

**PTSD & POST-PTSD COMPARATIVE PSYCHOANALYSIS OF
'CHARLIE' FROM *THE PERKS OF BEING A WALLFLOWER* AND
'NAOKO' FROM *NORWEGIAN WOOD***

Perbandingan Psikoanalisis PTSD & Post-PTSD 'Charlie' di *The Perks of being a Wallflower*
dan 'Naoko' di *Norwegian Wood*

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Abstract: PTSD or post-traumatic stress disorder is a serious mental condition that some people develop after a shocking, terrifying, or dangerous event which are mostly known as traumas. After a trauma, it is common to struggle with fear, anxiety, and sadness. Most people get better with time, but PTSD thoughts and feelings do not fade away completely. In the novels *The Perks of Being a Wallflower* (1999) by Stephen Chbosky and *Norwegian Wood* (1987) by Haruki Murakami the characters Charlie and Naoko respectively, are observed to go through traumas due to childhood memories, complicated sexual relationships, and death of dear ones. Their post PTSD period has taken place in certain conditions which gave somewhat different endings to their stories denoting different components of personality as per the representation of Sigmund Freud's theory of personality. According to Freud, id works on pleasure principle, super ego on the moral side and ego balances both id and superego of human psychology. This study is an exploration of Charlie and Naoko's PTSD and their relationships throughout their lifetime to bring out the comparative personality of the characters in their post PTSD period though the theory of Freud. The paper has been carried out through qualitative research of close textual analysis and comparative and contrastive methods of study.

Keywords: PTSD, trauma, sexuality, unconscious, personality theory

Abstrak: PTSD atau gangguan stres pascatrauma adalah kondisi mental serius yang dialami sebagian orang setelah peristiwa mengejutkan, menakutkan, atau berbahaya yang umumnya dikenal sebagai trauma. Setelah mengalami trauma, biasanya kita bergumul dengan rasa takut, cemas, dan sedih. Kebanyakan orang menjadi lebih baik seiring berjalannya waktu, namun pikiran dan perasaan PTSD tidak hilang sepenuhnya. Dalam novel *'The Perks of Being a Wallflower'* (1999) oleh Stephen Chbosky dan *'Norwegian Wood'* (1987) oleh Haruki Murakami, karakter Charlie dan Naoko masing-masing diamati mengalami trauma akibat kenangan masa kecil, hubungan seksual yang rumit, dan kematian orang-orang tersayang. Periode pasca PTSD mereka terjadi dalam kondisi tertentu yang memberikan akhir yang agak berbeda pada cerita mereka yang menunjukkan komponen kepribadian yang berbeda sesuai dengan representasi teori kepribadian Sigmund Freud. Menurut Freud, id bekerja berdasarkan prinsip kesenangan, super ego pada sisi moral dan ego menyeimbangkan id dan superego dalam psikologi manusia. Penelitian ini merupakan eksplorasi PTSD Charlie dan Naoko serta



hubungan mereka sepanjang hidup untuk mengungkap kepribadian komparatif karakter di periode pasca PTSD melalui teori Freud. Makalah ini dilakukan melalui penelitian kualitatif analisis tekstual dekat dan metode studi komparatif dan kontrastif.

Kata Kunci: PTSD, trauma, seksualitas, ketidaksadaran, teori kepribadian

INTRODUCTION

Post-traumatic stress disorder (PTSD) is a type of mental state which is due to some bad experiences, shocking incidents, and events of life which are known as trauma. The post-traumatic features of a person are anxiety, sadness, fear, etc. The novels *The Perks of being a Wallflower* and *Norwegian Wood* are late 20th century novels which portray characters like Charlie and Naoko respectively who go through traumatic childhood and adolescent life resulting to become PTSD patients. Their PTSD are caused by unexpected love life and sexuality, complicated relationships, and death of closed ones whom they loved and were dependent upon. Their traumas and PTSD period took turns in different situations and incidents that shaped their personality resulting in different endings of their tales.

Chbosky in his novel *The Perks of Being a Wallflower*, successfully demonstrates what PTSD looks like and how it can not only affect the person experiencing it but others around them as well. He portrayed Charlie's PTSD through flashbacks, blackouts, suppressing emotions, physical outbursts, and anxiety. The death of his aunt Helen who cared but also sexually abused him and middle school best friend Michael's suicide led him down a depression spiral. He also had catatonic relationships with his parents and sister which made his PTSD even more problematic. But he had met new friends and people who at times pricked his PTSD but also helped him make a good space with it.

