

## PSYCHE METAMORPHOSIS: CONNECTING TO EMERGING FUTURE

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### ABSTRACT

*Gone are the days of calm, where you would sit and rest under palm! The complexity has made all facade, leaving the humanity bombard!*

*Psychology, the 'Psyche' in every human and humans form society. So if we deeply have a glance of literature, it would be not wrong to conclude that, Psychology and literature hold the sorority within. For every piece of literature to be understood we need to have an account of the times that are pictured in it. In order to study any genre, we need to evaluate the individual 'psyche. The whole theory of 'human behavior' and 'psyche' was propounded by Sigmund Freud in 1923 whereby he classifies the complex behavior of human nature as id, ego and superego. What I personally interpret of these 3 terms is: ID-the natural being state; Ego-the volatile impulse in all, Super ego- the inactive psyche in all. In various poetries, novels and prose work of many propound authors we do see the tough bond of psychology and literature so artistically woven, that it creates a euphemism. Whether psychology attracts literature or reverse is true. We have no clue to this. to generalize this key point, I would quote the works of R.L. Stevenson's Dr Jekyll and Mr. Hyde and William Golding's Lord of the Flies. Both are the best narrative works which interweave the theme of psyche and literature as two integral part that manifest to frame our human social, logical aspect in society. The psyche is affected by social external forces. The external forces affect us so firmly that it transforms us into an unexpected being that we can see in the case of metamorphosis of Dr. Jekyll into Hyde. It is true to all lengths that our inner self is affected by the external environments and eventually hits the domains of ego and superego but in end we should try, that, less we let our ego and superego affect by any evil external source more the crime and immature society would evade, leaving a secure nation for us.*

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### Introduction

Through this paper I have made an attempt to evaluate various works of authors and poets, who in their masterpieces have imbibed their souls to create this (I)dentify of self and created a lifelong (BE)longing to society. Achebe's – Things Fall Apart, William Golding's – Lord of the flies and R.L. Stevenson's – Dr. Jekyll and Mr. Hyde are the masterpieces of their respective genre. Each details a separate notion of self and psyche. The Metamorphosis of Jekyll and Hyde or the strong headed character of Okonkwo- a great warrior of his clan, a rebellion by nature who strongly stands for his own beliefs and strengths; on the other hand, we have two diverged group of children who satirically through the characters comments on the themes likes: superior vs inferior, good vs evil that coexists in our society. To understand all these aspects of psyche and human complexities, metamorphosis and (I)dentify and (BE)longing I have talked highlighted briefly about Carl Jung's theories of persona and Sigmund Freud's psychoanalysis.

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### **Carl Jung's Concept: Amalgamation of (I) Dentity**

We all are familiar with Carl Jung's theory of Anima and Animus. The concept of the Anima archetype represents the combination of reason and spirit in women, mirroring the masculine elements within the female psyche. On the other hand, the Animus archetype represents the emotional and nurturing aspects in men, reflecting the feminine components within the male psyche. This theory captures my attention due to its explicit conclusion that every woman possesses a masculine element, while every man contains a feminine element. The unique identity of an individual (referred to as "I") is a fusion of reason, spirit, emotion, and care. However, taking a broader perspective, one can recognize that the concept of personal identity or belonging originates internally. Our identity is something sacred and divine. We all are here with some purpose. If we find that purpose, we succeed in creating our (I) dentity. Identity that gives us freedom to live and create, freedom to think and reciprocate. If we talk about authors, poets, painters, or any other artist we analyze that their identities lie in their masterpieces who have their soul in it. In Chinua Achebe's African novel – 'Things fall apart' we see the glimpse of author's own experiences and background, when he talks about fictitious Nigerian village of Umuofia. The culture represented by Igbo people is like Ogidi (birth place of Achebe). The customs described in the novel mirror reflection of actual Onitsha people who lived near Ogidi to whom Achebe was acquainted. The protagonist in the novel is very strong headed and holds firm to his own beliefs and customs. In search to create his own identity in his clan and to change the old dreadful traditions in his clan, he commits suicides towards the end of the novel. This highlights the point that, in search of this Identity we face many ups and downs and at times to acquire this identity we may have to sacrifice our own lives at times to become identified ephemeral.

When we talk about equal rights for man and women and the endless struggle of women to create their own independent identities, we forget that both the anima and animus is very much evident in the chromosomes of every individual. It depends on us to which part we give more importance. There are success stories of women who have with their strong anima active have achieved their own identities and many men with strong animus are successful too today. The real fight is of Identity and not gender identity. Foremost need is to create ourselves and live an identified life than to die unidentified.

