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RESEARCH ON THE METHODOLOGY OF PSYCHOANALYTIC THEORY IN THE ENGLISH LITERATURE

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Abstract:

Psychoanalysis is one of the modern theories used in English literature. It is a theory considered the theory of personality organization and personality dynamics that guides psychoanalysis. As is well known, the close connection between literature and psychoanalysis has always been used by academic literary criticism and literary theory. Among the critical approaches to literature, psychoanalysis is one of the most controversial and underestimated by many readers. Despite this, it is considered one of the most intriguing and rewarding approaches when applying interpretive analysis. This psychological interpretation has become one of the mechanisms to find out the hidden meaning of a literary text. It also helps to explore the innate conglomerate of a writer's personality as factors that contribute to one's experience from birth to writing a book. The goal of psychoanalysis was to show the behavior caused by the interaction between the unconscious and the unconscious. The proposed work, entitled Psychoanalytic theory used in English Literature: A Descriptive Study, aims to examine where psychoanalysis has been used by authors in their literary works in English literature.

Keywords: including warfare, mythology, religion, literature, psychoanalytic movement, psychoanalysis

The early 20th century marked the beginning of modern psychology, and the psychological analysis of literary texts developed at the pace of that psychology. This method of criticism drew on the concepts of well-known sociologists, including



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Carl Jung, Alfred Adler and Otto Rank, and most notably Sigmund Freud. It was first used or developed by Freud as a method of therapy for neuroses, but very soon extended to many advanced developments and practices throughout the history of civilizations, including warfare, mythology, religion, literature, and other arts. Psychoanalysis has been employed to explain literature, and in doing so, literature has been used as a source of psychoanalytic concepts. We have found that literary criticism has used psychoanalysis theory to interpret literature and that literature has also attempted to use and exploit psychoanalysis for creative purposes. Psychological criticism deals with the literary work primarily as an expression, in fictional form, of the state of mind and the personality structure of the individual author.

If we look at the history of psychology, we will see that psychoanalysis has its origins in medicine. Via psychology, it spread to other fields of study and finally permeated literary studies as one of the different approaches to literature. The idea of psychoanalysis revolves around the concept that people's actions are determined by their pre-stored ideas about recurring events. According to Monte (1977), psychoanalytic theories assume the existence of unconscious internal states that motivate a person to take overt actions (Beneath the Mask, 8). The psychoanalytic movement is therefore represented by Sigmund Freud (1859-1939). A later student of Freudian psychology named Carl Gustav Jung (1875-1961) reoriented his view of his social milieu in the understanding of psychoanalysis. It is Jung who sees basic human behavior in myth and legend. A later development in psychoanalysis included Alfred Adler (1870-1937), who viewed human beings as social beings. In Adler's words, we are motivated by social needs, confident, and capable of bettering ourselves and the world around us. (McConnell, 250) Thus we can begin to see that there is a mutual fascination between the field of psychoanalysis and that literature is the main mediator between the two disciplines. Psychoanalytic therapy is the retelling of someone's life. It has placed a lot of emphasis on the importance of the unconscious and thought processes. They believed that awareness of this was therapeutic and vital to a healthy mind. Psychoanalysis has focused on motives, it has focused on hidden or veiled motives, which helps to clarify the literature on two levels, the level of the writing itself and the level of the character action within the text.

Psychoanalysis emphasizes the problem and attempts to explain how meaning and identity are related to psychic and cultural forces. Psychoanalysis is of great



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importance for the contemporary understanding of reading, the meaning, and the relationship between literature and culture. Psychoanalysis is of great importance for the contemporary understanding of reading, the meaning, and the relationship between literature and culture. Psychoanalysis is considered a form of therapy that aims to heal mental disorders by examining the interplay of conscious and unconscious elements in the psyche. Psychoanalysis examines the articulation of our most private fears and meanings for culture and gives us a perspective on them as cultural formations. We live in a post-Freudian age; We cannot escape the fact that we think differently about human life than we used to. Psychoanalytic approaches to the literature may not always be rich enough and may tend to be reductive, but at the theoretical level, psychoanalysis is of great importance. The modern theory used in the literature has two accepted meanings. First, it means a method of treating mentally disturbed people. Second, it also denotes the theories about the human mind and its various complexities. The psychoanalytic theory was put forward by Sigmund Freud. Freud was originally a doctor who examined and treated patients in his clinic. His long devotion to this field was revealed to him and he observed insanity in his patients.

Gradually he became more interested in the study of psychology and in particular the psychology of the unconscious. Freud proposed that our mind has three distinct regions. Based on his early discoveries, the psychology of psychoneurosis concerns dreams, jokes, and what he called the psychopathology of everyday life, such as slips of the tongue, and pens. The second is a preconscious system and the third is a conscious system. His ideas were first presented in *The Interpretation of Dreams* (1900). It has often been assumed that the evidence base for these theories came from his dream study. It is the mind in which all our pleasant and unpleasant experiences are collected, synthesized, and organized. (The, Ritamain, p.13-18) There are various theories about psychoanalysis. The main theories of psychoanalysis are Freudian theory, Lacanian theory, and object-related theory. Previous views have tended to ignore the behavior and look for a physiological explanation of abnormalities. The novelty of Freud's approach lay in the realization that neurotic behavior is not arbitrary or meaningless, but goal-directed. The Pre-Oedipal Stage Freud claimed that all human beings are born with certain instincts, with a natural tendency to meet their biological needs for food, shelter, and warmth. Satisfaction of these needs is both practical and a source of pleasure, which Freud calls sexual. Freud divides this stage into three stages: the oral stage, the anal stage,



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and the phallic stage. The Oedipus complex Sigmund Freud introduced the term Oedipus complex in his Interpretation of Dreams (1899). According to him, the concept is a desire for sexual engagement with the opposite-sex parent, which evokes a sense of competition with the same-sex parent and plays a crucial phase in the normal developmental process (Freud, 1913). The term Oedipus complex was named after a Greek mythical figure. Oedipus, the son of King Linus and Queen Jocasta of Thebes, eventually killed his father and unknowingly married his mother, which the writer and people of the time believed was fate. (Safra, 1768). But according to Sigmund Freud, the accidents or incidents in the life of Oedipus happened between the ages of three and five because of the sexual complexity between Oedipus and his mother. He believes that all human behavior is motivated by sex or instincts, which he believes are the neurological representations of bodily needs. He referred to these first as life instincts, which sustain the individual's life by first motivating them to seek food and water and second by motivating them to have sex. (Boeree, 2006)

Conclusion:

Given the above study, we have understood that psychoanalysis is a powerful tool in the critical analysis of a literary text. Its influence on literary production is to bring legitimacy to the text. This essay highlighted the application of Freudian concepts to the explication of literary texts, equating the text with the psyche, perhaps of the writer, giving us a deep insight into the writer's unconscious and proving that literature uses psychoanalysis for creative purposes, which in turn enriches the quality value and legitimacy of the literary text. Literature can help us transform our perceptions and inner functioning, and this transformation can be well explained through psychoanalytic critique, which in turn allows us to explore new ways of reading, studying, and teaching literature.

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