



PSYCHOANALYTICAL STUDY OF 'THE SECRET GARDEN'

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ABSTRACT

The Secret Garden by Frances Hodgson Burnett, to demonstrate a therapeutic process. Two children are able to resume normal development, and overcome pathological character traits, through the agency of new object relationships, peer group experiences, and favorable environmental influences. As a result, both attain the skills and ego functions of normal latency and prepuberty. Elements of this therapeutic process that resembles the psychoanalytic encounter and the therapeutic treatment milieu are highlighted and discussed. The central role of transference, with its similarities and differences in both settings, is emphasized. Finally, the metaphoric meanings of "secret gardens" are explored and connected with the enormous appeal of this book for its prepubertal girl readers. In this paper it is involving or using psychoanalysis, a system of theories concerning the relationship between conscious and unconscious psychological processes: This course covers many different methodologies, including sociological, psychoanalytic, and ethnographic approaches to literary criticism special refecnece The Secret Garden.

Keyword- Psychoanalysis, id, ego, superego

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INTRODUCTION

Psychoanalysis is a set of psychological theories and methods of therapy founded by Sigmund Freud. Psychoanalysis revolves around the belief that everyone has unconscious thoughts, feelings, desires, and memories. Psychoanalysis therapy is used to release repressed emotions and experiences. For Sigmund Freud, psychoanalysis theory started in 1885 as he was trying to put together a method for patients who suffered from neurosis or what was called hysteria disorder at that time. The theory existed before Freud but was not well-known or widely used.

Freud revolutionized how we think about and treat mental health conditions. Freud founded psychoanalysis as a way of listening to patients and better understanding how their minds work. Psychoanalysis continues to have an enormous influence on modern psychology and psychiatry. Sigmund Freud's theories and work helped shape current views of dreams, childhood, personality, memory, sexuality, and therapy. Freud's work also laid the foundation for many other theorists to formulate ideas, while others developed new theories in opposition to his ideas.

Freud's ideas had such a strong impact on psychology that an entire school of thought emerged from his work: psychoanalysis. Psychoanalysis has had a lasting impact on both the study of psychology and the practice of psychotherapy.

Psychoanalysis sought to bring unconscious information into conscious awareness in order to induce catharsis. Catharsis is an emotional release that may bring about relief from psychological distress.

Research has found that psychoanalysis can be an effective treatment for a number of mental health conditions. The self-examination that is involved in the therapy process can help people achieve long-term growth and improvement.

Probably the most important (and difficult) part of writing any novel is figuring out what the protagonist's main goal will be. This can be difficult to put our finger on, as characters often have many goals along the way, as well as deeper psychological and emotional needs, which we will get to in a bit. But in this case, the goal is pretty clear: when Mary first arrives at her mysterious new home, she learns about a secret garden, one that has been locked up and the key hidden ever since its owner's death over a decade earlier. Mary's main goal then becomes "find this secret garden." She does end up finding the garden about halfway through the novel, at which point, the goal shifts slightly to become "bring the garden back to life."

Another tricky aspect of finding our novel's main goal is ensuring that this goal is not arbitrary or random. It has to matter to the protagonist and be part of how they are changed as

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a result of the events of the novel. In this case, finding and restoring the garden gives lonely Mary something to care about, and as she works toward this goal, she becomes less spoiled, more independent, and much kinder. Near the middle of the book, the garden takes on even more emotional significance, as it is used to help restore the health of her cousin Colin, the mysterious child she heard crying in the night.

This tale of transformation is an exaltation of nature and its effects on the human spirit. The physical and spiritual healing that Mary and Colin experience in the garden is mirrored in the seasons: it is winter when Mary discovers the garden; they begin working in spring and fully recover in summer; and Archibald Craven returns to find his son and the garden both healthy in the fall. In addition, Burnett's interest in the theories of Christian Science and theosophy are reflected in the way that the children are healed, not only through contact with nature and with each other but also through positive thinking.

The Secret Garden tells the story of Mary Lennox, a spoiled young English girl being raised in India. After the death of her parents, she is sent to live at her mysterious uncle's Yorkshire estate, Misselthwaite Manor. Mary is disagreeable, used to being waited on, and initially does not even know how to dress herself. At Misselthwaite, she is mostly ignored and left to wander outside in the gardens. The manor is full of secrets, though, and Mary often hears the screams of a child echoing its halls at night, despite the servants' insistence that it is only the wind. She also hears rumors of a mysterious garden, locked up for over a decade after the death of her uncle's wife. Mary sets out to discover the secrets of Misselthwaite and bring the garden back to life.

