Lecture No. 3: The psychological approach

Introduction:

The curriculum was defined as a set of rules and procedural processes applied in a scientific field, and because literary criticism is a science concerned with the study of creative literary works, it had to draw its methodologies and mechanisms in analysis from several different sciences, and from here critical approaches appeared in literature. Among them was the historical approach that employed historical theories from the science of history, the social approach that employed the theories and procedures of sociology, and the psychological approach, which dealt with the theories of psychology, its concepts and procedures and applied them to the literary text.

1- The concept of psychological method:

The psychological approach in modern Arab criticism was known by several names, including psychological criticism, psychological criticism, the psychoanalytical approach... and other designations, but the psychological approach in modern Arab criticism was not known with clear features and boundaries as it was known in Western criticism. As it was mentioned in separate places in the books of Arab critics, but where it was mentioned, it carried the same definition that it carried in Western criticism, and derived the same Western theories that Western criticism derived in analyzing literature, and thus it is still a follower criticism of Western criticism.

The psychological approach in modern Arab criticism is known as the approach that adopts the psychoanalytic theory that was founded by the Austrian doctor Freud in his critical applications, through which he tried to explain human behavior and return it to the subconscious and subconscious area of man.

It is also defined as the approach that attempts to apply the theories of clinical psychology to the literary text, by analyzing the writer's psychology when he wrote his literary text, to identify his personal characteristics, and the psychological complexes he suffers from; Because of the events he went through in his childhood or later periods of his life, and were reflected in his literary text, and the literary characters in the text that are similar to his personality, considering the text as a psychological document that reveals the psychological states of the writer.

The psychological approach in modern Arab criticism has been considered as a means to reveal the ability of the literary text to express the content of the writer's subconscious and his deep psychological levels, by studying literature on two levels, the level of the literary text and what was written in it, and the level of the personality included in the literary text. Taking into account many of the basic elements that make up any literary text, namely: metaphor, metaphor, metaphor, and various psychological feelings such as love and hate, and the desire of the writer, and their relationship to the social and cultural structures in society.

2- The emergence of the psychological method:

Every approach has roots, and the psychological approach dates back to the ancient times, where we find that Plato had talked about this approach, as he found that emotions affected the person greatly, and because poetry stirs human emotions, he expelled the poets from his virtuous city.

But if we go back to the Arabs, we will find that they talked about the process of artistic creation, and the first one who talked about it from a psychological point of view was Ibn Qutayba, and he was experienced with the conditions of the soul, so he determined the appropriate time for saying poetry, as he found that most poets organize their poetry at the beginning of the night Solitude, walking, early in the day, and in diseases and ailments.

And Ibn Qutayba was not the only one in this field. Judge Al-Jurjani analyzed the poetic faculty, and said that poetry indicates the psyche and character of the poet. So whoever's poetry is smooth and easy, his soul is generous, and whoever's poetry is rude, his personality is rude. Thin, this indicates the delicacy of his feelings.

Also, Ibn Tabataba talked about the psychological aspect in art, and said that if the reader is comfortable with the text, then this means that the writer's psychology is comfortable.

As for the psychological approach as a self-contained approach, it did not appear in the West except in the nineteenth century with the emergence of psychology and the emergence of its pioneer Sigmund Freud, where Freud said that the literary work has a goal and an end that the writer seeks to communicate through it, the writer may express in his literature repressed desires He cannot satisfy it in reality, so he projects it on the personalities of his work, so Freud saw that studying the personality of the story would indicate the writer's personal condition and his repressed desires, and Freud believed that the childhood stage plays a role in the life of the writer, if he suffers from repressed desires, it will appear clearly in Literature.

Young, Freud's student, agreed with his teacher in some respects, but rejected his exaggerations in restricting artistic creativity to the framework of psychological contracts.

As for Adler, he disagreed with Freud in his ideas and said that attachment to the movement to prove oneself is the primary motive and the main engine of creativity in the human psyche.

And in the Arab world, the psychological approach appeared in modern Arab criticism in a number of applied research studies. In his book The Psychological Direction in the Study and Criticism of Literature, and one of the most prominent manifestations of the emergence of the psychological approach in modern Arab criticism was the emergence of the school of creativity psychology in the middle of the nineteenth century, at the hands of Mustafa Suef, and it had unique achievements within the psychological approach, and it was Soueif's book "The Psychological Foundations of Artistic Creativity in Poetry in Particular" is an essential focal point for many subsequent critical studies on literary genres.

3- Principles of the Psychological Method:

The psychological approach is based on a set of principles, namely:

- There is a close subliminal relationship between the literary text and the writer, as the literary text is linked to the subconscious of its author.

- The presence of a psychological structure rooted in the subconscious of the creator, manifested symbolically on the surface of the text, and during the analysis, this structure must be recalled.

   Considering the characters in the literary work to be purely real; Because it expresses real desires and facts repressed in the subconscious of the creator.

   - The writer is a neurotic person who tries to display his repressed desires in a symbolic form acceptable to him