

**Analysing the novel sons and lovers by DH. Lawrence from the perspective of psychoanalysis theory.**

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**Article Received:** 29/02/2024

**Article Accepted:** 28/03/2024

**Published Online:** 31/03/2024

**DOI:**10.47311/IJOES.2024.6.3.163

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**Abstract**

Everyone in this universe is dealing with lots and lots of stress and anger issues; we all live in such a hurry, a world where we are too focused on earning rather than investing in ourselves. We are too conscious about what other people think about us; we try too hard to impress other people rather than spend time with those close to us, such as our loved ones. Many factors influence the behavior of an individual, such as childhood trauma, being a victim of a toxic relationship, physical abuse, and sexual abuse as well. In psychological terms, the individual's behavior is influenced by two broad conditions: ical and operant conditioning. We will emphasize these issues through the novel Sons and Lovers by Lawrence and other self-help books.

**Keywords:** Oedipus complex, Attachment theory, Subaltern theory.

**Introduction.**

The experience and suffering of an individual have a vital role in shaping a particular individual's behavior. Some specific individuals like to transform themselves, and there could also be certain kinds of behaviors that can have negative repercussions in an individual life, such as taking drugs. Moreover, one of the best ways to improve these kinds of behaviors and to live a healthy and happy life is to go for regular therapy sessions such as cognitive behavioral therapy, behavioral therapy, and psychotherapy.

The people who are dealing with mental health issues should be and must not be treated differently than other individuals; one should always try to be more supportive, emphatic, and kind towards them. Therapy is one of the best ways to help us live a healthy and happy life.

Mental health issues such as bipolar disorder or depression are not recognizable. Hence, as a human being, the least we can do is to be nice to each other; if we see someone behaving in a way that is not acceptable in a social setting or places like shopping complexes or restaurants, then we need to know that he needs help so as a good friend or as a family member one must and should encourage their loved ones to go for regular therapy sessions.

Anyone can go through mental health issues in this universe, whether he is rich or poor, educated or uneducated, old or young, and it does not discriminate. We

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must not and should not judge someone the way they look and speak, but we also need to know and understand that we must not and should not judge someone the way they behave.

Providing a nonjudgmental space to an individual is one of the best ways to deal with mental health issues. It also helps individuals grow, improve, and provide the best to the upcoming generation. We live in a world where being hypocritical is promoted, but being authentic is not. It is expected of us to look a certain way and to behave in a certain way, but no one realizes how and in what way it is affecting an individual's mental health.

If Paul Moralre had been provided with a nonjudgmental Space, he might have been a gentleman rather than affected by the Oedipus complex.

Even if we are not accepted to be a certain way, we still do not feel comfortable being authentic, even if we are alone in public places. We need to change the idea of being hypocritical towards ourselves and others to the idea of not being critical and becoming more acceptable towards others and ourselves.

People can try to appreciate themselves if they have done an excellent job. They should not and must not wait for others to appreciate them. Appreciating themselves helps build positive reinforcement in themselves.

Likewise, Paul is too affected by Miriam and Clara's opinions. If he had not been affected by the Oedipus Complex and not been by other people's opinions, he could have been able to decide for himself.

Paul might have considered taking therapies.

Factors that affect an individual's behavior and ways of dealing with them.

An individual needs to understand that one should not try to focus too much on what other people think about them, and one should not live one life how others want them to live; one must and should live one life how one wants to. People are trying hard to lose weight or gain weight not because they want to but because they want others to accept them. In this particular narcissistic society that we live in, it is believed that someone will only like you if you look a certain way, but that could never be the reality. Everyone will never like you, nor will you like everyone, so we need to like ourselves and love ourselves.

Osho's book *Life, Love, and Laughter* emphasizes topics such as how to love oneself, how one should not be affected by the words and opinions of other people, and how one can practice mindfulness and enjoy one's presence to the fullest. Even in the book *Take Your Time* by Eknath Eswaran, mindfulness has been analyzed and discussed from various perspectives, giving different examples.

One of the examples discussed in *Take Your Time* is if a child is having breakfast and is eating slowly, he is being forced to finish his breakfast early because of the bus, and due to this, he cannot enjoy his present to the fullest.

Sometimes, it is too difficult for any individual to deal with many things, including death, so they tend to make impulsive decisions. Likewise, we have seen in the novel *Sons and Lovers* that it is becoming challenging for Paul to see her mother in pain, so she ends up giving her an overdose of the morpheme, which eventually leads to her death.

The Sons and Lovers is a novel by DH. Lawrence talks about the Oedipus complex, which states that a son is jealous of his father and how the love and affection for his mother could influence his life and his relationship. To deal with such kinds of issues, any individual needs to seek therapy sessions, which could help anyone to realize what is best for them and to do better in their life and not end up being like Paul Morale.

