

Dynamic Sensibility: A Study Of Human Nature And Emotional Variation In Concern To Anxiety And Psycho Neurological Analysis In The Works Of Haruki Murakami

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Abstract

Every individual has his /her universe of emotions and field of experience in terms of feelings and their outlet in different manners and ways. The articulation of life in manifold methods pushes human nature either into deep structures of dilemma or utmost happiness. The emotive part of the human psyche manifests the pain, suffering, merry, and miscarriages of fate and fortune. All these eventual facts and their processing mechanisms shape and de-shape the psychic dimensions of human creed on the surface of this earth.

The parameters of the mind abruptly digest the surfacing atmosphere of the situations and react in new and unique ways. The different particulates of behavior and the modes of acceptance or

differentiation categorize the perspectives of all possibilities and problems of life. The outpouring element of this conscious and subconscious mesmerization put an individual to regain mental health through a boastful practice of truth and acceptance of reality. Hence there are some ways through which human anxiety has some remedial measures to come out energetic and forceful truths of being. Therefore, the culminating thought of this research paper is to accumulate all the possible and necessary logic that maintains the aura of human beings through a positive psychic study of the works of Haruki Murakami.

Keywords: Barbaric Destruction, chaos, ideology, post-traumatic disorder, postmodern stress.

Introduction

From the perspective of different literary and psychological theories the impact of death, stress, and trauma on the psyche of people. I will argue, that, Murakami is trying to locate that anxiety is not a norm of society but an ideology to detach the mannerism of life towards a falsification of thought and navigation of postmodern stress to maximize the influence of materialistic mesmerization of loneliness and chaos. Similarly, through this research paper, I will also prefer to deal with the thoughts about post-traumatic disorders and negotiations of life in the passage of upcoming different mentalities of time in advance of barbaric destruction of the quest for materialistic prosperity and worldly mechanisms. However, I will argue that through this research paper, both positives and negatives of human endeavor will be analyzed and discussed systematically and the midway will be applied to highlight human thought and progress and a move towards purity and perfection and to see how Murakami searches the inner core of human beings through his writing in this postmodern age.

Social and psychological anxiety

In dealing with all these phases and faces of Murakami's dealings with society, different questions will take place about Haruki Murakami's portrayal of modern anxiety.

The fear of social situations is another term for a disorder known as social anxiety, an illness causing people extremely frightened of places that are crowded. though it is commonly referred to as being shy. Shyness can be resolved over some time and does not consistently affect a person's life. On the contrary, social anxiety may affect an individual's whole life, involving their employment education, connections with others, and familial affairs. (Higuera, 2016 as medically analyzed by Timothy J. Legg, Ph.D., PMHNP-BC). The Mayo Clinic Staff (n.d.), asserts that anxiety about social situations tends to have an enormous negative effect on a person's social life because the person fears being criticized by someone else, which often ends in substantial worry, stress, and self-conscious guilt. The most common anxiety disorder social nervousness impacts 50% of the population by the time of 11, and 80% of persons by the time of 20 years of age. which can be an indicator of risk factors for mood disorders and misuse of substances(Stein & Stein, 2008). As stated by Richards (2018) this illness strikes several million people globally each day and it is the third most common problem with mental health treatment challenges.

From the beginning, Murakami has dealt with the thoughts of people while holding their psychological parameters into consideration, and in this manner, he is investing many times his own life into his works to demonstrate that all humans are acknowledged as the same from different patterns of thought and realizations of self. Though he had never suffered from any kind of psychological disorder from the side of his family or any other thing, he always tried to diverge from the fruitfulness of life and many often worked hard to deliver that life- be it happy or sad, will always indulge all things into some kind of trouble and will compel to understand the underestimated portrait of being in some different notations and amalgamations of thought and thinking.

To discover that human beings, in all conditions, have to manage things and essentiality; he thought to conclude that his works should deal with the abnormalities of life and living. To distinguish all these things, he traveled to different parts of the world to enunciate that life itself is a long journey and to understand its formation. We have

not dealt with other sciences but, we should explore them through their analysis by watching their dimensions from all spheres.

