

A Study Of Fatima Bhutto's The Runaways In The Light Of Defense Mechanism

1. Muhammad Aslam Shad , 2. Syed Abuzar Naqvi , 3. Waqas Yousaf

¹Translator, Provincial Assembly of the Punjab, Lahore.

aslamshad9901@gmail.com

²Lecturer, Minhaj University Lahore.

abuzar.eng@mul.edu.pk

³Lecturer, Minhaj University Lahore.

waqas.eng@mul.edu.pk

ABSTRACT

This study explores how the Defense Mechanisms affect, alter and transform the lives of the people. The modern generation yearns for independence and transformation. This study focuses on the initial understanding of the Defense Mechanisms which is the sub theory of psychoanalysis used by the main characters in the selected literature The Runaways. It also includes background of the study, significance of the study, research objectives, research questions, delimitations and limitation of the dissertation. The study starts with Sigmund Freud's notion of Defense Mechanisms with the lens of psychoanalytical theory. Defense Mechanisms have a long and illustrious history, beginning with Sigmund Freud's early works, in which he defined Defense Mechanisms as the mental operations that kept undesirable thoughts, feelings and ideas out of consciousness. Defense Mechanisms were described as methods for removing anxiety, unpleasant thoughts, and guilt feelings by S. Freud (1936) and Fenichel (1945). Other theorists like Alfred Adler, Anna Freud, and Melanie Klein expand the notion of Defense Mechanisms as a counterforce to the expression of desires and impulses. The individual's defenses keep him or her from becoming overwhelmed by anxiety. This concept also expands the application of defenses from external to internal causes of stress.

Significance of the Study

This research aims to bring a new knowledge to the limelight

as it will be dealing with the Defense Mechanisms of characters from different regions. This study will be a beneficial contribution in the field of literature and its criticism. Particularly, this research will be handled by applying Sigmund Freud's concept of Defense Mechanisms on the selected text. This study will also enable the readers to comprehend Freud's idea of Defense Mechanisms. This study will be essential for those who are interested in psychoanalytical criticism in literature. This study will reflect better understanding of Anita Rose, Sunny, and Monty's characters who face unavoidable realities of life and reducing their anxiety.

Research Objectives

Followings are the objectives of this research:

1. To analyze the lives of the main characters through the lens of Defense Mechanisms in the novel.
2. To highlight the characters' personal lives through denial, projection, and identification.
3. To analyze the characters' fragmented identity by employing fictional techniques presented in the novel.

Research Questions

The present research is conducted on the basis of the following research questions:

4. How are the lives of the main characters in the novel portrayed through the lens of Defense Mechanisms?
5. How are the personal lives of characters reshaped by denial, projection, and identification?
6. How has the writer presented fragmented identities of characters in the novel?

LITERATURE REVIEW

Literature review of this study is based on reviews of various books, research articles, journals, magazines and online book reviews which help to conduct this study. This chapter focuses on the psychoanalytical theory, theory of Defense Mechanisms, its major theorists and their main concepts applied on literary texts. Other major theorists of Defense Mechanisms and their dogmas are also reviewed for the purpose of this study. It describes criticism available on the primary text *The Runaways* (2018). Moreover it highlights the

criticism available on FatimaBhutto's other works.

Suksri (2019) explained some important key aspects of Defense Mechanisms and stated that Defense Mechanisms are required for all members of society. They are also crucial for the development of one's personality. Suksri explained that Defense Mechanisms are the strategies that an individual adopted in stressful situations.

Bowins (2004) proposed that psychological Defense Mechanisms are very important to maintain emotional homeostasis and are divided into the two overlapping spectrums of dissociation and cognitive distortions. He claimed that psychological Defense Mechanisms play a significant role in maintaining or restoring a more healthy state of mind, and that these defenses are unconsciously manifested.

Many previous researches have been done on ego Defense Mechanisms. Zulfaisya and Hasra (2020) applied psychological approach in their article because human's psyche needs to negotiate and survive psychologically from realities.

Amalia (2020) described anxiety and Defense Mechanism of the main character in *The Woman in The Window* novel. Anna became a doubtful after seeing a murder. Psychoanalysis is used to understand human behavior and understand a literary text, which is also about human behavior.

Another research was conducted by Nawaz (2019) in which he explored Sidhwa's characters in a novel go through life in different ways. They use different mechanism for survival and they hide their true identity to cope with bitter realities of life. Their circumstances changed throughout the novel.

Mubarok (2019) examined how the novel contains elements of violence and friendship in his thesis. The novel's plot illustrated a struggle for existence in a hostile climate. The author conducted study to satisfy his interest about the forms of Defense Mechanisms utilized by father in the novel.

