

# A Psychological Study of the Novel Territories of Fear by Fadilat Al-Farouk

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## Abstract:

Freud, the founder of modern psychoanalysis, sought to analyze the personality and psychological characteristics of individuals in order to treat most mental illnesses, and the emergence of this science was accompanied by the analysis of authors and their works, as the relationship of psychoanalysis and literature became close, as the novels included more content within them, which made it possible to analyze them better, he seeks to discover aspects of creative creativity in literature, and the novel Territories of Fear has represented an effective model for studying the psychological state of the human soul and what analysis of the structure of personality from several aspects, such as fear Sadness, injustice and alienation were the result of wars and instability suffered by the countries of the Levant.

**Keywords:** fear, feeling, unconscious, sadness, psychology, creativity, literature.

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## Introduction

The research of Freud and his companions led to the quest to understand creativity as if it revealed the complete desire for the soul through the synthesis of certain functions at the moment of the realization of that creativity <sup>(1)</sup>

Based on this Freudian position, it is not possible to understand the mentally ill only by digging up his memories, especially violent traumas and terrible tragedies, and trying to remove them from himself, and eradicate them from himself, and the writing that heaps on the writer's pen cannot be understood in a way that resembles the unconscious. As a result, this unconscious in the subject of language represented in the writer's heart must constitute an essential material for researching the depths of the writer's soul and analyzing his complexes and psychological problems deposited in his folds <sup>(2)</sup>.

Perhaps when Freud faced his explorations of the fields of human knowledge, including the various areas of expression of art, literature, philosophy, myths and dreams, this came to prove to people that all manifestations of creativity are subject to unconscious moments, and the study of

the psychological dimension in the novel through the psychological approach, which is intended in criticism. The mechanisms and procedural tools adopted by the critic in understanding and studying the secrets of literature, based on the theories of psychology brought by Sigmund Freud, and the psychoanalysis of the novelist characters in the novel. It is the basis from which this type of study starts and therefore we pose the problem:

**How does the psychological approach contribute to the analysis of the narrative of fear Territories?**

**Research hypotheses:**

**The first hypothesis:** the author's life and psychological states have a fundamental impact on the psychological crises of the characters.

**Hypothesis Two:** The inability to cope with situations is a major factor in stress.

**The third hypothesis:** creativity is the result of practices and experiences lived by the writer.

**The fourth hypothesis:** the embodiment of the image of a rebellious woman and free from tradition contributes to her creativity.

**Research Objectives:**

- The effectiveness of applying the psychological approach to literary works to reveal many secrets and mysteries about the author's personality.
- Demonstrating the extent of the impact of wars on the human psyche and considering them as a means of spreading fear, terror and psychological disorder.
- Clarifying the image of women and their suffering during crises and the dominance of traditions.

**Research Methodology:**

Depending on the nature of the subject, we have employed the psychological approach that helped us a lot to dive into the meanings of many literary and artistic creations, and extract the features of the creator through his employment of characters, psychoanalysis includes many aspects of the writer's life, it is a method of deconstructing the symbols of truth in the mysterious aspects of the human experience as lived by man.

**Research Plan:**

**The first axis:** the importance of the psychological method in literary studies.

**The second axis:** the terminology of the psychological method.

**The third axis:** a psychological analysis of the novel Territories of Fear by Fadilat Al-Farouk.

## 2- The first axis: The importance of the psychological approach in literary studies.

### 2.1 Section I: The emergence of the psychological approach

The psychological approach began in an organized scientific manner with the beginning of psychology itself and a hundred years ago, specifically at the end of the nineteenth century, with the issuance of the works of "Sigmund Freud" in psychoanalysis and his foundation of psychology, he used in this foundation the study of the phenomena of creativity in literature and art, as manifestations of psychological phenomena, and from here we can consider the pre-"Freud" as general observations that do not establish a psychological approach as much as they are considered harbingers and a prelude to it, but the approach itself begins with the formation of psychology or science Psychoanalysis according to Sigmund Freud<sup>(3)</sup>.

