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Anmol R Dave
Department of English, Kristu
Jayanti College (Autonomous),
Karnataka, India

Analysing the novel sons and lovers by DH. Lawrence from the perspective of psychoanalysis theory

Anmol R Dave

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Abstract

Everyone in this universe is dealing with lots and lots of stress and anger issues, we all live in such a hurry burry world where in we are too much focused in earning rather than investing in ourselves. We are too much conscious about what other people think about me, we are trying too hard to impress other people rather than trying to spend time with those people who are really close to us such as our loved ones. There are many factors which influence the behaviour of an individual such as childhood trauma, being a victim of a toxic relationship, physical abuse and sexual abuse as well. The behaviour of the individual is influenced by two conditioning which is widely known as classical conditioning and operant conditioning in psychological terms. We are going to emphasize in these issues through the novel sons and lovers by DH. Lawrence and by various other self-help books.

Keywords: Oedipus complex, attachment theory, subaltern theory

Introduction

The experience and suffering of an individual have a very vital role to play that shapes the behaviour of a particular individual. There are certain individuals who like to transform themselves and there could also be certain kind of behaviours which can have a really negative repercussions in an individual life such as taking drugs and one of the best ways to improve these kinds of behaviour and to live a healthy and a happy life is to go for a regular therapy session such as cognitive behavioural therapy, behavioural therapy and psychotherapy.

The people who are dealing with mental health issues should be and must not be treated differently than the other individual one should always try to be more supportive, emphatic and kind towards them. Therapy is one of the best ways which help us to live a healthy and a happy life.

The mental health issues such as bipolar disorder or depression is not recognisable so as a human being the least we could do is to be nice with each other, if at all we see someone behaving in a way that is not acceptable in social setting or in places like shopping complex or restaurant then we need to know that he needs help so as a good friend or as a family members one must and should encourage their loved ones to go for a regular therapy sessions.

Anyone can go through mental health issues in this universe whether he is rich or poor, educated or uneducated, old or young and it doesn't discriminate and we must not and should not judge someone the way they look and the way they speak but we also need to know and need to understand that we must not and should not judge someone the way they behave.

Providing a non-judgemental space to an individual is one of the best ways to deal with mental health issues and it also helps an individual to grow, to be better, to do better and to provide the best to the upcoming generation. We live in such a world where being hypocritical is promoted but being authentic is not promoted and it is expected of us to look a certain way and to behave in a certain way but no one realises how and in what way it is affecting an individual's mental health.

If a non-judgemental space could have been provided to Paul Moralre, then he might have been a gentleman rather than getting affected by Oedipus complex.

Even if it is not accepted from us to be a certain way, we still don't feel comfortable to be our authentic self even if we are alone in public places. We need to change the idea of being

Corresponding Author:
Anmol R Dave
Department of English, Kristu
Jayanti College (Autonomous),
Karnataka, India

hypocritical towards ourselves and others to the idea of not being critical and becoming more acceptable towards others and as well as towards ourselves.

People can try to appreciate themselves if they have done a good job. They should not and must not wait for others to appreciate them. If someone appreciates himself or herself, it helps them to build a positive reinforcement in themselves.

Likewise, Paul is basically too much affected by what Miriam and Clara thinks about, if he could not have affected by Oedipus complex and could not have been too much influenced by other peoples opinion, then he could have been able to decide what is the best for him.

Paul might have considered taking therapies.

Factors that affect the behaviour of an individual and ways of dealing with them.

It is extremely important for an individual to understand that one should not try to focus too much on what other people think about them and one should not live their life how others want them to live, one must and should live their life how they want to live their life. People are trying really hard to lose weight or gain weight not because they want to but they want others to accept them because in this particular narcissistic society that we live in it is believed that someone will only like you if you look a certain way but that could never be the reality everyone is never ever going to like you nor you are going to like everyone so we need to like ourselves and we need to love ourselves.

The book Life, love and Laughter is a book by Osho which emphasizes on the topic such as how one can love themselves and how one should not get affected by the words and opinion of other people and how one can practice mindfulness and can enjoy their present to the fullest and even in the book Take your time by Eknath Eswaran the topic regarding mindfulness has analysed and discussed from a various perspective giving different examples.

One of the examples which have been discussed in take your time is If a child is having is breakfast and if he is eating slowly, he is being forced to finish his breakfast early because if the bus and due to which he cannot enjoy his present to the fullest.

Sometimes it is too difficult for any individuals to deal with many things including death so they tend to take impulsive decisions, likewise we have we have seen in the novel sons and lovers, it is becoming really difficult for Paul to see her mother in pain so ended up giving her the overdose of morphine to her which eventually led to her death.

The sons and lovers is a novel by DH. Lawrence which talks about Oedipus complex which states that son is a jealous of his father and how the love and affection for his mother could influence his life and his relationship, to deal with such kinds of issues it is extremely important for any individual to seek a therapy sessions which could help anyone to realise what is the best for them and to do better in their life and not end up being like a Paul Morale.

