



# Psychoanalysis of the Protagonist in “Perks Of Being A Wallflower” by Stephen Chbosky and “Girl, Interrupted” by Susanna Kaysen

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## Abstract

*Psychoanalysis is a powerful tool that helps authors explore the psychological depths of their characters. In this paper, I will argue that psychoanalysis of the protagonists in these novels is essential to understanding their behaviour, thoughts, and actions through the theory given by Sigmund Freud. In particular, in the case of The Perks of Being a Wallflower, the psychoanalytic hypothesis encourages the pursuer to comprehend the entirety of his unusual practices and considerations. In addition, it is utilised to uncover recollections to uncover past occasions that cause present-day mental disturbances.*

## I. INTRODUCTION

The human mind is a complex and fascinating subject that has captivated scholars and writers for centuries. In literature, psychoanalysis is a powerful tool that helps authors explore the psychological depths of their characters. The novels, “Perks of Being a Wallflower” by Stephen Chbosky and “Girl, Interrupted” by Susanna Kaysen, are two examples of this. Both books delve into the complex inner world of their protagonists, Charlie and Susanna, respectively. Through psychoanalysis, we gain insight into the complex nature of human psychology, and how it affects our behavior and relationships. However, we must also consider the limitations of psychoanalysis and its potential to oversimplify or pathologize the human experience.

## II. LITERATURE REVIEW

### 2.1 Girl, Interrupted

Susanna Kaysen, an eighteen-year-old in April of 1967, consents to enter McLean Hospital, a private mental office in Massachusetts. Even though she intends to remain for just half a month, Kaysen stays at McLean for almost two years. The specialist who powerfully advocates her commitment

to a psychological clinic talked with Kaysen for just twenty minutes.

Kaysen recounts the account of the individuals and encounters she experiences at McLean in a progression of non-chronological vignettes. Among the patients admitted to her ward, Kaysen depicts Polly, a thoughtful patient with deforming, self-incurred consumes to her face and body. Lisa, another patient, engages Kaysen with her break endeavors and overstated hatred for medical clinic specialists. Kaysen's flatmate, Georgina, battles to keep up a relationship with Wade, a vicious and shaky beau from another ward, who recounts to the young lady abnormal tales about his dad's adventures with the CIA. The twin fixations of simmered chicken and diuretics make a recently shown-up understanding named Daisy the object of a lot of theory. Daisy at last leaves the emergency clinic, just to end it all on her birthday.

At some point, James Watson, a Nobel laureate and companion of the Kaysen family, visits Kaysen. He offers to remove her from the cool, prison-like office, however, she dismisses the offer, persuaded that she should continue through to the end of her treatment. Kaysen unveils an ineffective suicide endeavor including an anti-inflammatory

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medicine overdose in secondary school. She thinks about the idea of her sickness, which incorporates trouble understanding examples, and marvels whether rational soundness is just a dream that individuals develop to feel "typical." Because numerous acclaimed individuals have been occupants of McLean Hospital, Kaysen conjectures that imaginative personalities, particularly writers, might be inclined to psychological instability.

The clinic's exacting guidelines direct patients' everyday schedules. Medical attendants perform "checks," intermittent visual evaluations of a patient's exercises and whereabouts, as per a timetable that compares to the seriousness of the patient's disease. The staff takes any belongings that may exact injury, even studs, and belts. Field trips outside the emergency clinic dividers are uncommon and require a mind-boggling arrangement of patient-to-nurture backup.

Lisa Cody, another patient, shows up and compromises the social situation of a present occupant, additionally named Lisa, who torments the new young lady until she leaves McLean and falls into increasingly urgent conditions. Now, Kaysen considers the twenty-minute meeting that brought about her hospitalization. Examination of medical clinic records is uncertain, and Kaysen's questions about

the precision of her memory drive her into a conversation of the idea of psychological sickness, which Kaysen accepts falls into two classes: slow or "goosey" and quick or having "speed." Kaysen accepts that the two sorts of ailments bring about a similar kind of mental loss of motion.

Kaysen acquaints us with Valerie, the youthful head nurturer, who wins the young ladies' regard with her straightforward way to deal with the activity and an eagerness to face the specialists. Dr. Wick, a more seasoned therapist, experiences difficulty identifying with the adolescent culture of her patients and gets awkward during any conversation about sex. The young ladies consistently despise Mrs. McWeeney, the night nurturer, who is unequivocally antiquated in her dress, discourse, and emphasis on severe power.

