



PSYCHOLOGICAL TRAUMA IN PREETI SHENOY'S WAKE UP, LIFE IS CALLING

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Abstract

Psychological trauma is a phenomenon that involves an injury to the psyche. It damages the mind that occurs as a result of distressing event. It is a broad term that encompasses a variety of disorders including depression, anxiety, bipolar disorder, schizophrenia and eating disorders. Preethi Shenoy is one among the top selling authors in India. Shenoy has chosen a sensitive but less discussed topic; psychological illness in her novels Life is What You Make it and Wake Up, Life is Calling. Ankita Sharma, the protagonist, is affected by bipolar disorder. Her life is exhausted and she had to live in a mental asylum. She fought with bipolar disorder and was haunted by the trauma of her past, which caused a sudden turn in her life. The novel carries out bipolar episodes of her life, and how she has escaped from the worst of her life. The aim of the study is to find the psychological trauma in Preeti Shenoy's select work. This paper also attempts to depict how one can change their life with strong determination and fortitude.

Keywords: trauma, anxiety, bipolar disorder, schizophrenia, mental health.

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Literature and psychology are interrelated wherein both deal with human nature. Both can share a strong correlation in sharing human thoughts, emotions, perceptions, conflicts, memories, sorrows, desires, reconciliations, and much more.

In literature, psychological realism plays an energizing role, through which the emotional, mental, and spiritual lives of the characters are explored. Psychological realism is a fictional technique, which is used systematically in modern times by young writers to capture the realistic mirror image of society and human lives. In the progression of touching human emotions and thoughts,

writers employ psychological realism as a key factor in binding the stories in the field of literature. Psychological realism is no longer an exception in the hands of the young, budding Indian writer Preeti Shenoy, who has contributed voluminously to the field of Indian fiction through her heart-rendering tales.

Literature has always served as a mirror for the various aspects of human existence. It encompasses all human relationships, not just those between men and women. It provides an insightful perspective on how to improve society by highlighting the various social facets of the human world. Literature not only reflects the social reality, but



it also shapes the intricate ways men and women organize themselves, their interpersonal relationships, and how they see the socio-cultural reality. For survival in life, every individual requires the companionship and assistance of others. However, the existence of emotional value cannot be overlooked in the midst of all the common interests and goals. The present paper highlights similar perspectives underlined by Preeti Shenoy in her one of the most amazing selling books in India.

Preeti Shoney's all novels emphasis on love. One of the best writers, Preeti Shenoy is able to perfectly convey love themes. Mainly she analyses themes such as relationships, love, friendship, and family are all central themes. She writes romantic fiction, but her books also teaches important life lessons about humanity.

Preeti Shenoy is an incredible author. She writes in a way that makes it easy for readers to read. It would appear from her books that these are real tales. However, despite the fact that her book *Life Is What You Make It* is based on real life, she consistently denies that her stories are fictional. *34 Bubblegums and Candies*, her debut novel, is a wonderful work with heartbreaking incidents. These are not your average family stories. These are primarily love stories. The characters struggle to express love, even though it exists. Her love stories are often happy endings despite having many highs and lows. One can still learn how to live a happy life from her stories, even though most of them are terrifying. While some of these books concentrate on love, the majority of them teaches us about relationships and provides inspirational messages. In the unlikely event also one tempted to read Preeti Shenoy's works. The fact that her romance stories are tragic, awful, and ultimately fall apart, her protagonists never give up.

In *Wake Up, Life is Calling*, Preeti Shenoy tells a love story and imparts important lessons. This is the tale of Ankita Sharma, a bright college student who finally checks herself into a mental hospital. Sadly, after falling in love, she developed bipolar disorder. The

defining feature of the brain illness bipolar disorder is severe mood fluctuations. This condition progresses slowly because its symptoms are typical and manageable. Bipolar disease sufferers even attempt suicide on occasion. By using her resolve and willpower, the protagonist of the tale changes her fate. In the story, Abhishek and Ankita are the main characters. It looks at the fact that love doesn't always bring happiness, and that sometimes we have to deal with difficult and overwhelming situations that make life miserable. There can be so many obstacles in the way of love that no love story can be happy and smooth.

