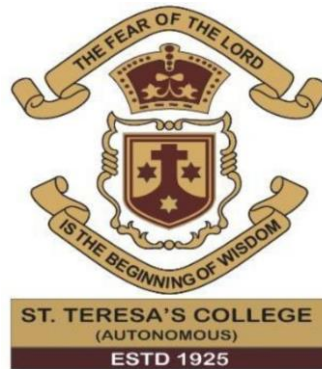


**A NEO-FREUDIAN STUDY OF *TURTLES ALL THE WAY DOWN***



*Project submitted to St. Teresa's College (Autonomous) in partial fulfillment of the requirement for the degree of BACHELOR OF ARTS in English Language and Literature*

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## DECLARATION

I hereby declare that this project entitled “A Neo-Freudian Study of *Turtles All The Way Down*” is a work done by me under the guidance and supervision of Dr. Priya K. Nair, Assistant Professor, Department of English.

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I hereby declare that this project entitled “A Neo-Freudian Study of *Turtles All The Way Down*” by Fathima Zayan is a record of bona fide work carried out by her under my supervision and guidance.

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## INTRODUCTION

“Literature emerges from and is sustained by life”. To describe literature in this way, however, would be exceedingly nebulous. In general, “literature” can apply to anything from creative writing to more technical or scientific works, but it is most frequently used to denote works of the imagination, such as plays, essays, fiction, and nonfiction. Literature is any creative effort in which the subject matter is primarily emotive. Language expressed through writing is called literature. From all other forms of art, literature is unique. It lacks a proprietary media. It contains numerous hybrid genres.

Everything that occurs in a society can be written down, recorded in, and learnt from the work of literature since it reflects reality, is an artistic creation, and provides a window to an ideology. Literature, whether it is poetry or prose, offers the reader understanding, wisdom, and feelings. Literature is a manifestation of our life. It is the physical manifestation of words that are founded on the tragedies, aspirations, and emotions of people. It produces wonders, motivates a generation, and provides information. Reading and being introduced to the world of literature at a young age enables people to realise the actual value of literature: the capacity to perceive and analyse circumstances from various angles. Literature teaches us how to live. Through reading literature, a reader travels to new locations, encounters people, participates in

their conversations, and shares their joys and sorrows. Literature serves as a reflection of society and its customs.

In ancient cultures, language was primarily used to transmit beliefs, and habits, to future generations. Literature functions as a mirror of society so that people might better examine themselves and comprehend the universal truths that underlie all humankind. This enables individuals to understand life from many angles. Identity-based fiction helps readers better understand and respect those around them by showing them what life is like for those who are different from themselves. The reality of human life and literature are deeply intertwined. To think of literature as having only an abstract significance and being completely removed from reality is absurd. Equally ambiguous is the idea that literature is a resident of the world of fantasy and imagination.

Through the use of literature, we are able to communicate the significance of a particular culture through archetypes, stereotypes, and collective conscience, opening the door for social change through the action of a critic who has the capacity to intervene in the emotional subconscious world. We can see how literature has influenced society and the attitudes and behaviours of its citizens. People's emotions, thoughts, and behaviours were determined by them. Books have quietly infiltrated people's lives and continue to do so, influencing the unconscious and forming society in the process.

The growth of society has been greatly influenced by literature. It has moulded civilizations, transformed governmental structures, and revealed

