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<b>Article:</b>	<b>The Impact of Psychoanalytical Theory on the Character of Mrs. Ramsay in Virginia Woolf's Novel 'To the Lighthouse'</b>
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### **ABSTRACT**

This article is written keeping in mind with the novel 'To the Lighthouse' written by Virginia Woolf. She is the modern novelist of the twentieth century. She wrote, 'To the Lighthouse' in 1927, which uses rudiments taken for Virginia's own life. This novel contains deeper exploration of the human mind. Virginia Woolf sets this novel in the 'Isle of Skye' in Scotland. The main purpose of this article is to see the novel of Virginia Woolf with the lens of Sigmund Freud's theory 'Psychoanalysis'. This theory which deals with the unconscious mind of human. This article is dig out that how human behaviours and cognition effect the personality of persons which are settled in the mind of human. Virginia drifts the characters mind's inner emotions especially the protagonist Mrs Ramsay who has the central figure of the story. By analysing of the theory of Psychoanalysis, the character of Mrs. Ramsay is explored in this article.

**Keywords:** Psychological novel, psychoanalysis theory, unconscious, inner emotions, cognition.

## **Introduction**

Adeline Virginia Woolf was an English writer of twentieth century who considered the pioneer for using narrative literary device, 'streams of Consciousness'. Virginia Woolf got Inimitability position in English Literary world because she was considered rebellion against the typical way of expressing the emotions of the characters in an orderly form which was novelists used before modern age. As a modern novel, *To the Lighthouse*, is a novel where a plot is not as important as in the past for the writers. In this age realistic approach has overcome the idealistic approach. Moreover, modern writers going away from the customs and striking revolutions in writing style. In the Virginia's way of writing which is also called psychological novel, the characters minds are the most important ingredients. In this age, writers are paying more attentions towards inner psychological problems which laying in the consciousness of the human being. As Stephen says in his book:

"The modern is therefore those who start off by thinking that human nature has changed: or if not human nature, then the relationship of the individual to the environment, forever being metamorphosed ... to change all relations within arrangements of words or marks on canvas which make a poem or novel, or a painting." (Spender, 1963).

Virginia Woolf explore inner feelings and emotions of her characters which lies in the mind of the characters and considered the symbol of new genre of her time. She uses "Psychoanalysis" theory in her novel 'To the Lighthouse' to explore the inner feelings of the character Mrs. Ramsay. A.J. Khan in his article pointed out how 'psychoanalysis' is used in 'To the Lighthouse', "Moving deeper into the novel, we find the tone of internal argument. We see the mind of Mrs. Ramsay arguing against the 'lie,' an unwelcome thought, trying to banish it thoroughly from her mind. The novel thus reveals certain mental processes to us."

## **Theoretical Frame Work**

The Character of Mrs. Ramsay is written under the umbrella of theory of 'Psychoanalysis' which is the power of unconscious process, moreover; it affects the inner feelings of human's and then changes the behaviors of them. Furthermore, psychoanalysis is related to the early experiences of life that turns around the grown-up persona. It is a type of theory which central aim is to release the crushed emotions and concealed recollections which gives negative impact on the personality and makes the comfortable atmosphere. Main attainment of Psychoanalysis is to convey what subsists at the unconscious plate form to consciousness. In Austria, Sigmund Freud was congenital and consumed greatest of his early days of lifespan and adulthood in Vienna. (Sigmund Freud Biography, 2017). He had degree in health and practiced and treating people with psychological disorder. He believes that most of the disorder of the patients is because of emotional disorder. In spite of, disparagement on his theories, Sigmund Freud deserves great showing of appreciation for making comprehensive model of to be human. Moreover, his constant struggle in shaping of human personality and its enlargement gives him unique position in psychological world. In this regard, he emphasized on the role of spirituality with aspect of human inner thoughts and feelings which make the behaviors arises from lower predispositions. Freud was unenthusiastic about curable devices for personality development of human, in addition, he develops the first form of psychotherapy which is called Psychoanalysis. This theory is applied for patient who project his unconscious conflicts. Although Freud confirmed about the change in behavior of personality, he believed on practical approach of psychoanalytic theory is largely used to explore inner disorders for

plummeting disorders and improve the abilities of utilities of personae. Further, Freud added that psychoanalytical theory to provoke the exploration of the past which is directly influenced on the personality making of human. He expressed it in the following words:

“Allowing ‘repetition’ during analytic treatment, which is the latest form of technique, constitutes a conjuring into existence of a piece of real life and can therefore not always be harmless and indifferent in its effects on all cases. The whole question of ‘exacerbation of symptoms during treatment’, so avoidable, is linked up with this. The very beginning of the treatment above all brings about a change in the patient’s conscious attitude towards illness. He has contented himself usually with complaining of it, with it regarding it as nonsense and with underestimating its importance; for the rest, he has extended the ostrich- like conduct of repression which he adopted towards the source of his illness on to its manifestation.” (Freud, 1959, pp 371).

