not random or meaningless but goal-directed.

106 9 i. The Pre-Oedipal Stage

107 Freud claimed that all human beings are born with certain instincts, i.e with a natural tendency to satisfy their
108 biologically determined needs for food, shelter and warmth. The satisfaction of these needs is both practical and
109 a source of pleasure which Freud refers to as 'sexual'. Freud divides this stage into three stages: the oral stage,
110 the anal stage and the phallic stage.

111 ii. The Oedipus complex Sigmund Freud introduced the term 'Oedipus complex' in his 'Interpretation of
112 Dreams' (1899). According to him, the concept is a desire for sexual involvement with the parent of the opposite
113 sex, which produces a sense of competition with the parent of the same sex and a crucial stage in the normal
114 developmental process (Freud, 1913). The term Oedipus complex was indeed named after the name of Greek
115 mythical figure. Oedipus who was the son of king Liaus and queen Jocasta of Thebes, and finally killed his father
116 and married his mother unconsciously which according to the belief of the writer and people of that time, was
117 designed by fate. ??Safra,1768).

118 But, according to Sigmund Freud, the accidents or incidents in the life of Oedipus happened because of sexual
119 complexity between Oedipus and his mother. And on the basis of this story he invented the concept Oedipus
120 complex which he attributed to children of about the age of three to five. He views that all human behaviour are
121 motivated by sex or by the instincts, which in his opinion are the neurological representations of physical needs.
122 He firstly referred to those as the life instincts which perpetuate the life of the individual, initially by motivating
123 him or her to seek food and water and secondly by motivating him or her to have sex. (Boeree, 2006) Freud's
124 clinical experience led him to view sex as much more important in the dynamics of the psyche than other needs.

125 10 iii. The unconscious

126 The unconscious is that part of the mind that lies outside the somewhat vague and porous boundaries of
127 consciousness and is constructed in part by the repression of that which is too painful to remain in consciousness.
128 Freud distinguishes repression from sublimation -the rechanneling of drives that cannot be given an acceptable
129 outlet. The unconsciousness also contains what Freud calls Laws of transformation. These are the principles that
130 govern the process of repression Year 2017 and sublimation. In general we can say that the unconscious serves the
131 theoretical function of making the relation between childhood experience and adult behavior intelligible. iv. Ego,
132 Id and Super-Ego Freud proposed three structures of the psyche or personality. Id, Ego, Ego and Super-Ego. Id
133 refers a selfish, primitive, childish pleasure -oriented part of the personality with no ability to delay gratification.
134 Super-Ego refers internalized societal and parental standards of 'good' and 'bad', 'right' and 'wrong' behaviour.
135 Ego refers the moderator between the Id and Super-Ego which seeks compromises to pacify both. It can be
136 viewed as our 'sense of time and place'.

137 v.

138 11 Problems

139 Freud's hypotheses are neither verifiable nor falsifiable. It is not clear what would count as evidence sufficient to
140 confirm or refute theoretical claims.

141 The theory is based on an inadequate conceptualization of the experience of woman.

142 The theory overemphasizes the role of sexuality in human psychological development and experience.

143 12 b) Lacanian Theory

144 French psychoanalyst Jacques Lacan has reinterpreted Freud in structuralist terms, bringing the theory into the
145 second half of the Twentieth century. Like Freud, Lacan discusses the importance of the pre-Oedipal stage in the
146 child's life when it makes no clear distinction between itself and the external world; when it harbors no definite
147 sense of self and lives symbiotically with the mother's body. Lacan refers to this stage as the Imaginary.

148 13 i. The Mirror stage

149 Lacan characterizes the period when the child begins to draw rudimentary distinctions between self and other as
150 the mirror stage. This is the period when the child's sense of self and the first steps in the acquisition of language
151 emerge. The 'I' finds and image of itself reflected in a 'mirror'.

152 **14 c) Object Relations Theory**

153 Another adaptation of psychoanalytic theory known as 'object relations theory' starts from the assumption that
 154 the psychological life of the human beings is created in and through relations with other human beings. Thus, the
 155 object relations theorist distinguishes between the physical and psychological birth of the individual. While the
 156 physical birth is a process that occurs over a specific and easily observable period of time, the psychological birth
 157 is typically extended over the first three years of life and can occur only in and through social relations. During
 158 this time, certain 'innate potentials and character traits' are allowed to develop in the presence of 'good object
 159 relations'. The quality of these relations affects the quality of one's linguistic and motor skills. The first years of
 160 life are characterized by the establishment of a close relationship to the primary caretaker and the subsequent
 161 dissolution of that relationship through separation and individuation. This psychological development of the
 162 child is a part of reciprocal process of adjustment between child and caretaker-both must learn to be responsive
 163 to the needs and interests of the other.