injustice. We may connect on fundamental levels of desire and emotion through literature, which gives us a thorough glimpse of human experiences. Literature teaches us to analyse characters and gives us the chance to peek inside their heads to understand what motivates them, what informs their beliefs, and how they interact with others. Literature also enables us to analyse our life and challenge some of our core beliefs, giving them a broader significance. Literature is the art of finding the remarkable in common people and saying common things in spectacular ways. People, who engage in literature, whether by reading, writing, or both, become adept at expressing themselves. All that experience will help you to communicate if you had to explain something complicated. We form emotional bonds with characters in literature and sense of belonging to a larger society. We begin to understand ourselves and other people as a result of these experiences. When you read a sentence that speaks to you, you could feel as though the author understands you better than you do. Excellent literature can serve as the map if we are the territory. Reading literature quickly broadens our knowledge. Through experiences, whether they be our own or those of others, we can learn. Literature increases our exposure to a variety of circumstances and events that might otherwise take us decades to directly experience. This project attempts a Neo-Freudian analysis of John Green's *Turtles All The Way Down*. The aim of the study is to bring into light how the society, culture, and the self-esteem influence the mental health of a person.



John Green is an American writer, producer, editor and a vlogger. He is the No. 1 bestselling author of the books – “*Looking For Alaska*”, “*An Abundance of Katherine’s*”, “*Paper Towns*”, “*Turtles All The Way Down*” and “*The Fault in Our Stars*” according to the New York Times. More than 55 languages have had his novels published, and over 24 million copies have been printed. He has written several outstanding books that inspire readers and give them a sense of life. Young people who read his works hold him in high regard for his skillful and creative writing. Characters in Green’s fictional world are enthusiastic and passionate about writing. His characters are based on people in real life who lived in the same society and culture as John Green. They fight for survival in a world where diseases pose a threat to health. Before creating characters, he thinks about what a character would look like and what would make her stand out.

Jonathan Alexander stated that following several major successes, including his 2012 novel *The Fault in Our Stars* and its 2014 film adaptation, as well as the 2015 adaptation of his 2008 novel *Paper Towns*, John Green seemed to be taking a bit of a break. But after a nearly three-year hiatus, he has now offered us a new YA novel, *Turtles All the Way Down* — one that has frankly befuddled me, prompting me to question Green’s motivation for writing his books. Green has justly made a name for himself with poignant tales of adolescents worrying over their place in the world. While this novel, along with other Green titles, has been criticized for deploying “manic pixie dream girl” stereotypes (female characters whose primary purpose is to further the self

exploration of their male partners), I have admired how Green generally takes young people seriously, representing their (admittedly often white and middleclass suburban) concerns with decency and care.

The 2017 young adult book *Turtles All the Way Down* by John Green is a bestseller. Aza Holmes, who has obsessive-compulsive disorder (OCD), anxiety, and other mental health issues that have a significant negative influence on her everyday life and her capacity to maintain relationships, offers a first person “narrative”. The author, who has openly talked about his own issues with OCD, has called the story as a realistic and intimate representation of OCD.

Aza, a high school student in Indianapolis who is 16 years old, has an overwhelming fascination with the idea of microorganisms infecting her body and killing her. Aza must compulsively cut open a tiny callus on her finger, clean it with hand sanitizer, and then apply a fresh Band-Aid in order to deal with this fixation. She must repeatedly follow this desire every day even though doing so momentarily eases her intense uneasiness. During lunch one day, Aza struggles to control her worry that microorganisms have infected her body as her friends Daisy Ramirez and Mychal Turner talk about the disappearance of a local rich businessman named Russell Davis Pickett, Sr. To avoid being detained for fraud and bribery in connection with a sewer project, Pickett had absconded. Daisy requests that Aza get in touch with Russell Davis Pickett Jr., Pickett’s son, whom Aza knew. Daisy wants to try and claim the \$100,000 reward that has been offered for information about Pickett’s disappearance, but Aza hates the idea

because she needs to save money for college.

When Aza and Daisy arrive in Davis, they learn that Russell's company had failed to complete the sewage line repairs it was hired to do, which is why Russell had vanished. Davis worries that the man is out of his mind after he handed his entire inheritance to his pet lizard. Aza and Daisy go, but Aza and Davis begin messaging. Aza's obsession with her finger lessens as time goes on. She becomes really upset though when she doesn't clean it. Davis is a diversion since at first they only text each other, then they start seeing each other. Aza can't help but be attracted to him, even though this wasn't the original goal. However, Davis worries that Aza is solely concerned with her financial situation.

