

Article

Exploring the Interplay of Literature and Psychology: A Historical and Theoretical Perspective

Kasimova Rano Rakhmatulloyevna¹, Urakova Mekhriniso Uktamovna²

1. PhD in Philological Sciences, Associate Professor, English Literature and Translation Studies Department, Bukhara State University, Uzbekistan
* Correspondence: r.kasimova@buxdu.uz
2. PhD student of Bukhara State University, Uzbekistan
* Correspondence: mehrinisooroqova@mail.ru

Abstract: This study aims to describe the connection of literature and literary psychology, the role of psychology in literature. The authors may use styles and methods to grab attention of the readers and literary psychology plays crucial role in it. The critics and literarians definitions to literature and literary psychology are given in this work. The history of literary psychology and writers who has contributed to this field are listed. Both literature and psychology studies human and his feelings and inner world, moreover when the authors use literary psychology elements, they may create eternal piece of art.

Keywords: literature, psychology, literary psychology, styles, reader, feeling, inner world, author

1. Introduction

The language is a social event, because it is connected with the life of humans. That's why it plays crucial in all aspect of life. The people communicate with each other with the help of language. We consider the literature as written text, but any written can not be the literature. Literature is a product of creativity and imagination of writers. When the authors write a novel they put all their imagination in this work to make it alive and to raise the work the degree of masterpiece. When the reader get acquainted with such novels he becomes one piece of it. Literary works describes human's life, their thought and actions. The actions in the work give information about the period, social life and people the work written to the reader.

Literary psychology whether it is written or oral it is based on the writer's ideas, thoughts and experience from life. Each author writes the work according to his style of writing, his world view and experience. The literary works are divided into two parts: literary and scientific. Literary works include novels, short story, lyrics and prose. Scientific works consist of biography, autobiography, essays and literary criticism. Literary works have their unusual features that are not similar with each other. These magnificent features give value them. Literary works are rich of events and adventures. Writers create the characters to play their roles. The author describes specific period, events and settings taken from that period and reveals the times, the writer has lived. That's why the characters behavior lived in the work is connected with the period. Literary psychology studies the main hero's experience in the work. The reader may realize the psychology of character

Citation: Rakhmatulloyevna, K. R., & Uktamovna, U. M. Exploring the Interplay of Literature and Psychology: A Historical and Theoretical Perspective. International Journal of Language Learning and Applied Linguistics 2024, 3(4), 91-94.

Received: 24th Sept 2024

Revised: 1st Oct 2024

Accepted: 8th Oct 2024

Published: 15th Oct 2024



Copyright: © 2024 by the authors. Submitted for open access publication under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>)

from his actions. Literature and psychology are deeply connected with each other to unfold man's inner world.

2. Materials and Methods

The man is an individual creature that has his own personality and they are characterized with physical, spiritual and psychological elements. The authors get inspired from the life of people. Literary psychology is the study of the psychology of writer, creation process, psychological types and rules, furthermore, its effect to the reader. While reading literary work, it influences the reader, gets knowledge and lives in the world of writer's life experience and imagination. Uzbek prominent writer Abdurauf Fitrat has said that, "Literature – describing opinion and emotion waves with words and sentences and create these waves to others" [4:21-22].

Any literary text can not be literary work, it is demanded to comprehend the spirit of humans, perceive the life deeply, to have powerful mentality and can use literary artistic rules efficiently from the author. Such literary works can be eternal piece of writing. That's why, "So'z san'ati inson ruhi bilan ish ko'rar ekan, ruhiyatni ampermetr, barometr, atselograf, kardiograf, analizator, aeromagnetometr kabi fizik asbob-uskuna bilan ruhiyatni aniq bir matematik formulalarga ham solib ham bo'lmaydi" [7:5]. The writer tries to use literary elements efficiently to enter the heart of the reader with the help of psychological elements. Literary psychology is to reveal characters' inner world fully, describe their spiritual world and depict their heart thoughts. A.B.Esin has said that, "badiiy psixologizm bu – bu asar personajining hayolot olami, fikrlari, mulohazalarining o'ziga xos badiiy vositalardan foydalangan holda juda to'liq, batafsil va chuqur ifodalab berish" [15:34]. The authors add their soul feelings while writing the novels, that's why the novels are the mirrors of the period they written, nation's life and social problems. Russian writer Chernivskiy has said that, "psychological analysis may be different and one writer may try to unfold the character of hero, the other shows the effect of society to form character psychology, the third one researches the connection of feelings with actions; the fourth describes analysis of passions" [17:20].

