

Psychoanalysis in Em and the Big Hoom

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ABSTRACT

Psychoanalysis is studying the human mind and the various emotions, sentiments and behaviours associated with the same. Austrian neurologist Sigmund Freud established the entire concept and ideology of Psychoanalysis. Later, Jacques Lacan followed the footsteps of Sigmund Freud and brought in refine theories of psychoanalysis. This research paper aims at elucidating the importance, significance and application of the theory in the book written by Jerry Pinto, "Em and the Big Hoom." "Em and the Big Hoom" is by Jerry Pinto is an Indian novel with its setting in Bombay. The book depicts the imperfect relationship that the husband and the wife shared between 'Em', the female protagonist of the play, who is suffering from depression and the 'The Big Hoom', the novel's male protagonist. It is a simple story, with equal measures of pain and unbridled wit.

In explaining literature, psychoanalysis has been used, and in the process, literature has been used as a source for psychoanalytic conceptions. Just like Foucault said, power and knowledge go hand in hand, similarly. To understand psychoanalysis concepts, we need literature, and to explain literature and its depths, psychoanalysis is required. Here the researcher will be analysing the characters' lives and the behavioural patterns employing Psychoanalysis. Among the critical approaches to literature, psychoanalysis has been the most appreciated and controversial approach for many readers. However, it has been the most intriguing interpretation of any literary texts. This mechanism is used to find out the hidden meaning in the literary texts. It also helps in exploring the instinct of the writer while writing his work. It started with Freud's examination of the literary substance as a "symptom of the skilled worker." The research method that is used in this research paper is text analysis.

Keywords: Freud, psychoanalysis, the human mind, emotions, mental depression, psychoanalytical conceptions.

Introduction.

This paper provided the readers with the scope and study of prior contribution to psychoanalysis and mental depression. It also emphasises the white proliferation of the Lacanian approach. In this paper, psychoanalytical theories have described these theories as helpful for the readers as a stimulus to independent investigation and critical thought. Sigmund Freud discovered psychoanalysis believed that people could be cured by discussing their unconscious thoughts and dreams consciously. Psychoanalysis therapy aims to release depressed mental emotions and experiences out of mind. It means to make the unconscious conscious. Psychoanalysis both a theory of how the mind of a man works. It also provides treatment for an occurring problem. Psychoanalysis is commonly used to treat mental depression and anxiety disorders. It is a therapy as well as a theory. Mental issues can be assessed using various analytic and psychological techniques, so psychoanalysis helps study mental functions and mental behaviours. Similarly, psychotherapy offers solutions to the individual suffering from many psychological disorders. As in the book by Jerry Pinto, 'Em and the Big Hoom' Imelda Mandes, the female protagonist of the novel who is referred to as 'Em' has bipolar disorder, a condition formally known as 'Manic depression' from which 2.4% of people around the world have been diagnosed at some point of time in life.

Bipolar disorder manifests itself as extreme highs and lows in the mood of the affected person. In the manic phase, people may appear overly joyful, excited or educated and may exhibit some irresponsible attitude and behaviours. They may also suffer from some delusions, like believing that they are excessively wealthy or having some special powers. After some hours, days or week- the individual can move into a depressing phase such as 'Em'.

In psychoanalysis, Freud believed that the mind is responsible for conscious and unconscious decisions based on psychological rights. Freud believed that human personality is complex and has more than a single component. The three elements that a human character comprises are the id, the ego, and the super-ego. These elements together create complex human behaviour. Freud believed that "People are simply actors in the drama of their pushed by desire and pulled by coincidence."

Aims of psychoanalysis

The aims of psychoanalysis are reviewed in terms of theories of mental function and structure. It emphasises the elevation of mental illness and distress of the affected people. The Primary aim of psychoanalysis is to help the individual identify the hidden thoughts, behaviours, and desires that create problems in their day-to-day life. It enables the person to understand his daily life's deeply rooted problems and a wrong perspective related to his/her thoughts. Psychoanalytic therapy aims to bring the unconscious into consciousness and enhance the ego's functioning, helping the individual become less controlled by the super-ego's demands. It helps the patient to release mental depression and related emotions. According to Lacan, there are three stages of one's life. They are the real, the imaginary and the symbolic stage.

They are quite important in the study of psychoanalysis of a child's development. The imaginary stage is also called the mirror stage. Lacanian psychoanalysis is the practice of self-understanding and transformation. That's why it avoids quick fixes, suggestions. Lacan argues that the symbolic order structures, the imaginary field of the imaginary, involve a linguistic dimension. If the signifier is the symbolic foundation, the signified and signification are part of the imaginary order. The imaginary is one of the three most important stages of the structure next to the symbolic and the real. Lacan's psychoanalytic theory's central pillar is that "The unconscious is structured like a language."