Although she does care about Davis, Aza experiences panic attacks more frequently than ever. She wants to quit seeing Davis because every time she kisses him, she is only able to think of the germs he has given her. Davis is content to take their relationship slowly because he is aware of her situation. Daisy isn't pleased that Aza has such strong control over the \$100,000, but she keeps quiet about it.

Aza regrets that she doesn't see Daisy as frequently these days. Aza checks Daisy's online blog and leaves comments on it in an effort to make amends. When Aza checks the blog, she learns that Daisy modelled a character after her, one who suffers from anxiety. Aza is upset, yet Daisy's behaviour in handling the challenges of being Aza's friend shows the character. Naturally,

there is conflict between Aza and Daisy. Aza understands that Daisy's constant preoccupation with germs has kept her from learning much about Daisy's life. Aza can't help but be self-centered, but she despises herself for it, and she's so upset about it that she has a car accident. Aza consumes hand sanitizer after being brought to the hospital because she is so concerned about germs. For the treatment of her disease, her psychiatrist recommends various medications.

Aza apologizes for being egotistical while Daisy apologizes to Aza for her outburst. When Aza leaves the hospital, they go to Mychal's art exhibit. Aza had a thought after seeing them go through the sewer system. Russell was unable to finish the project, and she fears that he is somewhere in the sewers. When Davis hears about her opinion, he adopts it out of worry that his father has passed away. Aza learns one day that Russell was discovered dead in the sewer system. Davis, who is devastated, relocates to Colorado with his brother. Due to Russell's pet lizard inheriting everything, they are not entitled to any inheritance. Aza can concentrate on staying well and going forward with her life now that the mystery around her and Davis is over.

At the book's conclusion, Aza in the present informs the reader that she wrote this chronicle as a task assigned to her by her doctor. Even though she still struggles with her mental condition, Aza married and had kids as an adult.

Deviating from the traditional biological approach to the development of personality this project attempts a Neo – Freudian analysis of Green's *Turtles All The Way Down*. The aim of the study is to bring into light how the society,

culture, and the self-esteem influence the mental health of a person. The first chapter presents an introduction to Erik Erikson's theory of psychosocial development and Karen Horney's theory of self. In context of these concepts the second chapter examines the main characters experiences in the larger social environment and it's influence in their personality development. The project shows how the social and cultural environment affects the mental health of a person and the problems that arise due to it on the basis of Neo – Freudian theories.

## CHAPTER – 1

### The Concept of Neo Freudianism

The neo-Freudians were psychologists who were influenced by Sigmund Freud. They generally agreed with Freud that early experiences matter, but they placed less emphasis on sex as a source of energy and tension and more attention on the social environment and the influences of culture on personality. There also formed a group known as the psychosocial Neo-Freudians. This group believed that Freud had over-emphasized psychosexual motivation as an explanation in his theory. Numerous Neo-Freudian theorists dissented from the Freudian psychoanalytic tradition in order to create their own psychodynamic theories. Neo-Freudians place more of an emphasis on conscious than unconscious cognition. Neo-Freudians emphasize interpersonal interactions as a root cause of psychological issues. Significant advances have been achieved in the psychoanalytic study of personality by numerous psychologists, scientists, and philosophers. Carl Jung, Erik Erikson, Karen Horney, and Alfred Adler are four prominent Neo-Freudians. This project deals with the “ theory” of psychosocial development theory by Erik Erikson and the theory of self by Karen Horney.