Freud laid the general foundations for the psychological reading of literature and tried in the light of these foundations to develop an explanation for the phenomenon of artistic creation through the idea of psychological sublimation of the creator.

### 2.2 Section II: The work of Sigmund Freud in the psychological method

The point from which "Freud" started in the psychological field is his distinction between feeling and unconscious and between consciousness and unconscious between the levels of inner life, considering the unconscious or unconscious is the hidden store that is not apparent to the human personality, and considering it as including effective factors in behavior, creativity and production<sup>(4)</sup>.

The creator comes to him certain fantasies and dreams appear in some way in his literary effects, and these fantasies are attributed by some to childhood experiences and complexes and appear in a certain way in dreams and legends, hence it is said that literature is a fertile field for discovering a person's unconscious life.

### 2.3 Section III: Sigmund Freud's interests in psychoanalysis

1. Freud defined the characteristics of the dream with a set of descriptions, foremost among which were condensation, displacement and symbolism.
2. He was interested in pathological phenomena such as neurosis, schizophrenia and others, and has linked literary creativity to the instance of these phenomena, and considers the creator one of the anomalies that can be analyzed to detect normal cases other.
3. The aim of the study was to reveal the hidden and implicit laws by which the human self operates <sup>(5)</sup>.

## 3- The second axis:

### The terminology of the psychological approach

### 3.1 Section I: Feeling and unconscious

**3.1.1 Feeling area:** It is the home of mental thoughts and experiences that a person feels in a waking state, we feel the heat of the air, the weight of clothes, the congestion of cars with the conversations of people around us, and we may feel joy and sadness or feel the book we read from, "and these are all mental ideas and experiences that represent our feeling area"<sup>(6)</sup>.

We can say that the area of feeling is the events, situations and experiences if they occur and we feel them at that moment, and we are under emotions in our response and interaction with life variables, some of which harm us, and some of them hurt us and hurt ourselves.

**3.1.2 The unconscious:** the unconscious or the subconscious mind This area is similar to the feeling area, on the one hand it enters some mental experiences and contradicts them in that these saved experiences that descended into the unconscious or the subconscious mind were bitter and painful, most of these experiences are unfulfilled desires or fears that shook the entity of the soul or hopes that the system of society did not allow them, and the restrictions of social life to be realized <sup>(7)</sup>.

When desires and hopes do not find an outlet to realize, they descend into the unconscious as repressed dreams and disorders and psychological complexes.

### 3.2 Section II: Id, Ego and the Superego

Freud proceeds from a key idea in understanding the human psyche, that the unconscious covers the largest and most important area of the human soul while consciousness occupies a small space<sup>(8)</sup>, and sees personality as the result of interaction between three systems, consisting of. <sup>(9)</sup>

**3.2.1. Id:** It is the unknown that we do not know except through its effects, and represents what we are born with from the genetic psychological components and that is called by "Freud" with lipido or the principle of pleasure, and cares about instincts and repressed, it is the real psychological reality of the personality, and the store of hidden desires takes into account logic, morality or reality, and the unconscious is the only way that prevails in it <sup>(10)</sup>.

**3.2.2. Ego:** supervises the voluntary movement, and performs the task of self-preservation , and overflows the reins of instinctive desires that emanate from the Ego, allowing the satisfaction of what he wants from them and suppressing what he deems necessary to suppress taking into account the principle of reality, and the ego represents wisdom and the integrity of the mind<sup>(11)</sup>, and the ego is part of the Ego gets out of it, and lives with the energy of the It, and if the Ego is illogical, the Ego is logical and organized, and because the operations of the Ego are not original or primary as the operations of the Ego Freud called them secondary processes.

**3.2.3 The superego:** It is the effect that remains in the soul of a person in childhood, in which the child depends on his parents and is subject to their orders and prohibitions, and usually reincarnates their personality, and similar teachers and educators turn the authority of these

external people into an internal psychological authority in the same child monitors his actions<sup>(12)</sup>  
The superego illuminates the way for man, aims to bring him to safety, and always tries to keep him away from instincts that may destroy and destroy him.