Psychoanalysis is therapy as well as a theory. It is commonly used to treat mental depression and anxiety disorders. As in 'Em and the Big Hoom', most of the times, 'Em' smokes 'endless bidis' and see her way through life. She is like the sun around which everyone else orbits. When Em's bipolar disorder seizes her, she becomes monstrous, sometimes disastrous for herself and others. This is a psychoanalysis factor that works with Em in her regard, and everyone in the family wishes to cure her. This is the only way to bring her out from her mental depression and bipolar disorder.

Theory of Psychoanalysis of Sigmund Freud and Jacques Lacan.

Freud's psychoanalysis theory is to bring unconscious material into consciousness and enhance the functioning of the ego. It helps the afflicted person to become less controlled by biological drives or demands of the super-ego. Its main purpose is to make the unconscious conscious. This type of therapy is based upon the theories of Sigmund Freud, who founded 'The School of Thought', known as psychoanalysis. In the same way as Freud, Lacan also contributed a lot to psychoanalysis. The central pillar of psychoanalysis theory by Lacan is "The unconscious is structured like a language." Lacan draws on "Saussure" and empathises that meaning is a network of difference. The critical concepts of Lacanian psychoanalysis are-

The symbolic stage: The symbolic stage is one of the three structures of human existence, next to the imaginary and the real. The imaginary stage is one of the three registers that structures human existence next to the symbolic and real stages.

Lacanian psychoanalysis is the practice of self-understanding and transformation. These three stages describe the first four years of one life, the real, the imaginary and the symbolic. The imaginary state is also known as the mirror stage. Regarding psychoanalysis, Lacan argues that the symbolic order of a human being structures the visual field of the imaginary. It means that it involves a linguistic dimension. The real stage concerns need, and the imaginary stage concerns demand. And the symbolism is all about desires. The narcissism of the imaginary is also crucial for the establishment of desire.

In psychoanalysis, one can use various techniques to encourage depressed people to develop insights into their behaviour. By these techniques, one can be cured of one's mental illness and depression. So, these techniques are:

- Single case studies
- Free association and Dream analysis
- Cathartic method

- Observation/couch method
- Self-analysis

In the single-case study method, one has to study the whole case history of the related person. It is a research approach used to understand the complex issues in the really like of a person. It is an established research design that is used extensively for the solution of mental problems. By Free association, Freud means speaking anything and everything that comes to one's mind. No matter how ridiculous the person feels. This method work with the combination of dream analysis. Dream analysis is considered as the royal road to the unconscious. Dream analysis is the interpretation of dreams to determine their underlying meanings. It is based on the notion that your unconscious mind protects you from your repressed desires by expressing those desires in dreams and hiding them away from your conscious mind. So, dreams are the reflection of waking- life. In a cathartic method, Freud uses emotions, particularly pity and fear to cure the disorders of the mind. Things that make you scream, like a rollercoaster ride or a boxing match, are also cathartic. Whatever causes you to release a sudden flood of feelings is cathartic. So, by relaxing the emotions, one can heal your mental illness. Observation and couch method is a comfortable method to cure the disorders of the mind. Freud uses a comfortable couch to make sure that the person cannot see the doctor directly. This method is also used for observing the related person. The last method is Self-analysis which is defined as the evaluation of one's thoughts and behaviours. It is a systematic attempt by an individual to understand his or her personality without the aid of another person. Therefore, we may say that Freud focuses on these techniques to understand the psychology of a distressed person.

Em and the Big Hoom from the perspective of Psychoanalysis.

This is not just a book that is quite appropriate for mental disorder, but it is more. It is a moving and simple story with equal measures of pain and wit. The book is a chaos and overwhelming odds that the characters of the novel face, the scarifies that the characters in the novel make. It is also about a child dealing with his mother's mental illness and conflicting experiences.' This book is filled with examples of signs and symptoms of the mind. They can be described in a textbook of psychopathology. The author in this book accurately describes the nuisances of mental illness as most books of fiction do. 'Em' describes the beginning of her lifelong struggle from bipolar disorder- 'An episode of depression' begins after the narrator's birth. The narrator skilfully delineates how clinical depression is different from mental sadness felt by a normal human being. The family's life revolves around 'Em', which is not much different from what we see every day with caretakers of mentally ill people. 'Em' always remains in a panic of sorrow or laughing fit with a 'beedi' fuming in her hands. When she is hospitalised, the family members take turns to stay with her, and when she is ill and at home, they have to be constantly vigilant. In one particular time of plenty illness, a nurse was hired and 'Em was for some time, someone responsible.' So, in this book, the author wants to showcase how it is to be close and love and care for someone suffering from a mental illness and depression.