The year 1968 is an energizing and terrifying year, and Kaysen and different young ladies watch its turbulent situations develop on TV. Essentially seeing the world's choppiness incidentally quiets them. The young ladies come to understand that they are perched uninvolved in the period's occasions and their own lives.

Torrey, a methamphetamine friend from Mexico, shows up on the ward. Torrey's folks are humiliated by their little girl's issues. At the point when Torrey's folks come to recover her, Lisa endeavors to assist her with getting away from her folks, however Valerie dosages Torrey with Thomasine to thwart the arrangement. Different young

ladies fall into a downturn. Kaysen endures a scene of depersonalization that drives her to endeavor to tear open her hand to affirm that she has bones underneath the skin.

Kaysen's knowledge tooth gets contaminated, and Valerie takes her from McLean to a dental specialist in Boston. Kaysen becomes hysterical when, after waking from the general sedation, nobody will disclose to her to what extent she was oblivious. She stresses that she has "lost" time.

Another patient named Alice Calais enters the ward, however, a psychological breakdown prompts her exchange to most extreme security. The young ladies visit Alice, whose condition and living courses of action sicken them. They pledge never to let something very similar transpire. Kaysen begins meetings with Melvin, an advisor with whom she starts a propelled type of examination. Enchanted with the passages underneath the medical clinic, Kaysen battles to pass on their importance to Melvin. She finds she is Melvin's first patient, and afterward she happily abandons the investigation.

As Kaysen recuperates, she scans for a vocation outside the medical clinic, rapidly getting familiar with the across-the-board partiality that frequents previous mental patients. In any event, applying for telephone utility or a driver's permit requires a specialist's note. Kaysen resumes a relationship she started with a man she knew before entering the emergency clinic and rashly acknowledges his engagement proposition. Considering the contrast between the psyche and the cerebrum, Kaysen ponders whether specialists treat one to the detriment of the other.

She uncovers her analysis: marginal character issue. Analyzing the clinical meaning of the confusion, Kaysen noticed that it is significantly more ordinarily analyzed in ladies than in men. She ponders to what degree sexism and mental prevailing fashions impact the findings.

A few years in the wake of leaving McLean, Kaysen visits Georgina, presently wedded and as unusual as could be. Kaysen likewise runs into Lisa, who has a small kid and lives in a decent suburb. Kaysen distinguishes hints of Lisa's old character underneath the persona of a rural mother. In the last part, Kaysen uncovers the inception of the title of the book, *Girl, Interrupted*. Isolated by somewhere in the range of twenty years, Kaysen remains before the composition at New York's Frick Museum. The artistic creation holds altogether different implications for each event; the changing translation mirrors Kaysen's educational experience.

## 2.2 Perks of being a wallflower

Charlie, the fifteen-year-old storyteller of *The Perks of Being a Wallflower*, has quite recently entered his first year of secondary school when the book starts. Charlie is the

eponymous "loner." He is peaceful and pulled back, however, he is likewise very perceptive and astute, continually giving close consideration to everything going on around him, regardless of whether he is just a quiet observer. Charlie composes the whole book as a progression of letters to a mysterious "companion." The peruser never realizes who this "companion" is, and the "companion" never composes back. Each letter starts with the welcome "Dear companion" and finishes "Love consistently, Charlie." Because the beneficiary of the letters never composes back, the novel peruses like a progression of journal passages.

At the point when the novel opens, Charlie is thinking about two significant horrible passings of friends and family from quite a while ago. The latest demise happened the previous spring when his solitary companion from center school ended it all. When Charlie was seven, his cherished Aunt Helen was killed in an auto collision on Christmas Eve, which is additionally Charlie's birthday. Even though Charlie is anxious about entering secondary school, he before long discovers acknowledgment from two principal sources. In the first place, his English instructor, Bill Anderson, perceives Charlie's ability for writing, and he encourages him, allocating him additional books to peruse and expositions to compose throughout the year. Additionally, Charlie starts to take an interest more in occasions, and he becomes companions with Patrick and his stepsister, Sam, who coordinate him in their companion gathering. Charlie builds up a tremendous smash on Sam, which he outlines for her, however, Sam treats him warmly. Patrick, who is gay, is having a closeted relationship with Brad, the quarterback of the football crew. Sam kisses Charlie with the goal that his first kiss can be from somebody who adores him.