Sumalani (2018) explored and the analyzed anxiety and trauma, as well as the coping mechanisms used by the major characters in *My Feudal Lord* to deal with their fears. He concentrated on the inner workings of characters, notably the

protagonist's thinking and how she succeeded or failed in dealing with her social and home issues. He recognized various sources of concern for the protagonist and employed some of Tehmina's ego Defense Mechanisms to relieve tension.

Nurhayati (2017) analyzed the breakdown of Linda's personality in *Adultery* by using psychoanalysis. Psychoanalysis theory was applied to the novel because literary works were generated by humans. The novel is a work of fiction written by the author that deals with

personality development and its impact on the character's personality as evaluated through psychoanalytical theory. The *Runaways* revolves around the happenings in the characters of its protagonists which themselves are the three runaways. Bhutto reflects a cathartic expression of the violence in her personal life experiences.

Gokdag (2015) described that the environmental changes cause stress which comes from both internal and external sources. He explained psychologists discriminated between two types of harmony direct and defensive. Any behavior used to change a distressing situation is referred to as direct coping. Ego-Defense Mechanisms are a type of defensive coping that we used to protect the self from anxiety and to avoid pain. According to him, all defenses share two common characteristics.

Chalkiadaki (2014) looked at oppression, repression, dreams, and a number of Defense Mechanisms triggered by the unconscious, such as screen memory, denial, reaction formation, and silence, to show how they helped Paula to repress her bad experiences and retain her ego integrity. In Roddy Doyle's *The Woman Who Walked Into Doors*, Chalkiadaki examined Paula Spencer's personality. He concentrated on how oppression played a role in Paula's repression and disclosed Paula's concealed emotions. He investigated the oppressive external influences that influence Paula's behavior and decisions, as well as various instances of her concealing undesirable experiences. He investigated at Paula's silences and explained how social, paternal, and spousal oppression are all linked to her individual suppression.

Anshori (2011) discussed Henry Fleming's personality and assessed his use of the Defense Mechanisms in *The Red Badge of Courage*. Abdul kareem (2011) investigated

characters' Defense Mechanisms in order to reveal hidden thoughts and inner struggles that have influenced both events and other characters in *Wuthering Heights*. Wahyudy (2010) described that Defense Mechanism is an interesting phenomenon not only to psychologists but also to literary authors. Simma (2009) looked at the Defense Mechanisms used by two protagonists in *Huckleberry Finn's Adventures* and *The Prince and the Pauper*. He was interested in examining two main individuals, *Huckleberry Finn* and *Edward Tudor*.

Fatima Bhutto (2013) is a renowned Anglophone Pakistani writer. In *The Shadow of the Crescent Moon*, Fatima Bhutto attacked the state for marginalizing his own people and depriving them of basic rights. In *The Runaways*, She tackled the challenging problems of modern Muslim identity in a world on fire.

Research Gap and Novelty

The Runaways (2018) is a recently published novel and a limited criticism is available on it. This analysis will be carried out through psychoanalytical mode of Defense Mechanisms that has been coined by Sigmund Freud. This research will be an addition to the existing body of knowledge. So, this research is significant as it will explore the text of the book with a new perspective by looking deep into the life experiences of characters that have different ethnic and cultural identity.

Although Defense Mechanisms have been applied on different literary works yet are not applied much on the Pakistani Anglophone writer's works. The study will be important as it will explore Defense Mechanism of a person who was modern at first and then converted to Islamic values. His mental approach and way of living has been changed. In this text the transformation of characters in society will be explored. This study will also reveal a journey from id to ego and then towards super ego of religious and non-religious Pakistani characters.

DATA ANALYSIS

Denial

Denial diverts our attention from internal and external stimuli which arouse anxiety, pain, or guilt feelings. In the beginning, denial functions to withdraw only external stimuli which create anxiety, but later it is used to remove both internal and

external stimuli which cause anxiety. It distracts our attention and runs all our mental operations. It ignores reality from the external world. It also functions against our conscious memories and thoughts. It appears in less extreme form and removes painful thoughts and memories both physically and psychologically. Denial doesn't see what exists in reality. As Phebe Cramer in her book *Protecting the self: Defense Mechanisms in Action* says, "To see or not hear what is really there" (Cramer, 2006, p.44).

She further asserts that denial diverts our attention from external reality but later on it is also used to remove internal reality and helps in relieving the pain that is caused by internal stimuli. "the concept of denial was expanded to include a warding off of certain internal stimuli, accompanied by a covering over, or a "screen," which substituted for the painful thought" (Cramer, 2006, p.44).

Fatima Bhutto's in *The Runaways* portrays the character of Sunny who does not accept what exists in reality and wants to escape from his life. He is a homosexual. In denial he feels ashamed and throws back all his bad habits. When he turns into nineteen his life transforms and he wants to regenerate his identity. He closes himself in his room and does not want to talk anyone. In a gay bar Sunny pushes his closest friend Gloria Estefan far away from him and does not want to see him again. Stefan has become the source of guilt and anxiety for him. When Stefan asks Sunny, "What happened? You want to leave? 'I have to go,' Sunny said" (Bhutto, 2018, p.48).