No doubt 'Em' dominates the storyline, but it is the stoic and pragmatic with 'The Big Hoom', the pillar from whom the family obtains their support. 'The Big Hoom' always supports

'Em's' illness, but sometimes he was a different person, his children know and love. Even Big Hoom is the only person to whom Em listens too. The book doesn't tell us much about how he felt about his wife's illness, but he is a devoted, caring, loving husband and father.

Through the theory of psychoanalysis, any person or any family member of a patient can know the chances of developing a similar mental illness or curing of the mental depression. This book is an excellent way to understand the psychology analysis of bipolar disorder and the workings of the mental health system. The family works together as they struggle to find peace within Imelda's ever-transforming manic depression from highs to lows with paranoia and attempts to take her own life. When Imelda is at the mercy of her disorder, the world seems to limit in the power of her suffering. However, the Big Hoom is a benevolent mystery to his children, and he manages to balance all chaotic household.

Through the mental illness of Em, we can study the thoughts of Freud about psychoanalysis. Freud's most obvious impact was to change the way society thought about and dealt with mental illness. Before psychoanalysis, which Freud discovered mental illness was almost universally considered '**organic.**' It was supposed to come from some disease of the brain, the conviction that physical diseases of the brain caused mental illness, it means that people draw a sharp dividing line between the insane or the sane. Insane people were those with physical diseases of the brain, but sane people were those with mental illness and disorder like 'Em.' According to Freud, psychoanalysis has enormous historical significance. Mental illness affects a large number of the population either directly or indirectly, so Sigmund Freud gave the world many curative schemes for mental illness. He created a whole new way of interpreting and understanding human behaviours.

If we say that "Em and the Big Hoom" is just about the boy and his manic depressed mother, it would be incorrect. It is much more than that. It reflects the psychoanalysis theories of Freud and Lacan through the characters of mother, father, narrator and daughter. The storyline is about a woman who wants to grapple with a new life, as her previous life hasn't gone according to her wishes. After reading the novel, one can feel **cathartic** after knowing about the madness of Imelda. Freud theory provided one conceptualisation of how personality is structured and how these elements of personality function, as Imelda recounts her first suicide attempt. She had jumped in front of a bus but survived the impact. It is noteworthy that even after attempts to kill herself many times, the narrator stands by her every time. He wants to save the personality of his mother. Even though in between, he wants to lead an everyday family life and stay with his 'depressed mother.' So, in Freud's view, a healthy personality always results from a balanced dynamic interaction of id, ego, and super-ego. This balance lacks in the personality of Imelda.

So, this story is about two children who watch their mental state deteriorate, of a husband who doesn't let go of his wife till the very end. Similarly, Freud's psychoanalysis explains the uncertainty of mental illness with a reason, and it just happens with the sufferer. Em suffers from a mental illness highlighted by her suicide attempts, and she hallucinates about her family being in some trouble and dwells in the deep dark of depression. Freud also focuses on his psychoanalytic theories to cure such complex personalities.

Lacan fails to recognise that people are capable of self-reflection and self-actualisation and hence can escape his impossible trap as Imelda is unable to identify her problem and always remains in the trauma of self-depression for this, Lacan refers to the theory of unconscious desire

for reunification that recreates the life of a depressed person. Lacan puts the subjective self at the centre. Lacan sees the child not as an agent of symbolisation but as a recipient of desire from another (mother), as the exact relationship is shown in the novel between the narrator and his mother, Em. Lacanian psychoanalysis focuses on deconstructing the illusions of the self and allowing the emphasis on language in the creation of the self and the present life as the narrator is driven by his desire to understand the origin of his mother's bipolar disorder and also determine to cure her madness as soon as possible. The compassion between Em and the Big Hoom is as moving as any love story, but on the other hand, it is devastating also. In this relationship, one finds mental illness as a kind of sad poetry.

Psychoanalysis in Literature.

Psychoanalysis is one of the modern theories being used in English literature. It is a hypothesis that is viewed as a hypothesis of character organisation and a character's aspects. It is recognised as the closest connection between the literature and the psyche of the author. Among the critical approaches to literature, psychoanalysis has been the most appreciated and controversial approach for many readers. However, it has been the most intriguing interpretation of any literary texts. This mechanism is used to find out the hidden meaning in the literary texts. It also helps in exploring the instinct of the writer while writing his work.

