

Relationship of Literature and Psychology

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Abstract

Generally, All Sciences and especially Social Sciences have relationship with each other. Reading literature and researching it by itself can interrupt any academic work. Human is a social being, and his/her relationship is connected with society, human beings, environment, politics, culture, economics and other factors. Therefore, in order to prove a literary hypothesis, a strong researcher is obliged to study other sciences. Psychology has the right to be prioritized from the mentioned sciences because it particularly discusses humans, and literature is created by humans. This article demonstrates the same point that what type of relationship literature has with psychology and how important psychology is for researching on literature.

Key Words: Literature, Psychology, relationship, hypothesis and humans

I. Introduction

Generally, All Sciences and especially Social Sciences have relationship with each other and proving a new and good hypothesis requires familiarity with psychology, history, politics, sociology, anthropology, and other sciences in addition to Professional Literary Sciences. These issues are mentioned in this article that how social sciences are related, how important the relationship of literature and psychology is.

II. The Importance of Research

The article is important because it shows a researcher how to prove a good and new hypothesis considering the importance of composition method. In order to prove a hypothesis, it guides researchers that understanding only one knowledge is not productive enough. Based on the fundamentals of composition research, it is important to have familiarity with various sciences. Sometimes, for understanding a literary piece of writing, it is important to understand other social sciences. In addition, the article considers familiarity with other social sciences important, which proves the innovation of the article.

III. Goal and objectives of the Research

Generally, all sciences particularly social sciences sometimes have relationship with each other, so to prove a new hypothesis, specialized knowledge only in a particular profession cannot solve the problem. The objectives of this article are recognizing the relationship of literature and psychology, discussion

about relationship of literature and other sciences and considering the composition method important for proving a good hypothesis.

IV. Research Questions

- What relationships do literature and psychology have?
- How important are the relationships of literature and other social sciences in addition to psychology?
- How important is understanding other sciences for proving hypothesis in literature?

V. Method and Methodology

Composition method has been used in the article. In order to prove the issue, all the information has been interpreted and analyzed well.

VI. Context

The question arises whether psychology has a role in researching literary work. What factors do completely create coordination between literature and psychology in order to be able to use these elements instead of each other? Freud has summarized one of its most important elements in this statement, "Unconscious person speaks more than one language." In his opinion, unconscious is secretly involved in artistic and literary entities or creation. As Rawankavi introduces unconsciousness as knowledge, wisdom and study, he lets himself research on all the areas which are farther or closer, but have a relationship with the mechanisms and entities of unconsciousness. In literature one can research and review revelation of unconscious demands in a context through psychology. Considering the points mentioned above, we can come closer to conclude that literature is a fruit of human efforts and mental activities. Therefore, human has relationship with psyche, consciousness and unconsciousness. Psychology has relationship with many sciences because it discusses various situations of humans, and humans are social beings and live in the society. That is why the impacts of psychology exist in other sciences. Psychology also has relationship with Medical. Long ago, human beings thought about dreams, habits, happiness, unhappiness and other psychological characteristics. In Greek Literature, all sciences were studied as a group and psychology was being studied as a branch of philosophy. However, with the passage of time, it emerged as a separate science in the world.

Psychology had an ancient historical background in Greek Literature. Traces of psychology are found in the works and dramas of Euripides, and the dramas of Kalidas also contain these characteristics.

Psychology also has relation with literary researches and for a strong researcher, it is necessary to study psychology and other relevant sciences in addition to his/her profession. The research has a direct connection with psychology and sociology. The research that is done regarding social sciences, particularly has a special connection to psychology which cannot be denied. Sigmund Freud took an important step in this area. After Sigmund Freud, his student, Karl Gustaving had new achievements in literature considering the area of social unconsciousness and myths. In classic literature of Pashto and Dari, psychology, philosophy, Medical history, geography and other sciences have academic relationships with each other. Generally, relationship with various sciences especially psychology can be found in literary and academic speeches of Persian Literature poets and authors such as Sanayee Ghaznawi, Sheikh Fareedudin Ataar, Maulana Jalaludin Mohammad Balkhi, Khyam and others. Similarly, in the second period, there are psychological issues in the poems of Khushal Khan Khattak, Ashraf Khan Hijri, Rahman Baba, Abdul Hameed Momand and others. In the third period, the creations of Gul Pacha Olfat, Khadem, Benawa and others contain issues which can come in the realm of psychology.

