

## The Creative Launcher

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### Love Constellations to Loss Configurations for self-actualization: A Psychoanalytical novel study of Anjali Joseph's *Saraswati Park*

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#### Abstract

Despite an unprocessed approach towards identity, the word Identity tangles itself in such a heavyweight question where the known fails to answer the unknown ideology of the human nature. Ever since humans have awareness of his/her own self, that took leaps and bounds on the insightful strides towards the affinity transformation because identity is rapidly changing and restoring its genres to its roots. There has been an ongoing and never ending research on the multitudes nature of human and it looks like man is endeavoring to achieve the unattainably attainable. Identity as comprehended is the drive which springs, shaping at every stage of one's life. The quest of self means disassociation and disassociation is a coping mechanism where a person literally disassociates himself from the self who mirrors in diversified shades and modes. As an individual it may spark a lot of effort to navigate through this questioning the self but the same question when broadened on a higher plane as disassociation unplugs us from ourselves, interfering with the identity formation through development. Recovery of the self starts with recognition, moving towards more connected identities.

**Keywords:** *Alienation, Nostalgia, Love, Disappointments, Insecurities*

Despite an unprocessed approach towards identity, the word Identity tangles itself in such a heavyweight question where the known fails to answer the unknown ideology of the human nature. Ever since humans have awareness of his/her own –self, that took leaps and bounds on the insightful strides towards the affinity transformation because identity is rapidly changing and restoring its genres to its roots. There has been an ongoing and never ending research on the multitudes nature of human and it looks like man is endeavoring to achieve the unattainably attainable. Identity as comprehended is the drive which springs, shaping at

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On the Substantial plane, when we see the framework of 'Identity' question is framed on the individual self, the possibilities of illusionary, alienated and distorted vision is foreseen and this tends to become the major dilemma of an individual of the contemporary times experiences psychologically but on the other side of the plane when the same individual is confronted with others, thereby experiencing the change which is inevitably striving to begin. To Martina Michel: "the relationship between the imperial center and the various (semi) peripherals continues to be a hierarchial one. At the same time, however...the marginalized other her or his own voice which works towards subverting essentialist and unifying classification." (93) Early theories advocated that self-esteem is a radical human requirement. American Psychologist, Abraham Maschlow includes self-esteem in his hierarchy of needs portraying two divergent forms of esteem: the devoir of respect from others, and the need for self-respect, or inner self-esteem. Reverence from others necessitates acknowledgement, consent, status, and is regarding to be feebler and easily lost than inner self-esteem. Without the attainment of the self-esteem need, individuals will be driven to pursue it and sidelined to advance and attain self-actualization.

When the time arises to define personality, it becomes more challenging rather an individual survives to disclose it by living in the mind of the character to be painted or in the minds of the others with whom, that particular character comes in contact. The personality is not perceived as anything established and categorical, but as something uniformly flourishing and become distinctive. These kinds of moments are witnessed in characters as they may be perceived as entirely composed of, or at least including some ideas that were not originally conscious but that could become conscious in the character.

A different question now needs to be addressed whether the personality of human being dresses up the identity or not. Personality or the character depends upon the place where the person is born and his upbringing. Looking upon we see "Anal characters" are said to be compulsive and perfectionist; "hysterical characters" are described as histrionic; "passive-aggressive characters" show anger covertly by withholding; "narcissistic characters" are excessively self-centered; "borderline characters" form the chaotic and primitive relationships; and so on. Some individuals have sense of humor, some tend to be moody, some others are very reflective and few other others seem to be ambitious by nature. The personality is not in-built but in fact it is a mutability or flux. For better understanding we all

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are aware that nothing is permanent in the world .Change is the only thing which is constant in the world. Thereby one witnesses the constellations and configurations of the behavioral traits in the character according to the circumstances. Hence the change in the personality is evident. This is known as shift of identity as the character can be understood from a perspective that takes organization or worlds of emotions experiencing as it is the principal focal of the organizing principles which show up virtually every single aspect of a person's life in one's persisting patterns vocational choices, interest ,creative activity, fantasies dreams and emotional disturbances .