The association between psychoanalysis and literary criticism, which navigates a vast piece of the 20th century, is from an overall perspective stressed over the verbalisation of sexuality in language. It has three main components in context with "literary unconsciousness" — on the author (and its final result character), on the reader and the text. It started with Freud's examination of the literary substance as a "symptom of the skilled worker". The association between the writer and the reader is like that of visionaries and their dreams. In modern times, this theoretical layout has been modernised in a Poststructuralist setting by Jacques Lacan, who coupled the extraordinary thought of need with Structuralist Linguistics; this has been influentially innovative in the Feminist psychoanalytic criticism. The psychoanalytic force is compatible with contemporary understanding of the weaknesses of time, subjectivity and importance obtained in Postcolonial analyses, where the interest in destabilised borders and characters is identified.

Freud's psychoanalysis is the most read theories. He is the one whose psychoanalytical theories are being used in literature. He was the first one who discovered the usage of cocaine for anaesthetic operation in the eye. The symptoms of Hysteria could be cured through hypnosis. During the girl's treatment, Freud realised that talking about the buried instances, fantasies and emotions helped him understand the complexes she was going through, thus discovering the concept of talk therapy. Talking therapy became the basis of the psychoanalysis theory presented by Freud. Even though Freud was discouraged from going on investigating further the issues of Hysteria, the distinguished psychiatrist encouraged him to go forward with further investigation. Freud, while researching in Bergheim's clinic, found that if a person has forgotten the train of events that happened to him during somnambulism, through help can be recalled vividly or less

vividly he was convinced through his neurotic patients that memories are never lost those memories which are buried or surpassed by a patient, are not in the conscious part of the brain but are stored in the unconscious part of the brain Freud said that Hysteria is a state where the human mind recalls every incident which was once a painful memory to them. He noted that Hysteria develops in a person due to the burial of any childhood sexual wishes or phantasy. (E.g. The story of Oedipus Rex narrated by Scoopless/ The play Hamlet by William Shakespeare.) in the play Hamlet, the male protagonist's repressed feeling resurfaces when his father dies for Gertrude. Even though the feeling was repressed, but still, they remained dynamic. Through his theory of Hysteria, Freud talks about how complexes like Oedipus and Electra Complex are developed in the children, which are repressed in an early stage but later could dominate the child's mind. These critics accuse Freud that he could have used the term "social" instead of "sexual" to explain his theories. Freud is said to have used the word "sexual" in a much broader manner than any of his contemporaries. Freud noted that "unconscious" influences "conscious" Freud says that the mind of the 'psyche' is divided into layers which he calls the "intra-psychic."

The purpose of the psychoanalytical theories' association with literature is to make the students. Understand the mature self-object of literature and high ideals about the nineteenth-century ideals is genuinely identified. Through psychoanalysis, we understand the in-depth emotions of the, like through the theory of the stream of unconsciousness we know the visions, dreams, and trauma through which Septimius Warren Smith was going, similar to what Woolf was facing in her real life. The characters of Mrs Dalloway and Septimius Warren Smith are just the two sides of the coin, and the coin here is Virginia Woolf herself. The behaviour depicted by the author in her work is self-portrayal in nature. The literary theories of Freud help us to understand and get a better idea of the same.

Similarly, in D.H Lawrence's Sons and Lover, the theory of Oedipus complex is very prevalent, it is one of the most influential theories of Freud, the dominance of the complex is commonplace in the whole novel how Paul came out of the labyrinth of Oedipus complex towards his mother Gertrude just like the mythical character Oedipus Rex couldn't. Freud has also based his theory on the mythological story narrated by Sophocles about Oedipus Rex. To understand the application of the Freudian theories in literary works, we need to understand the difference between Freud's psychology or psychoanalysis. He had intended to develop a treatment for Hysteria. Still, later on, after doing his researches, he understood these different complexes that were prevalent due to the conscious and the unconscious.

Conclusion

Jerry Pinto weaves the book around three strands: the dialogue between the mother and son, the mother's diary and letters and the son's thoughts and ruminations. Unlike most sufferers, Em calls herself mad has some insight into her condition but doesn't give access to others about herself. The doctor keeps changing her mental illness labels and thus shows how it is impossible to show madness. In this paper, the researcher tried to highlight a mother's illness and how her loving son treated it while portraying mental depression. The thin line between reality and representation becomes critical for a writer. The paper studies the work of Jerry Pinto, "Em and the Big Hoom", from the theories produced by Sigmund Freud and Jacques Lacan. The high and

lows of the characters are highlighted so poignantly that it touches a nerve. Em and the Big Hoom is a complex narrative account of mental illness and struggle and love in the face of an uncertain every day. This book made me think. I found myself around Em and Big Hoom. The world of Em and Hoom is one such world that captivates your interest and enters into the psychoanalysis of these characters.

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