On the other hand, Haruki Murakami's *Norwegian Wood* presented a character like Naoko who had the trauma of unsuccessful sexual relationship with her boyfriend Kizuki and after his death she went through immense misery for losing her closest person. Later her friendly and sexual relationship with Toru and her life in sanatorium happened and certain incidents eventually led her to suicide.

This paper tends to explore the PTSD and post PTSD incidents of Charlie and Naoko's life to exhibit their psychological personality from the perspective of id, ego and superego prescribed by Sigmund Freud. Freud mentioned that id is our pleasure instincts, super ego is our moral attributes, and ego is the balance of the two. Through this theory of personality by Freud, Charlie and Naoko's comparative personality in the post PTSD period is discussed in this study bringing a comparative analysis through qualitative method of research and close textual reading.

This research states to portray the incidents causing PTSD and its influence on the behaviour of the characters Charlie from Stephen Chbosky's *The Perks of Being a Wall Flower* and Naoko from Haruki Murakami's *Norwegian Wood* and project the post PTSD personalities of the characters through the comparative qualitative analysis through Freud's theory of personality comprehending the ideas of id, ego and superego.

PTSD or post-traumatic stress disorder is a very crucial issue in human life that can influence or affect individuals to an enormous level. The traumatic incidents of human life, the stressful, frightening, or distressing events make people depressed, mentally unstable, and socially crippled to an extent. The relationships they engage themselves with, the types of places they visit, the people they share their thoughts with everything either help them cope with PTSD or make it worsen. PTSD influences relationships as well as their engagements and shapes their personality for the future. It is very difficult to get rid of PTSD totally and very few people learn to get over it or make a good space to avoid it. Thus, post PTSD personality depends on the type of support one gets during PTSD, the type of places they connect with and the relationships they maintain. The characters Charlie from *The Perks of Being a Wallflower* and Naoko from *Norwegian Wood* go through certain traumatic events like death of dear ones, complicated sexuality or sexual abuse, tough relationships, etc. and thus those events caused them PTSD. In PTSD period both compelled themselves to get over the vulnerable mental state and be happy and anxiety free in life. While Charlie could make a good space for himself and shape his personality for betterment, Naoko's surroundings pulled her back and resulted in a sad ending to her life. This paper is an exploration of Charlie and Naoko's traumatic incidents that led them to PTSD, its influence in their later lives and a comparative analysis of how all the relationships throughout during before and during PTSD shaped their post PTSD personality. To analyze the post PTSD personality, Sigmund Freud's personality theory with the concepts of id, ego and superego is incorporated in the study. The research is conducted through qualitative study and close textual reading to project a picture of the PTSD patients and the ways of life that can affect their personality. This study will rationalize the idea of PTSD to common people and inflict food for thought to readers regarding formation of relationships with PTSD patients, invoke ideas of taking care of them and create awareness to mental health problems.

The main objective of this research is to explore the traumatic incidents of the characters Charlie and Naoko's lives from the novels *The Perks of Being a Wallflower* and *Norwegian Wood* to comprehend their PTSD and its influences on their behaviour and to do a comparative post PTSD psychoanalysis of the two characters through Sigmund Freud's theory of personality. The specific objectives of this research are:

- a. To find out the core traumatic experiences of Charlie and Naoko's life and comprehend their PTSD.
- b. To explore how PTSD had influenced the life and behaviour of Charlie and Naoko.
- c. To project a comparative analysis of the characters Naoko and Charlie from the post PTSD period through Freud's psychoanalytic theory of personality.

PTSD is a chronic and complex mental condition caused by traumatic events to individuals that can eventually cause possible threats of injury, violence, or death. People with PTSD go through the experience of nightmares and flashbacks and have

difficulty in sleeping. They show increasingly detached or estranged behaviour and are mostly aggravated by related disorders like depression, substance abuse, memory problems and cognition. (Irribarren, Prolo, Neagos & Chiappelli, 2005:1).

It can be mentioned that some dissociative reactions in PTSD, e.g., flashback symptoms should be recognized separately from the delusions, hallucinations, and other perceptual impairments that appear in psychotic disorders since they are based on actual experiences. (Miao, Chen, Wei, Tao, & Lu, 2018:2)

PTSD has got three criteria. In the first criteria the person is experienced, confronted with any kind of sensational event like, sexual abuse or death. Sometimes, fear and helplessness are also expressed by the individual. Children express those kinds of feeling through agitated behavior. In another type, the uncertain acting or feeling expresses the recurring traumatic event. Sometimes it also creates a kind of mentality where the person feels detached from the nearest person. Sometimes people get numb and avoid emotional attachment as a symptom (Stradling & Scott, 2006: 73).