Thus, Freud believes:

- The principle of pleasure alone determines the purpose of life and controls the initiation of the processes of the psychological system<sup>(13)</sup>.
- He works to relieve the distress and pain caused by stress and spreads pleasure, and therefore uses the initial processes that manifest themselves in simple responses.
- The ego is the administrative apparatus implementing the personality, controls and organizes the fun and manages the affairs of the superego and controls it, and if the ego does well to carry out its functions and manages to reconcile the needs of it and the requirements of the superego, it guarantees the personality harmony and balance, but it causes personality imbalance and disorder if it tends to one of the parties and falls under its influence<sup>(14)</sup>.

**3.2.4 Dreaming:** The dream is psychosis, it has all the delirium and delusions of psychosis, but it lasts only a short time, and it is harmless, but may perform a useful function that is done with the consent of the person and ends with an action issued by his will<sup>(15)</sup>, so it is not only an introduction to the study of gangs, but it is itself a form of neurotic symptoms, but its advantage is that it appears in general In all people, including psychologically healthy, and therefore even if all people are psychologically healthy, their only psychological symptom is the dream through which we can reach the same results of gang analysis, and enter the world of the unconscious and dream, just like neurosis, stems from one source, which is repressed, so that it can be said that the dream is the physiological delirium of a normal person, during sleep and thanks to the decline in psychological activity in general, a relaxation occurs in suppressed resistance, this relaxation is Which allows the formation of the dream, so the dream is the best way to enter the world of the psychological unconscious<sup>(16)</sup>, and the reason is that we are liberated during the dream partly by removing the tensions arising from the suppression.

#### **4. The third axis:** Psychoanalysis of the novel Territories of Fear by Fadilat Al-Farouk

##### **4.1. Section I:** Summary of the novel

The novel " Territories of Fear" by Fadilat Al-Farouk is one of the most important literary works issued by Dar Al-Riyadh Najib Aris Beirut, this novel contains one hundred and twenty-four pages, and is her fifth work, and in this novel the writer continues to carry out deep excavations in the conditions and cases of Arab women and Islamic societies, which live a crisis reality and in a sophisticated language away from the colloquial or market words and foreign words The writer tries to uncover the hidden and uncover it and show the untold of its first priorities, the novelist entered the field boldly Unrivalled overcoming all barriers and obstacles.

Fadilat Al-Farouq tells us about a woman named "Margaret", an American journalist whose family was blown up in Sharm El-Sheikh, Egypt, and she is the only survivor in the accident. She develops a desire to understand the strange attack that targeted them, and then she falls in love with a Lebanese university professor, so she sleeps with him and then marries him on the roof, as he becomes a man. Ordinary, like most Muslim men, who live with duality in their behavior as their families, and Margaret recounts the details of these contradictions that exist within families in their different religions, and because the contradictions become stark and intolerable between the American and the Lebanese Muslim, the divorce is a logical end to that marriage, so Margaret enters into a new relationship with an American journalist Aswad works to cover the wars in the Middle East and some Asian, African and European countries in which Islam exists. Also, this relationship fails because of the psychological pressures that "Noa" the American journalist is subjected to. Before the events reach their climax, Noa is kidnapped by an extremist group in Baghdad, so Margaret sets off in search of him.

But in the end, she falls into a trap set for her by an unexpected group of young Arab Muslims, and under interrogation and torture, she confesses secrets hidden to the end of the novel, but love arises unexpectedly between her and her executioner, so they realize that peace alone may provide them with a life like the one they dreamed of, not weapons, accusations, bomb-throwing and tools of death.

#### 4.2. Section II: The stream of consciousness and free collapse within the novel

The novel " Territories of Fear" by the novelist Fadilat Al-Farouk is one of the types of psychological novels that is concerned with the secrets of the human soul, penetrating into the selves of its characters and creating psychological complexes within them, and highlighting their feelings and feelings to the recipient, and it enables its reader to understand many of the psychological aspects of its author because of the direct link between it and its novelist characters.

