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Emotional Abuse in Shashi Deshpande's "That Long Silence"

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Abstract: Indian English Literature has its roots in the works of the 19th century writers such as Bankim Chandra Chatterjee, Rabindranath Tagore, and Sarojini Naidu. In this paper we have reflected mental harassment or emotional abuse through the literary work of famous writer Shashi Deshpande. Her novel " That Long Silence " is about a character "Jaya" whose journey of self discovery is a difficult one. She is the victim of the patriarchal society that has denied her the freedom to pursue her dreams. The novel highlights the struggle of women in India. It shows how women are expected to conform to the norms of society and how they are often denied basic rights to make decisions about their own lives. Deshpande encourages women to take charge of their own lives and to be independent and self-reliant.

I. INTRODUCTION

Indian English Literature has its roots in the works of the 19th century writers such as Bankim Chandra Chatterjee, Rabindranath Tagore, and Sarojini Naidu. These writers were the pioneers of Indian English literature and their works laid the foundation for the development of the genre. Deshpande's works have been translated into several languages, including French, German, Spanish, and Italian She has also written several short stories, essays, and plays. Her works have been widely acclaimed and she has been awarded several prestigious awards, including the Sahitya Akademi Award, the Padma Shri, and the Saraswati Samman. She has also been a Fellow of the Indian Institute of Advanced Study Shimla. She is a victim of the patriarchal society and her silence is a symbol of the voiceless women in the society. She is a form of protest against the injustice done to her. She is a symbol of the oppressed and the marginalised. She is a symbol of the strength of women in the face of adversity. She is a symbol of hope and courage. She is a symbol of resilience and determination. She is a symbol of the power of women to overcome the odds and to fight for their rights. The novel does not present a strong female voice against patriarchy, but it does present a psychological conflict between Jaya and her husband, Mohan. Jaya is presented as a woman who is struggling to reconcile her feelings of helplessness and her desire to revolt against the oppressive patriarchy of her society. She is unable to express her feelings openly, so she resorts to subtle acts of rebellion. She is of the opinion:

"*A woman can never get angry. She can only be neurotic, hysterical and frustrated. There is no room for despair, either. There is only order and routine today. I have to change. She sheets tomorrow, shrubs the bathrooms the day after, and cleans the fridge ...." (That Long Silence- 147-148).*

The novel is about a woman, Jaya, who is struggling to find her own voice and identity in a patriarchal society. She is constantly silenced by her family and society, and her attempts to break free from this oppressive silence are met with resistance. The novel follows her journey as she learns to assert her own identity and find her own voice. Through her struggles, she learns to stand up for herself and her beliefs, and ultimately finds her own strength and freedom.

II. ANALYSIS OF " THAT LONG SILENCE "

Emotional abuse is any non-physical behaviour or attitude that controls, intimidates, subjugates, demeans, punishes or isolates another person by using degradation, humiliation or fear. A few examples of Mental harassment are: Constant abuse to a person constitutes mental harassment. Mental harassment or emotional abuse can be done by anyone and anywhere. It can happen at work, by your husband/wife, even your in-laws can be found guilty of it, or anyone for that matter.

Jaya's Journey of self-discovery is a difficult one. She has to confront her own fears and insecurities, as well as the expectations of her family and society. She has to come to terms with her own feelings of guilt and shame, and learn to accept her own desires and needs. She also has to learn to stand up for herself and her own beliefs, even if it means going against the wishes of her family and society. The female protagonists in Deshpande's novels are often seen struggling with the traditional roles and expectations of society. They are often seen questioning the patriarchal norms and trying to find their own identity. They are often seen challenging the status quo and trying to find their own place in the world.

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The novel is set in a middle-class family in India, and it follows the story of Jaya, a woman who is struggling to find her identity and purpose in life. She is constantly trying to break free from the traditional roles and expectations that society has placed on her. Through her journey, she discovers her true self and learns to accept her own identity. But as the story progresses, she realises that she is not happy with her life and her dreams of becoming a doctor have been completely shattered. She is filled with a sense of regret and frustration for not being able to pursue her dreams. The emotional trauma she experiences is further intensified when she is unable to conceive a child. She is filled with guilt and shame for not being able to fulfil her duties as a wife. It encourages them to break the shackles of oppression and stand up for their rights. She had lost her identity and was now just a part of the family. Jaya's husband was a traditional man who believed in the traditional roles of men and women. He expected Jaya to be a dutiful wife and mother, and to take care of the household and children. He did not allow her to pursue her own interests or to have any freedom outside of the home.