As the school year advances, Charlie starts to leave his shell to some degree, however, Charlie's life, his family life, and his companions' lives become increasingly muddled. The special seasons are constantly a troublesome time for Charlie's family since they raise recollections of Aunt Helen's passing. This year is no special case. Even though Charlie discovers some comfort in perusing and re-perusing *The Catcher in the Rye*, he despite everything battles to adapt to his downturn and flashbacks of his time with Aunt Helen. Be that as it may, Charlie's acknowledgment by his companion bunch causes him to become more content with himself. As Charlie turns out to be increasingly adult, his relationship with his sister additionally develops. Charlie's sister has a harsh sweetheart. Charlie enlightens Bill concerning the sweetheart, and Bill reports it to their folks, which makes his sister frantic at Charlie. However, when Charlie's sister gets pregnant, she chooses to have a fetus removed, she trusts Charlie to drive her to the facility.

After Charlie proceeds as Rocky in one of his companion gathering's standard viewings of the film *The Rocky Horror Picture Show*, Mary Elizabeth, a brilliant, really senior in their companion gathering, begins dating Charlie. Be that as it may, Mary Elizabeth is unmistakably more intrigued by Mary Elizabeth than by having a relationship. During a round of Truth or Dare, Charlie is set out to kiss the prettiest young lady in the room, and he kisses Sam. Mary Elizabeth stalks out of the room in a fit of anger. In solidarity, the remainder of the gathering sides with Mary Elizabeth, and Patrick encourages Charlie to avoid everybody for some time until the tempers chill off.

Brad's damaged dad finds Patrick and Brad's relationship, and Brad is sent to recovery. At the point when Brad returns, he will not address Patrick. Patrick stands up to Brad in the cafeteria, Brad offers a defamatory remark about Patrick's homosexuality, and Brad's football colleagues beat up Patrick. Charlie hops in and, in a tornado, separates the battle. His barrier of Patrick wins back the regard of Sam and his companion gathering. Patrick is completely discouraged and he inclines toward Charlie for enthusiastic help. Patrick becomes inebriated and kisses Charlie, yet he is sorry, and Charlie comprehends that Patrick is desolate and doesn't have a clue how to deal with it. In the long run, Patrick sees Brad kissing an unusual man in the recreation center, which assists Patrick with getting a hold of himself and proceeding onward.

Toward the finish of the school year, Charlie turns out to be progressively restless as the possibility of all his senior companions moving ceaselessly turns out to be increasingly up and coming. At the point when Sam is pressing to leave for her mid-year pre-school program, she and Charlie start to make out and begin to have sexual contact, however, Charlie unexpectedly gets amazingly awkward. The sexual contact digs up a stifled memory of his Aunt Helen attacking him as a kid.

In an epilog, Charlie composes a last letter to his "companion," dated two months after the fact, saying that his folks had discovered him stripped in a mental state on the lounge chair. They took him to a psychological clinic, where Charlie in the long run understands that Aunt Helen had explicitly mishandled him, but that he had quelled these recollections. Charlie pardons the memory of his Aunt Helen, and the novel finishes with Charlie composing that he is intending to quit composing letters and begin partaking completely in his life.

### **III. PSYCHOANALYSIS BY FREUD**

Behaviorism stresses the significance of nature in molding conduct. The attention is on detectable conduct and the conditions through which people learn to conduct, in

particular traditional molding, operant molding, and social learning hypothesis.

In this way, wretchedness is the after-effect of an individual's cooperation with their condition.

For instance, traditional molding proposes wretchedness is found out through partner certain boosts with negative enthusiastic states. The social learning hypothesis states conduct is found through perception, impersonation, and fortification.

Operant molding states that a downturn is brought about by the expulsion of uplifting feedback from nature (Lewinsohn, 1974). Certain occasions, for example, losing your activity, initiate wretchedness since they lessen encouraging feedback from others (for example being around individuals who like you).

Discouraged individuals normally become considerably less socially dynamic. What's more melancholy can likewise be caused by unintentional support of discouraged conduct by others.

For instance, when a friend or family member is lost, a significant wellspring of uplifting feedback has been lost too. This prompts idleness. The primary wellspring of support is presently the compassion and consideration of companions and family members.

Anyway, this will, in general, fortify maladaptive conduct for example sobbing, grumbling, and discussing suicide. This in the end distances even dear companions prompting even less support, and expanding social disengagement and misery. As it were despondency is an endless loop in which the individual is driven further and further down.

Additionally, if the individual needs social abilities or has an extremely unbending character structure they may think that it's hard to make the changes expected to search for new and elective wellsprings of support (Lewinsohn, 1974). So they get secured in a negative descending winding.