164 There are two important aspects of child development: self-identity and gender identity. In context of the
 165 nuclear family, the child must move away from the mother in order to achieve autonomy, the father offers an
 166 alternative with which to identify. Thus, the boy tends to develop strong self-identity but weak gender identity.

167 V.

168 **15 Literature and Psychoanalysis**

169 Psychoanalysis is not simply a branch of medicine or psychology; it helps understand philosophy, culture, religion
 170 and first and foremost literature.

171 In developing his theory of psychoanalysis Sigmund Freud has often related it to art in general and to literature
 172 in particular.

173 In 'The Interpretation of Dreams, Freud analyzed Sophocles' Oedipus Rex and Shakespeare's Hamlet for their
 174 Oedipal elements and for the effects the plays had on their audience. In his 'Creative writers and Day-dreaming,'
 175 Freud further expanded the connection between literature and psychoanalysis. He compared fantasy, play, dreams
 176 and the work of art in order to understand creativity. In 'creative writers and Daydreaming' Freud first presented
 177 his theory on the structure of the literary work and made a psychoanalytic inquiry into the nature of literature.
 178 For Freud, a literary work is analogous to a daydream. Like a daydream, the literary work contains in its fantasy
 179 the fulfillment of an unsatisfied wish and thus improves on an unsatisfactory reality.

180 Psychoanalytic literary criticism can focus on one or more of the following:

181 I. The author: The theory is used to analyze the author and his/her life and the literary work. II. The
 182 characters: This theory is used to analyze one or more of the characters, the psychological theory becomes a tool
 183 that to explain the characters' behaviour and motivations. III. The audience: The theory is used to explain the
 184 appeal of the work for those who read it. IV. The text: The theory is used to analyze the role of language and
 185 symbolism in the work.

186 III. Dreams are an expression of our conscious. IV. Infantile behaviour is essentially sexual and V. The
 187 relationship between neurosis and creativity. Thus, we will observe some of the works of different author's where
 188 they have used psychoanalytic theories in their works.

189 **16 VI.**

190 A Psychological Analysis of D.H Lawrence Sons and Lovers Paris (1974) has mentioned in his book, 'A
 191 Psychological Approach to Fiction' that, "Psychology helps us to talk about what the novelist knows, but fiction
 192 helps us to know what the psychologist is talking about?" The chief impulse of realistic fiction, however, is neither
 193 formal nor thematic but mimetic, and novels of psychological realism call by their very nature for psychological
 194 analysis. (Preamble).

195 We can say that fiction is an imitation of life, in other words we can say that it is the critical study of the
 196 mind of the author.

197 The novel Sons and Lovers is considered as David Herbert Lawrence's magnum opus. It is considered as an
 198 autobiographical fiction. Different interpreters of this novel have said different things about the source. According
 199 to Anthony Beal in D.H Lawrence, Sons and Lovers the autobiographical novel that tells so much about the first
 200 twenty-five years of his life, about his family and friend and society in which he grew up."

201 The novel is all about the protagonist Paul Morel who shown unusually much love from his mother and hatred
 202 for his father. There is conflict between love and hatred about the family members. Paul has given critics reason
 203 for believing that the novel deals with Sigmund Freud's one of the psychological theory that is Oedipus complex.

204 "A mother that lives in an unsatisfactory relationship both emotionally and sexual, with her husband, will
 205 easily be inclined to have a closer bond with her child." (Monster , p.105).

206 The Oedipus complex was introduced by Sigmund Freud which is named after the Greek tragedy Oedipus
 207 Rex by Sophocles. According to Encyclopedia Britannia, "[The] Oedipus complex, in psychoanalytic theory, [is]
 208 a desire for sexual involvement with the parent of the opposite sex and concomitant sense of rivalry with the
 209 parent of the same sex, a crucial stage in the normal development process." [Encyclopedia Britannica] .

210 According to Leif Mousten, there are six requirements that must be fulfilled for the complex to take place.
 211 The six requirements are:

212 I. An intimate relationship between mother and child prior to the complex. II. The child has discovered the
213 differences between mother boys and girls. III. The sexuality of the child is now focused on the pleasurable
214 sensation. IV. The intellectual development of the child is now at an advanced stage, giving the child an
215 opportunity to understand what is going on between two adults. V. The emotional development of the child is
216 now at an advanced stage, making the child more aware to sympathy and empathy meaning, a depiction between
217 whom they like and who they do not. VI. The emotional and intellectual development is now at an advanced
218 stage, that the child no longer acquires the outside world by the use of imitation but instead with identification.
219 (Mousten, p.95-97) VII. On the basis of the criteria mention above for the Oedipus complex we can come to a
220 conclusion that D.H Lawrence in his Sons and Lovers novel has followed Sigmund Freud psychological theory of
221 Oedipus complex. Sons and Lovers novel is divided into two parts. In the first the author gives a vivid illustration
222 of family life of the Morels, their working class condition, childhood growth, games and problems and festivities,
223 the little amount of money they make and the debts they owe. The theme of conflict between Paul's parents
224 is constructively portrayed. The second part of the novel gives us the picture of the struggle soul of Paul, the
225 complex relationship between Paul and Miriam, a girl that lives in a small farm with her family near the Morels.