He would suffocate under the weight of his father's dreams, women crying into telephones, the sadness steaming off the floors of coffee shops. Where could Sunny go to escape the mourning of this here life? Where could Sunny go to find relief from the nothingness of it all? Not the pubs, not the gyms, not even to God who was everywhere and nowhere, all at once not the mosque, not the kebab shop. And then, just like that, he found it (Bhutto, 2018, p.48).

These lines show Sunny's denial because he is fed up from his life and wants relief. The things which were the source of attraction for him now became source of anxiety. He wants to withdraw his attention from all those things. In order to escape from his guilt feelings, he uses different sources like he joins the Gym and spends most of his time on social media to

divert his attention. So, he closes his eyes from what exists in the real world. Throughout the novel he is confused about his identity and tries to regenerate his true identity.

Projection

Phebe Cramer quotes Fenichel definition of projection who described, "Projection as the first judgment of the ego distinguishes between edible and non-edible objects; the first acceptance is swallowing and the first rejection is spitting out" (Fenichel, 1945, p.146). In projection, individual attributes undesirable wishes, feelings and impulses to others. The disturbing thoughts are placed into the external world and merged with other objects. It protects individual from anxiety and anxiety arousing objects. It occurs when individual tries to blame others to make himself /herself look better. In projection, for example, "I hate him" becomes "He hates me." Phebe Cramer describes projection in the following words.

In the broadest sense projection protects the child from disruptive anxiety by attributing unacceptable feelings, wishes, and impulses to someone else; the disturbing thoughts are placed outside of the self "ejected" into the external world and attached to some other object (Cramer, 2006, p.70).

In *The Runaways* Fatima Bhutto presents the character of Sunny who attributes all his undesirable thoughts, feelings and impulses on his father. His mother passed away in his childhood and lives alone that is why he projects his feelings upon his father. He needs someone to whom he can share all his hidden feeling. He is displaced Indian migrant who is not satisfied with his current life style. He wants liberation and adopts various sources to escape from his life. He thinks that he is not responsible for his own depression instead his father is responsible for all mischief he has done because his father does not give attention to his only son. He blames his father for his disposition in society. When his charismatic cousin comes back into his life he realizes his life could hold more possibilities than he ever imagined. He spends most of his time out of the house and is in search of right place. As he says,

Why hadn't pa stayed in India, with his people, where they would have belonged? Why hadn't he stayed with that friend of his, Nur Muhammad, whom Sunny had to hear about all the time, instead of coming here, where they were nobodies (Bhutto, 2018, p.51).

Projection is more complex Defense Mechanisms than denial which creates difference between self and other, inner and outer world, pleasure and pain, good and bad, acceptable

and unacceptable. It breaks the connection between ego, thoughts or impulses and then attributes these thoughts onto external world. Denial removes perception and replaces it by fantasy. On the other hand, projection removes mental representations with either positive or negative segment.

Schafer defines projection as “a process by which an objectionable internal tendency, id impulse or superego attitude is unrealistically attributed to another person or to another objects in the environment instead of being recognized as part of one’s self” (Schafer, 1954, p.71).

The *Runaways* by Fatima Bhutto is a novel, which according to the modern Islamic critics is based upon false projection of Islamic world. The concept of Islamophobia is exaggerated in the novel. Fatima Bhutto uses the technique of projection to project the Islamic world according to the wishes of the Western world. Projection according to the Phebe Cramer does not only apply to individual level but it can go up to the different persons and thinking of different person can lead towards a through projection of a concept that is to be induced. Western world according to depiction of Fatima Bhutto has projected the Muslims as a terrorist and she shows that all Muslims are at a constant war with the whole world. She further through her characters says that

Islam is a battle field and whosoever is the Muslim who needs to protect himself from the false projection of Western world. Sunny also projects his undesirable wishes or feeling on his cousin when he left him alone in Syria. When Oz does not give him any response of Sunny’s mails. He says,

Do you even know what’s happening out here? HERE, OZ. Where YOU sent me. You remember that? ‘Islam is a battle field, bro. We are at war with the world, cuz. We live or we die, Sunny.’ You forgot all that shit you said (Bhutto, 2018, p.199).

Projection allocates inner process to the outside world and has normal perceptual processes as its base. An internal memory image is confused with a perception, which is mistakenly assumed to have an external source. It is referred to as a hallucination, and it is a sign of projection. The external environment contains hallucination. The projection of a mental image onto the outside world is involved in hallucination and perception. Projection has perceptual process as its base. Projection of mental appearances like wishes, feelings, impulses and thoughts is a common process

but projection of visual image onto outer world appears infrequently.