The literary psychology has existed from the ancient times. Aristotle and Plato have included psychological elements in their works and it has been developing since those times. Different information is given in various sources, in some sources its period is given II – IV centuries connected with the works of A.Esin and V.P.Ragoyscha, but in others connected renaissance period with B.T.Udodov. Literary psychology's appearing in literature is considered XVII – XVIII centuries with the connection of L.Ya.Ginzburg works in majority sources. L.Ya.Ginzburg has told the term psychology belongs to the literature of XIXth century, "Literary psychology starts when the character behaves suddenly, accidentally with oppositions" [12:80]. Moreover, it is given as "in the times, psychology news has just come in some literary genres, psychology has already existed in diaries, memoirs and autobiographies" [13:67]. Psychology has been in the component of philosophy subject by the second half of the nineteenth century. Psychologic element is observed mainly in novels, but they are used from lyrics to short stories, from novels to dramas.

Russian scholars A.A.Potebney, D.N.Ovsyaniko-Kulikovskiy have introduced the term psychology in scientific field, M.M.Baxtin, D.S.Lixachev, A.B.Yesin in literature, O.V.Soboleva, I.V. Straxoviy, L.S.Vigotskiy, G.G.Granik in psychology. In western literature, Z.Freud and K.Jung researched in psychoanalysis field, they used them in literary-esthetic phenomenon [16]. French scholar J.Lacan has introduced the idea psychological-structural esthetics [14:560]. So, literature and psychology have existed from ancient times and they are still actual in present times.

3. Results

Literature and psychology are two branches of science to study person and his feelings. Psychology studies man's actions and their result, literature studies man's spirit through novels. Literary work connects these two branches and fills them. They are connected to study humans' psychology. The novels reveal man's feelings fully and they are mirror of definite psychological position. Literary works use psychology to describe heroes skillfully, their condition, to understand them as real men in life. That's why there is correlation between literature and psychology – to value literature by means of psychology and determine psychological position from literary work. Turkish scholar Ismet Emre has said about these two branches: "Ilm-fanning biror bir sohasi yo'qki, adabiyot va psixologiya kabi inson va uning ruhiyati, ular o'rtasidagi ziddiyatlar va tafovutlarni ma'lum qoidalar asosida ularning aloqadorligi, inson ruhiyatining sirli jihatlarini anglab, chuqur tadqiq etsa" [3:6], which means both of them study man and his psychology and any other branches can not study like them.

Psychological elements continue to exist, as there is the subject of man in the literary works. Literary psychology gives all the information about literature, because it is product of consciousness. Critics R.Wellek and A.Warren express psychological analysis as the following: "it is to reveal the psychology of the writer, to determine the style of the work, to present psychological types, to show the characters' behavior and of course to express their impact to the reader [11:86]. To study the work from the psychological side aims to re-search story or novel characters' behavior, their thoughts and feelings, their influence to social life, to analyze characters unique features, to write the work and psychological creation.

4. Discussion

The authors achieve to grab the attention of the reader by adding psychological elements in their work. Literary psychology increases the artistic features of the work and the reader feels as he is travelling to the spirit of the hero. Especially, psychology science gives crucial information about the work's author and the society he has lived. Literary psychology is used to analyze deeply the works. The writers describe the life according to their ideas, aims and concepts and lead the reader to unknown world, raise his emotions, help to realize the main goal from life. It should be noted that, human and life are always in many scientific researches, visual art works and the main part of literature.

English writer David Lodge in his "*Consciousness and the Novel Connected Essays*" defined literature as following: "...literature consists the richest and comprehensive part of human's mind, lyrics try to depict man's success, proses reflect these successes in time and space actions" [2:10]. Moreover, it is said that, literature is the means of delivering and expressing cultural and social values. Literature is the mirror of our life, the heroes in novels some people in real life, because the writer is piece of this social life. Besides that, to create stories, social and cultural environment is very crucial. Period debates, ideological and cultural issues can be reflected in the works. The authors are not only affected by the society, but also they can impact the people, examples of art do not just show the life, but they can form it. It is the work of writers to destroy pessimism, illiteracy, misconceptions and false emotions in readers soul. Literature examples can show the history of society, when they are used as social document, but it can not play the role of politics or sociology, as it has its own goals and objectives.