Although Murakami, began with different thoughts, ultimately, he located faults with human knowledge and knowing things and he turned to other spheres of writing and began to deal with the anxiety of the postmodern age and its diverse effects on the life of all natural things especially with human beings and its dangerous results in devastating the phenomenon of life and living. Some different writers and critics put the thought that the modern age is categorized as anxiety and Murakami is also dealing with the same thought as well. The puzzle of this research paper and its created theory will highlight that the modern age is circumscribed and mostly attached to anxiety and all these dealings have been fully realized in the works of Murakami, The primary notion of my research is to throw light on the loveable perspective of Murakami, which will help in understanding the best way to deal with the upheavals of the time and space which hinder the complete realization and understanding of life properly and beautifully. By the advent of the postmodern age, anxiety and isolation began to be known as the norms of society and people began to separate from one another it gave birth to different kinds of traumas and dilemmas and led society towards some kind of disturbance which humankind was not able to bear and ultimately, they turned wild in their emotions. This anxiety became the topic of Murakami's rewriting of human endeavor and often he began to locate that this anxiety had reached its pinnacle and had engulfed the whole human creation into its grip. Although other writers deal with these things in their writings, in the same manner, Haruki Murakami tried to indulge his thoughts to investigate the visible and sublime thought of the postmodern age.

In pursuit of the luxuries of life and to enjoy the moods of life, human beings began to trap themselves in different problems and this increased their problems more and more ultimately, they did not punctuate the influences of previous decades of faith and fruitfulness of life and at the nick of time life turned into a mess of anxiety and all the beauties vanished. All these things

became the theme of Haruki Murakami's works, and he began it in his manner through a beautiful collection of novels and different short stories. Similarly, the novel "Colourless Tsukuru and His Years of Pilgrimage" states the mentality of its main character: Murakami writes "Maybe I am fated to always be alone, Tsukuru found himself thinking. People came to him, but in the end, they always left. They came, seeking something, but either they couldn't find it, Or were unhappy with what they found. (Or else they were Disappointed or angry and then they left. One day without warning, they vanished, with no explanation, No word of farewell, Like a silent hatchet has sliced the ties between them, Ties through which warm blood still flowed, along with a quiet pulse".

Tsukuru is shown as always thinking about a suicide attempt and taking his own life seemed to him as the natural solution to all his problems and the remaining of his life. In the above-mentioned lines, Tsukuru is trying to find a solution to his problem in life, and he put it that he is subjected to being alone throughout his life and the realizations of being. However, Tsukuru is colorless and becomes the symbol of all the modern man who is full of anxiety in trying to find solutions to his existing problems. It seemed to him that his whole life although a pilgrimage, was heading towards nothingness except death and dirge of sadness and loneliness and all kinds of fruitlessness. This is a condition of all the predestined human knowledge and its characteristics in dealing with the upheavals of time and the flow of life in all directions and all manners. But ultimately dances at the music of fate and destiny itself in the fire of death and devastations of negative understanding and interpretations of being and becoming. The researchers have analyzed the anxiety stress and signs - Social Anxiety in Adolescents: Does Self-Esteem Matter? (Ahmad, Z. R., Bano, N., Ahmad, R., & Khanam, S. J. 2013, May), Stress: The different kinds of stress (American Psychological Association, 2018). coping with stress (Anton, B. 2015), The Reaction to Social Stress in Social Phobia: Discordance between Physiological and Subjective Parameters. (Klumbies E, Braeuer D, Hoyer J, Kirschbaum C 2014), Stress and Social Support (Baqutayan, S. 2011, January). Age and sex differences in

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 Social Anxiety > < Signs and Symptoms

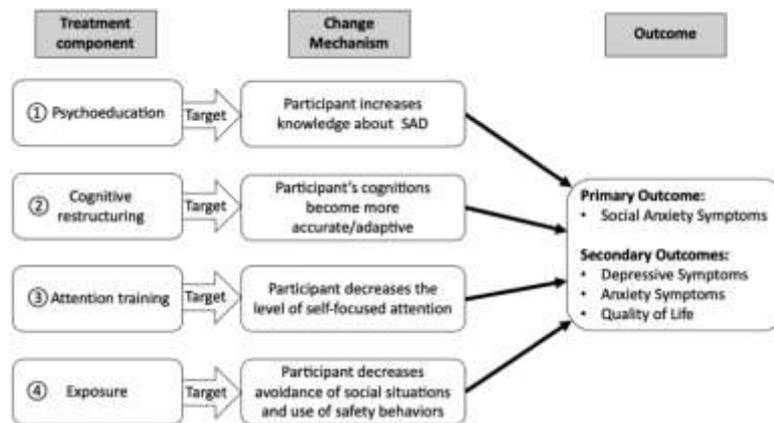


Figure 1.