Cramer asserts, "Indeed, both hallucination and perception involve the projection of a mental image onto the external world; thus, the mechanism of projection has a normal perceptual process as its base" (Cramer, 2006, p72).

Hallucination and perception actually present mental image of a person and Cramer calls it projection. This projection is done to external world. Man thinks that even his false image is correct and does not try to rectify rather projects it. In *The Runaways*, father of the protagonist character Sunny presents the same situation where the characters are actually projected in a wrong manner. Sunny's father does the second marriage that according to him is acceptable for

Sunny but Sunny always remains unable to accept that reality. Sunny father false hallucination is projected when he talks to Sunny and says that he should have adopted the Western style as he has been working days and nights to convert him in to a person who does not look like a native Pakistani who wastes his time in religious obligations rather he expects from Sunny that he should adopt modern British values so that he could absorb himself into the West. He says that Sunny you still look like a villager even you are migrated from India to England even then your tone your attitude is not changed. This is actually the hallucination through which his father makes up a perception that his son is not a good boy and this hallucination is done through the element of projection. Sunny's father projects,

All I'm saying is, I didn't raise you with modern, British values so you could act like you still lived in a village. I didn't spend my life working just so you could break my heart with this nonsense.' I didn't, I didn't, I didn't (Bhutto, 2018, p.103).

Components of Projection

Components of projection are categorized into three types, generalization, separation between self and others and alteration of reality. "In generalization, the individual projects his own thoughts or feelings onto external objects. The individual has some awareness of projecting his feelings" (Cramer, 2006, p.73).

This process ascribes interior sentiments, thoughts, and impulses to external things and explains their behavior,

which can be defensive or not depending on the objects function.

Generalization is the process in which individual possess his own feelings or thoughts onto external objects. Animistic thinking is an example of generalization which attributes feelings to animals or inanimate objects. It involves both positive and negative feelings. This animistic thinking is connected with individual and cultural development. It manifests itself in the objective identification process, in which a person perceives himself in another by projecting his own feelings and thoughts onto that person.

In *The Runaways*, Bhutto portrays generalization through the Sulaiman Jamil who attributes his wishes on his only son Sunny. Sulaiman Jamil had not studied and so was denied the life he deserved. Sunny's father left India and went to England to give his son the opportunities he never had. Sunny doesn't fit in anywhere. He projects his own personal failure in advisory manner on his son. He always has high expectations from him. He always says I just want to see you happy and successful.

Be someone else. Do something else. Be better. Fit in more, try more, work hard. Don't get stuck in a dead-end job, don't marry the first lady who comes your way, don't be a slave all your life. Pa repeated his mantras, smoothing down his soft brown hair, its color fading with age, absenting himself from his life's own failures, transmuted his personal traumas into general advice (Bhutto, 2018, p.14).

The second type of projection involves separation between self and others. Sometimes individual accepts the occurrence of unacceptable characteristics on his own and sometimes attributes these characteristics to others. Individual attaches things to others and then his own feelings about those things are faded. Cramer explains that there should be a complete difference between the self and others as self should not impose upon the others. She further narrates, "Although the individual in some cases recognizes the existence of unacceptable characteristics as his own, he attributes the responsibility of these characteristics to someone else" (Cramer, 2006, p.73).

Heard you, loud and clear, Pa. I'm not good enough, I ain't real. I'm nothing, invisible. Remake me then, remake me into something beautiful. Something you can believe in" (Bhutto, 2018, p. 191). These lines show that Sunny accepts he is not good enough and he himself is responsible for all the consequences he is facing. On one side Sunny accepts that he is responsible for his own behavior, on the other side he attributes these things to others like his father and cousin as he claims, "I'm getting iced by everyone? Pa, and now you too? (Bhutto, 2018, p. 197).

In third form of projection, the individual attributes to other of thoughts, feelings, wishes or impulses that exist but the individual is quite unaware. Individual unconsciously responds to the things of which he is not aware of. Components of projection are based on imposing individual's own internal thoughts, feelings, wishes or impulses to the outer world. Although the individual is aware of undesirable thoughts, he or she blames them on others. Cramer asserts that "third form of projection is based on the individual's attribution to other thoughts, feelings, wishes, or impulses that exist within herself but of which she is quite unaware" (Cramer, 2006, p73).

Every individual has his or her own capacity of thinking and terms like id, ego, and superego play an important role in daily life of a man. In all of these terms man consciously and unconsciously do certain things. Phebe Cramer asserts that man sometimes becomes unable to understand or recognize his or her own feelings and wishes. Fatima Bhutto through different characters of *The Runaways* also presents this theory as almost all of her character remains in search of that hidden reality. Like the character of Layla remains unable to find what she actually wants. Where she needs to end her relation with Monty or the relation between the both should be ended now. Sunny on the other hand has a same situation and remains sandwich between the religious world and real world. His feelings ask him to go for religion while her impulses ask him to go with the wind. Both Monty and Sunny also remain unable to find their true feelings and emotions and Monty to some extent find relaxation in loving with Layla but Sunny being too religious hangs out between the religious and physical world.

