

# The Concept of Psychological Depression in the Poem *Lady Lazarus* by Sylvia Plath

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## Abstract

Human beings are created with great personality in the sight of the creator. But some people had no time to realize over this wonderful aspect. Joys and sorrows are like a two sides of the coin. Life has its own meaning to live. In today's modern world, man's ultimate strive is to be happy. But if that happiness lacks then were the longing would go. Lady Lazarus, a beautiful poem written by Sylvia Plath, would clearly explain the aspects on which the character would involve herself in taking certain decisions in her life. Decision can't be taken easily. It needs time and space. All the decisions are not as the same. Sometimes decisions are not good, when people are emotionally moved. Here the ultimate search is to describe about the human mind set. The poem the character, Lady Lazarus mentally depressed on the particular time. She lost her peace and hope. She had underwent all kinds of depressions. Here the character Lady Lazarus is trying to come out from the various problems. So that her mentality or inner conscience says that death makes free from everything. She thinks that death as a great destination for her life. And what would be the impact that this aspect of decision making would bring the people to live a happy life or to go towards the path that is not clear.

**Keywords:** Depression, Psycho-analytical aspect, Existential crisis, Human dignity and positive aspects.

Two important aspects in psychological study are as follows: It must denote a behavior. It must create expectations about future behaviors. Throughout, the psychological study theories have been indicate to explain and foretell of various aspects of human behavior. Some of these ideas have raised and that test has been remains as well as accepted by day today life. Others have not held up under close technical scrutiny may have been rejected by totally or only somewhat accepted by scholars today. Each concept has help out donate to our knowledge base on the human mind set and behavior. Some theories such as traditional training are still well-accepted today.

Psychoanalyst Freud and his theories, have been said very clearly and his ideas that has given better explanation to human development. The whole strength of a scientific theory is to explain various wonders of human mind set. The test makes a theory so different from an ordinary deduction or awareness. As fresh evidence and research is added, a theory may be polish, modified, or even forbidden if it does not acceptable with the latest scientific answers. Developmental concepts providing controlling principles

and ideas that define and explain human growth. Some developmental notions focus on the construction of a particular feature humans, for example Kohlberg's theory denotes that moral and ethical development.

Other developing notions focus on growth had happens throughout the lifetime, such as Erikson's theory of psychosocial development. And during The time women's movement as started to act very actively fighting for their freedom. They have used different ways to attempt and express their equality: that has been suggested to politicization Assembly that to change laws; broadcasting issues like rape and home forcefulness through the media; and reaching out to ordinary women to increase the movement and promotion their consciousness on feminism. How feminism and the feminist educations should lead or provide secularism to them. And it's called as women's liberation movement. Though many movement has started but yet the women's are sexual object in the sight of men. And they are treated as a slaves. Because of that depression death take place.

The poem *Lady Lazarus* commonly tells us about suicide. The narrator of this poem says that “*I have done it again / One year in every ten I manage it*” (1-3). She lived only thirty years in that particular time period. She has committed suicide thrice. Main reason for her suicide is she was mentally depressed. She has no idea about her depression, so that the narrator took death as final destination. The first death had happened when she was ten accidentally. She felt that if she is out of the world she will not meet any problems like that accident which denoted the death. On the other hand the doctor and neighbors are bringing her back to her life, she is considering doctor as enemy to her because they are the ones who saved her from the death. Because it make free from everything if not I might have gone to heaven there I might get peaceful life as I wished and I may enjoy over there, and also she tells that dying *is an art* . Here the character *Willy Loman* from *Death of Salesman* who had same problem. According to *Shakespeare* he is a stomach which mean mentally disorder person sometimes he may go to past life and thinking of it and he is shouting at everyone, he has lost his peacefulness, that why he is not stable about his thoughts, and his activities, mean he always think about his past life and lament over the things when he has come across the depression. The same way *lady Lazarus* assumes that death is a solution for all the earthly things, and she took that dissension.

She had deep love towards her father and she much more believed him that he also do the same rather he left her and she was standing alone no one is there to guide her or help her, she was totally broken hearted .That impact made her to think about her untruthful father, she is lamenting about her father, like a *Willy Loman* in “*Death of salesman*”. So that the character *lady Lazarus* plans to commit suicide the second time. But she become saved so she totally disturb, the first attempt had happened in the accident, but the second attempt had made intentionally. That much the character has under gone many problem and she was not able to come out of the problem here she was totally disappointed and confused ,she has no other go so that only she has committed suicide the second time. All the earthly things are has its own capacity and limitation, if that is beyond the level mean death will take place out of depression .That too

people consider death as only way to come out of the struggles .The second time she was brings back from the death, by the doctors. Then the lady got married at the age of thirty. But she was not happy in her marriage life. Because her husband has treated her like slave, and she is sexually abused by her husband. She has lost her family, she does not have any other relation except her husband. She longs for the love from her husband because she depressed by her feelings. She want to share her feeling with someone but she does not have anyone to express, she attempted suicide twice she happened to experience her death but she could not complete. Finally third time she has achieved her death successfully. She believe her father and she except love from her father as she gave to him, but her father has died there starts her first depression. She lived unhappy life. After her father's death she gives important to her husband but unfortunately he also left her. Because of her great depression. She did not have any other choice to come out of her depression, so she consider the death is a solution for her depression. *Lady Lazarus* consider her as a cat, only cat has ultimately power to dies nine times, but she has attained only three times, at last she has achieved her death. The problems are like an ocean people have to think how to overcome from that, rather not dying. Death is not a solution for all the problems anymore. We the people have to find or discover the way to come out of the problems. The human mindset is not stable anymore, even though try to be a stable on particular things. She is consider herself as a useless, and she was not liked by anyone. If they like also they won't be stable they are doing for name sack, these kind of depression and loss of her relations made her to lose her, and her dignity. The author has project the character in the poem has no ethical thought within her, it leads the society into wrong way.it has no morel things, death this not a way to come out our all the problems anymore.

Here I found the character has under gone many problems, because of the problem she decided death as a solution, but death is not solution anymore, until if you stand against the problems. Human emotion plays vital role here that should lead us into good ways, and it has to give guts to face all the earthly problems. Here the character lady Lazarus tells that dying is an art.She says that dying is a theatrical event, and image that people come watch her doing it.in fact it seems as if she's performing a third death in front the people at circus . She compares herself again to holocaust victims, and imagines that she has been burned to death in the concentration. She felt that camp as graveyard. The end of the poem she comes back to her life with enthusiasm, *and I eat men like air (84-1)* the dealing with human with human relationships, with father, friends, husband, she reveals that her life has filled with the bitter feelings, and unacceptable one. Out of depression, out of her anger, she has committed suicide. The death is not a solution for all the problems. We should not fear about the problems rather we should experience the problem and fight against it in our life time. The intelligent knows how to come out of the problem, But wise get succeed without facing the problem.

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