226 Later in the novel, it gives a picture of intimacy between Miriam and Paul, but it is short-lived because Paul
227 will not marry her. This physically intimacy shows the features of Paul as he continues to remain emotionally
228 detached from Miriam. Once again, Paul succumbs to the oedipal attachment for his mother. Paul has a
229 relationship with a married woman named Clara Dawes. Paul allows himself to have this relationship because he
230 knows that practically this relationship can never go anywhere. She would never divorce her husband. Therefore,
231 Clara is not a threat to Paul's oedipal fixation to his mother. There is no danger of her taking his mother's place.

232 Paul's mother becomes ill. Since she is bedridden and in pain. Paul gives her morphine. However, he
233 administers an overdose of morphine to her, which leads to her death. While this might be seen as euthanasia,
234 it seems likely that killing his mother was Year 2017

235 Paul's unconscious way of releasing himself from the Oedipus complex once and for all.

236 However, the dominant theme in Lawrence's Sons and Lovers is the Oedipus complex. The complex centers
237 on Lawrence's Protagonist Paul and his mother's dealings or relation.

238 17 VIII. Psychological Analysis of Albert

239 Camus 'The Stranger'

240 The stranger is a novel written by Albert Camus. It focuses on the life of a French Algerian named Meursault
241 after he is informed of his mother's death via telegram. Meursault story is an example of that opposition between
242 man and the external universe that Camus terms the 'absurd'. The story is told from the first person perspective
243 of Meursault as he makes his way through life.

244 Meursault is a very different individual. Through his actions, one can believe that he must have some sort of
245 anti-social personality disorder, since he has no empathy. The reflection of this characteristics view is found in
246 multiple instances of the story. The first instance is when he attends his mother's wake and funeral. He seems
247 very disconnected from the situation. We find him doing things, not for his own gain necessarily, but to at least
248 please others because he doesn't really care.

249 Overall, we found it safe to say that Meursault, while he has his faults and weaknesses, is not necessarily
250 psychologically disturbed and more of misunderstood in his society.

251 The character Meursault also lacks enthusiasm and interest. He is primarily passive, because he has no
252 ambitions. He lacks what the psychologist calls achievement motivations. Meursault in this novel doesn't want
253 to commit himself into any relationship.

254 Camus decides that human being always looks for happiness although they are conscious of the ultimate defeat
255 of death. It is from his life in Algeria in the 1939's that Camus drew the background for The Stranger. Camus
256 was influenced by the circumstances where poverty, petty violence and racial tension of daily life prevail. He was
257 part of the younger generation that rejected the conventions of middle-class society.

258 Meursault was a character who was honest, being true to his impressions, refusing to say more than what he
259 know. He lives by his own principle and which has nothing to do with the behaviour that society expects.

260 Albert Camus has tried to portray the psychological mind of the character Meursault in his novel the stranger.
261 Meursault knows that the only happiness lies in accepting the present. His life recalls that of Christ, not as a
262 God or savior, but as a man whose example of living by his beliefs could inspire others. The stranger has often
263 been considered one of the best novels written in French during the twentieth century.

264 18 IX. Psychoanalytic Study of Arthur Miller Plays

265 Arthur Miller's works can be analyzed with the involvement of the psychological variables and psychoanalysis of
266 his characters in his plays. The psychodynamics of the soul, its conflicts which are intrapersonal and interpersonal
267 in nature and the subsequent attempt to search for a new identity to deal with it to achieve the emancipation
268 of the soul can be elucidated and a new insight into Arthur Miller's works can be given. Arthur Miller's works
269 when studied with the intervention of the psychological variables and psychodynamics of his characters in his
270 plays brings out the different ways and means used the characters using the defense mechanisms as propounded
271 by Freud to deal with their conflicts and achieve emancipations of their souls.

23 CONCLUSION

272 One of the themes of the American dream, the ability to become prosperous, shows the traditional spirit of
273 Americans in Miller's 'Death of a salesman' and earlier in 'All my sons'. Willy Loman in 'Death of a Salesman'
274 could not follow the change of time and became obsessed with the old values of success dream in the past and Joe
275 a realist, in 'All my Sons', got along rather well, even though he too is influenced by old values to some extent.