Sunny turned his face to Monty and smiled. 'Baby, what else

you come out here to do, if not kill some infidels?’ ‘I came out here to live,’ Monty said, dropping his hand. I came out here to find a girl, to be with the girl I love, to be with Layla. But he didn’t say that. ‘I came out here to be a part of something beautiful (Bhutto, 2018, p. 338).

Identification

Cramer quotes Schafer and Sandler views about identification. Schafer explained that “Identification refers to modifying the subjective self or behavior, or both, in order to increase one’s resemblance to an object taken as a model” (Cramer, 2006, p.93). Identification, according to Phebe Cramer, necessitates a strong ability to separate oneself from others. The creation of the self, self-esteem, and ego ideal are all linked to identification. It is something that parents "instill" in their offspring. It is passed down from generation to generation. This identification is generated from the early components of incorporation, introjections, and imitation through primary and secondary identification during adolescence. The function of identification is to establish a distinction between oneself and others. It demonstrates both reflecting and adaptive capabilities. It changes the ego and gives it new structures, such as the superego and the ego ideal. It has adaptive as well as protective function. It is more sophisticated than other systems and happens during adolescence.

Fatima Bhutto also tells through the story of her novel that identification is a major thing that helps the characters of her novel to gain value in a world where ordinary people have no value. Both Anita Rose and Sunny throughout the novel try to gain the identification so that they can be able to identify their own self-esteem. Along with the major characters of the novel like Sunny and Anita Rose the minor character like the cousin of Sunny OZ also tries to identify himself that what he was and what he has become. Sunny actually remains with ISIS in Syria and adopts all the modern ways of adaptation of a religion. He spends almost six years with jihadis to get the identification but remains unable to attain that. He shares his Facebook status as that he had been forcefully employed in different works during his stay in the ISIS. He himself on his return does not recognize the behavior that he had adopted while living with ISIS. OZ tries to find out his identification but remains unable to get that. He says that though I had gone to the wrong direction but now I want to go to the right direction and want to find the self-esteem that he lost during his stay at ISSI. He writes his Facebook status as.

“Been a long time. A life time! But time’s been good to me. I rose from the ashes of something ferocious: I am Reborn. Holla at me! I’m back and I’m free. What I do now:work out, guns out.” (Bhutto, 2018, p.194).

Sandler asserted that “identification represents a process of modifying the self-schema on the basis of a present perception of an object which is taken as a model” (Cramer, 2006, p.93).

Cramer on the other hand, provides a variety of possible definitions for the identification. She declares based on her wide experiences and sharp observations, that identification is essentially a transformation that occurs within a man's ego system, causing the man's personality, motives, and behaviors to be changed. She goes on to say that this shift is equivalent to adopting the same manners and etiquettes as the other individual or group, which completely changes one's own self. As the person becomes capable of establishing proper relationships with others, Cramer proclaims that this change is required. According to Cramer man develops his own self-esteem throughout this phase. “It is a characteristic of the literature in this area that the terms, identification, introjection, and incorporation are often used interchangeably” (Cramer, 2006, p 94).

Types of Identification

According to Phebe Cramer there are two main types of identification. “Defensive identification and developmental identification” (Cramer, 2018, p. 95).

Defensive Identification

Defensive identification occurs to avoid pain and maintains self-esteem. Cramer asserts that people in order to spend better life try to maintain their own identity and in this way they actually achieve self-esteem and they spend rest of their life in cherishing the newly attained identity. Defensive identification also occurs at teenage when the teenagers try to maintain their self-esteem at that time they actually negate already attained identification and thus their search for new identity makes them feel proud.

Fatima Bhutto also talks about maintaining the self-esteem through her different characters. She tries to portray different identity that suits on different characters. She through her novel asserts that changing the name is also like to maintain the self-esteem as some names are associated with the persons who actually during their stay in this world

had played a vital role to revolutionize the world. Anita Rose changes her name Layla, Layla Rose Miss Joseph in order to maintain her self-esteem. She uses the name like Miss Joseph that shows Western influence on her and makes her feel comfortable. On the other hand Ezra the other character of the novel faces the same situation and changes his name to Feroze that is actually the symbolic name of a Muslim Emperor.

What is it?' Osama leaned closer to her. 'Ezra's changed his name,' Anita said, without looking up at her friend. 'His what?' 'He's calling himself Feroze now. He says it's the only way for our people to survive here (Bhutto, 2018, p.262).