The interest in the psychological aspect of the novel appears through its portrayal of the characters' feelings, emotions, temperaments and attitudes in the issues surrounding them, as it appears in the contract the mental illnesses that afflicted them because of the difficulties they faced in life, or as a result of their regret for mistakes they committed or as a result of being a victim of unjust practices practiced by other characters against them.

The psychological dimension in the novel is characterized by tension, anxiety and turmoil, which seems to be a common denominator between the characters despite the different reasons and indicates that there is a human crisis in the novel that pushes its characters to not feel reassured.

The novelist resorted to highlighting the psychological aspects of the novel to the stream of consciousness, a phrase launched by the psychologist William James to express the continuous flow of thoughts and feelings within the mind, and adopted by the access of literature after him to describe a style of modern narrative that depends on the streamlined form, especially in the

novel, which excelled in highlighting the individual's inner experience and conveyed emotions, sensations and memories<sup>(17)</sup>.

The stream of consciousness allows the characters of the novel to express themselves, and reveal what is going on inside them without restrictions, and without the importance of the logical sequence in providing information<sup>(18)</sup>, and the novelist was able to open the field of free collapse of the characters to express their ideas, reveal their suffering, and disclose their feelings and repressed, so the information provided overlapped, and the present overlapped with the past, and the internal monologue with the dialogue of the characters, and the novelist deliberately made her novel in small sections often. Some were half a line or two, and some were as long as a full page.

#### 4.3. Section III: Psychological aspects of personality.

##### 4.3.1 Injustice:

Injustice results from the social life that man lives with his species, who are not far from practicing injustice towards each other, and for this Freud believes that man is not a good and tolerant being, with a heart thirsty for love, who claims that he does not defend himself except when he is attacked, but on the contrary, he is a being whose instinctive data involve a significant amount of aggressiveness<sup>(19)</sup>.

Injustice is the center from which the events in the novel begin, and most of its characters revolve around it, they are either unjust or oppressed, and Margaret, the heroine of the novel, appears at the top of the pyramid of injustice, she has exploited all the people she knew in order to serve her inhuman interests, she was directly responsible for the organization "Smart Seed Fields", and this organization trades in male sperm for people, scientists and smart people from the country of Iraq, Lebanon and the country. "We will give life to this world that everyone cooperates to kill, we take its sperm and plant it in the wombs of women who appreciate these brains and give them a quiet life with us, we achieve for them two twin dreams; the dream of solitary motherhood by virtue of the fact that they will give super-intelligent children, and the dream of permanent care and a good life." <sup>(20)</sup> The heroine stresses that she was working with all her strength to thwart all development projects in the Middle East, saying: "I was sent to the Middle East under the cover of a women's organization that supports development projects, our mission was to suppress signs of renaissance in the region and I was an effective element in the "Smart Fields Project" that succeeded with us surprisingly in Beirut, and I wanted to know why it failed in Baghdad, of course I hired "Nawa" without knowing it, and I hired "Mitch" without knowing either, I was their direct boss, I was not a subordinate to anyone." <sup>(21)</sup>.

"Iyad Mansour, who was offered an attractive offer to stay in America and develop serious research on nuclear energy and preferred to return to Beirut, never knew that his sperm was



grown in the wombs of women with special abilities in secret centers in Beirut, and that he had more than twenty children who in the future will be American minds.

He never discovered the memory scanner that I was tucking him in the drink"<sup>(22)</sup>", so she appears here in the image of the rebellious oppressor who harms everyone who approaches him, she hurt Iyad, who took her as a wife and was honest with her and contained her, but her intentions were bad, and she exploited him, and she hurt "Noa", the American journalist seeking to spread peace in the world, as soon as he learned of her secrets, he was assassinated, as well as "Mitch" and others.