The factors that have been discussed above are some of the most important factors that affect the behaviour of an individual and one needs to give more importance to their mental health rather than giving more importance to their physical health. We live in such a society where people give more importance to their physical health rather than mental health. It's always good to take care of your physical health but one must not forget to take care of their mental health as well.

People are too much focused on the bigger picture rather than giving more importance to little things in their life. Practising gratitude and living in the here and now is one of the best ways to find happiness, find tranquillity or peace, to build patience and to live a holistic life.

In film industries too much importance is given on the looks of the celebrity and they deal with lots and lots of mental health and even renowned persons and celebrities also take regular therapy sessions. In remote areas and villages there are many who go through issues and their parents cannot afford for the wellbeing of their child's mental health and in places like village there are no psychologists as well.

And mental health specialists are not available most of the time and they don't have access to online therapy sessions due to lack of technological advancement.

During the time when the novel sons and lovers were set or during 19th century people are not very much aware about mental health, about therapies and about a people like psychologist and also there are very few psychologist available

In rural sectors any psychologist can visit there and can make people aware about the importance of mental health. Factors like family background nothing has to do with a mental health of an individual and one need to know and one need to understand that the family background of an individual nothing has to do with a mental health disorder and anyone could be the victim of mental health issues irrespective of their social status.

Experience detachment or dealing with attachment issues could also affect the behaviour of an individual because if someone is in a relationship with someone and if that particular person is really supportive towards them then they accept the same kind of treatment with everyone but we all need to know and need to understand that we are all different from each other.

It is always great if we could try to be more acceptable towards each other and towards ourselves rather than expecting anything from anyone.

How people are judged on the basis of their profession.

It is not acceptable in our society if a man follows the profession of a woman or if women follow the profession of a man. Women have to leave their household to follow their profession and most of the time they end up being a single parent so they have to take care of their child all by themselves and maybe this could have a really negative influence on the child. Even if people or society don't support men to follow their profession, they end up going through a depression.

Upbringing and Indian society

In Indian society it's acceptable for men to get angry or lash out on a woman and toxic masculinity plays a really significant role in the increase of domestic violence. Since from the childhood parents give more importance to the needs of a boy child as compared to the needs of a girl child. It is not at all acceptable for a man to cry in an Indian society. It's also accepted from men to take care of the household, but it is not at all acceptable if women do the same thing.

As per the attachment and Subaltern theory one can Interpret that Paul morals Father or Mises Moraels husband is being made feel like a subaltern and left out and Paul is someone who was dealing with an attachment issues and

anxieties due to oedipal complex and that is the only reason he is being left out alone.

As it's also been analysed in Sons and Lovers that Paul Morale hates his father and lovers and even share his desire towards his mother. As per ID, Ego and Superego and according to the psychoanalytic theory of Frued ID works on a Pleasure principle, Ego works on a reality principle and Superego works on a moral principle if your ID says you want to grab a sandwich then your Ego says it is wrong because if you want something you must earn it and pay for it and your superego that it is wrong and this kind of behaviour is unacceptable and gives a wrong message to other people it the Conflict between Pauls Id, Ego and Super ego to which he could not think rationally and end up being all alone and Paul moral sadness is something which is impossible to explain.

If any children or any individual grows up in a family where there is a discrimination between men and women, he could become really violence towards women and this could have a really negative consequence on the physical as well as sexual relationship of husband and wife.

In the novel Sons and Lovers as well there are many incidents wherein the girls are always being seen as more inferior than the boys.

Inclusivity in LGBTQ communities

People are judged on the basis of their looks and their sexuality and they are treated very harshly, they are exploited physically, sexually as well as mentally In Spite of so much development and technological advancement in the 21st century we still see heterosexuals as different from homosexuals or from ourselves.

LGBTQ's are usually sidelined, ignored or they are considered as inclusive from other people in public places and they are not being accepted by any other community other than LGBTQ and due to these factors it can have a negative influence on Lesbians, Gays, Bisexuals, Transgender and Queers mental health. If there is any teenager who has grown up in a really conservative family.

What can be done to deal with the mental health problems regarding LGBTQ.

Government or as a citizen of a country we can ensure that the free one to one therapy sessions should be provided to those people who really belong to a conservative family and if he cannot express about his problem that he will be dealing with regarding his sexuality and it is extremely important for a parent of any child to take up therapy sessions because it only helps them to understand their child better but it could make really supportive and empathetic and they can also provide with the best kind of support and love best to their child if they can provide the best for themselves.

Conclusion

The idea of this particular research paper is to focus on the mental health issues of society and community as a whole and to focus on a solution oriented perspective. As a citizen of any country, it is our responsibility to help people and bring change through a small step If you want to build the best and safest place for everyone to live remember that it all starts with you.

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