Developmental Identification

Developmental identification, on the other hand, transforms the ego via experiences in order to become independent, individuated, and autonomous from others. It is employed in psychological development to help with the creation of conscience, ego ideals, and identity. Developmental identification according to Cramer comes with the passage of time and gradually when it is built the man becomes capable of being independent and his dependency upon other is automatically removed. It also causes self-representation to shift structurally. Identification utilizes outside experiences and brings them within to develop new structures. External experiences also have an effect on the ego. In contrast to identification, projection removes internal mental representations and transfers the ego cause of anxiety outside of the body to relieve anxiety. Identification, on the other hand, absorbs external experiences and internalizes them to form new ego structures.

Man always remains in search of the individual identity and due to this the theory of survival of the fittest came into being as they started fighting for his own cause to make others inferior. Characters of Fatima Bhutto also represent the theme of becoming independent and autonomous so that they themselves can have their own unique identity and for this purpose they also try to change their names like changing the name from Anita Rose to Layla, Layla Rose, Miss Joseph etc. 'Layla,' she corrected him. 'It's Layla.' 'Layla, Anita, Layla Rose, Miss Joseph, what nonsense are you talking?' 'I want to be seen, like you are (Bhutto, 2018, p. 263) Osama and Anita Rose talk to themselves and Osama tells Anita that in this city where we are we cannot live with the identity that bends down we have to make our own identity

that Cramer call developmental identification. Osama through his words tries to feel ego ideal to Anita Rose by saying that if we have no identity then this city will eat us alive so in order to make our own identity we will have to fight and this is only the way through which we can escape.

It will eat you alive. You don't fight in retreat; you fight by standing exactly where you are. If you bend, even slightly, out of fear, it will destroy you.' 'How do I stop it? How do I stop this city from eating my heart (Bhutto, 2018, p.264).

Components of Identification

Incorporation

Incorporation, introjection, and identification proper are the three major components of identification. The goal of incorporation is to merge in with the outside object. An object is merged with incorporation. The subject absorbs all or part of another person during this procedure. This results in both positive and negative alterations in an individual's feelings and experiences. The terms subject and object are interchangeable. It starts working soon after birth and keeps going until the middle of the first year. It serves as a starting point for the identification procedure. With incorporation the motive is to possess, to have, to become merged with the object. "There is little distinction between subject and object the boundaries are fluid and ambiguous" (Cramer, 2006, p.95).

Fatima Bhutto through the protagonist character of her novel also asserts that when the internal object is merged with the external object then incorporation is generated and boundaries between subject and object are diminished. Cramer says that the boundaries between the subjects are ambiguous and usually fluid too. Same thing happens when the Anita Rose who at that time was being called as Layla reads the poetry of Mir Taqi Mir. She becomes her fan and utters different words that show her mind actually accepts the poetry of Mir that is actually an external object for her and that external object is fully induced into her mind. The external object makes the fluid boundaries as she says that time will come when I too will also become like Faiz Ahmad Faiz who was a famous Pakistani poet and later on was exiled due to revolutionary ideas. Fatima Bhutto writes,

"Lyla on the other hand read constantly. She sat on the floor at lunchtime, resting used books of poetry scoured at Urdu

Bazar on her knees. She was reading Mir when they firstmet. Mir's poetry made her feel so alone in the world, Layla said. One day, she hoped to be sent into exile, like Faiz." (Bhutto, 2018, p.106).

Introjection

There is a clear difference between self and object in introjection. It establishes a bond with the object. According to Schafer, the motive of introjection is to establish a relationship with the object by transferring it from the internal and outer worlds. Cramer says, "Incorporation and introjections are antecedents of identification, but they don't lie in a straight line" (Cramer, 2006, p.96). It is a two years of process of internalizing and establishing as a distinct mental image that starts with the tome and lasts until the second year.

Identification provides a cognitive and effective distinction between self and other. It transforms the ego and comprises of both environmental regulations and qualities. Demands, guidance, control, prohibition, punishment, and pleasure of others are all examples of regulation. Behavior patterns, native defenses, skills, and attitudes of significant others are all characteristics.

After the attacks of 9/11 the world changed miserably and a new term Islamophobia was generated and Muslims all over the world started facing different difficulties like being unable to pay the religious obligation. Fatima Bhutto through her novel also represents the 9/11 scenario where the Muslims identity remains at the stake. Sunny joins jihadist movement like ISIS while Sunny tries to internalize the reality. Sunny who also remains in his diasporic identity at a point in life also feels restless and asks his cousin Oz to come to the mosque so that they can talk a little bit over there. Cramer says that in incorporation there is a complete difference between self and other and here all the characters actually try to internalize that what they are and they ought to be. Sunny through jihadi camp in Syria actually had internalized the introjected identity and says that everything is internalized even he objects that mosques are brainwashing us. He says

"This is jihad, my brother. Islam is at stake here. It's that mosque of yours, brainwashing you. Having you pray alongside them, thinking we all the same. Thinking that all men are brothers. They are Wajibul Qatal,' Oz said to his cousin. We have a right to kill them." (Bhutto, 2018, p. 119).