Social/learning speculations bode well as far as receptive discouragement, where there is a recognizable reason for melancholy. Nonetheless, perhaps the most serious issue for the hypothesis is that of endogenous sorrow. This is discouragement that has no clear reason (for example nothing terrible has happened to the individual).

An extra issue of the behaviorist methodology is that it neglects to consider perceptions (contemplations) effect on the state of mind.

In any case, there is a significant contrast, because discouraged individuals see themselves as useless. What happens is that the individual relates to the lost individual, with the goal that subdued outrage towards the lost individual is coordinated inwards towards oneself. The

internally coordinated displeasure diminishes the person's confidence and makes him/her defenseless against encountering sorrow later on.

Freud recognized real misfortunes (for example the passing of a friend or family member) and representative misfortunes (for example loss of an occupation). The two sorts of misfortunes can deliver misery by making the individual re-experience youth scenes when they encountered the loss of friendship from some noteworthy individual (for example a parent).

Afterward, Freud altered his hypothesis expressing that the propensity to disguise misfortune objects is ordinary, and that downturn is basically because of an unreasonably extreme super-conscience. Therefore, the burdensome stage happens when the person's super-sense of self or still, small voice is prevailing. Conversely, the hyper stage happens when the person's self-image or level-headed brain champions itself, and s/he feels in control.

To maintain a strategic distance from misfortune transforming into the gloom, the individual needs to participate in a time of grieving work, during which s/he reviews recollections of the lost one. This permits the person to isolate him/herself from the lost individual, thus lessening the inward coordinated displeasure. In any case, people reliant on others for their feeling of confidence might be not able to do this, thus remaining amazingly discouraged.

Psychoanalytic speculations of discouragement have profoundly affected contemporary hypotheses of sorrows. For instance, Beck's (1983) model of wretchedness was affected by psychoanalytic thoughts, for example, the loss of confidence (re: Beck's adverse perspective on self), object misfortune (re: the significance of misfortune occasions), outer narcissistic hardship (re: extreme touchiness to loss of social assets) and oral character (re: sociotropic character).

Be that as it may, in spite of the fact that being profoundly powerful, psychoanalytic hypotheses are hard to test experimentally. For instance, a significant number of its focal highlights can't be operationally characterized with adequate accuracy to permit exact examination. Mendelson (1990) finished up his audit of psychoanalytic hypotheses of sorrow by expressing:

'A striking component of the impressionistic pictures of despondency painted by numerous journalists is that they have the kind of craftsmanship as opposed to of science and may well speak to significant individual instincts as much as they portray them crude clinical information'.

Another analysis concerns the psychoanalytic accentuation on oblivious, intrapsychic forms and youth experience as

being restricted in that they cause clinicians to neglect extra parts of despondency. For instance, cognisant negative self-verbalization (Beck, 1967), or progressing troubling life occasions (Brown and Harris, 1978).

This methodology centers around individuals' convictions instead of their conduct. Sadness results from efficient negative predisposition in deduction forms.

Passionate, conduct (and conceivably physical) side effects result from intellectual variation from the norm. This implies discouraged patients think distinctively from clinically typical individuals. The subjective methodology additionally expects changes in intuition to go before (for example precede) the beginning of discouraged disposition.

Transference happens when individuals use portrayals of more seasoned connections as a method for kicking off their understanding of new connections. At the point when a more established relationship has been "moved" onto a more up-to-date one, the more seasoned relationship will be the purpose of correlation against which the more up-to-date one is judged. The individual doing the moving may understand qualities or inclinations into the fresher relationship that aren't there, just because they were there in the more established unique relationship. For instance, a youngster who has had a troublesome and removed relationship with his dad, may for the most part respond furiously towards other grown-up guys, however not so much know why he does this. He may wind up undermining professional prospects by estranging potential bosses if he can't get it together. Article social advisors may assist this by keeping an eye on them by making him mindful of his biased example, helping him to process his resentment emotions at the time (should he assault the specialist), and by offering another model of what a relationship can resemble (e.g., trusting, reliable, non-harsh) which the youngster would then be able to move to different connections.