If a literary scholar starts to discuss the thoughts and ideas of Khushal Khan Khattak in his creations, the researcher is obliged to study the environmental effects of his time, family life, family status, the problems that Khushal encountered and his family conflicts in the light of psychology.

(Gul Pacha Ulfat was an active and important member of Awakened Youth movement. The Goals of Awakened Youth movement have been expressed in his poetry and prose. The objectives of his

movement are directly and indirectly mentioned in his poetry. Ulfat's political thought in his poetry and prose implies that political environment has affected him and for his research, the researcher is obliged to study political environment of his time.) (Hashimi, 100)

In social sciences, psychology has a lot to do with research. In his book "Research Guide", Mohammad Sediqi says, most sciences have relationship with other sciences and cannot be explained by themselves. (For example, in order for the analysis and interpretation of a poem, poet's psychological, historical, social, political and economic environment and other factors should be considered, and he should notice what position the poem has in the history of literature.) (Rohi, 87)

The characteristics of psychology make the core principle for the analysis and interpretation of every poet's poem and therefore literary research has close relationship with psychology.

Psychological traces are intentionally or unintentionally found in Pashto Language poetry and prose. Intentionally, sections of psychology in research and creations of those people who particularly studied this part or had a specialization in this area.

Psychological traces in the poetry and literary writing of Gul Pacha Ulfat imply that he had studied psychology and had information about it. There are many effects of psychology in Professor BahaudinMajrooh's book 'Selfishness is a dragon'. He had studied in philosophy, so the effects can be seen in 'Selfishness is a dragon'.

In addition, there is a section of psychology in the written work of Mohammad Siddiq Rohi, Mohammad Akbar Kargar, AsadAsmayee, Kabir Stari, Abdul Ghafoor Liwal and other contemporary writers.

We also have some writers whose literary work has unintentional connection with psychology and science in their speeches. In their speeches there are ideas which was proved by people hundreds of years later. This suggests that psychology deals with human behavior, emotions, feelings, passions, and in particular all of human's inner situations. That is why human beings are often addressed for guidance in everyday life and those sayings can also be related to psychology.

(Psychological traces can be seen in the speeches of most Pashto language classical writers. We are going to mention some of them in the written work of Khushal Baba and Gul Pacha Ulfat. Khushal is a multi-dimensional personality. There are some important points about it that we are going to discuss here. Mohammad SediqRohi has some important points about it in his article on Khushal Baba's philosophy of education and says: John Locke, a world-renowned philosopher and psychologist, says that a child's brain is like a blank screen or paper.

(In many of the Pashto poets' speeches, psychological hints can be found. For example, we would like to mention in the writing of Khushal Baba and Gul Pacha Ulfat. Khushal Khan is multi-dimensional personality, there are some points regarding psychology in his poetry.

In his article 'Philosophy of Education and Training', Mohammad SediqRohi has discussed some important points about it and says, In his book 'Dastarnama, Khushal Khan Khattak says that a child's brain in his/her early stages is strong and can remember something for longer. World famous philosopher and psychologist John Locke says that the brain of a child is like a white banner, that is to say, everything is easy to remember or learn and Khushal has presented the same idea in his simple prose 'Dastarnama'. (Rohi, 166)

In his book "Dastarnamah", Khushal guides mothers to take care of themselves during pregnancy and today, Psychologists recommend the same thing. It proves that Khan Baba had studied psychology. In 'Dastarnama', he has mentioned important points about materialistic and moral persuasion that have been proved by psychology. He adds that a school or university student needs both material and moral persuasion, if we cannot afford materials, we can encourage them morally.

Khushal Khan Khattak recommends upbringing children according to the choice of spouse and believes that the training of a child starts from the day the sperm is formed. Psychologists believe that the effects on a child's behavior start from first day and that the child's educational development is carried out by the parents through the placenta. When sperm and ovum are formed, both of them have their own nutrients, and when impregnation occurs, they are continuously fed from the uterus. When the first stage of the human body begins in the uterus and turns three months old, it connects itself to the mother and receives the same nutrients through the placenta (feeding between mother and baby), until the birth takes place.) (Hashimi, 2_3)

Someone said to a scholar: I started training my child from the first day of his/her birth. The scholar said: "You have started training your child late. In fact, you should have started focusing on training your child almost a year ago. The training period begins on the first day of the formation of the male's sperm and female's ovum in the uterus of a mother.