The above figure is hence the first and key research question, i.e. The primary and collaborative impact of the psychotherapy components on reducing the severity of social anxiety signs and symptoms, is what the present research revolves around which consists of social anxiety disorder having four components: psychoeducation, cognitive restructuring, attention training, and exposure.

Now, it seems that the postmodern age has drained age and its beauties out of life and has emptied the essence of livelihood and essential cause of life. Among the different thoughts of life, the prominent one gets distracted because of anxiety which is untimely dragging all human thought and process towards an ultimate doom and seduction of, the materialistic threat of creation of some unknown danger for the coming ages and the existing and prevalent mannerism.

In Murakami's work Colorless Tsukuru Tazaki and his years of Pilgrimage, the main character the story deals with great refusal and self-contemplation. Murakami is a dignified storyteller and shows different issues regarding memory and history through the characters,

In this novel the main character Tzaki Tsukuru, a single person, age 36, works in designing train stations in Tokyo at a railway company. It is his dream job and he doesn't hate his job. Murakami highlights the feelings of love for the train station. He feels as though dying would be easier than swallowing a raw egg. (5). Tsukuru is very clear that his feelings of despair and hopelessness arose after the abandonment of his friends. Murakami through his characterization makes readers notice the traumatic situations of the main characters in life. Tsukuru is tormented by the feelings of loneliness and unreasonable condition of life, which leads him towards death. Tsukuru experiences both social and individual life but all memories torture him mentally, and Tsukuru's alienation is triggered by the event that he faced in the past, representing that agony and misery are interlinked to one another.

It is not only the case with a leading character of Murakami's novels but, he is trying to understand the bestiality of humanism accurately and exactly by dividing the physicality from the spiritual bounds, and ultimately, this process gives birth to his theory of realization of visual as well as the hidden surfaces of human endeavor.

In each thought of Murakami, human is portrayed both positively and negatively as well. He is highlighting his lack of confidence and his urges both philosophical, psychological, and sexual as well as the lack of making proper and perfect decisions in every thought and procedure of living and the mechanism of life and thoughts of death. Likewise, Tsukuru, who was abandoned by his friends, decided to commit suicide or to take his life, as though he was not in a position to think that he exist in the brackets and the parenthesis of the world and all its physics.

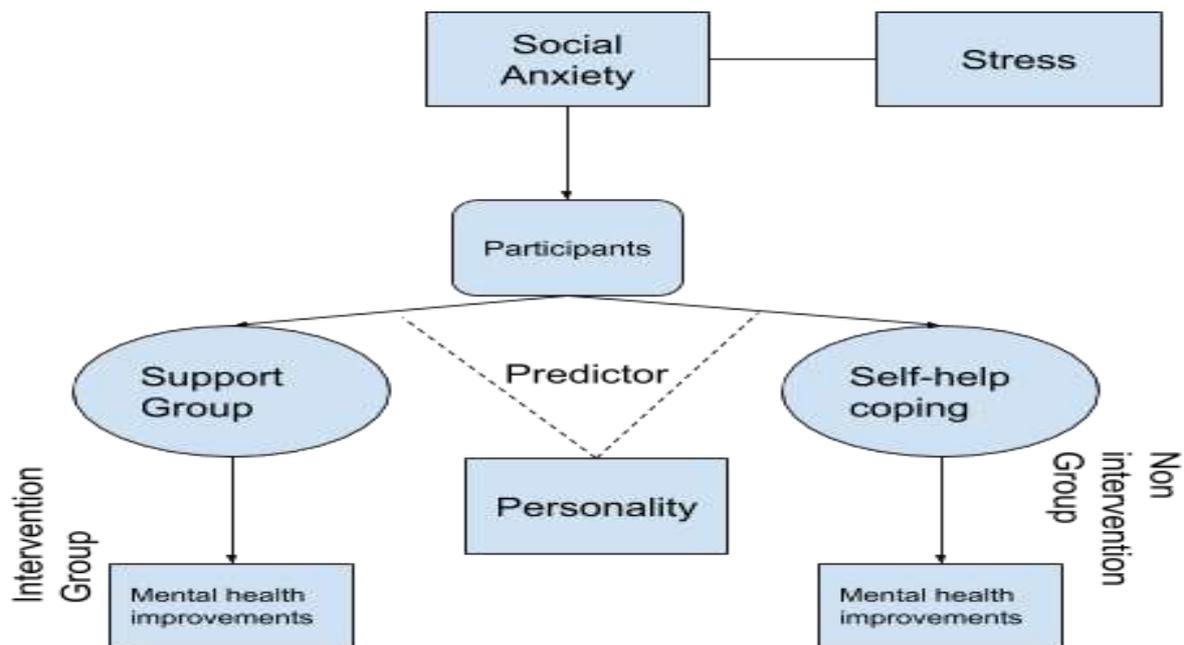
All natural as well as manmade creations work on binaries of light and darkness, day and night, misery and happiness, and life as well as upcoming death, but, in the ebb and flow of human misery the breath and its associated thoughts always provide hints that time is a static machine and life and its falsifying energies are nothing but its immovable parts, which are functioning only at the command of a non-living robot, which itself

is nothing but the creation of an infinite mind in a finite way.