The psychosocial development is the emotional and psychological changes that occurs in a persons life in context of the persons social environment. Psychosocial development theories helps us in understanding ourselves. It states that our personality develops in stages. It is used to determine the thoughts and feelings of a person. The nature of self-awareness, social interactions, and the mental processes that promote links between the person and his or her social environment are the main themes of psychosocial theories. Adolescent psychosocial crises and identity confusion are explored by psychosocial theories. This idea emphasizes the necessity for people to discover their own selfdefinition as well as a sense of meaning and purpose that will direct decisions as they enter adulthood. The development of a personal identity necessitates a reconceptualization of one's self, which incorporates one's past identifications, present skills and abilities, and future aspirations.

Erik Erikson's theory of psychosocial development is the first, and arguably most influential, lifespan theory of development. Erikson's writings are extensive and complicated, covering quite a bit of conceptual ground. He mixed detailed treatments with vague proclamations, and returned to the same themes repeatedly throughout his career. These qualities of his work have led some to refer to his work as having "Rorschach-like" qualities, where different readers glean and interpret his words based on their own interests and views (Syed and McLean 2).

The psychosocial developmental theory is an extension of Sigmund

Freud's notion of Five Developmental Stages. The 20<sup>th</sup>-century psychologist and psychiatrist Erickson wrote in 1959 that he formulated his cycle theory of eight stages of life, recognizing the important role of environment in self-awareness, adaptation, human development, and identity. Erikson's stages of psychosocial development is a theory introduced by psychologist and psychoanalyst Erik Erikson in the 1950s. It builds on Freud's theory of psychosexual development and draws parallels with childhood to include the impact of social dynamics and psychosocial development on adulthood. Lifelong social factors. This biopsychosocial approach has influenced many areas of research, including gerontology, personality formation, identity. According to Erickson, the environment in which a child lived was important to growth, adaptation, and the source of self-awareness and identity.

The theory suggests that the ego identity develops through one's entire life in eight specific stages. Each of these stages is critical building block for maturing in life. Erikson suggested that these stages may overlap. Each of the psychosocial stages is distinguished by two opposing emotional forces, known as contrary dispositions, that result in a crisis that needs to be resolved. The recognition of adolescence as the time when a person develops a personal identity, a framework of values, and commitments that drive important life decisions in the transition to adulthood is one of the main contributions of psychosocial theory. Each stage emphasizes developing competence in a particular area of life and is distinguished by a developmental "crisis" or conflict. Erikson's theory is dependent on what he refers to as the epigenetic principle,



which incorporates the notion that our environment and the culture around us have an impact on how we go through these predefined phases as our personalities unfold in predestined ways.

Erikson suggested that the period of adolescence and young adulthood was the primary developmental period to resolve the identity tension. However, identity-related issues can certainly arise prior to adolescence, which is supported by extensive research on mirror self-recognition, selfother integration, and role preferences; issues that arise from infancy through childhood (Syed 3).

The eight psychological tensions might be conceptualized in contemporary terms as developmental tasks. In order to achieve healthy growth, people must face and overcome psychological challenges known as developmental tasks, which are common, if not universal. Understanding the psychological concerns that are especially important to people at different stages of their life can be done by seeing the eight tensions as developmental tasks.

The first stage of Erikson's theory of psychosocial development occurs between birth and 1 year of age and is the most fundamental stage in life. At this stage of development, the child is totally dependent on adult caretakers for everything they require to exist, including food, love, warmth, safety, and nurture. A youngster will learn that they cannot rely on or trust the adults in their lives if a caretaker does not give them enough love and care. This stage is called

Trust vs Mistrust. Early childhood is the time period for the second stage of Erikson's theory of psychosocial development, which is concerned with helping kids feel more in control of their lives. Children are just beginning to get a little independence at this stage of development. They are beginning to take simple behavior's on their own and acquire straightforward preferences. Parents and other adults who care for children can support children's feeling of autonomy by giving them the freedom to choose and take charge. This stage is called