Freud's personality theory (1923) saw the psyche structured into three parts (i.e., tripartite), the id, ego, and superego, all developing at different stages in our lives. These are systems, not parts of the brain, or in any way physical, but rather hypothetical conceptualizations of important mental functions. (McLeod, 2023). In the model of ego psychology, the id is the instinctual desires which are uncoordinated, the super ego is the critical and moral hold; and ego is the organized realistic balancing agent that mediates between id and super ego. (Freud, 1999:45).

Id's primitive instinct does not give any expression to the outer world. Ego over the time regulates and changes the inner instinct focusing on the superego and outer world. Ego tries to negotiate the collusion between the superego and Id. It works as a battle ground between the conscious and unconscious mind. Ego is considered as the vital and integral part of the id. But ego functions modifying itself according to the situation. for example, a person should not lie. This is his superego but in the time of saving one's life one needs to tell lie then ego modifies the belief and let the person lie to save someone. If ego cannot satisfy one, it shows its inability and weakness which leads to the split of mind. If ego can satisfy id, then the ego is strong (Iscan, 2022:27).

In the text *Norwegian Wood*, Naoko's life in sanatorium shows the constant desire for a Utopian world the position where she wants to go escaping dystopian society that lead her to take a such decision and commit suicide. Naoko was a girl who had a low level of integration in society. This is broadly associated with the high level of suicide (Murphy, 1972: 33). The past memory Naoko had made her isolated and confined within herself. According to Murphy, Past life of a person shapes the character of the present. Naoko always searched for the past life in the present where she had good memories with the beloved persons. She cannot find her own place in current society (1972:37). She keeps on searching for sexual sanity with Toru but that also leads her to complicity. Anon states, "when the two are always haunted by the death of Kizuki, Wanatabe and Naoko approach each other, attempting to bury the grief through the interconnectedness of their bodies and hoping that sex could

liberate them from the real dark world and that they would find a new purpose to love and to live". (2017).

In *The Perks of Being a Wallflower*, Charlie's repressed thought also taunts him and doesn't let him enjoy the present. When Charlie was in Sam's room, and she touched him and later in the dream he had a dream of his aunt which resembles a similar incident. The series of dreams which is the expression of his unconscious tried to cope up with the trauma he experienced in the past. The arrival of the past disturbs him because he thought he could wash out his past completely. Charlie's activities to the response to his trauma changed his behavior as he is seen naked in his sofa and recalling the incident of his past. His outing in snow also represents the death of his aunt who went out for the birthday present (Radstone & Schwarz, 2010:20).

Autriani narrated that Charlie had suffered from PTSD being exposed to stressor, re-experiencing of event, avoidance and arousal. Those characteristics caused life disruption for Charlie. (2017:9).

Charlie's past traumatic event could not let him behave normally. His social problems and the inner psyche can be seen through the letter he writes to the anonymous person. Whatever he wrote in his letter all are the reflection of his teenage time (Matos, 2012). Charlie was upset with the death of his aunt because he thought that he was the reason of the death, and he was responsible for everything. Whatever he writes as a form of letter, all are the reflection of his guiltiness for his self-satisfaction (Munoz, 2014).

The novels *The Perks of Being a Wallflower* and *Norwegian Wood* show the complex psychological condition of Charlie and Naoko respectively. Both their early traumatic events largely control their id. Although they have tried to overcome those traumatic experiences through their social mobility, they struggled a lot. Charlie was trying to be involved in his high school with his friend Sam and Patrick and Naoko in the sanatorium and in a relationship with Toru. They both were lonely and traumatized with a bitter past which still haunted them at every moment. The existing literary works discuss their traumatic incidents, their complicated relationships, and suicidal drives. Some works also acknowledge the Thanatos, their unconscious desperation and other anxiety issues. But no concrete work could be found on PTSD and post PTSD personality of the selective characters in a comparative analysis through Freud's theory of personality. Thus, this paper aims to fill the gap and explore the PTSD and post PTSD behavior of the two-character Naoko and Charlie and do a comparative analysis through Freud's idea of id, ego, and superego through qualitative analysis.

METHODS

PTSD or Post-Traumatic Stress disorder is a mental disorder that happens through serious incidents like death of dear ones, physical injury, sexual violence, or abusive relationships. People who go through PTSD go through depression, anxiety, flashbacks, nightmares, physical pain, intrusive thoughts, and suicidal tendencies.