Anjali Joseph's *Saraswati Park* is a languid, easy paced Indian existence of the middle class people their hopes, disappointments, desires, friendships insecurities etc. It showcases a card of Bombay life as well as dealing with ennui of life. This kitchen sink drama deals with minor domestic dramas that we all live through. This fascinating book is very atmospheric and the humorous moments are small, intimate and happening top ordinary people. The lives Joseph probe are not unconventional, not blatant, not starting a dynasty or representing the history or future of a nation. Expressing life's journey with a rejoicing experience this famous book are for its electric chaos .This papers makes an pursuit to exhibit the intrinsic journey of Mohan from a state of exile to self. Mohan exists into his past (exile) and designs his self-identity. His solitude margins him to the past life that teaches the vital lesson and herby giving his self-identity a new blend to his animating luster personality. A close study of the past discloses the life and personality of Mohan, stirring and stirred by others who come in contact with him. He introspects within his life and examines new facts against the olds facts in a new retrospective manner.

Elliptical and enigmatic, but beautifully rendered and wonderfully involving, *Saraswati park* major theme is frustration. At one point of time everyone in their life time faces these kinds of emotions so is this in this novel depicted through the story of the lakshmi's failure in love. Her husband Mohan, subsequently adores her but fails to understand her .He is a man of ambition and values less of emotions with his partner. Seeking boredom and monotony in the life of Lakshmi. Her freedom has been resurrected thereby leading her to live like prison in her own house .Apparently after a long tenure she leaves Bombay for a relative's home in Nagpur not only to look after her sick cousin but also the vital force of her marriage. Henceforth we see her husband in the seclusion. Nostalgia has been affecting both the individuals at the different point of time. Our writer makes phenomenal use of this flashback technique in a masterly integrating past and presenting *Saraswati Park* which notes moderately more of the ingoing journey and inner lives of both the individuals. Mohan relegates from his present world and dawns scrutinizing his self.

Mind of the reader travels through different channel of emotions, so in order to learn the inner voice of the character one needs to dive deep into his pre-speech level of consciousness, and plunge through the impressions which are floating though his mind which

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seem to be uncontrolled and unorganized travelling between a sea of thoughts unraveled by the dimension of his past and mere future. Absence of his wife who is the life of Mohan, reminisces the trip of his marriage and how he and her beloved had travelled past the time making memories of the past in mere future with the present. Sigmund Freud the psychologist opines "Past, Present, future are stung together, as it were, on the thread of the wish that runs through them".

Human consciousness is a tragic misstep in evolution which is neither static nor fixed, but something in a state of mutation, invariably transforming and becoming contrasting, in response to perception and emotions perceived from outside. The past prevail always in the present response, and discloses the fact about the character's reaction to any given situation. Djaurdin, the famous French Novelist, uses the word Interior Monologue and defines it as, "the expression of the most intimate thoughts, those which lie nearest the unconscious, in its nature it is a speech which precedes logical organization, reproducing intimate thoughts just as they are born and just as they come. "(Humphrey 129). In this novel the reader is taken precisely into the mind of a character and given a chirp into his soul. The Human psyche is not a transparent body functioning reasonably and judiciously, in an anticipated manner.

As *Saraswati Park* unravels, the lives of each of the three characters are thrown into acute assistance by the farcical frustrations of family life: aggravating relatives, implicit yearnings and inaudible resentment. At the outset we see Mohan meandering near the chair in front of the television which still has a folded shawl and drapes expertly over its back. The dilemma of his mind wavers too as of first he holds a thought to call his wife but on the other end his ego restrained him. He opens Mark Twain's *In Defence of Harriet Shelley*. Harriet is Shelley's first wife, they have married when they were young-Shelley is nineteen and Harriet is Sixteen. Twain examines a biography of Shelley in which the writer puts the blame for Shelley's desertion of Harriet onto Harriet herself. The newly married couples were elated at first, though they have very little money, Mohan reads, "Harriet sang evening or read aloud" (201). He reminisces slight early times when Lakshmi has sung and laughed etc. Her melodious tone is still afresh to his ears. Eventually, after they have married a year, Shelley involves with another woman. Mark Twain's book makes Mohan to evaluate the misapprehension that he has done to Lakshmi. Mohan presumes their past story now seem to make sense and nurture connection with her wife which he had forgotten. He asks himself, "The early complicity and laughter of the marriage, where had it gone?" (174) Solitude has taken him like a storm as he had abstained Lakshmi from everything and he was directly or indirectly endeavoring to conquer her. The human consciousness is tumultuous, welter of sensations, consequences, fleeting inconsequential and evanescent.