Autonomy vs Shame and Doubt. Preschool years are when the third stage of psychosocial development takes place. Children start to exert their power and control over the world at this stage of psychosocial development through controlling play and other social interactions. It is largely focused on the idea that kids need to start exerting authority over their surroundings. A sense of purpose results from completing this stage successfully. Those who lack these abilities experience remorse, self-doubt, and a lack of initiative. This stage is called

Initiative vs Guilt. The fourth psychosocial stage occurs between the ages of five and eleven, during the early years of school. Children start to feel proud of their accomplishments and skills through social interactions. Failure causes emotions of inferiority, whereas success fosters a sense of competence. This is the stage of

Industry vs Inferiority. During the extremely difficult adolescent years, the fifth psychological stage takes place. An individual's sense of self will shape their behaviour and development for the rest of their lives, and this stage is crucial in helping them build that feeling. Teenagers must establish their own identities and sense of self. Adolescence is a time for self-discovery for kids as they experiment with their independence. This stage is called Identity vs Confusion. The sixth

stage includes the early adulthood, in which people establish their personal relationships. Young adults must establish solid, long-lasting relationships with others. In contrast to failure, which results in isolation and loneliness, success develops strong relationships. Those that are successful at this stage will create bonds that are strong and durable. This is the stage of Intimacy vs Isolation. Adulthood is the time of stage seven. The sense of competence and contributing to the world are tied to this stage. In accordance with Dr. Erikson's idea, adults must develop or build something that will outlive them. Those who are still preoccupied with discovering who they are might not look for these opportunities to give back and may instead become stagnant. This stage is the Generativity vs Stagnation stage. Old age is when the final psychosocial stage takes place, and it focuses on looking back on life. When a person reaches this stage in life, they must decide if they are content with what they have given to the world or whether they regret the things they have said or done. This phase is known as the Integrity vs. Despair stage.

However, Erikson's theory is subject to legitimate critique and has its drawbacks. Erikson's theory of psychosocial development has been criticized for not describing in detail what leads to various stages of development or how they are resolved. Almost nothing is spoken about the experiences that influence how a person develops at each level. He does not go into detail about how each stage progresses and changes into the following stage, just as there are ambiguous specifics regarding the factors that lead to each step. This theory does not specify how to resolve disputes so as to go to the following level.

The German psychologist Karen Horney vigorously contested the Ideas of the Freudian school. Cultural psychology, interpersonal psychotherapy, and humanistic psychology continue to be influenced by her ideas on neurosis, feminist psychology, and the self. She was one of the first female psychoanalysts trained in the Freudian tradition. In contrast to Freud's assertion that sex is a guiding principle, Karen Horney's theory of personality placed more stress on social interactions and connections in the creation of personality.

According to Horney, everyone aspires to be his or her best self. The core of a person's well being and potential was what she meant by "self," in her understanding. Horney contends that if a person has a true understanding of who he or she is, then he or she is free to reach his or her potential and fulfil his or her goals within fair bounds. According to her, a healthy person's life goal is self-actualization, as opposed to a neurotic's need for external validation. The true self and the ideal self are two perspectives according to Horney. The term "true self" describes a person as they truly are. The ideal self is the kind of person a person would like to be. Willpower, actual growth, and the realization of gifts and enjoyment are all characteristics of the real self. Additionally, it is flawed. Only the ideal self can aid the real self in realizing its potential and self-actualization. According to her, adolescent interpersonal interactions that were strained were the root of psychological illnesses. Insecure and anxious feelings might develop in a youngster as a result of a parent's uncaring, discouraging, and unpredictable behaviour. She held the opinion that we can realise our potential

and do everything we want as long as we stay within reasonable bounds if we have a realistic perception of who we are. She therefore felt that the healthy person's goal in life is self-actualization rather than the adhering to a specific set of essential demands that characterize neurotic behaviour.

Horney had the opinion that parents should show their children warmth and care in order to give them a sense of security. By fostering animosity, such as favoritism for one brother over another, unfair punishment, unpredictable conduct, broken promises, humiliation, and exclusion from others, they can also make their children feel insecure.