PTSD affects the life on the victims in every possible way influencing their relationships, studies, jobs, social and cultural life and so on. The symptoms get aggravated if they face adverse people and situations. Whereas supportive relationships help them manage their disorder and deal with life.

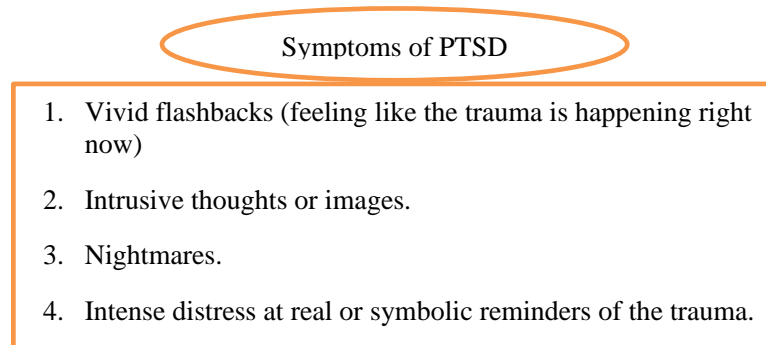


Figure 1: Concept Mapping: PTSD

Almost 7.7 million American adults suffer from trauma caused by child sexual abuse in childhood. Based on the data, In 1980, the American Psychiatrist Association decides to adds the traumatic disorder from child sexual abuse in their diagnostic of mental disorder of PTSD. (2001: 3). The characters Charlie from *The Perks of being a Wallflower* and Naoko from *Norwegian Wood* can be seen from the similar light of post-traumatic stress disorder (PTSD). Both characters went through traumatic incidents of complicated sexual encounters in their youth which still haunt them in their adolescence. Charlie had experienced traumatic incidents in his early childhood, but PTSD had not always affected Charlie's life though loneliness was a constant alarming situation for Charlie. When he used to get lonely, PTSD used to affect him, and he used to get suicidal. He started blaming himself for his aunt's death and he used to think that he was responsible for every wrong that happened around him. This made his life miserable for some certain period but when he was in his comfort zone and got support, he felt okay and infinite.

Charlie was a sufferer of child sexual molestation. It is observed when Charlie had a dream of his aunt. He was dreaming of Aunt Helen who molested him on a sofa each Saturday. This sexual molestation later affected his love and sexual life. Aunt Helen had a terrific accident and died when she went to buy a Christmas gift for Charlie. That event permanently damaged Charlie's psyche. Incidents related to Aunt Helen and her death gave Charlie a trauma for life. Charlie was affected by PTSD at a very young age, and it is a lifelong process for him.

In the book *Norwegian Wood*, it is observed that deaths occur frequently. Readers of the book will get the impression that Murakami is preoccupied with dying—specifically, with committing suicide. At the age of 17, Kizuki, Toru's best friend and former boyfriend of Naoko, killed himself. The friendship triangle between the three comes to an end when Kizuki commits suicide for no apparent reason. His passing traumatized Toru and Naoko to such a degree that it alters their

lives for the duration of the story. Naoko had a Kizuki Complex since Kizuki commits suicide from her inability to remember anything other than Kizuki and her later development into schizophrenia. Deep down, Naoko is tormented by her attempt to repress her recollection of her time with Kizuki. Naoko dealt with PTSD in her whole life after Kizuki's death. She did not have any escape from it. The ghost of that traumatic incident kept haunting her and made her own life miserable. And in the end, she committed suicide.

Naoko had dealt with PTSD till the end of her life and eventually without proper mental health attention, PTSD led her to commit suicide. On the other hand, in Charlie's case, PTSD became the lifelong process where he made a space with it. Post PTSD, as we can call it made him strong enough to live with it at peace. Whenever he gets lonely or he gets out of his comfort zone, PTSD takes a new form and arrives in a different shape but the people around him kept helping him fight through this.

Charlie's PTSD symptoms	Naoko's PTSD symptoms
<ol style="list-style-type: none">1. Vivid flashback2. Nightmares and loneliness3. Intense distress at real or symbolic reminders of the trauma	<ol style="list-style-type: none">1. Traumatic anxiety2. Intrusive thoughts or images3. Aggravation of memory and delusional behaviour

Figure 2: Concept mapping of Charlie and Naoko's PTSD symptoms.

Id, ego, and superego, according to Freud, make up the three parts of the mind, and interactions and conflicts between these parts are what give personality. The id, according to Freudian thought, is the psychological trait that serves as the foundation for our most primal instincts. The id is completely unaware, and it controls our most crucial motives, such as the thirst for sexual activity and the want to be violent or harmful (Thanatos).