As the novel progresses we see Mohan rejoicing in his ambition. His story is published in the newspaper, on one hand he feels like celebrating but on the other he misses her wife and feels that he has failed in his marital life, apparently the readers witness the

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change in his personality. He has also enhanced his perception the way it is important, his identity as an ambitious man now shifts or transforms to a new identity, a lovable husband. This lovable husband is unable to sustain his own life without his wife. The featuring of his self has undergone a sea change. His inner engineering had blossom as his story is well chronicle; He anticipates the maladies of a new bride in the new house. He endeavors to learn the complexities of a newly married girl and her maladies where unnoticed like living with her mother-in-law, sister-in-law for the first few months or handling with a young man who knows nothing about woman. He ponders that he has been a moron for these long years. The feeling of solitude is evidently portraying by Abdul Kalam in his autobiography, Wings of Fire. Emotional connectivity remains a core part of human being. Humans, because of necessity, evolved into social beings. Dependence on and cooperation with each other enhanced our ability to survive under harsh environmental circumstances. Belongingness is the human emotional need to be accepted member of a group or an accepted member of the family. No individual would learn to appreciate another unless and until he/she has experienced loneliness himself/herself. Whenever, man reach impasse, they seek to someone to show them the way out. (Kalam 5) He gives up egoist identity and determines to meet his wife in Nagpur. In the process of living, looks backward and forward, and in this way the past exists in the present and present looks to future. In memory, the action moves both ways and this way the complete life-story of characters is relevant or pertinent. Flourishingly Joseph endeavored balancing the balance between past and present moments. Flashbacks play an influential role in the structure of the Saraswati Park. Juxtaposing of thoughts and time acknowledges the inner engineering of the minds of the characters. She endeavors modestly to record the actual process of living, to hint the bewildered progression, speculation, and mood as it drifts the luminous mirror of consciousness.

Identity crisis essentially affects individuals at the adolescent stage where the individual fails to achieve ego, as there is a loss in the sense of proper understanding and confusion about one's social role and often a loss of sense of continuity to his/her own personality is witnessed. As there is the progression of age we see the maturity in terms of physical, mental and spiritual aspects thus transforming their self-image. They have often blended themselves so much that their start seeking for questions like who they are, where they belong to or where they need to go in such humdrum situation they start procrastination when they don't seek answers for their possible questions, some even start to turn to negative activities, as a way out leading their frustration of identity crisis. Individuals may showcase either relative weakness or strength in terms of expedition or engagement. When designated grades, four possible permutations result: identity diffusion, identity foreclosure, and identity moratorium and identity achievement. Diffusion is when an individual dearth's expedition in life and passion in committing even to those unchosen roles that he/she occupies. This is the first instance of Mohan breakdowns to make a self-journey and stables himself in the

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meaningful life. Foreclosure is when an individual has not opted broadly in the past, but suggests willingness to engage to some apparent values, goals and roles in the future. The second phase is filled with Mohan's aspiration. His yearning does not give permission to share the place with his wife, Lakshmi. Moratorium is when an individual displays a kind of capriciousness, ready to make choices but unable to commit to them. In this phase Mohan recognizes his misconception but he isn't ready to call her up and admit it. As his ego is maximized and displayed high in this stage. Decisively, accomplishment reels when an individual makes integrity choices and gets engaged to them. This stage renders convenient understanding and he makes the right choice of his integrity to lead a meaningful life with his wife.

Marriages are like enormous carriage, where two horses are tied up, both of the horses with mutual consent and cynosure should horizon the destination in the same direction irrespective of different choices. Either of the one, travels in the wrong direction and then the other counter mate should mutually pick up and endeavor the other to catch up in the right direction or it would lead to collision or dilapidation, the same holds same for the life-partners. This is elucidated in Sammy Cahn's song, Love Marriage, Love and Marriage /Go together like a horse and marriage /This I tell ya, brother /ya Can't have one without the other /" (1-4)

Self-assessment/Self-reporting remains a powerful and very useful tool for understanding the how and why of a human behavior. The reason mostly people fails to understand is that they look at their behavior without taking other variables into consideration, So in case of our protagonist he is unable to screen his inner conflict but still he endeavors to rise above the common. Goldstein comments on Self Realization thus, "Any need is the deficit state that motivates the person to replenish the deficit. It's like a hole that demands to be filled. This replenishment or fulfillment of a need what is meant by self-actualizations or self-realization". (250) In this context to envisage this, Joseph's protagonist sustain an relentless and inconvenient psychological journey in the span of which they capture their restrained factors and understand what life is for, and to re-capture happiness that was un-recalled in their life.

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