Although, it is difficult to give definition to the science of psychology, it can be said, it deeply learns and tries to explain person's character, behavior, ideas in his spirit and what actions going with outside [6:13]. Literarians R.Wellek and A.Warren give the fol-

lowing definition to the literary psychology: "we can analyze writer's psychology as a person, research the creation process, observe psychological types, learn the impact of them to the readers through literary psychology [11:81]. Both literature and psychology applies to the imaginations and feelings. Psychology plays important role to study literary works, besides, the human is in the central part in both fields to analyze and research. Psychological types do not deal with the setting of the work, but heroes' spirit and feelings.

5. Conclusion

Writers try to use many literary technics and styles to grab attention of the readers and readers feel the novel characters as the people in real life. The authors may use various psychological technic styles to vibrate the soul of the reader. Readers can have senses of sympathy, love, hatred and pity towards the characters while reading novels. Strong emotions urge the reader to have interest to the life of heroes in reading process. Writers use psychological styles characters imaginations and their inner voice to make an impression to the readers. Interesting and thorough setting place the reader to the center of the story.

REFERENCES

- [1] F. Yo'ldosh o'g'li, "Alpomish: O'zbek Xalq Qahramonlik Dostoni," M. Zaripov, Ed., Toshkent: Sharq, 2010, 400 p.
- [2] D. Lodge, *Consciousness and the Novel Connected Essays*, London: Secker & Warburg, 2002, p. 10.
- [3] İ. Emre, *Edebiyat ve Psikoloji*, Ankara: Anı Yayıncılık, 2006, p. 3.
- [4] A. Fitrat, *Adabiyot Qoidalari: Adabiyot Muallimlari Ham Adabiyot Havaslari Uchun*, H. Boltaboyev, Ed., Toshkent: O'qituvchi, 1995, pp. 21-22.
- [5] Fitrat, *Eng Eski Turk Adabiyoti Namunalari: Adabiyotimizning Tarixi Uchun Materiallar*, Toshkent: Mumtoz So'z, 2008.
- [6] J. Kagan and A. Havemann, *Psychology: An Introduction*, New York: Harcourt, Brace & World, Inc., 1968, p. 13.
- [7] Karim, *Ruhiyat Alifbosi*, Toshkent: G'afur G'ulom Nomidagi Nashriyot-Matbaa Ijodiy Uyi, 2018, p. 5.
- [8] J. Sławiński, Ed., *Slownik Terminow Literackich*, Wrocław, Warszawa, Kraków, Gdańsk: Zakład Narodowy im. Ossolinskich, 1976, p. 357.
- [9] "O'zbek Mumtoz Adabiyoti Namunalari," vol. 1, Toshkent: Fan, 2003, 332 p.
- [10] Sh. Turdimov, *Etnos va Epos*, Toshkent: O'zbekiston, 2012, p. 29.
- [11] R. Wellek and A. Warren, *Edebiyat Biliminin Temelleri*, A. E. Sayman, Trans., Istanbul: YKY, 1983.
- [12] L. Ya. Ginzburg, *O Psikhologicheskoy Proze*, Moscow: INTRADA, 1999, 300 p.
- [13] L. Ya. Ginzburg, *O Psikhologicheskoy Proze. O Literaturnom Geroye*, Saint Petersburg: Azbuka, 2016.
- [14] A. V. Dyakov, *Jacques Lacan: Figura Filosofo*, Moscow: Izdatel'skiy Dom «Territoriya Budushchego», 2010, 560 p. [Online]. Available: <http://www.jkhoura.narod.ru/diakoff-lacan.pdf>
- [15] B. Esin, *Psikhologizm Russkoy Klassicheskoy Literatury*, Moscow: Flinta, Nauka, 2011.
- [16] S. A. Zelinsky, "Tvorchestvo i Psikhooanaliz." [Online]. Available: http://zhurnal/lib/ru/z/zelinskij_serгей_alekseewich/tytyt.shtml
- [17] N. G. Chernyshevsky, *Sobranie Sochineniy v Pyati Tomakh*, vol. 3, Moscow: Pravda, 1974.
- [18] N. G. Chernyshevsky, *Sobranie Sochineniy v Pyati Tomakh*, vol. 3, Moscow: Pravda, 1974. [Online]. Available: http://az.lib.ru/c/chernyshewskij_n_g/text_0240.shtml