Among the types of injustice prominent in the novel is the rape of Shamael by her teacher during the bombing, "He pounced on my neck like a predatory wolf, he was biting me while I was screaming, I felt his hand reaching out to my clothes and then something sharp pierced me tearing me apart going and coming, then going and coming and breathing like bombs descending on my neck"<sup>(23)</sup>.

It is an injustice to childhood, brokenness, pain and deep sadness for the young girl, and rape that resulted in a change in Shamael's ideas about the principles of her society later, so she rejected everything related to religion and extremism.

#### 4.3.2. Fear:

It is "a psychological emotion that presents the perception of an evil that is close to occurrence, and has varying degrees of intensity, the lowest of which is fear and the highest of which is panic, and its intensity is usually proportional to the magnitude of the expected abomination"<sup>(24)</sup>.

Fear has spread in the novel from its title to the last sentence in it, and oscillates between different feelings overshadowed by the feeling of fear at every moment of its moments, the narrator says in the words of the heroine: "The East gives us a sense of fear that we are not immune, unprotected, penetrated, defenseless, as if we live in an open meeting in which rabid beings are only ready to mow our heads for trivial reasons"<sup>(25)</sup>.

#### 4.3.3. Sadness:

It is "a psychological pain that engulfs the whole soul... Sadness either happens to the soul by accident because of something wrong, or the separation of a loved one or it happens to her, of course, because her mood involves anxiety and turmoil." <sup>(26)</sup>.

The feelings of sadness hang over the general atmosphere of the novel, Margaret and other people who feel sad because of wars that destroy everything a person owns, life in the middle of wars is a deep sadness within the human soul difficult to overcome his pain and sorrows, and sadness appears in the novel "Beirut narrowed on me! The luxury hotel narrowed on me! And the sea that was sucking my tensions refused to even look at me! He was hostile and angry...



I sit opposite him on the lighthouse corniche and he snarls, and throws a wave high, and I am lost between him and my sadness." <sup>(27)</sup>.

The desires of these characters to prove themselves in the society in which they live, and their failure to fulfill these desires caused them sad feelings.

#### 4.3.4. Alienation:

It is "to feel alone in one's homeland and among one's people, and this type is difficult because it instills instability in the same person." <sup>(28)</sup>

A person who feels lonely within his country must suffer from depression, anxiety and psychological instability, which constitutes mental illnesses and a contract, alienation leads to self-separation from its external world and its distance from its surroundings, and Margaret has often felt alienated while inside her homeland, and she is located in the East to which she belongs and from which she came "East with disabled minds, this is the East now, this is the East that destroyed my family, and this is the East that drives me crazy, and raises doubts in Although she is in her country, she feels alienated, instability and no belonging<sup>(29)</sup>, and she also says how she feels about her country, Lebanon, "This is my father's homeland, from which I have not seen much<sup>(30)</sup>."

"I die and live in this East at the whim of circumstances, crying times and laughing times, saddening and rejoicing and...! I am nothing more than a yoyo game in the hands of fate, as Noa says." <sup>(31)</sup>.

The feeling of alienation exists in most chapters of the novel, and the feeling of loneliness often afflicts the heroine, as she feels lonely and distant from her society despite being in its embrace, the need for unity is what helps the heroine to be a spy and belong to dangerous global gangs, as she did not take a friend or lover except for an interest.

#### 5. Results:

We conclude from this study that:

- ✓ The novel Territories of Fear included a lot of psychological feelings of sadness, anxiety, fear and turmoil, which are often situations where a person lives under the weight of war.
- ✓ In terms of the characters of the novel, the only person we face in the novel is the heroine Margaret; she carries a lot of ideas and does a lot of work.
- ✓ The psychological approach has revealed the repressed experiences of the writer herself, which are the same repressed women, live in the closed Arab world, which practices violence against them in every behavior that contradicts its values and principles.

- ✓ The novel "Territories of Fear" is beautiful and bold and shows the novelist's ingenuity in controlling different narrative techniques.

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