This caused a great deal of frustration for Jaya, as she felt trapped and unable to express her true self. She was unable to connect with her husband on an emotional level. Jaya's journey of self-discovery begins when she is sent to her grandmother's house in the village of Shillong.

There, she is exposed to a different way of life and is able to observe the traditional roles of women in the village. She is also exposed to the stories of the goddesses Sita, Savitri and Draupadi, which she finds inspiring but also restrictive. She begins to question the traditional roles of women and the expectations placed upon them. This image conveys the idea of Jaya's feeling of helplessness and her lack of control over her life. The image of the bullock is also appropriate, as it conveys the idea of a couple working together to achieve a common goal. The image of the bullock also conveys the idea of strength and resilience, which is something that Jaya and her husband have in their marriage. Jaya's journey of self-realisation was a difficult one, but she eventually found her true identity and was able to stand up for herself. She was able to find her true place in the world and was able to make her own decisions without the influence of her family. She was able to find her own voice and be true to herself. It also encourages them to speak up and be heard, to be independent and to be their own person. It is a reminder that women should not be silenced and should be allowed to express themselves freely. Deshpande believes that women should be respected and appreciated for their contribution to society. She also believes that women should be given equal opportunities and rights as men. She believes that women should be given the same respect and dignity as men and should be allowed to pursue their dreams and aspirations. She also believes that women should be given the same access to education and resources as men.

III. PORTRAYAL OF JAYA'S CHARACTER

Jaya's plight is a reflection of the struggles of many women in India. She is a victim of the patriarchal society that has denied her the freedom to pursue her dreams.

She is trapped in a cycle of fear and insecurity, unable to break free and take control of her life. She is unable to express her thoughts and feelings, and is instead forced to conform to the expectations of her family and society. The protagonist, Jaya, is a woman who is struggling to find her place in a society that is dominated by men. She is unable to face the challenge of asserting her own identity and instead retreats back to her safe family life.

This is a common experience for many women in our society, who are often silenced and denied the opportunity to express themselves. The novel follows Jaya's journey as she navigates her relationships with Mohan and her acquaintances. Through her experiences, Jaya learns the importance of understanding the complexities of love and sex, and how they are intertwined. She discovers that love and sex are not mutually exclusive, but rather, they are intertwined and dependent on each other. As Jaya's relationship evolves, she learns to accept and appreciate the nuances of love and sex, and how they can both be beautiful and tragic. Mohan's actions are a reflection of the patriarchal society in which Jaya lives.

He is a symbol of the oppressive power structure that keeps women in a subordinate position. He does not value her opinion or her creative expression, and instead seeks to control her and keep her in a state of submission. His actions are a reminder of the systemic oppression that women face in many societies' begins to write down her story, starting with her childhood. She recounts the moments of joy and sorrow, the moments of love and loss, and the moments of hope and despair. She writes about her family, her friends, her teachers, and her experiences. She writes about the moments of courage and fear, the moments of strength, weakness, and the moments of joy and pain. She writes about the moments of beauty and ugliness, the moment of truth and lies, *:*

" I am not afraid any more. The panic has gone. I am Mohan's wife, I had thought, and cut off the bits of me that had refused to be Mohan's wife. Now I know that kind of fragmentation is possible. The child, hands in pocket, has been with me through the years, she is with me still." (That Long Silence-191).

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IV. POSITION OF WOMEN

The novel highlights the struggle of women in India, particularly in the context of a patriarchal society. It shows how women are expected to conform to the norms of society and how they are often denied basic rights to make decisions about their own lives. The novel also shows how women are often subjected to violence and abuse, both physical and emotional. Jaya is a strong and independent woman who is determined to break the shackles of patriarchy and stand up for her rights. She is a woman who is not afraid to speak her mind and challenge the status quo. She is a woman who is not afraid to take risks and stand up for what she believes in. She is a woman who is not afraid to challenge the norms of society and fight for her rights. A woman who is not afraid to stand up for her beliefs.

