



PSYCHOLOGY AND LITERATURE

"Wherever my theories took me, I found out a poet had already been there"
Sigmund Freud

Works of art are innately wise concerning human psyche. They are a condensed total of knowledge, an imprint of the sophisticated way the human soul works. Especially in writers and poets from the whole literary stardom, Freud clearly recognized their prevalence in relation to the possibility of understanding soul matters, with psychoanalysis to come second. He confesses that the ideas and notions he develops are not originally his own but, before him others, especially poets and philosophers, expressed things more eloquently, shrewdly and fascinatingly.

"...psychological research cannot but verify the intuitively acquired perceptions of a philosopher. "In his book "My life and Psychoanalysis", Freud remarks the relation between psychoanalysis and art, in particular literature, and he focuses on the analysis of a) the artistic creation and its aesthetic result, b) the analysis of a work of art, namely a written text and c) the analysis of the writer-creator himself.

*"And poetry is always one, as one is the sky.
The question is where one sees the sky from.
I have seen it from the middle of the sea"*
Odysseas Elytis

In and between the lines of a literary text or a poem, we discover our own hidden aspects, thoughts and emotions, while the closer look also informs us of the point of view of another person in the story. Through a literary text, we are allowed to discern good from evil, to ponder on the consequences of the heroes' deeds, on if and how the events may develop, on which basis of values the story develops, which conditions facilitate or hinder the expression and self-realization of the heroes. Through reading, we experience a safe psychological distress, which we can indulge in and discharge, through the development of the story. Moreover, depending on our receptiveness and following the structure of the creation, we discover our personal meanings and motives which pull threads of our own lives.

In the meantime, research shows that the higher the level of the language of expression and the more syntactically sophisticated the sentences, the more the brain centers of the reader are activated as he tends to understand and respond to the deeper meanings conveyed by the sentences of the passage. The beneficiary power of literature also consists of the creation of new thoughts and mental configurations, multiplying the neuron connections of the brain, increasing creativity, representation and projection to the future. This is happening because due to the development of new mental and emotional skills, the reader is facilitated to develop healthier interpersonal relations and thus contribute to welfare.



“Hold this sound, this thunder, the storm, till I can note them somewhere”
William Shakespeare

Through his numerous researches, Dr James Pennebaker, professor in the University of Texas, has found that writing helps people organize their thoughts and give a meaning to their traumatic experiences.

From a scientific point of view, writing helps us understand our past, acts therapeutically, aids at our understanding and better organizing our lives, enhances school and work performance, raises our sociability, balances and relaxes us, boosts our self-confidence and creativity.

“Literature proves that life is not enough”
Fernando Pessoa

Bibliography

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- Φρόντ, *Ψυχανάλυση και Λογοτεχνία*, Αθήνα, Επίκουρος, 1994

Links

- <http://fractalart.gr/xarikleia-manousaki/>
- <http://www.boro.gr/88341/pws-h-logotexnia-mporei-na-kanei-kalo-sthn-psyxologia-soy>