



PSYCHOLOGICAL PERCEPTION OF YUNJAE IN WON-PYUNG SOHN'S ALMOND

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ABSTRACT

Psychology deals with human behavior and mental illness. The relationship between psychology and literature is two-sided. The human soul makes literature feed the human soul. Literature also considers the truth of life to explain the perspectives of the human soul. It attends to emotions, feelings, mental problems, souls and physical problems. In the novel *Almond*, the main character Yunjac begins to tell his story by remembering a tragic event that happened on his sixteenth birthday. Yunjae's mother and grandmother were injured by the mentally disturbed man. Although her grandmother and mother splashed hard in front of Yunjae, she did not react. This caused him to be considered a strange being in society. People who are diagnosed with mental disorders and whose behavior often disturbs others. dissatisfaction, sadness, anxiety, and unwanted thoughts are some milder disturbances, the discomfort that people report is often the most obvious sign that something is wrong. Literature should try to reflect the authenticity of being human. To achieve this, the writers must be aware of all the people who make up our society.

Keywords: Behaviour, Human Mind, Character, Psychology, Literature, Emotions. Psychological Perception of Yunjae in Won-Pyung Sohn's *Almond*

INTRODUCTION

In accordance with the American psychological association, psychology is the scientific study of the psyche and behaviour. Human growth, sports, health, clinical and social behaviour, and cognitive process are just a few of the many sub fields of psychology that can be studied. It covers the investigation of feelings, thoughts, and other conscious and unconscious events. Psychology has several sub specialties, including social psychology, developmental psychology, health psychology, neuro psychology, and experimental psychology. The four main objectives of psychology are to explain, predict, characterize, and modify behaviour.

PSYCHOLOGICAL REVIEW

Psychological researchers include Wilhelm Wundt, Jean Piaget, Noam Chomsky, Aristotle, Sigmund Freud, Ivan Pavlov, Thomas Kuhn, Karl Popper, Richard Davidson, Alfred Binet, and Elton Mayo try to understand the emergent properties of the brain. They are known as a group of neuroscience researchers. They aim to identify individuals and groups using general principles. Wilhelm Wundt in Germany and William James in the United States discovered psychology as a formal discipline and science in the 19th century. William James wrote the book "Principles of Psychology" in 1890, where psychology was defined as the science of mental life. In the first half of the 20th century, behaviorism dominated most of American academic psychology. In 1913, John B. Watson laid the foundation for the behaviorism of measurable actions and circumstances.



Psychology is the science of human and animal behavior and involves the application of this science to solve human problems. The word psychology was formed from two Greek words. The meaning of the first word psyche, which meant soul, was further expanded to include the mind.

Another word, logos, is a Greek word meaning science and discourse. From its Greek roots, psychology meant the science of the mind. In the early 1930s, behaviorism was popularized in the United States by B.F. Skinner, who demonstrated the power of operant conditioning through reinforcement. Positive and negative emotions are acquired through conditioning processes and are modified through the application of principles.

Psychology deals with human behavior and mental illness. Sigmund Freud argued that what a person feels, thinks and does is determined outside of consciousness, motivated by self-preservation and subconsciously. The conflicts were reflected in his childhood. It shows complex patterns of paradoxical behavior and symptoms. A psychologist studies cognition, attention, emotions, intelligence, motivation, brain function, and personality. This includes interpersonal interactions such as relationships.

Psychologists make experiments and observations that others can repeat, gain knowledge. As a science, psychology is essential to the systematic data of experiments and observations, but in order for them to make any sense to help us understand events, they must be organized in some way.

Psychology is by no means the only branch of knowledge that studies human and animal behavior. Behavior includes everything that a person or an animal does that can be observed in some way, if we define psychology as the science of behavior, we do not exclude reason, but say that what a person does, his behavior is a path through which internal mental events can be studied.

Developmental psychologists seek to understand complex behaviors by examining their origins and the common ways they change over time. If we can trace the origin and developmental sequence of a particular behavior, we understand it better because changes in behavior occur rapidly in the first years of life child psychology the study of child behavior constitutes the majority of developmental psychology. However, developmental changes also occur during adolescence, adulthood, and old age, so the study of these changes is also part of developmental psychology.

The relationship between psychology and literature is two-sided. The human soul makes literature feed the human soul. Literature also considers the truth of life to explain the perspectives of the human soul. It attends to emotions, feelings, mental problems, souls and physical problems. Plato believed it was Hakin, because the artist is a holy being. And he never allowed Bsrayd's poem. There is no doubt that art is something psychological and art should try to understand the soul of the artist.

PSYCHOLOGY APPLIED IN LITERATURE

Literature describes how people behave in dealing with their problems and environment.



The study of psychological literature is the study of psychological types and patterns found in literary works. The author represents life according to his feelings, ideologies, goals and values. David Lodge, in *Consciousness and the Novel* Connected Essays, explains the meaning of literature as follows: "Literature is the record of human consciousness, the richest and most comprehensive we have. The lyric is probably man's most successful attempt to describe quality. The novel. is probably man's most successful attempt to describe the experiences of individuals moving through space and time " (82).