Identification Proper

The goal of proper identification is to look like a model. It necessitates a cognitive as well as an emotive distinction between self and other, or subject and objects. It alters the ego system and includes absorption of both environmental regulations and attributes. Regulation includes demands, direction, control, prohibitions, other people's enjoyment, and punishment.

Fatima Bhutto through the character of Sunny also talks about identification proper as the Sunny who used to be a homosexual and a bar dancer wants himself to become like a model.

Sunny also used to spend most of his time in searching different porn movies from internet and along with that he was also habitual of spending nights with different girls. Now being a subject Sunny recognizes himself and tries to become like a role model who will not involve in all illegal and immoral activities in which during his past life he had been involved. Cramer says that the character transforms his or her ego through different regulations. As he himself curses that what he was and what he has become and by doing this he actually paves the way for becoming a role model for others. He himself says

"I'm a wolf, I don't need no one, just me alone, crying at the moon. I'll make it out of this, more feral, wilder, more ferocious. I don't have much out here, but watch me, watch me burn this house down and come out from the ashes, pulled out by that simple power: faith." (Bhutto, 2018, p.301).

Primary Identification

Primary identification occurs during the childhood. It is a defense against anxiety that protects the individual from danger and loss of self-esteem. According to the Cramer this occurs during the early stages of man's life and man tries to expel himself from the anxiety actually goes for achieving the self-respect and demands the society to talk to him in a polite manner.

This primary identification actually separates him from the rest of the society and he actually becomes capable of differentiating himself from the rest of the world.

Fatima Bhutto also narrates through the protagonist character of Sunny who had remained under the premiership

of his father and mother now starts separating himself from them. He wants to achieve self-esteem through which he can get out of the burden of his father's dreams. Sunny also delineates himself from society and always feel bored during his daily routine. He remains unable to get the relief and finally moves towards the alienation so that being alienated he could get self-esteem. Even his cousin tries to reassure him that everything will be alright but for Sunny now everything becomes a matter of self-esteem.

It was too late for Sunny to join them. He had seen them. He could never be one of them now. It was too much, the solitary passage of life. Even with Oz's reassurance that wrongs would be violently and finally righted, Sunny was under no illusions: he was alone (Bhutto, 2018, p.142).

Secondary Identification

Individuals that engage in secondary identification attempt to uncover hidden realities. He believes that all the realities were previously hidden from him and that he now has access to them. At this point, the baby is able to distinguish between his own mother and other women.

According to Cramer, a three-year-old youngster would say, "I want to do what I want to do" (Cramer, 2006, p106).

The establishment of the super ego or ego ideal occurs between the fourth and fifth years of life, resulting in secondary identification. It works to prevent the outburst of uncontrollable feelings, thoughts, and desires. Secondary identification happens as the superego develops. The ego transforms or recognizes during adolescence, and new identifications are created. These conscious identifications lead to the development of the superego or ego ideal. The end of adolescence is marked by this process of identification. Cramer narrates "According to classical psychoanalytical theory this process occurs in conjunction with and as an outcome of the Oedipal conflict" (Cramer, 2006, p107).

The Runaways by Fatima Bhutto presents the same scenario where all the characters are in search of hidden realities of life. They are bonded with different internal and external realities of life. All the characters like the character of Sunny, Anita Rose, Monty, Oz are in search of hidden identities where they can get the truth of their lives. All the characters are actually diasporic characters and by the end of the novel they find the hidden realities like Sunny who himself remains

with ISIS who according to him was a sole representative of Muslims occult.

But with the passage of time he gets the hidden reality that the ISIS is actually internalizing his mind to go against the West so that they can win the war on terror that was started between Muslims and United States of America. Monty on the other hand has also got the idea of how to search hidden realities through internet. He also gets to learn that to which angle he needs to look at Anita Rose whom he calls Lyala which is the symbolic name from the Punjabi story of Lyla and Majno. He through identification also learns about the moods of Lyala and can respond according to her mood.

“All Monty needed was five minutes, three even, to enter his searches into the browser. He knew exactly what to search for: he alone knew how to look for Layla, how to read her hidden moods, how to find the truth behind the cover of all her words.”(Bhutto, 2018, p.187).

CONCLUSION

This analysis shows that results with the findings that novel keeps the Freud's concept of Defense Mechanism as all the characters of the novel to a greater extent apply different Defense Mechanisms. Denial, projection, and identification are three defense mechanisms proposed by Phebe Cramer in her book *Protecting the self: Defense Mechanisms in Action* that are used in this research. According to Cramer, denial is a mental operation performed at a young age.