The factors discussed above are some of the most critical factors that affect an individual's behavior. One needs to give more importance to one's mental health rather than one's physical health. We live in a society where people give more importance to their physical health than their mental health. Taking care of your physical health is always good, but you must not forget to take care of your mental health.

People should focus on the bigger picture rather than giving more importance to little things. Practicing gratitude and living here and now is one of the best ways to find happiness, tranquility, or peace, build patience, and live a holistic life.

In film industries, too much importance is given to the celebrity's looks. They deal with lots and lots of mental health even renowned persons and celebrities also take regular therapy sessions. In remote areas and villages, many go through issues, and their parents cannot afford the well-being of their child's mental health. In places like villages, there are no psychologists as well.

Due to the lack of technological advancement, mental health specialists are not always available and do not have access to online therapy sessions.

When the novel Sons and Lovers was set in the 19th century, people were unaware of mental health and therapies. People liked psychologists, but there were very few psychologists available.

In rural sectors, any psychologist can visit there and make people aware of the importance of mental health. Factors like family background nothing has to do with the mental health of an individual, and one needs to know. One needs to understand that the family background of an individual has nothing to do with a mental health disorder. Anyone could be a victim of mental health issues, irrespective of their social status.

Experience detachment or dealing with attachment issues could also affect an individual's behavior because if someone is in a relationship with someone and that particular person is supportive, they accept the same kind of treatment as everyone else. However, we all need to know and understand that we are all different from each other.

It would be significant if we could be more accepting of each other and ourselves rather than expecting anything from anyone.  
How people are judged based on their profession.

It is not acceptable in our society if a man follows the profession of a woman or if women follow the profession of a man. Women have to leave their household to follow their profession, and most of the time, they end up being single parents, so they have to take care of their children all by themselves, and maybe this could have

a negative influence on the child. Even if people or society do not support men to follow their profession, they end up going through a depression.

### **Upbringing and Indian society.**

In Indian society, it is acceptable for men to get angry or lash out at a woman, and toxic masculinity plays a significant role in the increase of domestic violence. Since childhood, parents have given more importance to the needs of a boy child than a girl child. It is not at all acceptable for a man to cry in an Indian society. It is also accepted by men to take care of the household, but it is not at all acceptable if women do the same thing.

According to the attachment and Subaltern theory, Paul Morales's Father or Mises Moraels's husband is made to feel like a subaltern and left out. Paul is someone who was dealing with attachment issues and anxieties due to an oedipal complex, and that is the only reason he is being left out alone.

As it has also been analyzed in Sons and Lovers, Paul Morale hates his father and lovers and even shares his desire towards his mother. As per ID, Ego, and Superego and according to the psychoanalytic theory of Freud

ID works on a Pleasure principle, the Ego works on a reality principle, and the Superego works on a moral principle. If your ID says you want to grab a sandwich, then your Ego says it is wrong because if you want something, you must earn it and pay for it. Your Superego says that it is wrong and that this kind of behavior is unacceptable, and it gives a wrong message to other people. It is the conflict between Paul's id, Ego, and Superego, in which he cannot reason and ends up alone, and Paul's moral sadness is impossible to explain.

If any child or any individual grows up in a family where there is discrimination between men and women, he could become violent towards women, and this could have a negative consequence on the physical as well as sexual relationship of husband and wife.

In the novel Sons and Lovers, there are many incidents wherein girls are always seen as inferior to boys.

### **Inclusivity in LGBTQ communities**

People are judged based on their looks and their sexuality, and they are treated very harshly; they are exploited physically, sexually as well as mentally. Despite so much development and technological advancement in the 21st century, we still see heterosexuals as different from homosexuals or ourselves.

LGBTQs are usually sidelined, ignored or they are considered as inclusive from other people in public places, they are not accepted by any other community other than LGBTQ, and these factors can have a negative influence on Lesbians, Gays, Bisexuals, Transgender, and Queer's mental health if there is any teenager who has grown up in a conservative family.

What can be done to deal With the mental health problems regarding LGBTQ?

As a government or as a citizen of a country, we can ensure that free one-to-one therapy sessions should be provided to those people who belong to conservative families and if they cannot express the problems that they will be dealing with

regarding their sexuality. A parent of any child needs to take up therapy sessions because it only helps them to understand their child better. However, it could make them supportive and empathetic, and they can also provide the best kind of support and love to their child if they can provide the best for themselves.

**Conclusion.**

This research paper focuses on the mental health issues of society and the community and adopts a solution-oriented perspective. As citizens of any country, it is our responsibility to help people and bring about change through small steps. If you want to build the best and safest place for everyone to live, remember that it all starts with you.

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