Mary Lennox, who is living in India with her wealthy British family. She is a selfish and disagreeable 10-year-old girl who has been spoiled by her servants and neglected by her unloving parents. When a cholera epidemic kills her parents and the servants, Mary is orphaned. After a brief stay with the family of an English clergyman, she is sent to England to live with a widowed uncle, Archibald Craven, at his huge Yorkshire estate, Misselthwaite Manor. Her uncle is rarely at Misselthwaite, however. Mary is brought to the estate by the head housekeeper, the fastidious Mrs. Medlock, who shuts her into a room and tells her not to explore the house.

Mary is put off when she finds that the chambermaid, Martha, is not as servile as the servants in India. But she is intrigued by Martha's stories about her own family, particularly those about her 12-year-old brother, Dickon, who has a nearly magical way with animals. When Martha mentions the late Mrs. Craven's walled garden, which was locked 10 years earlier by the uncle upon his wife's death, Mary is determined to find it. She spends the next few weeks wandering the grounds and talking to the elderly gardener, Ben Weatherstaff. One day, while following a friendly robin, Mary discovers an old key that she thinks may open the locked



garden. Shortly thereafter, she spots the door in the garden wall, and she lets herself into the secret garden. She finds that it is overgrown with dormant rose bushes and vines (it is winter), but she spots some green shoots, and she begins clearing and weeding in that area.

Mary continues to tend the garden. Her interaction with nature spurs a transformation: she becomes kinder, more considerate, and outgoing. One day she encounters Dickon, and he begins helping her in the secret garden. Mary later uncovers the source of the strange sounds she has been hearing in the mansion: they are the cries of her supposedly sick and crippled 10-year-old cousin, her uncle's son Colin, who has been confined to the house and tended to by servants. He and Mary become friends, and she discovers that Colin does not have a spinal deformation, as he has believed. Dickon and Mary take Colin to see the garden, and there he discovers that he is able to stand. The three children explore the garden together and plant seeds to revitalize it, and through their friendship and interactions with nature they grow healthier and happier. When her uncle returns and sees the amazing transformation that has occurred to his son and his formerly abandoned garden now in bloom, he embraces his family, as well as their rejuvenated outlook on life.

The secret garden is a catalyst for healing in the characters who see it, and with Colin the effect is literal. Unable to walk when we meet him, he discovers in the garden that he can stand. He secretly practises until he is able to shock his father by getting out his wheelchair and walking. With Colin, it's apparent from the start that his disability is psychological, rooted in a loveless childhood. But it's not surprising that Burnett's notion of cures is informed by Christian Science. The philosophy is plain in the text: "When new beautiful thoughts began to push out the old hideous ones, life began to come back to [Colin], his blood ran healthily through his veins and strength poured into him like a flood." On the page, Colin's story is haunting. In context of a larger literature that has relatively few complex characters with disabilities, the diagnosis of "it's all in his head" feels disappointing.

CONCLUSION

The writer assumes that the main concept behind psychoanalysis is to address and resolve any issues that arise due to lack of harmony with the three structural elements of the mind, which include "id, ego and superego". Hence, psychoanalytic is geared towards attaining self- understanding as the character becomes more capable of determining and handling unconscious forces that may either motivate or fear her. In order to obtain a person's mental well-being, it is important that all of these elements are in harmony with each other. Otherwise, psychological problems may occur including neurosis due to repression, regression, and traumatic events.



The main concern of the writer here, is to analyze the psychological problems of the main character Mary Lennox in *The Secret Garden*. Mary Lennox suffers several behavioral problems due to her parent's neglect in her early childhood. She has been abandoned by everyone and no one gives enough attention to her. This situation has put her in her misery and depression. She is unable to trust other people, and often treats others impolitely. This traumatic experience leads to misbehavior of the main character, Mary Lennox. The progress of her development is crucially neglected. She becomes aggressive, temperamental, disrespectful, and depressed. She cannot think straight how to behave to other people. From a psychological perspective, trauma might happen when a child experiences an intense event that threatens or causes harm to his or her emotional and physical condition, basically only to themselves.

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