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A Psychological Crisis Depicted By J.G. Farrell

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The term 'Psychological crisis' has been defined as any positive or negative tragic or unexpected, disappointing, frustrating phenomenon in the life of an individual causing mental disorder, frustration, overwhelming of emotions, brooding over past mistakes, abnormal behavior, emotional imbalance, stress induced disorders etc. There are many causes of psychological crisis. Some of them are traumatic event, life threatening diseases, unhappy childhood, man-made destruction like war, violence, physical assaults. The most painful effect is individual's energy is wasted in solving this crisis.

J.G.Farrell describes psychological crisis of his characters in different ways and with literary skills. Martin Sands in *The Lung* compares himself with 'stray blooded dog'; he is in deep depression, having experience of serious illness. Polio attack is traumatic experience for him. He is admitted in the hospital for six months and experience barrenness, isolation, desperate feelings; he strives for death, his dreams are the signs of his depressed condition. Martin's probing in the past, loss of communication, shabby appearance are the sign of his experiencing psychological crisis, he cuts very sorry figure, and is caught in a vicious circle making mistakes and then repentance, the present problems are the outcome of his past mistakes, he cannot come out of it.

Boris in *A Girl in the Head* wanders aimlessly near bay, talks himself, feels isolated among the other people, and suffers from threatening condition. Boris' groaning is a sign of repressed sexual desire which has created psychological crisis in him. Freud in his 'Repression Theory' writes about repressed sexual desire which creates psychological problems for an individual Boris, though surrounded by many girls, does not enjoy sex; hence he keeps sex, his head. His imagining of Flower's that is his wife's large breasts into the plate and thinking how it would look like shows, unhealthy condition of mind. He has sexual disorder, he waits for imaginary girls however; he is a-sexual also. He is troubled by his own psyche; thoughts of suicide persuade him. Thus all these are the signs of psychological crisis in Boris Slattery. He is in chaotic condition, frustrated and isolated. Thus all these three characters are self pitying and self-criticizing, Masochistic; Excessive drinking of Martin and Boris show their weak condition of mind. Boris is tortured by his own psyche. Girls in his head are rather apparition, unreal. Farrell describes unhappy childhood of Boris. He was deserted by his mother, in his childhood. This loss affected his tender and innocent mind. Feeling of being deserted disturbed his whole life, and his unsuccessful attempts to search out his mother made him inactive in his whole life, he is tortured by his own psyche.

In *The Siege of Krishnapur* Farrell describes crises of colonizers and colonized also. Malcolm Dean calls Indian Mutiny as a traumatic event because it disturbed lives of innocent Indians and Anglo-Indians. With physical diseases Farrell describes psychologically disturbed condition of his characters. During the mutiny Anglo-Indians were living in threatening condition, they had lost balance of mind. Farrell describes crises of colonizers and colonized also. Malcolm Dean calls Indian Mutiny as a traumatic event because it disturbed lives of innocent Indians and Anglo-Indians. With physical diseases Farrell describes psychologically disturbed condition of his characters. During the mutiny Anglo-Indians were living in threatening condition, they had lost balance of mind. Farrell describes the collector Hopkins' walking aimlessly and making frantic movements.

Hopkins experiences panic state. Both the Collector Mr.Hopkins and Padre buried many dead bodies; they experienced horror of war. Death and cries made them aware of futility of war and human life:

The sadness emanated from the three silent figures sewn up in bedding and he thought again of his death statistics, but was not comforted... And as he dug, he wept. He saw Hair's animated face, and numberless dead men, and the hatred on the faces of the sepoy... and it suddenly seemed to him that he could see clearly the basis of all conflict and misery...(178).

Hopkins suffers from acute stress disorder. He continues to have strong emotional and cognitive reactions like recurrent thoughts night-mares. Sudden news of mutineers attack created acute stress on his mind. Many women lost their husband, children, that disturbed them mentally and they experience panic state of mind. Scenes of violence, slaughtering, killing, bloodshed, heap of dead bodies, made psychological effect on the survivors in mutiny. They returned back to England, started civilized life but they had recurrent attacks of mental disorder; they experience loss of personality, and loss of communication. Dushan R.Kosovich (Stress in Everyday Life 2006:141) writes about many cases of psychiatric disorder happened during the world wars.

The characters in the mutiny are described in the las unfinished novel The Hill Station. After ten years also, they have sad memories of mutiny. Farrell, in the novel Troubles describes historical happenings with the human tragedy. He shows how social crises brought psychological crisis for people. They experienced barrenness and also futility of war. Major's dreams are shattered into pieces and he suffers from depression, isolation. Farrell in The Singapore Grip brings out psychological effects of colonial exploitation all over the world. The disgraced women had attacks of stress related disorders.

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