The superego represents our sense of morality and ought, in stark contrast to the id. The superego informs us of all the social obligations and things we should and shouldn't do. When we fall short of the standards set forth by the superego, we feel guilty.

The role of the ego is founded on the reality principle, as opposed to the id on the pleasure principle, which holds that we should postpone satisfying our fundamental motivations until the right moment and with the right outlet. The primary controller or decision-maker of a personality is the ego, and it acts as a mediator between the id and the superego.

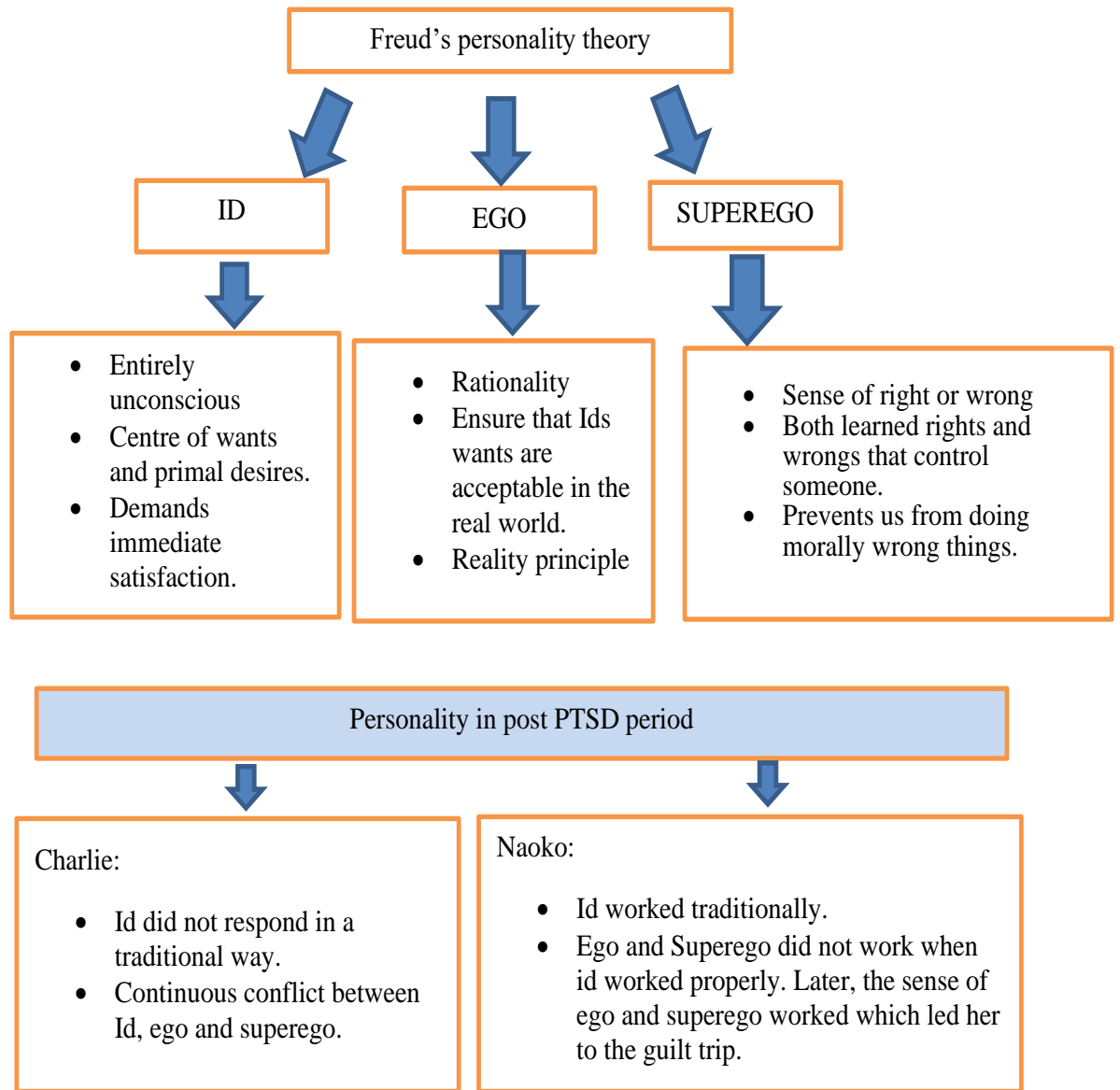


Figure 3: Concept Mapping: Charlie and Naoko's Post PTSD personality though Freud's id, ego, and Superego.