Freud’s psychoanalytical cure has brought back symptoms of disorders of personality and its change, which brings the unconscious to conscious. His proposal of life energy fixation at any stage of life in making personality disorders need to be resolved at any stage of life. According to him, the most important period in the development of personality is oedipal period.

“The fixation at this point is believed to have a profound impact on the growing child’s personality. Since oedipal crises are especially sexual in nature, fixations associated with them will tend to have a sexual focus.”

### **The Subject of Unconscious.**

In this span of life, memories of human beings follow early childhood traumas. Lacan describes this phase of life in this way: strong wishes are born in the unconscious mind and then these wishes turn into expressions and emotions in consciousness of the human. Moreover, this topographical model of the conscious, preconscious and unconscious works side by side. Freud’s idea of his prototypical of the humanoid concentration is:

1. “Conscious; this is where our current thoughts, feelings, and focus live;
2. Precociousness/ sub consciousness. This is the home of everything we can recall or retrieve from our memory.
3. Unconsciousness: At the deepest level of our minds resides a repository of the process that drive our behaviour, including primitive and instinctual desires”. (Ackerman, 2018).

Three definitions of unconscious are considered by Lacan who was the predecessor of Sigmund Freud. Lacan words are as special as Freud:

- “The Unconscious as a gap of rapture.
- The Unconscious as a structured of language.
- The Unconscious as the discourse of the others.” (Homer, Jacques Lacan, 2005)

In Freud’s terminology, he explains further in these words:

“Psychoanalysis is an object is an unconscious mental representation of the target or focus of sexual or aggressive desires. In the early stages of development, the child’s libidinal energy is focused on infantile objects. If all goes well in the child’s development, however, cathexes are redirected toward more mature objects. On the other hand, the individual can become fixated or regressed if any of the earlier developmental stages is marked by either overindulgence or

trauma. In other words, such a person's libidinal energy remains locked within a less mature stage. (Freud).

After words, Sigmund Freud talked more about the mind of the human for exploring the inner hidden emotions. He tries to point out the existence of real philosophies about consciousness and unconsciousness. In this exemplary he said:

"Id: the id functions at an unconscious level and attentions exclusively on instinctive drives and requirements. Two natal natures make up the id, rendering to Freud: Eros, or the predisposition to persist that pushes us to occupy in life- nourishing activities, and Thanatos, or the demise disposition that drives disparaging, violent, and fierce behavior".

"EGO- the ego acts as both a channel for and a check on the id, working to meet the id's needs in a socially appropriate way. It is the most tied to reality and begins to develop in infancy;

Superego: the superego is the portion of the mind in which morality and higher principles resides, encouraging us to act in socially and morally acceptable ways" (McLeod, 2013). It is just like iceberg which can live in the unconscious of the mind and unconscious is the place which is surrounded by ice. And to melt this ice one needs fire condition to melt the thoughts of iceberg. Freud emphasized that these three parts of the mind always have conflict but ego part of the mind protect the other. Moreover, Freud beliefs in the significance of the dreams. He says that to analyze the dreams give way into the unconsciousness of human mind. He says: "Dreams in which he outlined his hypothesis that the primary purpose of the dreams was to provide individuals with wish fulfillment, allowing them to work through some of their repressed issues in a situation free from consciousness and the constraints of reality" (Freud, 1900). Freud says that dreams are source to explore the hidden desires which may be taboos as well. And it is elaborating the unconscious process for fulfilment of the hidden desire of the person. At the end, Sigmund Freud was the gamer of mind of the human who emphasized on the inner feeling and emotions which lies some times in the corner of the mind. Moreover, his psychoanalysis theory beliefs that all people having unconscious thoughts, desires, and memories which are helpful to building the personality of the people. In the point of the Freud, psychoanalysis therapy for releasing the inner battle of emotions which create fuss in the personality of persona.

### **Methodology**

This article is based on analysis of the character of 'Mrs. Ramsay' in her novel, 'To the Lighthouse'. Qualitative mode of research is adopted for analyzing the culture side and feelings, thoughts and behaviors of the characters of the novel. The qualitative method enables me for textual analysis for the text of the novel. This novel is on psychological mode that's why qualitative method enables to explore the inner feelings of the characters. With the help of qualitative research, I understand well about this present article to investigate the Psychoanalysis theory. It enhances my knowledge to understand the attitude and inner feelings of character Mrs. Ramsay in the Woolf's novel. With direct observation in qualitative method, I can understand well the behavior of Mrs. Ramsay that why is she so nice and soft hearted women. This qualitative method gives me platform to understand the behaviors of character.