The opinions of the Greek philosophers before the Renaissance (Plato, Aristotle, Socrates, Hippocrates, etc.) were accepted blindly and without thinking, Aristotle believed that women had fewer teeth than men had. Although he had been married twice, he never tried to prove his claim by counting his wives' teeth. Aristotle also believed that foolish people should be beaten, some others believed that education and corporal punishment are associated with each other and Pashto Language Poet, 'Hameed Momand' has the same opinion and says:

نازولی زوی نه اخلي ادب
او د سیوري نخل نه نیسي رطب
مه نیو مه شه هغه زوی دی په خوا پوري
چي بي نه بي نیولی درس وي نه مکتب
په زره مهر په خوله قهر زوی ته بویه
خه بنه وایي چیرته دب هلته ادب (Momand, 233)

The meaning of the poem: Some of the words in the above poem need psychological analysis. Giving children too much love can create problems for them in the future. He also speaks regarding education and in the last line, the poet believes that good manners, education and training can be obtained by beating, which according to contemporary psychology, harms children rather than benefitting them. Today, psychologists reject the claim of the Greeks and Hameed Momand, and thinks that the children should not be beaten because beating children introduces bad people to society in the future. In contrast with it, Khushal Khan Khattak is against beating and corporal punishment. In addition to Khushal, there are words in Gul Pacha Ulfat's poems that discuss the relationship of Pashto literature with psychology. In addition to the poems of Gul Pacha Ulfat, which contains psychological theories, there are some theories in the research prose works which show that the pedagogues had the same thoughts and ideas. (Gul Pacha Ulfat's first literary work in the field of literary theory is 'Literary Discussions'. In the mentioned book, he says about beauty:

«ناسي له شعر او شاعر نه علمي حقایق مه غواړئ، د شعر هدف حقیقت نه دی، جمال دی.» (ulfat, 66)

In his literary research, he has mentioned Pedagogue, Kant's views on aesthetics in the following way: "Human instinctively loves beauty. This beauty manifests itself in various arts as color, sound, and movement. All art has one thing in common. 'Kant' further adds that beauty and usefulness are two different things. He said, every beautiful thing may not be useful. For example, Cabbage is more useful than rose because it is eaten, but the poet may never have succeeded in praising the cabbage, or, for example, a man does not marry a beautiful woman just because she would help her husband more in cultivating and reaping the field than an ugly woman. This way, "Kant" thinks that beauty has an independent value of its own, so when Gul PachUlfat adds about the beauty of poetry: Don't expect a poet or his poetry for scientific fact, the goal of his poetry is not reality, but beauty. In fact, it is based on Kant's aesthetic theory. It may also be true that poets and artists do not express reality, but imitate reality.

Gul PachUlfat also agrees with Pedagogue Kant's views on beauty and confirms it (Rohi, 113). There are psychological theories in Ulfat's poetry and prose collections, some examples of which are mentioned below:

VII. Education and Training

Psychology specifically discussed human behavior and characteristics and education has a direct impact on human behavior, therefore, psychologists study training psychology as a major subject. He says:

(صحرا ته لارم يو کانی له بل سره برابر نه و.
غرونو ته وختلم، ځيني جگ او ځيني تيب و و.
بنارونه مي وکتل ځيني کورونه لوی او ځيني واړه و و.
په باغونو وگرځي دم ټولي ونې په يوه ميچ نه وي.
د سيندونو کبان مي وليدل يو له بل سره په تول کي برابر نه ختل.)

(ايا پوه او ناپوه برابر دی؟ ايا د رانده او بيټا څه فرق نه شته؟ ايا د جنت او دوزخ خاوندان څه توپيرونه نه لري؟ ايا نور او ظلمت يو راز دي؟ په دې پوښتنو د غفلت له خوبه را وپيش شوم او هري خوا ته مي په ځير ځير وکتل، څنگه چې د يوه پتي تيپر او د يوه بوتې کدوان يو راز نه و، د انسانانو سرورنه هم غټ او واړه او د ټولو خولې برابرې نه وي.) (Ulfat, 165)

The meaning of the above example is: The poet says that he has noticed differences in everything in the world. In addition to humans, there are differences in the universe, animals and human beings. The Qur'an has a lot to say about this, that the wise and the ignorant are not equal, so the religions also say this, and contemporary psychology has a lot to say about this.

