

## **Psychological Novel**

Psychological novel alias Stream of Consciousness Novel is a modern development. The genre emerged in the twentieth century when Sigmund Freud and Karl Jung developed the theory of Psycho Analysis. Freud postulated that the human mind has two areas – conscious mind i.e. the waking state (Ego) and the subconscious mind (Id). The subconscious mind is a storehouse of lumber, dirt, fixations, repressions, obsessions, and complexes. Countless ordinary impressions which belong to different time zones may coexist in the consciousness. The human mind has an ability to separate past, present and future in the waking state. Consciousness is an area where memories, associations are mixed up in a particular order without any restrictions of time.

Freud's theory of Psycho Analysis supported psychological novel and made people look at the things from new perspective. Experiments were made with the help of the theory and stream of consciousness became the major technique of the psychological novel.

Psychological novel is formed by unorganized series of images and ideas. These images and ideas are connected by association. There is no place for logical arguments or narrative sequence. The action takes place and the plot develops through the mind of the main character.

The novelists do not care about the well knit and compact plot. They don't follow any structure because they believe that our life also does not have a particular definite pattern and shape. Our life is chaotic, incomplete and confusing. So in order to keep the novel closer to reality the novel portrays cluttered mind of its characters. The novelist reveals the readers what is happening in character's mind. Hence the novel is also called as a novel of 'inner man'.

The major technique used in novel is stream of consciousness technique of interior monologues. Instead of presenting the events in chronological order, they come in the novel as they come in the character's thought, memories, fantasies and dreams. For example, James Joyce's *Ulysses* takes place in Dublin. The time is 24 hours but the events of the day remind the protagonist of many past and present incidents. Hence reader is taken back and forth through the character's memories.

Writers like Henry James, Proust, James Joyce, William Faulkner and Virginia Woolf made the novel a distinctive product of modern age. The genre was popular from 1915-1941.

### **Major Features of the Novel:**

1. Use of unorganized plot and absence of logical arrangements
2. Action moves backward and forward.
3. As the novel deals with inner workings of man, it does not have a definite pattern.
4. The novel neither gives a critical comment on human life nor does it aim at entertaining its readers. However, it just reveals a fluid life full of complexities and subtleties.
5. Major traits of the novel are: preoccupation with time, subjectivity, inwardness, absence of action, and the description of the subconscious.
6. The novel aims at finding out what people are like.
7. Interior monologue is the essence of psychological novel.

### **Some of the remarkable psychological novels are as follows:**

James Joyce - *Ulysses*

Dorothy Richardson - *Pointed Roofs* (1915)

Virginia Woolf - *Mrs. Dalloway* (1925), *To the Light House* (1927) , *The Waves* ( 1931)