### **Discussion:**

Protagonist Mrs. Ramsay holds the family of the Ramsay and the novel of the Virginia Woolf till end although she dies in the second chapter of the book. In chapter three she is with the reader from other character Lilly. She has complexed personality because of her thoughts

disorders. On one hand, she believes on marriage of man and woman that should be ultimate goal; on other side, she has flaws in her own marriage because of her husband's hard nature. There are many events in her life that she could not express loudly but she only thinks in the subconscious of the mind. In the first chapter of the novel she thinks in this way:

".....it was only in silence, looking up from their plates, after she had spoken so severely about Charles Tansely, that her daughters---- Pure, Nancy, Rose-----could spot with infidel ideas which they had brewed for themselves of a life different from hers; in Paris, perhaps; a wilder life; not always taking care of some man or other; for there was in all their minds a mute questioning of deference and chivalry, of the Bank of England and the Indian Empire, of ringed fingers and lace, though to them all there was something in this of the essence of beauty, which called out the manliness in their girlish hearts, and made them, as they sat at table beneath their mother's eyes, honors her strange severity, her extreme courtesy....." (Woolf, 1976). Mrs. Ramsay is the woman who lives happily with eight children and guests in her home. Her character is portrayed in a positive, sympathetic and loving image. She always care about her children and guests in return, she needs same emotions and feeling which she could not express; but in her thoughts, she is expressing these hidden feelings. In the first chapter of the book 'The Window' she has same thoughts which also reveals her personality that how soft hearted by nature she is. Her way of thinking is intuitive, instinctive and like stream, so her thoughts moves from one thought to another without completing. Her emotions are ambiguous.

".....the monotonous fall of the waves on the beach, which for the most part beat a measured and soothing tattoo to her thoughts and seemed consolingly to repeat over and over again as she sat with the children the words of some old cradle song, murmured by nature, 'I am guarding you ----- I am your support', but at other times suddenly and unexpectedly, especially when her mind raised itself slightly from the task actually in hand, had no such kindly meaning, but like a ghostly roll of drums remorselessly beat the measure of life, made one think of destruction of island and its engulfment in the sea, and warned her whose day had slipped past in one quick doing after another that it was all ephemeral as a rainbow....." (Woolf, *To the Lighthouse*, 1976). Mr. Ramsay's personality is quite different from her wife. Mrs. Ramsay has emotions which are contribution to the good of humanity. She is overwhelmed with love and caring especially for her children. Moreover, she believes that instinct and intelligent are two different side of nature. On the other hand, Mr. Ramsay depends upon 'inscriptions on tablets'. That's why she is standing like an empire between the harshness of husband and innocent demand of children.

### **Delimitation.**

This article is restricted only one character of Virginia Woolf's novel 'To the Lighthouse'- Mrs. Ramsay who is protagonist of the novel. And this study would dig out the content of the character of 'Mrs. Ramsay' with the lens of 'Psychoanalysis' theory.

### **Significance of the Study.**

This article provides the way to the new researchers and scholars for understanding of 'Psychoanalysis' which was coined by Sigmund Freud. To pick the character of Mrs. Ramsay for psychoanalysis theory is the best part because her personality is mirror of her childhood that how composed atmosphere she had in her early days of life. It is not denied that whole novel of the Virginia is exploring of 'Psychoanalysis' theory but character of Mrs. Ramsay is

weaves around this theory. This study would be beneficial to the readers and researchers for their further research and readings.

**Conclusion.**

*To the Lighthouse* written by Virginia Woolf is the novel which has the theory of 'Psychoanalysis'. Mrs. Ramsay, the heroine of the novel 'To the Lighthouse' is charming and charismatic personality. She persuades people to do things which are suitable for them. She is a prototype of an ideal mother; she has a calm and loving personality which we understand through the theory of psychoanalysis. This is the way Virginia Woolf acquired for writing her novel and abundant the typical way of writing a novel as her previous writer do. Virginia Woolf known for her new way of writing that goes inside the characters and pen up their inner emotions and feelings. Her way of writing is quite different from other writers that she emphasized on the human's mind which is some time a battle of emotions. *To the Lighthouse* is the novel which is written under the lens of Psychoanalysis theory for exploring the hidden emotions of the character.

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