Regarding the literature, it analyzes the fictional characters of the authors, the language they use and the so-called Freudian images. Freud's method therefore has a literary character. It is treated like a living person. Freud's focus on the method of the psychoanalytic critic not only reflects the disposition and personality of the author, but also deals with the works of the author. People spend a large part of their time interacting with other people in various ways. It is understanding how other people affect people. Many discoveries about individual social behavior have practical applications. Social psychologists have used techniques to measure attitudes and opinions. In developmental psychology, psychologists try to understand complex patterns of behavior by studying their origins and the common ways they change over time. If we can trace the origin and evolutionary sequence of a particular behavior, we can better understand it. These changes happen quickly in the first few years. Child psychology is the study of child behavior, which includes much of developmental psychology.

But developmental changes also occur during adolescence, adulthood, and old age, and the study of these changes is also part of developmental psychology.

YUNJAE'S PSYCHOLOGY

In the novel *Almond*, the main character Yunjae begins to tell his story by remembering a tragic event that happened on his sixteenth birthday. Yunjae's mother and grandmother were injured by the mentally disturbed man. He killed himself at the end. Although her grandmother and mother splashed hard in front of Yunjae, she did not react. This caused him to be considered a strange being in society. " He stabbed himself in the chest and, like most other victims, died before the ambulance arrived. I just watched the whole thing unfold before me. I just stood there white-eyed, as always" (A3).

Emotions have a great influence on others. This is known as the philosophy of emotion. What an individual says and how it is said, body movements and voice interpret the feelings of other people. Charles Darwin said that here is innate, innate expression. However, *Almond*, the main character of the novel, is unable to show any facial expressions because of a small almond-shaped neuron in his brain, which is important for expressing emotions. The amygdala are two almond-shaped nuclei located deep in the brain. It plays a major role in memory processing, decision making and emotional reactions.

When the amygdala is damaged, it impairs memory of emotional events, the processing of certain emotional expressions, and impairs social development and functioning.

Psycho physiologists can measure heart rate, blood pressure and blood flow to



different parts of the body. Body movements that occur during emotions occur as a result of the activity of part of the nervous system. In emotions, the sympathetic system causes the hormones epinephrine and additional epinephrine to be secreted. The main character was born with an underdeveloped amygdala, which makes him unable to express emotions. His mother believed that almonds could help in the development of the amygdala. So he fed him almond varieties, but it did not bring any change in his feelings. "Mom fed me a lot of almond. I've tried almonds from America, Australia. China and Russia. All the countries that export them to Korea. The Chinese ones had a bitter, awful taste and the Australian ones tasted kind of sour and earthy". (A 19)

The brain is involved in identifying and evaluating emotional situations. When a situation leads to an emotional state, the brain controls the activity characteristic of the emotion. Several structures in the nucleus accumbens are directly involved in the regulation and coordination of activity patterns characteristic of stronger emotions, especially fear, anger and pleasure. Doctors diagnose Yunjae with alexithymia, which means she cannot express her emotions. He couldn't even recognize other people's feelings. "Doctors diagnosed me with alexithymia, or the inability to express my feelings. They thought I was too young, my symptoms were different from Asperger's, and my other development showed no signs of autism" (A 21). Anxiety, which is part of many emotions, is partly due to increased activation of brain cells in the cerebral cortex, limbic system and hypothalamus. The activity of the cells in these brain regions is directly or indirectly influenced by the nerve fibers exiting the core of the brain. It is a network-like formation that reaches almost all brain regions involved in emotional regulation.

"By the first day of the new school year, I had already been marked as the weird kid. I was called out to the playground and made fun of in front of everyone. Kids often asked me strange questions, and I answered straight forwardly, not knowing how to lie or why they were laughing so hard Without meaning to, I stabbed a dagger into Mom's heart every day" (A25)

The terms insanity, mental illness, psychopathology, emotional disorder, behavioral disorder, mental disorder, abnormality and mental disorder refer to the language of abnormality. This paper also covers emotional disorders, behavioral disorders, and mental health disorders. Abnormality is assessed in the context of a certain social situation. The principles of behavior are the same in different cultures. Theorists Thomas Szasz and Thomas Scheff have argued that social context should be central to our thinking about abnormal behavior. Scheff believes that "People with little social power, such as low socioeconomic status, are labeled as abnormal or mentally ill when they violate norms. People with gender social power are more likely to be considered eccentric." (A 619)

People who are diagnosed with mental disorders and whose behavior often disturbs others. dissatisfaction, sadness, anxiety, and unwanted thoughts are some milder disturbances, the discomfort that people report is often the most obvious sign that something is wrong. The intensity of certain behaviors helps determine how abnormal they are considered. Behaviors that are greatly exaggerated or not done. can be considered abnormal. Socially, some people are so dependent that they cannot function alone, while others show an abnormal lack of interest in social relationships.



