

EMOTIONS: A WAVE THAT DRIVES YOU IN REFERENCE TO NOTES FROM UNDERGROUND BY FYODOR DOSTOYEVSKY

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Abstract

EMOTIONS: A Wave that drives you towards your construction and deconstruction. What holds up a person personally is his/her "Emotions." Emotion builds up one's personality and hence is a prominent source of relations which brings us all under an umbrella of humanity and human behavior. In the present world where everyone is running after intelligence quotient, the basic step towards a peaceful life is stability of emotional quotient because if a person is emotionally stable he/she can bring laurels in one's life and can easily focus on things and understand everything on a broader aspect. To support, here is a simple example of a beautiful flower, Rose, all of us know about the beauty of rose but have any of us ever thought how many hardships rose undergoes to attain this beauty. Similarly is a human being who despite of several emotional breakdowns attains his success. This paper deals with the psychology of emotions and can be very well studied through the character of an "Underground Man", the protagonist of the novel "Notes from Underground by Fyodor Dostoyevsky." This paper also brings forward the relation of emotion with the human behavior and can be illustrated through one basic and the most common situation the very relationship of a child with his parents; it's the various emotions that build an infant into an adult. Emotions reflect the human behavior, if one is positive he/she will deal everyone around positive and will help in the development of the surrounding leading towards his progress and on the other hand if one is filled with negative emotions he/she will be a threat to everyone around and hence leading in the deconstruction of the surroundings. Emotions hold a very prominent role and should be dealt in a productive manner and it's always better to express them out, because emotions reflect you out.

KEYWORDS: Emotion and Relations, Human behavior and Personality, Notes from underground, Psychology

INTRODUCTION

"You think, you express, and you express yourself."

The word 'Emotion' was adapted from the French word, 'emouvoir' which means to 'stir up.' The term was coined by Thomas Brown in 1830. Emotion expresses one's various states and strengths. Emotions exhibit a mental representation of that emotion from a past or hypothetical experience, which is linked back to a constant state of pleasure or displeasure. Emotion is a derivative of circumstances, all your emotions are derived out of a certain circumstance whether positive or negative, it is a representation of your thinking process how to deal the situation and overcome the circumstances. An emotion includes verbal, psychological, behavioral and neural mechanisms. In Aristotelian view all emotions correspond to appetites or capacities. Joseph Le Doux has defined emotions "as the result of a cognitive and conscious process which occurs in response to a body system response to a trigger" [1]. The research on emotions reveals the strong presence of cross-cultural differences in emotional reactions and that emotional reactions are likely to be culture specific. There are five components of emotions which include emotion language; conceptual knowledge about emotions; emotion related values; feelings rules i.e. subjective experience and display rule i.e. emotional expression.

Tiffany Watt Smith in her book "The Book of Human Emotions: An Encyclopedia of Feeling from Anger to Wanderlust" [2] makes the excellent point that we need more words for our emotions rather than trying to narrow the breadth and width of human experience into discrete and limited categories. Smith asks a big question at the beginning of this book, 'what are emotions' then tackles a series of possible answers with a combination of learning and humor that is irresistible. The introduction explores the invention of emotions as a concept, browsing from ancient Greece, via the emergence of 17th century empirical science to Charles Darwin to Sigmund Freud, 20th century psychology, anthropology and literature. 'The influence of our ideas can be powerful', she writes, and 'that they can sometimes shape those biological responses we think of as the most natural. How else it that in eleventh century, knights is could faint in dismay or yawn for love? Or those 400 years ago people could die of nostalgia'? And discussing more about emotions, Smith writes, "We live in an age

when knowledge of emotions is an extremely important commodity, where emotions are used to explain many things, exploited by our politicians, manipulated by algorithms. Emotional intelligence, which is the skill of being able to recognize and name your own emotions and those of other people, is considered so important, that this is taught in our schools and businesses and encouraged by our health services.”

Emotion brings forward the person's individuality which deals with the one's behavior towards a particular situation, so we can say emotions and behavior go hand on hand. Reclaim your brain: how to calm your thoughts, heal your mind and bring your life under control by Joseph A. Annibali discusses how the imbalances in our brain can give rise to such conditions as anxiety, depression and addiction, all of which can stand in the way of success and act as significant sources of unhappiness in our lives. In order to combat negative thinking, Annibali suggests that you should pay attention to the thoughts and stories that you tell yourself and then write them down. This will act of transcribing your thoughts will slow down your thinking and, once you have the thoughts on paper, you can critically think about assumptions, draw clearer conclusions, and rewrite these negative thoughts into positive. [3]