Freud's Theory on mental illness :

### 3.1 Youth Trauma

Freud and his splendid clinical partner, Hans Breuer, analyzed these deadened and sick young ladies. In seriously gathering foundation data they found a shared factor in the entirety of their lives: they had endured an extreme and rehashed injury as youthful young people and teenagers. The injury was generally some kind of sexual attack and for the most part by an individual from the family. Incapable to adapt to their sentiments of disgrace and blame just as nervousness and despondency related to those occasions, they quelled these horrible accidents into their oblivious personalities and turned out to be truly sick.

The significance of this revelation was that it centered consideration around the way that kids are in extraordinary

need of security while they are growing up. Furthermore, it was perceived, just because, that the occasions that happen in the lives of kids profoundly impact their later lives. From numerous points of view, this was the start of the field of youngster brain science.

Eventually, the developing consciousness of injury during youth prompted worry pretty much a wide range of youngster misuse, from sexual injury to flogging and disregard. One has just to peruse the books of Charles Dickens, which were autobiographic, to figure out how inescapable the maltreatment of kids was during the nineteenth century.

### 3.2 Advancement

Albeit most experts never again buy into Freud's hypothesis of psychosexual phases of improvement from early stages to adulthood (oral, butt-centric, phallic, inactivity, and pre-adult sexuality) everybody currently thinks as far as phases of advancement concerning youngsters. This was an extreme takeoff from how kids were seen during the center nineteenth century and previously. During those previous occasions, society would in general view kids as little measured grown-ups. For example, during the historical backdrop of the city of London, it was not strange to balance youngsters for robbery alongside grown-ups.

At the point when Freud concentrated consideration on the way that there are muddled phases of development and advancement from birth to adulthood, an insurgency happened in the manner in which human life was seen. So ground-breaking was his effect right now today it is difficult to envision kids in some other manner than through a formative blueprint.

### 3.3 Sexuality

Regardless of whether you dismiss Freud's hypothesis about the oedipal strife it is beyond the realm of imagination to expect to dismiss the reality that he helped open the subject of human sexuality open to conversation and comprehension. A large number of the female languishes who came to Freud over discussion were seen as experiencing stifled sexual longings. When the twofold standard was managed, in which sex was adequate for men yet not for "decent ladies," female sexual considerations and strivings needed to cover profound into themselves.

### 3.4 Talking Therapy

One of Freud's significant commitments to psychological wellness was the disclosure that patients improve when they converse with an advisor. He built up a specific method for talking that was a piece of analysis named free affiliation. Today, numerous individuals misjudge free relationships to be an open door for the patient to wander carelessly during a psychoanalytic meeting while the advisor takes it easy. In

reality, Freud utilized his understanding of what the patient was stating to assist him with recouping overlooked recollections that he accepted were at the base of the mental side effects being experienced. Freud, the demanding and exact researcher was not tied in with sitting back loose while patients filled the hour talking erratically.

The significant point here is the way that talking helps, especially when the advisor is both tuning in and engaged with the patient. Not at all like the stereotype of the psychoanalyst who tunes in and takes notes while saying nothing, Freud was dynamic and engaged in the meetings as his patients talked. If he stayed target it didn't imply that he was quiet. Most examinations today show that specialists who are included, intuitive, and empathic are generally advantageous to their patients' recuperation of well-being. Furthermore, most investigations today show that it is a blend of stimulant prescriptions and psychotherapy that helps the most.

It is additionally evident that the act of psychotherapy has advanced and developed since the hour of Freud. Today, psychotherapy regularly includes the utilization of psychological social treatment to treat wretchedness, tension, and numerous different issue. These practices depend on unexpected hypothetical columns in comparison to those developed by Freud. In any case, numerous professionals today utilize a blend of psychodynamic and intellectual conduct systems to assist patients in accomplishing their objectives.

### 3.5 Medicine

Unbeknownst to numerous individuals is the way that Freud, the clinical specialist/nervous system specialist that he was, anticipated that drugs would one day be found that would fix mental torment. As of right now, a solution for psychological maladjustments has not been found. Be that as it may, prescriptions are being utilized to ease conditions that were once seen as miserable. Bipolar Disorder is controlled with meds so most endures can come back to work and ordinary family lives. The most intense sicknesses, psychoses, and schizophrenia are being treated with prescriptions that assuage the most serious side effects of those maladies. Those manifestations incorporate preposterous reasoning and mental trips. While the meds for the schizophrenias don't speak to any sort of fix and numerous genuine side effects continue, a large portion of these patients never again must be limited to mental clinics for their security and the well-being of the general population. Some are even ready to live with their families and work low maintenance on the off chance that they stay agreeable with their prescriptions. As clinical science studies the cerebrum and its billions of neurons and synapses, progressively compelling meds will be found that

will, at some point, carry more prominent help to endure these intense psychological sicknesses.

