

Application of the theory of learned helplessness and ways out of it in the play "In Search of the Sun"

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Introduction

Literature of every era and period is largely influenced by social and political conditions. Throughout human history, domination and colonialism have always had a direct and indirect impact on nations from various intellectual, cultural, political, economic, etc. aspects. Since literature can be the richest intellectual and cultural source of a nation as a transparent and full-length mirror, depicting social and political events, it has not been unaffected by the consequences of these phenomena. In recent centuries, critics have not been satisfied with only the aesthetic aspect of a literary work; because every literary work is like a prism that, viewed from any angle, reflects a ray of an artistic, historical, psychological, and sociological phenomenon.

Methodology

This interdisciplinary research, conducted using an analytical-descriptive method and citing psychological sources and research, while explaining the concept of self-taught helplessness and matching the themes of this play with the aforementioned phenomenon, attempts to find the methods used by Ezzeddine Jalawji in order to overcome this problem.

Results and Discussion

Since no science can remain limited and confined within its borders, and in order to understand the different dimensions of man and his interaction with various phenomena, there is a need for interdisciplinary research. "Literature and psychology - especially psychoanalysis - have realized in our century that both have a common ground and are both concerned with human motivations and behavior and the human ability to create myth and use symbols" (Azabdaftari, 1994: 165) Therefore, sometimes a scientific concept can be sought in the underlying layers of a literary work. "Life is the field of action of the human psyche, and the human psyche in its relationship with life is the field of employment of literature and psychology. As long as the relationship between literature and psychology is at this level of convergence, the third side, which is literary criticism, can be a channel for embodying this relationship in the best way" (Bomanjal, 2011: 155)

In the play “Al-Baghdah an al-Shams” written by “Izz al-Din Jalawji”, which was recently translated by the authors of this article, the dimensions of the issue of occupation and colonialism are manifested in a completely symbolic and allegorical way, and the helplessness and helplessness of neglected and occupied nations are depicted by describing a dark and gloomy environment, in which the main character, called “Makhor”, has fallen into a deep sleep in this environment, indifferent to his circumstances and conditions. He, who has become accustomed to these conditions, despite being unhappy with this situation, believes that there is nothing he can do; finally, with the encouragement and insistence of the “stranger”, he decides to search for the sun and light by breaking through the wall; But the cause of this calamity and helplessness, who calls himself the King of the Sun, with the help of his allies and his adopted son, prevents the oppressed from reaching the light and enlightenment.

Conclusion

Although the world of literature is a realm of imagination rather than science, “Al-Baghdah an al-Shams” is a play that, using symbols, attempts to represent the historical reality of occupation and the nature of the occupiers. Considering the content of this play, it can be said that the most obvious effect that the event of occupation or colonization can have on the individuals of a nation is the state of helplessness and depression that arises from the feeling of helplessness in facing this crisis.

Based on the findings of this study, it can be said that the subject and themes of the story, which are explained in the form of allegory and symbol, are consistent with the concept of "learned helplessness", its consequences, and methods of overcoming it in psychology, because the negative and destructive consequences of this disorder, including despair, procrastination, and reduced self-esteem, are manifested in the main character of the story "The Subjugated," who is a symbol of a nation and whose name also expresses his mental state. Also, factors and strategies for overcoming this personal and social harm, such as the need for a counselor and guide, awareness and acceptance of the problem, self-reliance and self-efficacy, strengthening self-esteem, and hope, are clearly visible and tangible in the story.

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