Love is a strong feeling. It is the basis of existence itself. It is the strongest emotion. It is fundamentally linked to both nature and humanity. However, there are instances when it leads to a great number of difficulties in life, and the main character in this tale deals with the same issue. It explores that love does not always give happiness and sometimes, we have to face tough and haunting circumstances which make human existence a wretched and miserable affair. Every love story cannot not happy and smooth as there may be so many obstacles in the way of love.

Bipolar Disorder is a disorder associated with episodes of mood swings ranging from depressive lows to manic highs. Manic episodes may include symptoms such as high energy, reduced need for sleep and loss of touch with reality. Depressive episodes may include symptoms such as low energy, low motivation and loss of interest in daily activities. Mood episodes last days to months at a time and may also be associated with suicidal thoughts. Treatment is usually life long and often involves a combination of medications and psychotherapy.

Life is What You Make It is a novel that has a woman as the main protagonist. The lead female of the story is Ankita Sharma. She is a sweet, attractive, smart, ambitious and happy-go lucky girl born into a conservative middle class family. It is a chronicle of her life. Set in 1989 when *Doordarshan* was the main source of entertainment and when letter

writing was in vogue. The tale begins from her college days, then her admission into MBA in Mumbai.

Up until then, everything is going her way. But all of a sudden, she has a chaotic life. She finds herself in an unsettling circumstance that is partially her fault and partially the result of fate. The work attempts to educate readers about mental illness and its treatment by using Ankita's tale to address this issue. The book makes an effort to eliminate the stigma and embarrassments associated with mental illness. Similar to the birth of Phoenix, Ankita triumphs over her illness. The narrative concludes with Ankita's rebirth into a person who is grateful to be alive every day.

Persons with mental disability undergo hell like torment when they are under diagnosis. They are unable to express their exact mood swings. In addition to that the close acquaintances like, parents and friends are also unable read their mind and heed to their exact needs. This makes the situation and the patient even worse. What if completely cured protagonist come across swings when reminded of past which she has put in her dark compartment and locked and which she never wants to reminded of and unlock too. Such sequential past comes her way one by one switching on her mood swing. She hides it from her parents as she doesn't want to trouble them more. This is the plight of Ankita in the sequel *Wake Up Life is Calling*.

Ankita has battled a mental illness, endured hardships, and avoided two failed attempts at suicide. Everything appears perfect now that she is in Mumbai and is surrounded by her devoted and helpful parents. She doesn't take any medication. She is pursuing her passion topic of creative writing at the college she adores. She now has a "normal life" and embraces every moment of it. But there's turmoil developing beneath the surface. She is drawn in, consumed by, and plunged into a horrifying abyss that twists and rips her apart by a book she finds in the campus library. The situation is exacerbated when a former boyfriend reappears, adding to the chaos.

Every disaster's aftermath is difficult and always gives rise to a happy new beginning. For Ankita, it's her new creative writing class and her friends Janki and Parul gives new rise in her life. She cried out at every motion, yet she ended up in agony. The coming back makes Ankita to fell, "looking for the smallest signs of hope. You clutch at even the tiniest positive bits, convincing yourself that they are signs that point towards a bright future". (Pg-1).

For Ankita, each day is a fresh start and a challenge. After meeting Parul and Janki, she wants to up her style game because, as a recent mental health survivor, Ankita would much prefer explore the outdoors than focus on fashion. She became numb during the therapy period and lost her ability to read and write, which was her love. Eventually, she found herself constantly battling her own ideas since everything she did would eventually be seen through the lens of mental disease symptoms. She frequently gets up to stare at me, but it's in vain because she doesn't have the positive wings of a phoenix. Unlike her previous silence of anticipation, she has experienced a silence of discomfort.

It's at this moment Mrs. Ruth Hayden comes as a life saver as Dr. Madhusunan in the novel. Mrs Hayden's Past, Psychotherapy techniques, Blue Balloon technique, positive vibrant energy at the age of 53 and single strong minded attitude transforms Ankita's worthless attitude to giving mind space to selective persons etc. Finally this positivity makes her to feel, "Life was calling and I was awake" (240). It's not actually the mental trauma or swings that affect them more but, treatment and negligence worsen them. So aftermath of any disaster needs a complete, pure, innocent, plain care rather than voicing for their fears, criticising them and reminding of them their past. Even the toughest king needs comfort from time to time. Why not we offer our comfort to these ailed souls? Comfort and care heals the ailed soul.

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