Modern man has entangled himself in the dilemmas of these binaries which he calls the essentiality of life. But inversely, he is trying to understand the misconceptions of normal and abnormal calls of times to reach a conflict-free state which almost degenerates all his possibilities to live a sophisticated and perfect life. In search of truth and the secret of happiness, postmodern man has turned his life into some kind of device, which works on some clues while negating the essence of reality and the mechanisms of believing in the upcoming blessings and turning in the screw of times run.

Figure (2)

Consequences associated > < with social anxiety, stress, and self-help coping mechanisms



The above figure (2) shows various outcomes related to social anxiety, stress, and self-help coping - the techniques individuals use to handle stressful situations, some individuals choose to tackle these kinds of situations in a group manner (by attending support groups, while some do not (by using self-help). Several studies are being carried out on how social stress influences a person. These investigations indicate that

anxiety about social situations would have an array of outcomes. Reno and Kenny (1992) observed a correlation between anxiety about society and another person's impression of the individual's connection, involvement, and transparency.

Although Tsukuru, one of the leading characters of Murakami, suffers the imbalances of life, it simply highlights that the natural tendency of life and all its flowing tides work like the metaphors of an anonymous poem and the legends of untold stories of empty hearts and their resourceful beginnings and their companion ends; but not in the case of Tsukuru who digested himself inaccurately and insubstantially in the regenerating process of time and its traumatic echoes. In the postmodern age, man has given birth to such tendencies which traumatizes the reality of humanity and thrusts the unnamed narrations of ideologies of being and all its non-existential upbringings. Though, man has not realized that the process of life is a continuous move towards ultimately death, so, the breaking and making of relations is nothing more than an illusion. Many often, the commonest human heart faces some kind of unending misery which sometimes leads towards desolation and the upset thoughts of the soul, and which has been fully portrayed in the characterizations of the characters of Haruki Murakami, especially, Tsukuru, who is devastated and isolated in his being without having a good reason for this. All natural and human-made creations have gone towards some kind of different type of misery which sometimes seizes the entrance of any happy thought into the moods and moves of soulful beginnings and the endings of located and disconnected beauties and ugliness of thought and thinking. All meditations and the related processes take different forms and detect all sorts of differences and similarities in the happenings of life. Their thoughts and the course of life of Tsukuru did not let him discontinue his negative strain of thoughts and lead him towards a new era of his living in the happenings of his subconscious mind and he remains a busy being in recognizing the unusual thought of sending and receiving the energies of his rising and flowing thoughts in the course of his life.

Tsukuru, a beautiful melancholic hero of his ugly thought, mesmerizes only one thought in his subconscious being that he is being neglected in the goals of his life by the closely associated friends. But he is not able to realize that the whole snare of this postmodern being is nothing but a manipulation of treachery and the biased memories of creating unwanted and thoughtless upbringings of man and his negative nature.

Murakami urges us to realize that suffering gives birth to soulful meditations, only, if we are not occupied in the dilemmas of postmodern materialistic and unnecessary amalgamations of real and virtual, of light and shadow and the darkness of unimaginable memorization of living negations of uneasy buildings of unsophisticated upbringings of ends and beginnings.

Although Murakami is trying to analyze the trauma of the postmodern society, in the same way, he tries to make readers realize that the current of time and the flow of thoughts from one generation to another always bring some kind of change with it, these changes may be physical as well spiritual, internal and the external, social and psychological. But in the gulf of all these changes, there lurks a kind of threat that sometimes lead us towards materialistic notion or to the realization that we must refrain from all these things to regenerate the fellow feeling of life in connection to other things. Murakami begins his writing as a sort of self-analysis and a mechanism of therapy to inculcate his being through a discovering notion and the understanding of the phenomenology of whether to dwell in the gulf of time or to navigate a new and an original beginning to divest all the thoughts to create a new life in the middle of all bursts of time.