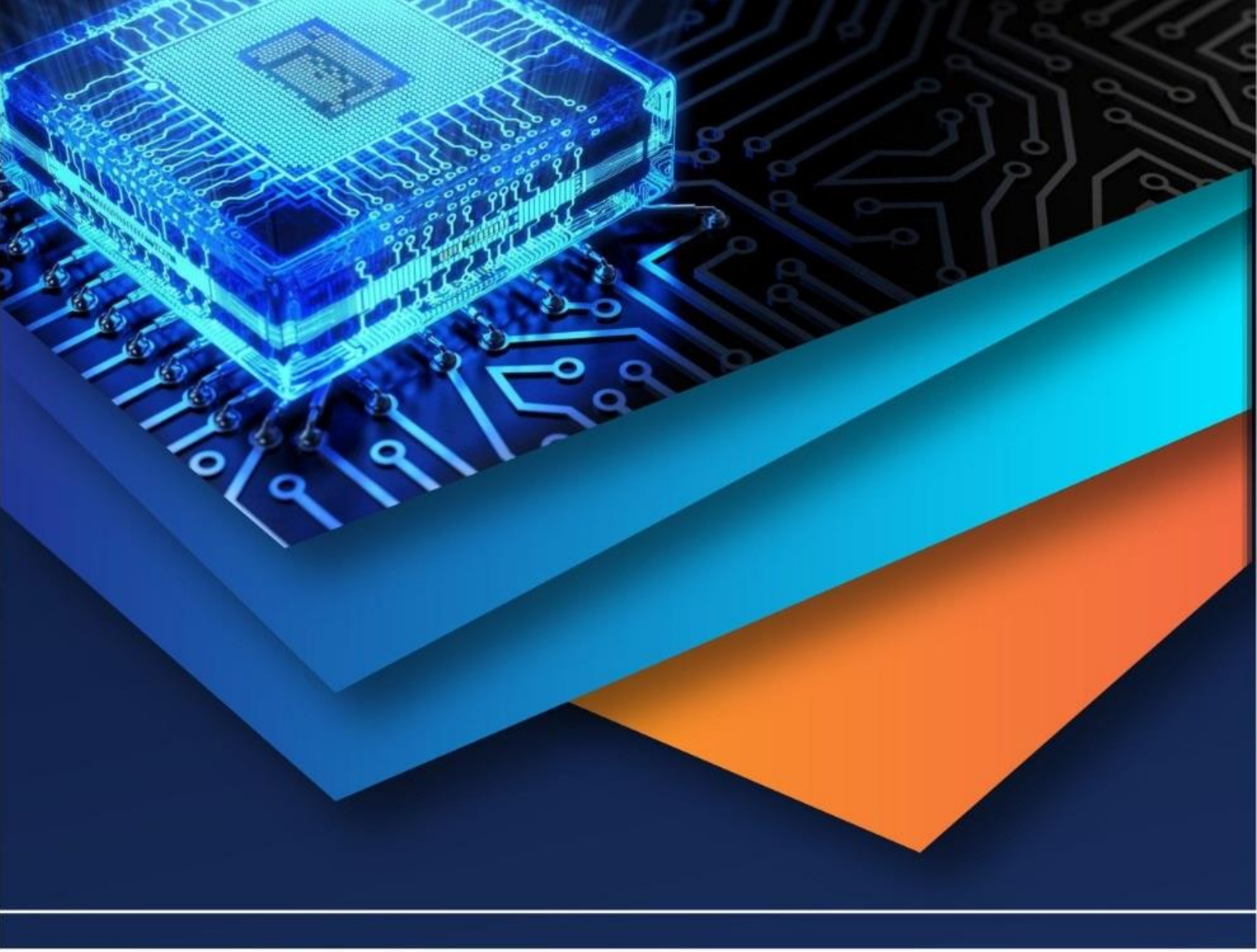
V. CONCLUSION

Jaya's rebellion is not the solution to her problems rather it is her understanding and acceptance of the opposites of life that will bring her peace and happiness. The protagonist in Deshpande's novels often faces a difficult journey to find her true identity and purpose in life. She must battle against the expectations of her family, society and culture to find her own path. She must also confront her own inner doubts and fears in order to find her true self. Along the way, she must learn to accept and embrace her own unique qualities and strengths. Ultimately she must find a way to be true to herself while respecting the culture and traditions of the society. She argues that women should be allowed to express their own thoughts and opinions without fear of being judged or ridiculed. She believes that women should be given the same opportunities as men and that men should be allowed to pursue their dreams and ambitions without any restrictions. She also believes that women should be given the same respect and recognition as men in all aspects of life. Deshpande also encourages women to take charge of their own lives and to be independent and self-reliant. Jaya, the protagonist, is a young woman who is struggling to find her identity in a society that is dominated by patriarchal values. Jaya's journey to self-discovery is a difficult one.

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