In the zone of the more pervasive mental issue, prescriptions are utilized to ease gloom and nervousness experienced by a large number of individuals around the globe. Among those millions are people who, at a previous time, would have been at extraordinary hazard for ending it all to get away from their affliction. Rather, with the assistance of these medications, individuals can live typical and beneficial lives.

As we approach the 150th commemoration of Freud's introduction to the world I trust it is significant for us to perceive his accomplishments. Remember that he was a pioneer. If he has ended up being off base about certain things, that is just not out of the ordinary for any pioneer. Remember that Freud gave us better approaches for contemplating kids, injury, human advancement, and character. We have now moved past Freud in finding out about the human mind and human conduct. However, even now, neurological investigations uncover the way that there is such an unbelievable marvel as the oblivious psyche and that it contains overlooked recollections, recollections that are put away in the mind.

Freud established the frameworks for the present familiarity with the harmful impacts of youngster misuse, both sexual and brutal, and of kid disregard.

He likewise opened the entire subject of sexual conduct, human improvement, and human character. While most specialists never again practice universal analysis, most fuse a few parts of his speculation into their way to deal with psychological well-being.

## IV. CONCLUSION

### 4.1 Charlie ( Perks of Being a Wallflower )

Charlie is the eponymous "loner" of *The Perks of Being a Wallflower*. He is the storyteller of this novel, and the book is altogether told through Charlie's point of view. The peruser just knows precisely as much as Charlie thinks about some random circumstance. At the point when Charlie's curbed recollections of his youth attack are uncovered toward the finish of the novel, the peruser is similarly as shocked as Charlie. By and large, Chbosky leaves a few clues throughout the book that show something isn't exactly directly in the connection between Aunt Helen and Charlie.

*The Perks of Being a Wallflower* is a transitioning novel, and Charlie develops inwardly, truly, and explicitly through the span of the year. Part of the way through the novel, Charlie turns sixteen and gets his driver's permit, and these outer markers of development likewise speak to Charlie's

inner development. As Charlie changes, the expression "introvert" comes to have a lot further and more nuanced significance throughout the span of the novel. From the outset, Charlie is a loner since he has no companions and doesn't attempt to associate with individuals. At times, he is an introvert since he remains off to the side as opposed to participating. When Charlie witnesses upsetting things, similar to the dating assault at his sibling's gathering, he for the most part will in general watch inactively as opposed to shouting out. Be that as it may, as the novel advances, Charlie figures out how to be an introvert yet not a mat. Admitting everything in his life to his mysterious "companion" empowers Charlie to pick up the certainty he needs to take an interest all the more completely in his real life. As Charlie keeps on driving himself to be a piece of life as opposed to utilizing the method for dealing with the stress of letting things wash by him, he finds his gifts. Charlie understands that he can turn into a craftsman, for example, an author or a disk jockey to exploit his ability for glancing in all things considered while at the same time being associated with the activity from inside.

#### 4.2 Susanna ( Girl, interrupted )

Susanna Kaysen is eighteen years of age toward the start of her diary. She is a brilliant however pained adolescent with an astonishing broadness of life experience. At this age, Kaysen has just deserted school, had an unsanctioned romance with her secondary school English educator, and indifferently endeavored suicide. During a critical discussion with the specialist who will usher her into almost two years of hospitalization, Kaysen's abrogating feeling is fatigue. She signs herself into McLean Hospital with a sense, in any event at first, of help.

Kaysen describes Girl, Interrupted in a cool, impartial voice, portraying the characters and scenes that represent life in a psychological medical clinic for the well-to-do in the late 1960s. The almost aloof portrayal reflects both the separation Kaysen feels from life as a youthful, and a longing to leave certain ends to her perusers. As she investigates the idea of rational soundness and social congruity and the way wherein they interrelate, Kaysen keeps away from the out-and-out arraignment of the framework that kept her. The scenes she describes are convoluted and offer no simple exercises.

Over the span of her time at McLean, Kaysen finds out about the idea of psychological sickness, the pitilessness and sympathy of others, and the hindrances that ladies face in the public eye. She draws associations among the different marks of disgrace she faces as a young lady. As a youthful, insignificant uprising and refusal to keep rules caution her folks. Afterward, at a fleeting composing work, unconcealed sexism in the working environment stuns

Kaysen. When a patient at McLean, feels the uneasiness with which outcasts welcome her and different patients, an encounter is rehashed when she attempts to discover work outside the medical clinic.