276 Death of a Salesman is a play that is psychoanalytic because of the problems Willie faces with himself and his
277 dysfunctional family.

278 Loman is an example of a person who is affected by repression of his pleasure principle and Arthur Miller
279 wants to use Loman as an example for America since his hard working in salesmanship has drastically aided in
280 his psychological regression. America's identity is based on the ideas of the American dreams to which Willie
281 has always pitched the idea to his son, which is a dream of self-improvement mainly through economic means or
282 repressing self-gratification in a quest for something larger.

283 The scene in Willie's daydream at Frank's chop house where Biff meets with Willie at the hotel shows the
284 sign of the 'pleasure principal' problem that Willie has. He is having an affair with another woman which would
285 break the sanctity in Willie and Linda's marriage.

286 Freud would agree that the psychoanalysis behind this is that Willie seeks pleasure and that he wants to get
287 away from his problems at home. He does not like to face problems head on and rather decides that he will get
288 away from all that and avoid the problems he has in his life. Willie affects his other son Happy. Happy's affairs
289 with women and his views on them somehow can come from the Oedipal Complex. Since happy did not have a
290 strong influence on his father, he could have had a stronger influence towards his mother.

291 19 Volume XVII Issue I Version I

292 The American Dream has destroyed Willie psychologically and now that Biff did not respect him, he feels that
293 his family would be better off without him. Willie uses 'regression' which is a defense mechanism that means
294 when thoughts are temporarily pushed back out of consciousness and into unconsciousness. His daydreams are a
295 good example of that.

296 These aspects in Death of a Salesman proves why this can be a psychoanalytic play. There is a combination
297 of how the mind thinks that way that are caused by family problems and there are also hints of the Oedipus
298 complex that are integrated in this play. Arthur Miller's principal characters are motivated by an obsession to
299 justify themselves. They fix their identities through radical acts of ego-assertion.

300 20 X.

301 21 Psychoanalytic Study of Walt

302 Whitman's 'The Sleepers'

303 'The Sleepers' is one of the poems from the 1855 first edition of 'Leaves of Grass'. This is a simple poem,
304 dedicated to exploring an idea of democratic empathy. 'The Sleepers' has long been counted among the more
305 obscure poems of 'Leaves of Grass'.

306 Richard Maurice Bucke, a friend and discipline of Whitman, described 'The Sleepers' as a poem that represents
307 the 'mind' during 'sleep'. He went on to say that the mind is made up to connected, half-connected and
308 disconnected thoughts and feelings as they occur in dreams. Literary critics began to view the poem as a
309 prolepsis examination of a model of the mind developed by Freud and Jung, who had put forth theories related
310 to submerged psychic levels that were inaccessible to the 'conscious mind'. The conscious mind is divided into the
311 'id' or 'libido' or 'collective unconscious's' that played a great role in the shaping of an individual's personality.
312 This aspect showed that Whitman had anticipated the modernist literary and artistic movements that were
313 founded on the new psychological models. Miller, Jr.(1957) read the poem 'The Sleepers' as a 'psychological
314 dramatization' of a flow of images with only eccentric relationships one to another, closely resembling the stream
315 of consciousness technique of a later era.' (P.130).

316 Psychological critics like ??lack (1968, 1970) described the poem 'The Sleepers' as 'an evocation of psychic
317 depths'. In Freudian terms 'The Sleepers' is the sexual maturation of a young boy as he grows into manhood. It is
318 a poem of consciousness which revealed the poetic identity in its purely private context. The poem went through
319 an implied cyclical process: implied innocence or oneness, psychic fragmentation, incompleteness, despair and
320 then a unifying process in the last section.

321 22 XI.

322 23 Conclusion

323 In view of the above study, we came to understand that psychoanalysis is a powerful tool in the critical analysis of
324 a literary text. Its influence on the literary production is to add 'legitimacy' to the text. This paper highlighted
325 the application of Freudian concepts to the explication of literary texts' thereby equating the text with the
326 'psyche', perhaps of the writer and providing us with a profound insight into the unconscious of the writer.

327 Finally, this paper has attempted to establish the relationship between psychology and literature and then
328 proved that 'Literature' uses 'Psychoanalysis' for creative purposes which, in turn, enriches the quality value and

329 legitimacy of the literary text. Literature can help us alter our cognitions, the internal structures of the self and
330 this transformation can be well explained through psychoanalytic criticism, in turn, this enables us to explore
331 new possibilities for reading, studying and teaching literature.^{1 2}

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