In addition, Karen Horney outlined four self-protective mechanisms that children can use to defend themselves against early worry. Instead of seeking happiness or pleasure, they encourage the individual to look for stability and reassurance. When a parent acts indifferently, discouragingly, and erratically toward a child, basic anxiety develops in the young child. The youngster experiences uneasiness, fear, and powerlessness. All forms of neurosis that manifest later in life are likewise rooted in basic anxiety.

She comes to the conclusion that unless the cycle of neurosis is somehow broken through treatment or, in less severe situations, a life lesson these deeply embedded psychological qualities will always prevent an individual from realizing their potential.

## CHAPTER -2

### Theory of Psychosocial Development

Ever since I was little, I've pressed my right thumbnail into the finger pad of my middle finger, and so now there's this weird callus over my fingerprint. After so many years of doing this, I can open up a crack in the skin really easily, so I cover it up with a Band-Aid to try to prevent infection. But sometimes I get worried that there already is an infection, and so I need to drain it, and the only way to do that is to reopen the wound and press out any blood that will come (Green 5-6).

According to Erik Erikson's theory of psychosocial development the third stage is the preschool stage in which the children start to exert their power and control over the world at this stage of psychosocial development through controlling play and other social interactions. It is largely focused on the idea that children need to start exerting authority over their surroundings. A sense of purpose results from completing this stage successfully. Those who lack these abilities experience remorse, self-doubt, and lack of initiative. This stage is called Initiative vs Guilt. Throughout the book Aza does certain weird activities

like cutting the thumbnail and pressing it so that she can get rid of infections that can affect her. Aza tries to control her anxiety and fear towards the microorganisms that can cause infections from the public places. She tries to exert authority over the surroundings.

“Holmesy, you okay?” Daisy asked. I nodded. Sometimes I wondered why she liked me, or at least tolerated me. Why any of them did. Even I found myself annoying”(Green 7).

The sixth stage of psychosocial development theory by Erik Erikson is the early adulthood stage in which people establish their personal relationships. Young adults establish solid, long-lasting relationship with others. Those that are successful at this stage will create bonds that are strong and durable. This is the stage of Intimacy vs Isolation. Here, Aza’s best friend Daisy is the only one who has the ability to convince her to seriously consider moving outside her comfort zone. In general, she is empathetic to Aza’s difficulties and is quite supportive of her. Daisy is an accomplished author who has written Star Wars fan fiction for many years. Later it is discovered that she uses these tales as a way to express her annoyance with Aza and her nervousness Aza is devastated by this because she now considers herself as a burden in both her friend’s fan fiction and the events she creates in real life and a major accident results from the struggle that follows. Yet, they reconcile and decide to stay friends in the end.

“My dad’s a huge shitbag. He skipped town before getting arrested because he’s a coward.” I didn’t know how to answer that. The way people talked about fathers could almost make you glad not to have one” (Green 34).

The child is completely dependent on the adult carers for all they need to exist, including food, love, warmth, safety, and nurture, according to the first stage of Erikson’s theory of psychosocial development. If the carer does not show them sufficient love and care, a child will learn that they cannot rely on or trust the people in their lives. This phase is referred to as Trust vs. Mistrust. Here, Davis here calls his father a shitbag. He doesn’t get along with his father because he hasn’t shown him any love or attention. He was devastated to learn that once his father died, he would be forced to move his brother and him out of the family home and give all of his possessions to his pet lizard. The connection between Davis and his father was not a nice one. As his father went missing, he didn’t want him to return, but he was worried about his brother, who showed the father affection. All of the issues that develop when Davis’ father goes missing have an impact on his mental health.