LITERATURE REVIEW

Notes from Underground by Fyodor Dostoyevsky a novella published in year 1864 deals with the existential crisis of the protagonist, Underground man and this novella relates much with the psychology of emotions and so to bring forth the psychology of emotions, this paper is bounded in reference to Notes from Underground. The novella presents itself as an excerpt from the rambling memoirs of a bitter, isolated, unnamed narrator, who is a retired civil servant living in St. Petersburg. The novella is divided into two parts; the first part of the novella is told in monologue form, and attacks on the emerging western philosophy and the second part called 'Apropos of the wet snow' describes the destruction of the underground man. The novella deals with the diseased psyche and the incapability of the protagonist in forming meaningful relationships, and how the destruction of emotions and mental stability forces the protagonist to remain underground. Along with the psychology of emotions, the novella brings forth the idea of consciousness and self consciousness which is a vital trait of emotions, as emotions reflects out the consciousness of one person, which means how one thinks about a particular thing, what is his/her opinion and the dominance of a particular object. One of the basic emotion that Dostoyevsky brings in the novella Notes from Underground is 'the sense of self' or so called 'egoism', which is quiet reoccurring and prevalent throughout the novella. The novella shows how the sense of self becomes the weakest and the most powerful trait of the protagonist, the underground man, and this trait prevents him from functioning in proper society and to support he states,

“But gentleman, whoever can pride himself on his diseases and even swagger over them...though after all, everyone does do that; people do pride themselves on their diseases, and I do, may be, more than anyone. [4]”

With the trait of egoism the parallelism is also drawn between the underground man's thinking and the society. The novella is a perfect blend of philosophy and psychology and also expresses deep questions using intellectual reasoning in unique and profound ways within insight that he gained through life experiences.

The psychology of emotions in Notes from Underground is bounded to various illusions, concepts and analysis which includes utopian theory, existentialism, rational egoism, the mixed emotions, freedom- the pursuit of happiness, parallelism brought in his being superior and inferior, vivid illustration of sufferings, various choices made by the Underground man and the internal consciousness and sub consciousness. To support these concepts we can take instances from the text to support the calculations of emotion psychology. In the very beginning of the chapter 1 Notes from Underground, the underground man says,

“I am a sick man....i am a spiteful man. I am an unattractive man. I believe my liver is diseased. However, I know nothing at all about my disease, and do not know for certain what ails me. I don't consult a doctor for it, and never have, though I have a respect for medicine and doctors.”[5]

This reveals out the concept of mixed emotions in our underground man who on one hand being sick want to consult doctors as he respects them and on the very other hand he is medicines and don't want to visit doctor for his sickness. The consciousness of the underground man is always revolving around How, Why, When and Let us suppose, and to explain this, the paper presents the antithesis of the underground man, in which he presents himself as a mouse and not a man. Certain awkwardness is noticed in the underground man's behavior that he loves the process of attaining, but does not quite like to have attained, and that, of course, is very absurd. To support his behavior underground man brings forth a mathematical certainty, he says,

“Twice two makes four seems to me simply a piece of insolence. Twice two makes four is a pert coxcomb who stands with arms akimbo barring your path and spitting. I admit that twice two makes four is excellent thing, but if we are to give everything its due, twice two makes five is sometimes a very charming thing too. “[6]

Dostoyevsky highlights the fact that through suffering man achieves a higher state of mind and this is illustrated by bringing out the image of utopia. Another aspect of psychology of emotions can be studied through Underground man's unbounded vanity and the high standards set by him for himself and also assume a lofty expression, so that he might not be suspected of being abject, “My face may be ugly”, I thought, “but let it

be lofty, expressive, and, above all, EXTREMELY intelligent."This illustrates how being deprived of emotions underground man has given up on materialistic things, and is symbolized with stonewall in the novella.

Bakhtin points out that "Dostoevsky's Underground Man is not a materialistic image but an autonomous discourse, pure voice; we do not see him, we hear him", (2) this "pure voice" operates in a very particular way: ...what the Underground Man thinks about most of all is what others think or might think about him; he tries to keep one step ahead of every other consciousness, every other thought about him, every other point of view on him. At all the critical moments of his confession he tries to anticipate the possible definition or evaluation others might make of him, to guess the sense and tone of that evaluation, tries painstakingly to formulate these possible words about himself by others, interrupting his own speech with the imagined rejoinder of others.[7]

CONCLUSION

Towards the conclusion of the paper, the paper illustrates the sense of thinking and sense of self-awareness pointing out the importance of emotions in one's life, and very subtly described through the character of Underground man, the protagonist of Notes from Underground by Fyodor Dostoyevsky. The feeling of suffering, humanity, and slavery is also brought into notice through other characters along with underground man like that of Liza and Zverkov.

Dostoevsky chips away at complex human motivation with persuasive stylistic tools, succeeding in being hilarious and heart-rending in a single sentence, after all, "mankind is a comical construction", captured in this beautiful translation by Natasha Randall. It's through elegantly excavating the particularities of his era that Dostoevsky strikes upon timeless truths, and with perspicacious analysis of behavior, tunnels through to hidden depths. [8]

CITATIONS

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