



Abstract

Psychological criticism in literature is an important critical approach that examines literary works through the lens of psychology. It focuses on understanding the unconscious motivations, emotions, desires, and mental processes of both authors and fictional characters. Influenced mainly by the theories of Sigmund Freud and Carl Jung, psychological criticism explores how literature reflects the human psyche. Freud emphasized that literary texts often reveal hidden desires, anxieties, traumas, and conflicts through symbols, dreams, and imagery, while Jung introduced the concept of the collective unconscious and archetypes in literature. This approach also studies the relationship between an author's life experiences and creative works, as well as the psychological development of fictional characters. Furthermore, psychological criticism investigates the creative process, the influence of literature on readers, and the representation of human emotions and mental conditions in literary texts. Psychological fiction and psychological novellas particularly highlight the inner lives of characters, presenting themes such as obsession, duality of consciousness, trauma, and emotional conflict. Through psychological analysis, readers gain a deeper understanding of literary meaning, character behavior, and the connection between literature and human experience. Therefore, psychological criticism remains a valuable method for interpreting literature and exploring the complexities of the human mind.

Keywords

Psychological criticism, literature, psychoanalysis, unconscious mind, Sigmund Freud, Carl Jung, archetype, collective unconscious, psychological fiction, literary criticism, character analysis, trauma, symbolism, human psyche, creative process.

Introduction

Psychological criticism in literature refers to the way in which the work of a particular writer is analyzed through a psychological lens.¹ This approach psychologically analyses the author of the work or a character in his work. It helps the readers understand the motivations of the writer as well as the characters. In other words, this criticism helps us to understand why the writer writes the way he does, how have his biographical circumstances effect his writing and why do characters in the story behave in a particular way. This psychological approach, which reflects the effect of psychology on both literature and literary criticism, was mainly influenced by the work of Sigmund Freud and Carl Jung. Sigmund Freud put forward the theory that literary texts are a manifestation of the secret unconscious desires and anxieties of the

¹ The Penguin Dictionary of Literary Terms and Literary Theory. Edited by J.A. Cuddon. 3th edition. – London, UK: Penguin Books, 1998. – 1026 p.



author². Thus, evaluating the behavior of a character will help the reader to trace the childhood, family life, fixations, traumas, conflicts. However, these facts are not directly expressed in the work; they are often expressed indirectly in the form of dreams, symbols, and images. Therefore, this criticism may sometimes provide the readers clues to understand the symbols, actions, and settings that are otherwise difficult to understand.

The psychological criticism is not concerned with the intentions of the author. Instead, it is more concerned with what writer never intended, i.e., what the writer has unconsciously included in the work.

Carl Jung explored the link between literature and a concept called 'collective unconscious of the human race.' 'Psychology and Literature' is Carl Jung's analysis of art, artists, and the creative process. Jung justifies Psychology for studying literature because all thought and expression are derived from the human psyche. Two significant points are immediately addressed, outlined and become the narrative for the remainder of the essay. The first is the distinction between the artistic work itself and the life of the artist³. Jung describes two sets of analysis with one analyzing the "concrete artistic achievement" and the other analyzing the "living and creative human being". It is his position that although one can learn about the art from the artist, or vice versa, one cannot achieve full and conclusive answers about either. Jung's second point relates to the elusiveness of creativity itself. His notions indicate that the creative act will "forever elude human understanding"⁴, and that the creative act can be described by its manifestations, but can never be fully understood. This theory claims that all stories and symbols are based on models from mankind's past. Jung was the first to link the concept archetype to literature. However, extreme care has to be taken when using this criticism to evaluate a work because it can become reductive in nature. The person who analyses this work should be careful so as not to project any personal psychological issues onto the analysis. When researching the biographical history of the writer, the critic must be careful to avoid incorrect attributions. Literature is a product of human thought. It can be influenced by the environment of the author; even it may contain the author's way of life. Whilst, most people consider that literary works are mirror of human life. In other words, literary works are used by authors for telling what they feel and see and what they face in the social life involving human activities. Literary works are known by people in the written form, those are novel, poetry, and also play. Literature is also called as work of art. Mostly literary works are created by the imagination of the authors. They are arranged with the authors' style as the authors are acquitted to write their works in their style. It makes the literary works to have artistic point and uniqueness. That is why; literary works are always appreciated by people around the world in looking at the artistic side and looking for the interesting issues. Many messages can be found from those works, but these messages can be known usually by reading and comprehending the works. It cannot be caught easily and directly. Even, the style of the authors itself in writing should be understood so the main theme and important information can be found by the readers. It is about the background of the writer and the setting of place and time that should be known to support the comprehension of certain works.

²The Routledge Dictionary of Literary Terms. – London and New York: Taylor & Francis, 2006. – 157p.

³ Oxford Dictionary of Critical Theory <https://www.mobisystems.com/ru-ru/oxford-dictionary-of-critical-theory>

⁴ Oxford Dictionary of Critical Theory <https://www.mobisystems.com/ru-ru/oxford-dictionary-of-critical-theory>

The psychological approach is a unique form of criticism in that it draws upon psychological theories in its interpretation of a text. Linking the psychological and literary worlds bring a kind of scientific aspect into literary criticism. The three branches of psychological criticism that we have discussed in class are Psychoanalytic criticism, trauma and Cognitive criticism.