According to Karen Horney, a proponent of Neo-Freudian theory, parents should offer their children affection and warmth in order to make them feel safe. They might make their children feel uneasy by encouraging hatred through excessive punishment, unsteady behaviour, broken promises, humiliation, and exclusion from social situations. A child’s basic fear grows when a parent behaves indifferently, discouragingly, or unpredictably towards them. Unease,



fear, and helplessness are felt by the young person. All types of neurosis that appear later in life have their origins in their fundamental anxiety.

Once the car doors were closed, he said, “Everyone is always watching me. It’s exhausting”.

“I’m sorry,” I said.

Davis opened his mouth as if to speak, seemed to think better of it, and then, a moment later, continued. “Like, you know how in middle school or whatever you feel like every one is looking at you all the time and secretly talking about you? It’s like the middle school feeling, only people really are looking at me and whispering about me (Green 39).

As his father vanished, Davis came under suspicion that he had committed a sin. Everyone followed him and spoke about him whenever he went out. As a result, Davis began to withdraw from society and felt insecure. His concern over their predicament grew. His mental health suffered from each of these. The society and culture plays a major role in the personality development.

The reward is for ‘information leading to the whereabouts of Russel Davis Pickett.’ We may not know where he is, but we have information they don’t that will help them find his whereabouts”.

“Or not,” I said.

“We should call. We should call and be, like, hypothetically, if we knew where Pickett was the night he disappeared, how much would that be worth? Maybe not the full hundred thousand, but something (Green 77).

Through social interactions, children begin to feel proud of their accomplishments and skills throughout the fourth stage of psychosocial development. Here, Daisy makes use of every resource at her disposal to track down Pickett. She is just focused on the reward that the informant will receive. Aza, however, is reluctant to provide the information because Davis is more important to her than the reward. Daisy, however, doesn't give a damn about Aza's predicament; instead, she is tremendously optimistic about life after they receive their reward. Erikson also stated that at the fourth stage, failing leads to feelings of inferiority while succeeding leads to a sense of competence.

““You often try to understand your experience through metaphor, Aza: It's like a demon inside of you; you'll call your consciousness a bus, or a prison cell, or a whirlpool, or a loop, or a – I think you once called it a scribbled circle, which I found interesting.”” (Green 88).

According to the fifth stage of psychosocial development theory an individual's sense of self will shape their behaviour and development for the rest of their lives and this stage is crucial in helping them build that feeling. Aza tries to define herself in different ways. She uses metaphors to describe her experience but she is not able understand herself. Erikson also had the opinion that teenagers must establish their own identities and sense of self. Aza cannot identify her

identity. She was always concerned about her consciousness and also she considers herself as a fictional character. Karen Horney stated that unless the cycle of neurosis is broken through treatment the deeply embedded psychological qualities will always prevent an individual from realizing their potential.

It gives them a time and a place. You're right, though. They won't find him. But they will ask me why I didn't turn over the picture. And they'll never believe me, because I don't have a good reason. It's just that I don't want to deal with kids at school while he's on trial. I don't want Noah to have to deal with that. I want ... for everything to be like it was. And him gone is closer to that than him in jail. The truth is, he didn't tell me he was leaving. But if he had, I wouldn't have stopped him (Green 109).

Davis was concerned that Aza might alert the police after realizing she had obtained information on his father. Even if they are unable to locate his father, they will still ask him about it. The second stage of psychosocial development is when toddlers start to take simple behaviour on their own and form clear preferences, and the third stage is when children learn to exercise power and influence over the world through social interactions. Davis didn't want to face the kids at school or have his brother deal with the stressful scenario. His mental state was affected. This illustrates how those around us judge us in stressful conditions.

He asked me about my school day, and I told him I'd had a fight with Daisy. I asked about his day at school, and he said, It was okay. There's

this rumor at school that I killed not only my dad, but also my mom ... so.

I don't know. I shouldn't let it get to me.(Green 146).