The animalistic urge or sexual desire of human beings comes from or driven by id and it is also the source of Thanatos drive. In Charlie's case, his id did not response in a traditional way as he was sexually abused in childhood and when it came to dealing with relationships, his ego balanced out his PTSD. In Naoko's case, id worked traditionally regarding sexual bonds with Toru and her Thanatos drove her to suicide. Ego and Superego did not work when id was overpowering. Later, the sense of ego and superego emerged together which led her to the guilt trip and choose id again by committing suicide.

The research is a qualitative study through close textual reading and comparative analysis. The novels *The Perks of Being a Wallflower* by Stephen Chbosky and *Norwegian Wood* by Haruki Murakami are the primary data sources and the secondary data sources are books and journal articles on the relevant topic of the paper. The presentation of the paper has been descriptive and exploratory.

A. DISCUSSION AND FINDINGS

PTSD from Sexual Experiences and Death of Dear Ones

In *The Perks of Being a Wallflower*, Charlie got sexually molested at a very young age while Aunt Helen lives with Charlie's family. She molested Charlie each weekend when he turned six years old, and those days created PTSD for him in his adolescent days. He got flashbacks and felt the trauma. He said that "I don't really want to talk about the questions and the answers. But I kind of figured out that everything I dreamt about my Aunt Helen was true. And after a while, I realized that it happened every Saturday when we would watch television" (Chbosky, 1999:208-209). It is quite evident that Charlie could not remember the sexual molestation, yet he could dream about it. Thus, when every time he was trying to get involved sexually with someone in his adolescent period, he got exposed to stressors and faced PTSD. When he was sexually involved with Sam he felt the trauma. "She took my hand and slid it under her pants. And I touched her. And I just couldn't believe it. It was like everything made sense. Until she moved her hand under my pants, and she touched me. That's when I stopped her (Chbosky, 1999:202). This statement denotes that he was uncomfortable with a woman touching his genitals because that ignited his trauma, and he wanted things to stop even though that emotion was not for Sam but Aunt Helen.

Aunt Helen had a terrific accident and died when she went to buy a Christmas gift for Charlie. That event permanently damaged Charlie's psyche. Incidents related to Aunt Helen and her death gave Charlie a trauma for life. He used to have traumatic blackouts and amnesia and at times he could only remember Aunt Helen. After he had one of his blackouts he states, "All I remember is putting the letter in the mailbox. The next thing I knew, I was sitting in a doctor's office. And I remembered my aunt Helen." (Chbosky, 1999:208).

Another traumatic grief that caused pain for Charlie was the suicide of his high school friend Michael:

So, this is my life. And I want you to know that I am both happy and sad and I'm still trying to figure out how that could be. I try to think of my family as a reason for me being this way, especially after my friend Michael stopped going to school one day last spring and we heard Mr. Vaughn's voice on the loudspeaker. "Boys and girls, I regret to inform you that one of our students has passed on. We will hold a memorial service for Michel Dobson during assembly this Friday. (Chbosky. 1999:11).

For Charlie the loss of Michael made him depressed and when he heard from his friend Dave that he killed himself by a gun shot, it caused a sense of helplessness in

him. Charlie became messy and inattentive in things and very unmindful as he was not able to put his feelings into words.

In the book *Norwegian Wood*, deaths and suicides occur frequently portraying a crucial issue of the adolescent's mental health in Japan. The character Naoko faced the death of her boyfriend Kizuki who was 17 years old and a soulmate to her. His passing way created a different dimension in her life with trauma and a complicated relationship with their friend Toru. After the death of Kizuki, Naoko got sexually involved with Toru and the fact that the act of sexual intercourse with him made her very much aroused which never happened during her sexual involvement with Kizuki, made her go through a guilt trip and torment making her think that she had done wrong to Kizuki. After Toru had a sexual encounter with Naoko, he asked her about Kizuki and she reacted depressingly. "When everything had ended, I asked Naoko why she had never slept with Kizuki. This was a mistake. No sooner had I asked the question than she took her arms from me and started crying soundlessly again." (Murakami, 1987:51). Thus, both the death of Kizuki and failed sexual encounter with him haunted Naoko that eventually led her to the culminated kismet.