The grown-up Kaysen admits to battling a mellow aversion toward the intellectually not well, conceived of dread that she may fall away from the faith into that "equal universe." She trusts never to come back to the miserable spot where mental shakiness slams into a general public fast to disconnect it.

Psychological analysis of Protagonist Characters biased of Sigmund Freud's Theory of Human Behaviour and Mental disorder.

Kaysen's diary was initially distributed in 1993, yet it depicts occasions from 1967 to 1969. She marked herself into McLean Hospital at 18 years old and remained for almost two years. More than 20 years after, she employed a legal counselor to gain admittance to the clinical records giving her analysis, and a portion of these are distributed in the book. She addresses whether she got fitting treatment, however, her solution to her inquiry isn't clear-- she unquestionably doesn't emerge cocked and locked the fight hatchet of ant psychiatry. At the point when her journal was first distributed, she said in the meeting that she most likely needed some time away from an amazing remainder. In any case, she likewise suspects there was sexism in the decisions made about her, particularly about her "indiscrimination." She proposes that the disarray she felt around then in her life was not all that strange or absurd.

Freud characterizes one's personality as a piece of the psyche that obliges the id to the real world and is the "arbitrator" between the superego and the id. Individuals with marginal character issues remotely disperse and inside negate their idea of themselves. Kernberg states, "Fringes can depict themselves for five hours without you getting a reasonable image of what they're similar to." Furthermore, marginal character issue is clinically characterized as one's unsteadiness which is obvious in their connections, feelings, conduct, and pictures of themselves. People with such confusion may have sentiments of the desert. Regularly in endeavors to control individuals once again into connections, they participate in self-controlling conduct or self-destructive endeavors. Suicide is in some cases endeavored imprudently by people in times of outrageous dependency. What's more, individuals frequently experience forceful feelings and powerful urges for intimacy.

Kaysen cites finally the portrayal of Borderline Personality Disorder from DSM-III-R (1987). This is the determination on the affirmation structure, dated April 27, 1967, and on

the release structure, dated January 3, 1969, even though there is likewise says "recuperated." But we don't find out much regarding why she got this conclusion. Moreover, she doesn't refer that the Diagnostic Manual being used at the hour of her entrance into the clinic was DSM-I, distributed in 1952.

What was turning out badly with her life? She discloses to us she concluded she would not like to go to school, and she laid down with her secondary school English instructor. Two or three years sooner, she took an overdose and needed to have her stomach siphoned. In any case, aside from that, we adapt nothing about her family, companions, or her past. She specifies that one kid enjoyed her so much that he stayed in contact with her even while she was in the medical clinic; on one of her visits to him on leave from the emergency clinic, he proposed to her, and she acknowledged it. This comes as a complete amazement to the pursuer. She refers that the marriage didn't last and that she has since had various darlings. She chose to have no youngsters. She needed to be an author, and she succeeded.

This diary passes on a feeling of segregated bemusement. It isn't that Kaysen is especially furious about what befell her. She portrays the others as though they were characters in a story, and she doesn't appear to be especially worried about their misery or even their suicides. These occasions don't interest or engage her either. She obliges them. In the end, she gets out, because she will be hitched, yet she doesn't communicate a lot of alleviation about recovering her opportunity.

However, while she was there, she was experiencing inconveniences, but then her earnestness towards them despite everything appeared to get away from her. It was as of now that she bit into her hand, eating down deep down. Her companions halted her before she did any more harm. I am no therapist, yet perhaps the analysis of Borderline Personality Disorder was not so far away from the imprint, and possibly her treatment helped her. I am very certain that today Kaysen's Health Maintenance Organization would not pay for her to go through more than a year and a half in the clinic.

Spending such a long time in a mental ward was likely harmful from multiple points of view, regardless of whether it was likewise helpful. So perhaps we ought to be happy that patients, for example, Kaysen nowadays infrequently spend more than half a month, and all the more regularly only a couple of days, in a mental ward. While her time on the ward was unpleasant, it's not satisfactory what exercises for us now there are to gain from Kaysen's understanding more than thirty years back. Indeed, even Kaysen doesn't appear to have reached a distinct decision about it.