The environment in which we live plays a major role in an individual's life. They are responsible for the behaviour of a person. When an individual is blamed by the society even though he haven't done anything wrong affects the mental health of the person and he starts isolating from everything in the society. Davis is blamed for the death of his father as well as his mother's. He is worried that he might also get blamed for the fight between Aza and Daisy. Even though he haven't done anything wrong he is the one is affected by all the issues that happen around him.

*He's trying to treat you like you're normal and you're trying to respond like you're normal but everyone involved knows you are definitely not normal. Normal people can kiss if they want to kiss. Normal people don't sweat like you. Normal people choose their thoughts like they choose what to watch on TV. Everyone in this conversation knows you're a freak.(Green 156 – 157).*

In this case, Aza is worried about herself. She claims that Davis treats her like a regular person and that she behaves normally, but she also claims that everyone is aware of the fact that she is not normal and sets herself apart from those who are. She believes she is not normal because of her ideas of what makes a normal person, and she feels uneasy because of how many around her act.

Horney believes that everyone desires to be their best selves. She understood a person's "self" as the essence of their inner being and potential.

Horney argues that if a person has a true grasp of who they are, then they are free to realise their potential and achieve their objectives within just limits. She asserts that a healthy person's life objective is self-actualization, as opposed to a neurotic's desire for outside approval.

According to Horney, there are two perspectives: the real self and the ideal self. The phrase "real self" refers to a person as they actually are. The kind of person one would like to be is their ideal selves. The genuine self possesses willpower, actual development, the realization of gifts, and happiness. Furthermore, it is incorrect. The real self's potential and self-actualization can only be helped by the ideal self.

## CONCLUSION

Social and cultural aspects of the society can influence the mental health of a person. This shows how a person's attitude towards the society change according to the situations that one face.

The protagonist of *Turtles All the Way Down* by John Green is a 16-year-old girl who struggles to cope with her fear of microbes. The story also centers on her friends and the events that follow the billionaire's disappearance. Young adult author John Green writes.. His book speaks openly with his personal OCD and anxiety issues. According to John Green, his struggle with OCD is similar to Aza's in that he also has intrusive thoughts that don't seem to go away unless he takes certain actions to try to silence them. This marks his first attempt at telling a story from the viewpoint of a woman without glorifying the manic pixie dream girl's mental state. The themes of the novel are identity, selfhood and mental illness, Chaos vs Order and control, privilege, power and wealth.

Fiction written by John is realistic in nature. Green cares deeply about people, and his writings depict the emotions of actual people in actual circumstances. When John started to express how he felt and what he observed in individuals, his writing really took off. John's characters struggle for life in a medically threatened world full of diseases. He writes to influence and uplift. John started out his career working for the Chicago-based book review publication Booklist as a production editor and publishing assistant.

As is common for a John Green book, *Turtles All The Way Down* not only sheds light on reality but also takes the reader on a philosophical trip and raises more questions than it answers. Aza initially comes off to the reader as mentally sick and irrational; yet, Green gradually lays clues that cause the reader to question more fundamentally what reason is and whether humans are even capable of it.

This project makes an attempt to analyse Green's *Turtles All the Way Down* from a Neo-Freudian perspective. The study's goal is to shed light on the relationship between a person's mental health and society, culture, and self-esteem. Erik Erikson's theory of psychosocial development and Karen Horney's notion of self are introduced in the first chapter. The second chapter explores the experiences of the major characters in the larger social environment and how this has affected the development of their personalities in the context of these ideas.

Based on Neo-Freudian theories, the project illustrates how a person's social and cultural environment impacts their mental health and the issues that result from it.

The introductory part includes the information about the author and his works in detail. It also includes the plot of the novel. The first core chapter of the project deals with the theories which are applied in the analysis of the text. The theories are explained in this chapter it also gives the information about the theorists. The second chapter deals with the theoretical framework of the project.

The theories are used with the quotations from the novel to explain the characters.

This chapter portrays the characters experiences regarding their personality and how the environment affects the mental health of an individual with the help of the theories.



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