Though his initial writings were short of thought and publicity, the process continued, and he came out of his jazz bar towards the realm of literature like a sudden flash of light, he created bombastic and inspiring pieces of literature to give a new meaning to life in a new order. Colourless Tsukuru Tazaki and His Years of Pilgrimage, Hard-Boiled Wonderland, and the End of the World, as aspirations to probe the postmodern condition. These texts have gathered the status of bestsellers, both nationally and internationally. These

texts delight the living of young protagonists, but here the intended motive is to exemplify the apparatus of psychological levels and not to assess the influences of the outer textual world and processes of being. Postmodern anxiety and alienation are the core of which the intended pronunciations of people are taken into consideration. As it is evidence of time that modernism broke out all the connectivity with the ongoing traditions and ways, in the same manner, it characterized all human tendencies with the characteristics of inner and outstanding pushes and pulls towards unending anxiety and alienation. While modernism and postmodernism brought luxury and pleasure to worldly affairs, they created such mental bounds among human creeds that all the relevancies with reality changed and resulted in the loss of everything. Fiction is one of the most well-liked literary genres. Its success is due to its originality and plain narrative, both of which are extremely important "in the history of the progress of society" (Dunlop 33). Fiction] raises the mind by accommodating the images of things to our desire and not, like history," According to Bacon Fiction is sometimes not based on actual events and is instead the product of the author's imagination. The essential since Plato's time, when he asserted that fiction has an essence all its own, as remote from truth as fact, poetry was mimesis. Aristotle emphasized the value of poetry by concentrating on its artistic component. Characters are not usually shown "as they are," but instead, the agents shown "must be either above or below our level of goodness" and richly colored history" (real occurrences that have occurred or may occur going forward). It ranges from primarily focusing on the subjects that the author finds fascinating to the poet attempts to tell "not the thing that has happened, but a kind of thing that might happen, i.e., what is possible as being probable or necessary", as opposed to the historian who is responsible for recording what occurred. Aristotle offers a comparison Fiction frequently makes use of mythology, folklore, legends, and fables. Numerous literary genres have given rise to contemporary novels. A feeling of estrangement or separation from one's environment, occupation, output, or self is referred to as alienation in the social sciences.

The notion of alienation continues to have cryptic interpretations despite its widespread use in the analysis of contemporary life, with the following variations being the most prevalent. Similar difficulties have been encountered in the recognition of the idea of estrangement in Western thought. Though the concept of alienation was not explicitly discussed until the 1930s in major social science reference books, it was covered implicitly or explicitly in early 20th-century classics on sociology by Karl Marx, Émile Durkheim, Ferdinand Tönnies, Max Weber, and Georg Simmel. Communism through Marx, who spoke of alienated labor under capitalism and noted that it was forced rather than spontaneous or creative, that workers had little control over the work process, that the labor product was expropriated by others to be used against them, and that the worker himself had become a commodity on the job market, may have coined the phrase. The lack of job satisfaction for workers was a major cause of alienation. Because there may be drastically diverse perceptions of the notion within any one of the categories, the definitions of alienation provided above—powerlessness, meaninglessness, formlessness, cultural estrangement, social isolation, and self-estrangement—can only be used as a general guide. As a result, there are many very varied ways to be "out of touch" with oneself when it comes to self-estrangement. Additionally, the definitions that writers have provided as well as the underlying presumptions that underlie those definitions have varied. The utility of anxiety as a conceptual tool for social science study has been called into question by numerous attempts to evaluate and test the occurrence of anxiety in diverse populations (such as urban dwellers or assembly line workers). According to some social scientists, the idea is inherently perpetuating.

Conclusion

Anxiety is closely connected with the depersonalization of emotions and the upbringings of societal negotiations with the connectivity of problems and renunciations of life and the comings of various steps of age. A large percentage of teenagers and young adults experience mild depersonalization throughout the natural

processes of personality integration and individuation, but it need not have negative effects on social or psychological functioning. Adults may also experience these emotions with prolonged emotional stress. However, when severe social or vocational impairment persists, it is thought that a condition exists that needs to be treated. Depersonalization feelings can also be characteristic of several personality disorders as well as signs of schizophrenia, sadness, and anxiety. The analytical understanding of life through the process of creation of literature and literary pieces helped him to regenerate the true meaning of life and to help the upcoming society and predestined enunciations of emotions to lead towards a progressive and developing method by upholding the postmodern clinging to materialistic mannerism, which will strangle the thought of life and will give birth to spaces and distances between the union of bonds which hold all the manners of humanity into its bound.

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