Post PTSD Period Considering Freud's Personality Theory

Freud says that human personality consists of three conceptualized parts, Id, ego, and superego. Id basically works on pleasure principle. And it happens on the unconscious level. When a person wants to do something leaving the morality principle and he hardly cares about the consequence then it is called the ego. This id consists of two kinds of biological instincts Eros and Thanatos. Eros is the life instinct that helps a person to direct his life sustaining activities like food, sex, etc. This life instinct helps a person to create his passion for life, in a word life energy which is known as libido. Thanatos are considered as death instinct. All the chaotic move of life such as violence, aggression, suicidal tendency, etc. are the expressions of that Thanatos. Freud uttered that this Eros is more vital than Thanatos. When these two things work in the mind, Thanatos is dominated by Eros. This instinct helps a person to survive in the world.

Freud discusses that a child develops his ego from the id. The main intention of ego is to satisfy his demands. For example, a child always thinks of its pleasure principle. It does not bother about the pros and cons. Whatever it likes, it wants to get and satisfy its demands. Ego operates in both conscious and unconscious mind. Ego follows the reality principle which does not tolerate any kind of irrational elements. In childhood the superego starts developing over time. Superego is responsible to form the moral standard inside of a person. It also helps to establish some behavior inside them and to behave according to the norms of society. There is a dilemma inside every individual due to the collusion between the id and superego components. And ego creates a balance between the two.

Because of being sexually abused at a very early age by his aunt Helen, Charlie was exposed to PTSD and later in adolescence, he was sexually uncomfortable and unsure about himself. His new friend Patrick was a homosexual who had a breakup with his partner, and he was broken inside. At that depressive time of Patrick, he started spending more time with Charlie. One day he kissed Charlie and Charlie also

reciprocated though he was not homosexual. Suddenly for a moment, he had doubt on his sexuality because of the traumatic past. He could not resist himself and as he was afraid and sick of losing people, he was scared that he would lose Patrick. The immense fear of losing close ones made him turn away from his id and his ego worked as a rationale psyche.

Charlie learns to live with his PTSD looking out for the better things in life as he maintains his relationships carefully understanding that it is only, he who can make his life better for himself. With the aim to participate in life to the fullest he said, "Even if we don't have the power to choose where we come from, we can still choose where we go from there." (Chbosky: 1999:220).

In the text *Norwegian Wood*, the character Naoko got entangled between her relationships with people and emotions that made her PTSD very unbearable. After the death of Kizuki, she tried to hold on to her friendship with Toru as once Toru, Naoko and Kizuki were a great Trio. As time passed by emotions of Naoko changed for Toru and she started to feel differently for him. On her 20th birthday, Toru went to her place, and they got engaged in sexual encounter and her arousal for Toru made her go on a guilt trip as she never had a proper sexual intercourse with Kizuki and later she had a nervous breakdown. Naoko later left Tokyo and attended a sanatorium for the development of mental health. Each time Toru visited her they enjoyed deep talks and, occasionally, sexual acts with each other, and Naoko's roommate and friend, Reiko, helped her to embrace radical honesty as a road to healing. Early in the autumn of 1970, Naoko seemed to get recovered and go back to Tokyo as Toru's girlfriend, but on a sudden day she committed suicide by hanging herself beyond the forest of Ami Hostel.

During puberty, generally, a realization regarding physical change, sexuality, etc. emerges in a boy and a girl's mind. But, in the case of Naoko and Kizuki that did not happen as they used to have each other from their childhood. Generally, people around a boy or a girl indoctrinate him or her about the puberty period's principles but, in the case of Naoko and Kizuki, there was no one to tell them regarding those fundamentals. So, they remained in the innocence period and never wanted to surpass it and enter the experience's circumference, where they will be aware of the taboo subjects like sexuality. As Jacques Lacan states that lack is what causes desire to arise (1991), and in the relationship between Naoko and Kizuki, there was no 'Sense of Lack'. But in later stage of her life, Naoko started feeling physical attraction towards Toru when they were already adults.

In that post PTSD period, Naoko's worked and at the time of sexual intercourse, id represented the sexual and animalistic urges. It had been three years of Kizuki's death but the memories of Kizuki still hold the central place of Naoko's mind even after so many years. And she always had a feeling that her virginity, love and every bit of her affection meant to be for Kizuki. So, the unconscious of Naoko became messy day by day and her superego took her to a tormenting position full of guilt. She couldn't resist her urge of having sex with Toru but after the first time her guilt would hold her arousal back and her relationship with Toru was even getting affected. She said to Toru, "all my problems are psychological, what if I never get

better? What if I can never have sex for the rest of my life? Can you keep loving me just the same? Will hands and lips be enough for you? Or will you solve the sex problem by sleeping with other girls?" (Murakami, 1987:314). Her emotions got perplexed and that raised her Thanatos of id and eventually she took the decision of committing suicide. Thus, for Naoko, her id overtook her psyche, and her PTSD got over her taking her life away be her own self.