“I would rather not have been involved in them at all. But if I seemed too calm, like a serene lake, Mom said I could also be labeled as a weirdo. She added that I should act these emotions once in awhile”. (A 29)

His grandmother called Yunjae a sweet monster. But the word monsters was known to be abnormal in the books. Characters are known for their emotions and the way they express their emotions. The main character didn't even smile at the age of . So his mother took him to the hospital for many tests. He was tested by shaking toys, situations, tickling and laughing, but he had no emotions. He ended up at another hospital where he was scanned and told that the tonsils had not reached full growth. Known as alexithymia, it is the inability to recognize or express one's emotions.

In his late teens, a tragic event occurred that left him an orphan. But she showed no symptoms of sadness. Because he could not express his feelings, people began to treat him strangely and newsspread about him as an abnormal person.

They all made different guesses. He's probably too shocked. What would a teenager know? His mom's good as dead, and he's practically an orphan, but it hasn't sunk in yet, that must be why. They might've expected visible symptoms of sorrow, loneliness, or frustration from me. (A 58)

When psychologists define personality, they usually refer to human characteristics, characteristics of human behavior. Gordon Allport has defined personality as "Personality is the dynamic organization within the individual of those psychological systems that determine his unique adjustments to his environment" (IP 28). Personality includes the patterns of behavior that a person exhibits in different situations, or the psychological characteristics of a person that lead to those patterns of behavior.

Disability focuses on disabled people in literature. These disabilities can include physical, cognitive, health and emotional disabilities. The development of the description of trees can be seen in books written after the 1970s. Judy Blume shows the experience of a teenage girl diagnosed with idiopathic scoliosis in Deenie. It was here that Yunjae's life began to change when she met her teenage friend Gon at her new school. He was also called a monster because he is arrogant and more violent. His parents lost him in childhood. She was bought, but no one showed her the love she needed. This made him a sentimental boy who gets happy by hurting others. When Professor Yun met her, she could not be shown to her dying mother. Mrs. Yun's thoughts are haunted by her missing son. His last wish was to see his son, so Professor Yun bought Yunjae to represent him as a boy to fulfill that wish. It's you, Leesu. My love. After all these years." Tears streamed down her face." (A 91) This caused Gon Yunjae to put down his rebellion. He always bullied Yunjae and hated her. Yunjae was emotionless. It made him discover more about her. He often hung out and hung out with Yunjae at the bookstore. He may just know he was born that way. Eventually, they both developed an interest in each other's characters and became friends. One day, Gon had his own feelings of missing his mother's love. “Mom. Whenever the word came up. Gon lapsed into a sudden silence. Whether it was mentioned in a book or movie or by a passing pedestrian, Gon would stop talking as if he were mute. Gon remembered only one thing about his mother: her warm and tender hands.



He couldn't picture her face, but he could still remember the moist, soft texture of her hands. He remembered holding those hands to do shadow plays under warm sunlight". (A 160)

As Yunjac's life progressed with Gon, many changes occurred in both of their lives. Yunjac could sense the emotions of others. He knew how to react in various situations. He later fell in love with the girl name Lee Dora. This was considered the greatest change in his life. He was the complete opposite of Gon. Yunjae learned about pain, guilt, and anxiety from Gon, while Dora taught her about flowers, scents, winds, and dreams. Although he felt different, he could not express his feelings. He shared his feelings and asked Dr. Shim. Yunjae couldn't imagine Dora's thoughts. My annoying symptoms continued. No, they actually got worse with each day. My temples throbbed at the sight of Dora, and my ears pricked up when I heard her voice from however many people. (A 191)

Dora often visited her bookstore and began to share her feelings. There is a distance between Gon and Yunjae's relationship. Dora met Yunjae's mother and talked to her while holding her hand. He also made Yunjae talk to her mother. Although at first Yunjae was not interested in talking, she told her mother about her studies, friends and the bookstore. He probably felt calmer when he had more to talk to his mother. They spent a lot of time together, making the emotionless Yunjac fall in love with Dora. Gon developed a lot in adolescence.

Literature should try to reflect the authenticity of being human. To achieve this, the writers must be aware of all the people who make up our society. Gon's life continued to be sad again because there was no one to show him love. The title robber was given to him on the way to school, where he never steered anything else. So he became arrogant because that behavior was expected of him. Society plays an important role in everyone's life. People judge others by their thoughts. But the emotionless Yunjae befriended him, which is unusual. "Because I realized he was my friend." (A 221) According to Madeline Ryan, author of *A Room Called Earth*.

Won-pyung Sohn realizes that those who think, feel and communicate differently are not society's villains, they are its saviors. He writes with seemingly boundless empathy and tenderness. (A 26). The plot ends with the return of the mother As soon as she called her mother, she began to cry.

This shows that Yunjae has evolved to feel emotions like other people. Her mother was overjoyed to see the change in Yunjae's life. "I shook my head. I wanted to say more and tell her everything that had happened, but where would I begin? Suddenly, my cheeks felt warm. Mom wiped something off my cheeks. Tears, Tears were streaming down my face. I cry. And laugh, at the same time. So does Mom." (A 249)

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