Psychological approach reflects the effect that modern psychology has had upon both literature and literary criticism. Psychological criticism has a number of approaches, but in general, it usually employs one (or more) of three approaches⁵:

(1) An investigation of the creative process of the artist: what is the nature of literary genius and how does it relate to normal mental functions? (2) The psychological study of a particular artist, usually noting how an author's biographical circumstances affect or influence their motivations and/or behavior and (3) The analysis of fictional characters using the language and methods of psychology. "The aim of psychological study folds in three natures. Foremost, the objective of understanding" behavior, that is by defining factors that combine the development and expression of behavior". Secondly, the psychologist striving to develop procedure for the accurate prediction of behavior. Thirdly, psychology aims at developing techniques that will permit the control of behavior that is, way of shaping or course of psychological development through manipulating those basic factors to the growth and the expression of behavior. The psychological approach leads most directly to the substantial amplification of the meaning of literary works. Discussing psychology and its place in literary works, is studying the author's imagination. Since all literary works are based on some kind of experience, and since all writers are human, we need to be caught up in a wide spectrum of emotional problems (caused by experience). Not all psychological paths in the analysis of literary works are done to arrive at the understanding of literary works, to some extent. Literature contains several phenomena related to the human soul. The author reflects the phenomenon through characters in literary works. It makes literature can be analyzed using psychological theories that also find the human soul in real life. Literary psychology is defined as a discipline that views literary works that contain some events of human life played by imaginary characters or even factual characters, in Theory of Literature, explain that there are several definitions of literary psychology based on the subject of research, they;

1. Psychology of literature that studies the psychology of the author as an individual. It means that a writer is a human being who cannot be separated from the nature that has the desire and emotion. Based on his passion and emotional background he can create a literary works

2. Psychology of literature psychology that studies the creative process. It means that this study looks at how the process of a work can be made into a whole literary work.

3. Psychology of literature that studies the types and principles of psychology applied to literary works. It means that this study looks at how topics and cases in psychology are applied in the character of literary works.

4. Psychology of literature that studies the influence of literary works on the reader. It means that this study sees the influence of literary work on the reader, whether it affects the way of thinking and the way of life of the reader or not. This study is kind of the third research. It studies the types and principle of psychology which is applied in The Martian.

⁵ <http://www.nytimes.com/books/98/11/01/reviews/981101.01gorrat.html>.

The psychological novella contains not just a movement into the inner world of the hero, not only describes his state of mind, but also exposes to readers such phenomena of the human psyche as mania, obsession, and duality of consciousness.

Examples of psychological novella in Literature '*The Tale of Genji*' by Lady Murasaki, written in 11th-century Japan, was considered by Jorge Luis Borges to be a psychological novella.⁶ In the west, the origins of the psychological novel can be traced as far back as Giovanni Boccaccio's 1344 'Elegia di Madonna Fiammetta'; that is before the term psychology was coined. The first rise of the psychological novel as a genre is said to have started with the sentimental novel of which Samuel Richardson's 'Pamela' is a prime example. In French literature, Stendhal's 'The Red and the Black' and 'Madame de La Fayette's', 'The Princess of Cleves' are considered early precursors of the psychological novella.⁷ The modern psychological novella originated, according to The Encyclopedia of the Novel, primarily in the works of Nobel laureate Knut Hamsun – in particular, *Hunger* (1890), *Mysteries* (1892), *Pan* (1894) and *Victoria* (1898).

In literature, psychological fiction (also psychological realism) is a narrative genre that emphasizes interior characterization and motivation to explore the spiritual, emotional, and mental lives of the characters.

Conclusion

1. The genre novella, short and well-structured narrative, often realistic and satiric in tone, that influenced the development of the short story, the novel throughout Europe. Originating in Italy during the Middle Ages, the novella was based on local events that were humorous, political, or amorous in nature; the individual tales often were gathered into collections along with anecdotes, legends, and romantic tales. As a result, a novella provides a detailed and intense exploration of the topic, combining the complete focus of a short story with the broad scope of a novel.

2. Psychological criticism in literature refers to the process of analyzing a writer's work through a psychological lens. This method examines the author of the work or a character in his work from a psychological standpoint. It assists readers in comprehending the writer's as well as the characters' motivations. In other words, this criticism helps us understand why the writer writes the way he does, how his personal circumstances influence his writing, and why the characters in the story behave the way they do. The psychological novella contains not just a movement into the inner world of the hero, not only describes his state of mind, but also exposes to readers such phenomena of the human psyche as mania, obsession, and duality of consciousness.

3. The psychological approach is a distinct type of criticism in that it interprets a text using psychological theories. By connecting the psychological and literary worlds, literary criticism gains a scientific perspective. There is a correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches

⁶ The Penguin Dictionary of Literary Terms and Literary Theory. Edited by J.A. Cuddon. 3th edition. – London, UK: Penguin Books, 1998. – 1026 p.

⁷ The Concise Oxford Dictionary of Literary Terms. Edited by Chris Baldick. – Oxford, UK: Oxford University Press, 2001. – 291p.



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