### **Freud's Theory of Identity through the Concept of ID, Ego and Superego**

At this juncture we come across another psychological concept of Freud's theory of ID, Ego and Superego. Instead to find an identity for ourselves we get fragmented on the grounds of ID, Ego and Superego representing the conscious, the sub conscious and the unconscious respectively. This concept is the basic component of Stevenson's novel 'Dr. Jekyll and Mr. Hyde. In search to invent the evil or the other half of our Self, Jekyll is metamorphosed to Hyde; Hyde- the devil or the unconscious part of the identity of Jekyll. We all have this twin identity within. But the interesting fact here is that which part would become our character depends upon us. If we do good, think positive and stay contented in life our Jekyll part i.e., the positive trait of character would be visible but if we are dissatisfied in life, we always envy others and think pessimistically then the Hyde character or the negative of us would be visible. So, from here we get the concept that our own Identity and character is formed on the grounds of our thinking and the perception of ours towards life. Freud's concept of ID, Ego, and Super ego emphasis that Id is the colloquial self of ours, Ego is the stronger version of our identity. Ego emphasis majorly on how we would behave and react to things. The more materialistic we become the more Egoist we will be. Super ego is the attitude that we carry in our Day's affair. A positive and friendly attitude makes us very positive towards life and makes us strong to control our luring senses, but if we hold an egoist attitude in life it will make us meek and our sensory part can make us rude and pessimistic towards life. Inspiration is the essence to frame an identity. Sigmund Freud has once said: 'When inspiration does not come to me, I go halfway to meet it.' An inspiration in life can make us follow our heart and create a better soul that will make our Identity stronger and firm.

### **Identity, Psychology and Literature**

If we critically evaluate these three terms, we find that these are coined together. Identity is generated out of psychology and literature is an amalgamation of identity and psychology. Without the presence of (BE)ing there can be no (I) dentity and without an identity there can be no Literature. Identity relates to our basic values that dictate the choices we make (e.g., relationships, career). These choices reflect who we are and what we value. Identity may be acquired indirectly from parents, peers, and other role models. Children come to define themselves in terms of how they think their parents see them. If their parents see them as worthless, they will come to define themselves as worthless. Individuals who hold a favorable self-perception tend to recall a greater number of positive statements

compared to negative ones. In the field of psychology, it is believed that the process of developing one's identity involves discovering a harmonious connection between personal abilities and the various social roles present in society. Consequently, defining oneself within a social context becomes one of the most challenging decisions a person encounters. When confronted with struggles related to personal identity, individuals often resort to adopting unfavorable identities, such as engaging in substance abuse, excessive shopping, or gambling, as a coping mechanism to feel a sense of vitality or to ward off feelings of depression and purposelessness.

In Golding's *Lord of the Flies*, we see how two British boys born up in same circumstances reveal separate identities. Ralph being the positive of psyche and Jack being very egoist at his end becomes the victim of evil within him and leads his companion in despair with him. Jack lures the boys from civility and reason to the savage survivalism of primeval hunters. In *Lord of the Flies*, Golding gives us a glimpse of the savagery that underlies even the most civilized human beings. Through this novel Golding represents the themes of: consideration of human evil, a complex topic that involves an examination not only of human nature but also the causes, effects, and manifestations of evil. It demands also a close observation of the methods or ideologies humankind uses to combat evil and whether those methods are effective. Golding addresses these topics through the intricate allegory of his novel. This very novel is evident enough to highlight that that Identity crisis leads to disturbed psyches. In our thirst to be identified and to be successful we get tamed by the evil within and outside.

### Conclusion

The process of identity formation necessitates three essential goals. The initial objective involves the exploration and cultivation of one's personal capabilities, focusing on the areas in which an individual excels. How does one go about discovering these aptitudes? The answer lies in a trial-and-error process, which involves engaging in a wide range of activities to identify those that are met with positive feedback from others and elicit a sense of personal fulfillment. The second step revolves around selecting meaningful life purposes. It is crucial to determine what one aims to achieve in life. To attain substantial success in fulfilling these purposes, they must align with one's talents and skills, representing one's authentic self. Pursuing objectives that are incompatible with one's abilities can lead to frustration and failure.

Lastly, one must seek opportunities to apply their potentials and pursue their chosen purposes. Open societies provide avenues for role flexibility and mobility, enabling individuals to implement choices related to their identity. It is important to note that identity is not a fixed construct, but rather an ongoing development throughout one's lifespan. Accurate self-awareness regarding one's identity enhances self-esteem while reducing feelings of depression and anxiety. Addressing the identity crisis requires practicing self-belief and contentment. True self-belief stems from within, originating from the depths of our being. Although we may receive advice from others and be enticed by external influences, our genuine charisma resides within us. Establishing an individual identity requires self-evaluation and recognition of our potentials. Identity, in essence, reflects our innermost selves and the psyche we possess. As expressed by Brené Brown, "Define yourself radically as one beloved by God. This is the true self. Every other identity is illusion." Each one of us possesses a unique essence. Comparisons serve no purpose in judging individual talents and identities; they merely serve as tools to enhance our own potentials and become a better version of ourselves. It is vital to believe in ourselves and continually shape our souls, constructing our ephemeral identities each day. I conclude with the words of Carl Jung: "I am not what has happened to me. I am what I choose to become."

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