(په اسلامي اصولو کي پوه او ناپوه سره برابر نه دي. په پرمختللي نړۍ کي هم پوه او ناپوه سره برابر نه دي، خو ځينو وروسته پاتي هېوادونو کي ناپوه او پوه سره برابر نه دي. ډېر ناپوهان بايدد پوهانو مشران وي او داسې نور) (Ulfat, 168)

If a human gets education which bring about positive changes in his/her behavior, these positive changes are the outcome of the education in human attitudes and manners.

Moral inner reform of a human has more fundamental role in human deeds than his/her outer reform. Human emotion, manners, imagination, idea and others are issues which can bring about positive changes in human beings.

VIII. Individual Differences

In psychology, (Individual Differences) are described and explained under a specific title. Various debates have been held about it and is taught as a subject. I am going to present it as a topic below.

The inner structure (love, warmth, emotions, feelings, imagination, personality, manhood, manner, etc.) of all humans are not same and outer structure (height, face, skin, skin color, eyes, nose, ears, etc) are different. There are no humans who have same inner and outer structure.

There are examples in Ulfat's poetry which can show the concept of individual differences.

In his (Social Psychology), (Doctor Yousaf Karemi says regarding the individual differences: Translation: (All the creations of the world on the face of earth including all living, non-living, animals or plants, are created by Allah with a specific size and beauty, genetic and environmental effects distinguish their inner and outer structure from each other) (Karime, 104)

A part of his writing from prose collection under the title of 'New Generation':

(...که اولادونه ميندو غوندي واي، نو له غرونو څخه به لعلونه نه پيدا کي دل، له دريايونو څخه به مرغلي نه راوتلي، له ايشار نه به برېښنا نه راتلل، د ړندو اولادونه به رانده وو، له کيو نه به کانه زېږيده...) (ulfat, 44)

Translation of Context: The poet believes, if children were like their parents, today no garnets would come from the mountains, no pearls would come from seas, no electricity would be produced from waterfalls and the blind would have blind children and the deaf would have deaf children. Indeed, these are human changes that good people have bad children and the bad have good children.

Children may have the same parents, but with different attitudes, behaviors and external structure.

Similarly, they may have different features from their parents which come under the concept of individual differences.

The Effects of Environment: In psychology, the effects of the environment have been discussed a lot because the effects of the environment has direct relations with human beings.

Ustad Ulfat Prose describes the concept of education and environmental effect:

(چا چې د تعليم او تربيت ټكى اورېدلى او د دواړو په مفهوم او معنى كې يې غور او دقت كړى دى هغه پوهېږي، چې تعليم بېل شى او تربيت بېل شى دى. علم په ټوله نړۍ كې تقريباً يو راز دى، مگر تربيت په هر ملت او هر مملكت كې بل راز كېږي. علم په لږ وخت كې د يو څو كتابونو په وړلو او ترجمه كولو له يوه خايه بل خاى ته نقل شى، مگر د تربيت عمرونه او ډېر وسايل غواړي. د علم ښودنه د يوه ملا او معلم كار دى، مگر تربيه كول د محيط او جامعي، د مور او پلار، د كور او كورنۍ د يوه قايد او مرشد وظيفه ده...) (Ulfat, 258)

This is an example of his prose: The author has discussed the effects of the environment here. Education is learned, but training can also be obtained from the environment. Every society has its own culture. The culture causes changes in humans. The author has similar opinion like other philosophers who believe that genetics and environment have effects on humans.

IX. Conclusion

In conclusion, it is important to state that literature is created by humans, and psychology in particular discusses human beings, so it is important to understand psychology in order to interpret literature. It is also important to know other social sciences for literary research besides psychology. Literature can be discussed from several aspects. Considering synthetic research, literary research gains value only when a hypothesis is considered in the light of other sciences. Unilateral research cannot have new findings, so researchers around the world study various disciplines of literaturesuch as philosophy, psychology, sociology, theology, and so on for doing new research. The great achievement of this research is that Pashto literature has a comprehensive relationship with psychology, which can be seen in the article as an example.

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