The Culminated Kismet: Charlie vs. Naoko

Charlie from *The Perks of Being a Wallflower* and Naoko from *Norwegian Wood*, both the characters are sufferers of PTSD. The sexual abuse by his aunt Helen in his early childhood and the death of his good friend Michael and his aunt Helen led Charlie to a traumatic life which got reality through anxiety, helplessness, nightmares, and blackouts. He tried to deal with the situations by making friends and forming relationships but a lot of time his life decisions were affected by his past and PTSD. On the other hand, Naoko went through a severe trauma when she lost her childhood love and long-time boyfriend Kizuki who was like her soulmate. His death and the complicated feelings for their friend Toru made her go through a tormenting anxiety. She was in a messy position by wanting to love Toru and being in a guilt of deceiving Kizuki because in her mind she belonged to Kizuki only. The complicated relationship entangled her in serious PTSD and schizophrenia, and she even tried to get cured of this by joining Ami Hostel, a sanatorium for mental health patients.

As the culmination of their story, Charlie is observed to deal with his PTSD by formulating his rational ego to make friends, trying to keep them in his life and make a space with his stressors that gave him blackouts or trauma. But Naoko's Thanatos of id got overpowered as she couldn't get over Kizuki and her guilt made her sexual arousal nullified when she wanted to show love to Toru. The messy and perplexing condition led her PTSD to the peak, and she chose suicide as her culminated kismet. So ultimately, Charlie and Naoko both had PTSD due to complicated sexual relations and death of loved ones but where Charlie could deal with it and find a solution by learning to live with his problems, Naoko gave up to her Thanatos and chose death.

CONCLUSION

This paper has been a study on the PTSD or post-traumatic stress disorder of two characters Charlie and Naoko from the novels *The Perks of Being a Wallflower* and *Norwegian Wood*. In the novels, the mentioned characters are portrayed as young man or woman who go through depression and anxiety due to the early life trauma they have experienced. Their stories are somewhat like the point that they both had complicity in their sexual relationships and faced the death of close ones. Charlie went through childhood molestation by his aunt Helen at a very young age that caused him to have PTSD resulting in fear in sexual involvement in adolescent period. The molestation at a young age caused him to have nightmares and anxiety during sexual activity with his beloved or partner. He also experienced the death of that Aunt Helen and suicide by gunshot by his friend Michael Dobson which created a helplessness and loneliness in his heart and later he faced blackouts and amnesia due to the aftereffects of these incidents. On the other hand, Naoko experienced death of beloved boyfriend Kizuki who was also his childhood soulmate and

sweetheart. They never had sexual intimacy as Naoko never felt that arousal for him and later when she felt that arousal for Toru, both of their friends, she went on a guilt trip thinking that she deceived Kizuki. Later the guilt caught her in depression so much that her sexual interest for Toru got diminished even though she really wanted to be with him. She got schizophrenic and depressed and tried to seek help from a sanatorium far from her close ones in Tokyo.

Charlie and Naoko went through PTSD from somewhat similar traumatic events but their PTSD period and relationships at that time shaped their future personality and created a different end to their kismet. Sigmund Freud's theory of personality comprising the idea of id, ego and super ego have been discussed to formulate the behaviour of the characters and name their psychological states. Id comprises the drives of Eros and Thanatos, Superego exhibits moral psyche, and ego mediates between the two creating rational outcome of behaviours. In this paper, their PTSD period has been explored through Freud's ideas and it is observed that Charlie was aware of his situation and tried to overcome the problems. Though his id made him suicidal, his emotions made him vulnerable at times, he used his ego to balance out his id and superego to bring a rationalize state for himself. Eventually he learned to live his life making a good space with PTSD. On the other hand, Naoko could not get over his guilt and trauma from the perplexed relationships. Though she was trying to get better in Ami Hostel with Reiko, the delusional world and haunting ideas of past made her Thanatos of id win over her. She committed suicide and gave away her life for good. Thus, Charlie's post PTSD was shaped through his ego and Naoko's death was the result of her id.

Through qualitative study and close textual reading of the texts this paper brought out PTSD, its influence in people's lives and different accounts of post PTSD period of life through Freud's theory of personality. The authors of this paper recommend the future researchers to explore this idea of PTSD and its influences on human life through different possible theories to understand the mental health problems and contribute to human awareness and wellness along with the understanding of human psychology.

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