THE PSYCHOLOGICAL JOURNEY OF THE HUMAN BEING THROUGH METAPHORS AND SYMBOLS IN DORIS LESSING'S WORKS

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Kalit so‘zlar:
Doris Lessing, metafora, ramziylik, psixoanaliz, individuatsiya, feminizm, ruhiy sayohat, semiotika.

Annotation: This research examines the symbolic and metaphorical aspects of Doris Lessing’s novels as a representation of the human psychological quest for self-realization. The study examines the recurring imagery throughout Lessing's principal works, including Through the Tunnel, Flight, The Golden Notebook, and The Fifth Child. Lessing used metaphors such as tunnels, flight, water, light, and darkness to create a symbolic framework that embodies spiritual awakening, change, and individuation.

Аннотация: В данном исследовании рассматриваются символические и метафорические аспекты романов Дорис Лессинг как отражение психологического поиска человеком самореализации. В работе анализируется повторяющаяся образность в основных произведениях Лессинг, включая «Сквозь тоннель», «Полет», «Золотую тетрадь» и «Пятого ребёнка». Лессинг использует такие метафоры, как тоннели, полёт, вода, свет и тьма, создавая символическую систему, воплощающую духовное пробуждение, изменение и процесс индивидуации.

Annotatsiya: Ushbu tadqiqot Doris Lessing asarlaridagi ramziy va metaforik jihatlarni insonning psixologik o‘zini anglash yo‘lidagi izlanishining ifodasi sifatida tahlil qiladi. Tadqiqotda Lessingning asosiy asarlarida — “Tunnel orqali”, “Parvoz”, “Oltin daftar” va “Beshinchi bola” — takrorlanib keluvchi obrazlar o‘rganilgan. Lessing tunnel, parvoz, suv, yorug‘lik va zulmat kabi metaforalardan foydalanib, ruhiy uyg‘onish, o‘zgarish va individuatsiya jarayonini ifodalovchi ramziy tizim yaratgan.

Introduction. Doris Lessing is one of the most famous British novels of the 20th century. She is known for her thorough examination of human psychology, gender roles, and the search for self-identity. Her works transcend the confines of

social realism, entering the domains of the symbolic and the psychological, whereby metaphors and symbols function as crucial instruments for illustrating the intricacies of human awareness. Lessing's novels, such as Through the Tunnel, Flight, The Golden Notebook, and The Fifth Child, show how much she is interested in change, freedom, and the conflict between the individual and the group. Her symbolic language is not just pretty; it also helps the reader grasp psychological growth, moral struggle, and spiritual enlightenment.

The main character in Through the Tunnel goes through a dark underwater tunnel, which is a difficult way for them to learn about themselves and grow up.[1] The picture of a bird in flight in Flight stands for freedom and the acceptance of change that must happen. The Fifth kid also looks at the conflict between societal conformity and basic instinct by using the kid as a symbol of chaos[2].

Lessing's symbolic imagery frequently functions at the confluence of Jungian psychology and existential philosophy. The journeys of her characters reflect Carl Jung's notion of individuation, which is the integration of the conscious and unconscious aspects of the self.[3] Additionally, her employment of archetypal imagery, like tunnels, water, light, and darkness, represents universal facets of human existence.The examination of metaphors and symbols in Lessing's oeuvre provides significant insight into her philosophical perspective, which posits that authentic human freedom and comprehension can only be attained through self-confrontation, suffering, and metamorphosis. This interpretation also allows for comparisons with contemporary Uzbek writing, which also employs symbolic metaphor to depict spiritual awakening and the quest for identity.

This study utilises many analytical methodologies:

--Semantic and literary analysis to find and explain important symbols and metaphors.

--Psychoanalytic critique derived from the theories of Freud[4] and Jung[5] to reveal psychological impulses underlying symbolic images.

--Structural-semiotic analysis to investigate the narrative and signifying frameworks of Lessing’s works.

--A comparative investigation to identify thematic similarities between Lessing’s works and symbolic patterns in Uzbek literature.

The analysis shows that:

The tunnel in Through the Tunnel represents the hard but essential change from being a kid to being an adult. It is a metaphor for development and rebirth. [6]

[1] Doris Lessing. Through the Tunnel. In the Practice of Affection. London: Michael Joseph, 1957.

[2] Doris Lessing,Flight,in Stories. London,Jonathan Cape, 1957.

[3] Jung, Carl G. The Archetypes and the Collective Unconscious. Princeton University Press, 1981.

[4] Freud, Sigmund. The Interpretation of Dreams. New York: Basic Books, 2010.

[5] Jung, Carl G. The Archetypes and the Collective Unconscious. Princeton University Press, 1981.

[6] Greene, Gayle. Doris Lessing: The Aesthetics of Transformation. University of Michigan Press, 1994.

The flying theme in flying stands for freedom, accepting independence, and the natural act of letting go. [7]

The kid in The Fifth kid is a metaphor of primordial energy that challenges moral and societal standards.[8] They are both creative and destructive. The water theme stands for change, purification, and emotional depth.[9] The contrast between light and dark shows the fight between the aware and the unconscious, which is similar to Jungian archetypes of self-realization.[10] When put together, these symbols make a cohesive system that tells the story of a person's inner journey, from fear and fragmentation to awareness and integration. Lessing's use of metaphors and symbols turns her writing into a psychological map of what it's like to be a modern person. Her symbolic realism lets readers think on the interior problems of identity, morality, and belonging. In this way, her literature connects Western modernist ideas with universal human psychology.It shows disagreements about who you are, what is right and wrong, and where you belong. In this way, her literature connects current Western ideas with universal human psychology.

The journey metaphor that runs across her paintings emphasises that spiritual enlightenment is not an exterior experience but an interior passage through uncertainty and darkness. Her female heroines exemplify the conflict between society norms and individual individuality, a topic that resonates with both feminist and existential interpretations. [11]

Additionally, Lessing's use of symbolism is in line with trends in international literature that use metaphor as a way to explore oneself. In contemporary Uzbek literature, authors employ analogous approaches to convey moral and emotional difficulties through symbolic landscapes, mirrors, and dreams. In this way, Lessing's system of metaphors goes beyond cultural differences and is still a useful way to think about how people's minds have changed over time.

Conclusion. Doris Lessing's use of metaphors and symbols in her writing is a powerful way to show how a person changes mentally and spiritually. Her use of tunnels, flying, children, and elemental images captures the universal process of discovering oneself and being reborn.

Lessing uses symbolic language to show the eternal conflict between fear and freedom, chaos and order, and the unconscious and awareness. This struggle finally leads to self-realization. Her creative approach illustrates that metaphor transcends simple stylistic embellishment; it constitutes the core of human comprehension and emotional veracity.

[7]Lessing, Doris. The Fifth Child. London: Jonathan Cape, 1988.

[8] Lodge, David. The Modes of Modern Writing: Metaphor, Metonymy, and the Typology of Contemporary Literature. London: Edward Arnold, 1977.

[9] Showalter, Elaine. A Literature of Their Own: British Women Novelists from Brontë to Lessing. Princeton University Press, 1977.

[10] Moi, Toril. Sexual/Textual Politics: Feminist Literary Theory. Routledge, 2002.

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