Projection is a more complex cognitive function that emerges in adolescence. Identification is more sophisticated than denial and projection, and it emerges in late adolescence, when the individual's identity development is at the forefront. These defenses are used by the characters of Anita Rose, Sunny, and Monty in this research. The change in their personalities and behaviors is a result of realistic and moral worry in diverse conditions such as poverty, migration, disaffection, violence, alienation, exploitation, and dislocation. They are in a state of crisis as a result of their anxiousness. Female characters are transformed as a result of their subjugation and defiance of societal norms. Their anxiousness stems primarily from their familial background and society. Their families fail to meet their desires, causing them to be anxious.

The research is mainly based upon the most primitive defense, denial, which begins in childhood and is related to the

characters of Anita Rose and Sunny. In *The Runaways* protagonists use denial as a protective technique in a variety of scenarios. Anita Rose closes her eyes and does not witness actual life happenings in the first line of the text. Sunny, on the other hand, refuses to accept reality and wishes to flee his current lifestyle in order to find solace. He is embarrassed, so he throws back what he has spoken. The perceptual system and the cognitive level are the two basic components of denial. Reality is ward off by the perceptual system by not seeing, evading, or breaking down reality. The research further concludes that all of the main protagonists in *The Runaways* are from diverse national-religious origins, but they abandon their hometowns and travel to Syria to join ISIS for religious gratification, atonement, and personal fulfillment.

This research also includes another Defense Mechanism that is projection, and is more cognitively complicated and becomes more prevalent by adolescence. Sunny's negative feelings, wishes, and urges are projected onto his father, as is the case with projection. He believes that his father is to blame for all of his mistakes, whether he made them intentionally or unconsciously.

Generalization, isolation between self and others, and change of reality are the three components of projection. Individuals who generalize intentionally ascribe their own feelings or thoughts to external items. Sunny's father, Sulaiman Jamil, blames his unfulfilled dreams on his son in *The Runaways*. He blames his son for his own failures and has great hopes for him. Separation of self and others is the second sort of projection. On one occasion, an individual accepts the existence of undesirable features as his own, while on other occasions, he projects these traits onto others. By projection research quotes the Cramer concept of identification that there should be a distinction between oneself and others, since one should not impose on others.

The research is also based upon the third Defense Mechanism that is identification, which is considerably more difficult than denial and projection. It is most noticeable in late adolescence, when questions of identity formation are at the forefront of the individual's mind.

All of the characters, who come from various origins and change their appearance and even names in order to be socially successful and accepted, are easily identifiable. This method discloses their underlying sentiments, ideas, and inner conflict, all of which have influenced the novel's events and

characters. Characters in the narrative are perplexed about their true identities and strive to reconstruct them. Anita Rose and Sunny try to figure out who they are in order to find out their real hidden identity. Two types of identification, Defensive identification and developmental identification are abundantly used in the novel. Defensive identification protects one's self-esteem while avoiding discomfort. Fatima Bhutto describes her characters as people who seek to keep their self-esteem. Characters alter their names to protect their self-esteem, such as Anita Rose changes her name from Anita to Layla, or Miss Joseph. Developmental identification, on the other hand, alters the ego via experience in order for it to become independent, individuated, and autonomous from others. It aids in the formation of conscience, ego ideals, and identity in psychological development.

Contribution to the Existing Research

Although a lot of research work has been written on *The Runaways* but it has not yet been analyzed in psychological way like Defense Mechanisms are not yet applied on this work.

Postcolonial criticism and other literary theories like Marxism structuralism post-structuralism, modernism and postmodernism have been applied on this text by so many Pakistani literary authors and researchers. The sole aim of this research is to highlight how Defense Mechanisms can have their impact on normal lives of different characters of the novel. Although some authors

have also utilized the psychoanalytical theory on this novel but still defense mechanism have never been applied on this text. This research has been done to highlight the very thing. With utilization of Defense Mechanisms, it becomes clear that the novel was written in keeping the mind that every character's life is bound to use Defense Mechanisms like almost all characters utilize the denial and through their lives show denial and its importance. The aim of this research is to highlight how Defense Mechanism like denial, projection and identification impact on the lives of the protagonist characters of the novel.

The research opens up the opportunity for the future researchers to research in a different manner and apply different psychological theories on the literary texts written by different literary writers. It attempts to increase the already existing knowledge of the reader about the psychological theories by adding another psychological theory that was initiated by Sigmund Freud and later on different psychological

authors worked on this to enhance its authenticity. Furthermore, the research determines that the researcher should find psychological gaps in novel instead of mere focusing on other literary theories like structuralism deconstruction etc, This research also highlights that how a non-English writer utilizes the Freud theory while she herself does not belong to that region and how she depicts the characters which are trapped in to the circle of defense mechanisms.

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