Charlie's excursion through his oblivious brain fits the psychoanalytic notion of revealing recollections to uncover past occasions that cause present-day mental disturbances. Charlie is an understudy who takes the pursuer on an excursion through the strange domain of high school through a progression of letters routed to a mysterious "companion" who "listens and understands and didn't attempt to lay down with that individual at that gathering although he could have". According to Bruno Bettelheim, the reason for Freud's deep-rooted battle was to help man to understand himself, so he would never again be impelled by powers obscure to himself, to live an existence of dissatisfaction, or to make others hopeless without knowing why. Charlie also ached to get himself and regularly became frightened when he would cry wildly or when everything continued "turning" with no explanation. He even remarks, "I don't know what's going on with me," making it clear that he wishes to comprehend himself more clearly. As Charlie composes his letters, his obliviousness is clarified to the reader and his activities start to make more sense. As Freud speculated, a large number of Charlie's activities (unbeknownst to himself) can be attributed to a few cherished recollections. All through his letters, Charlie flashes back to an arrangement of childhood recollections portraying his relationship with his auntie Helen. From the outset, the pursuer may accept these recollections are unconcerned and unimportant, however, later it is uncovered that these minor recollections are true "substitutes" for other youth occasions that are extremely important. As Charlie's story unfurls, it becomes obvious that these screen recollections are attached to one specific memory that was so agonizing that it got curbed, indicating that oblivious recollections of the past can cause current mental disturbances. Charlie's screen recollections take on an assortment of structures. In his first letter, he portrays the members of his family, including his auntie Helen who is his "most loved individual in the entire world". At the point when he starts to portray his job in the family, he tells his companion that he gets straight A resembles his sister. As he composes, he recollects that his auntie Helen "got straight A's when she was a young person as well". All through the novel as Charlie discusses his aunt Helen, it appears to be peculiar that he has such an affection for her as he rifles off odd memory after memory of their time together when he was a kid. He recalls how she "cherished that he [Charlie] would continue posing her inquiries" and how auntie Helen "would let us kids remain up and watch Saturday Night Live at the point when she was infant sitting. Charlie remembers Aunt Helen living with his family throughout the previous scarcely any long stretches of her life before she out of the blue died and how "something exceptionally awful happened to her". He asked what



happened to auntie Helen and nobody let him know. At the point when he asks her what occurred, she starts to cry uncontrollably - simply like Charlie frequently cries too. As talked about before, the monetary part of the met psychological perspective leads to the "endeavor to learn the destiny of given volumes of excitement". This excitement leads to a convergence of positive or negative vitality or a "passionate charge" alluded to as "Cathexis". Charlie's Cathexis happens after a release of negative vitality that appears as a fantasy. His negative vitality assembles all through the novel, yet arrives at a peak when his secondary school love contacts his leg, causing Charlie to lose control of his considerations and emotions.

Like Freud, *The Perks of Being a Wallflower* has left an imprint in the abstract world. Freud's work in therapy has significantly changed the way the world considers the human psyche and how individual capacities. By conjecturing and demonstrating that an individual's actions can regularly be credited to beloved recollections or wants, Freud has taken literary criticism to an unheard-of level. His procedures of translation can be applied to authors and timeframes as well as to singular characters inside an artistic work. When applied to *The Perks of Being a Wallflower*, the psychoanalytic hypothesis encourages the pursuer to comprehend Charlie and the entirety of his unusual practices and considerations. While a considerable lot of Charlie's youth memories seem to be immaterial, analysis uncovers that these insignificant recollections are screen recollections concealing a curbed memory. As Charlie's story unfurls, a concentration of negative energies develops to a peak when he encounters what Freud refers to as Cathexis. His Cathexis appears as a fantasy that reveals his quelled memory and permits him to encounter an enthusiastic leap forward. Charlie's letters are generally very introspective as he attempts to get himself. As he travels through his oblivious brain, he is ready to reveal oblivious recollections that help him to see the reasons for his current mental aggravations.

In *A General Introduction to Psycho-Analysis*, Freud talks about youngsters' fantasies. While grown-up dreams are progressively questionable and conceivably have numerous understandings, youth dreams are a lot easier. These fantasies, Freud contends, are normally short, clear, lucid, and straightforward, liberated from uncertainty but are unquestionable dreams. Freud says: "The youngster's fantasy is a response to an encounter of the earlier day, which has deserted a lament, a yearning, or an unsatisfied wish" *A General Introduction to Psycho-Analysis*. While kids' fantasies are commonly less unpredictable, grown-up dreams are significantly more complicated. Adult dreams can be emblematic articulations of a curbed memory or a part of the oblivious brain.

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