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The Psychological State of the Main Character in Charlotte Perkins Gilman's "The Yellow Wallpaper"

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Requirements for the Degree of Master in Language and Culture*

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Dedication

First of all, The wittiest recognition goes ahead to the munificent 'Allah'

I dedicate this work to:

My dearest parents who provided me with whatever I need, and surrounded me with a great love and affection to reach my objectives in this life. I would also like to express my appreciation to my partner Rayane Rezaimia and my friend Laouar Meriem, for providing me with unfailing support and continuous encouragement throughout the process of researching and writing this thesis. This accomplishment would not have been possible without them.

Thank you all .

.Chalghoum Manel.

Dedication

In the name of Allah the most Merciful and Beneficent

First and foremost praise is to ALLAH, the greatest of all, on whom ultimately we depend for sustenance and guidance. I am dedicating this thesis to:

Beloved people who meant so much to me, my parents who have provided me with their encouragement, love and understanding to my mother who has been source of encouragement and a source of inspiration and who has been supportive to me through my life, a very special thank you for providing me a special care and nurturing me through the months of writing, you have actually supported me in my determination to find and realize my potential and to make to use this contribution on world. All respect to my father who overwhelmed me with love .

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Abstract

As a critical analysis of *Charlotte Perkins Gilman's* literary work entitled "*The Yellow Wallpaper*"(1892) the current thesis applies Freud's psychological approach to examine and investigate the anonymous main character's psychological state and the causes of her health deterioration. Gilman portrayed her suffering experience with post birth depression through the main character in her story , as a way to transmit a message to her readers and to the whole world about women's life at the late nineteenth century , and to raise awareness about the psychological and mental health deterioration due to the harsh and unsuccessful medical treatment , And as a way to rebel against it and demand for change and social justice between sexes in the patriarchal societies .The story shows how women were confined in the traditional female roles constructed and defined by their cultural and social patriarchal systems. As a result, this main female character denies her voice, her freedom and her identity. This denial eventually led to a tragic outcome of her life, where her condition evolved from depression into hallucinations and then into total madness.

Introduction

After a strong struggle to make the world a better place, changing the injustice and ancient thoughts, and create new rules, women have campaigned and are still campaigning for rights and freedoms including the right to vote, work, receive education, get equal pay, enter contracts and express their feelings and emotions. The well-known movement specialized in gender issues, and that has captured reader's attention and portrayed women's suffrage, unequal social treatment and inferiority in the patriarchal society, is the feminist movement. It is a movement that came to find solutions for women's problems, and put an end to the act of exploiting and mistreating females.

The defense of women's rights during the nineteenth century, related to the serious fear of marginalization. The need to be recognized as important members in the patriarchal society characterized by gender inequality had been a dream for the majority of women who experienced persecution in all domains. The feminist movement in particular aimed to rebel against the major factors remnants by the Victorian era, amongst these factors the failed psychiatrist diagnosis. Women were captured within a domestic setting and were viewed as only useful for house holding and raising children. Rosaldo Michell concerned with the universal applicability of (Domestic vs. Public), he defined domestic as "those institutions and activities organized around women especially 'mother', While public refers to the activities, institutions and forms of association" (Moore, L.Henerietta.1988.p23).

Indeed, women were eliminated from the public domain, in particular political affairs and activities, even expressing any intellect or opinion was not allowed. These were only allowed around the dinner table. Men dominated the public domains whether politics, medicine, or economics, and social life was monopolized by males authority also. Ortner assume: "The difference between men and women can be conceptualized as a set of opposite

pairs which resonate with others sets of oppositions” (Moore, L. Henrietta. 1988.22). Men were associated to be the dominant ‘ruler’, of a ‘superior value’, physically and mentally strong. While women were associated with the contrary: ‘women as a problem’, inferior, less capable, insane, ‘physically and mentally weak’, etc. It was said that women see the universe through a fancy and imaginary lens, while men’s view of the world is in terms of reality and ability. In fact, this categorical association was not inherited biologically, neither did it exist in nature; but it was culturally and socially constructed. The feminist movement initially aimed to shed the light on the basic needs of females and their rebellion against the failed medical treatment that led to mental breakdown of a large number of women; and as feminists, they attempted to change psychology as a whole and rejected the principles and medical treatment that remained of the Victorian area. The wave of feminist psychology embodied the improvements and the contributions brought about to the field of psychology and the medical advances.

The nineteenth century was a period of scientific discoveries, and the medical Advances were at their apogee. At that period of time the field of psychiatry witnessed a great accomplishment exemplified in understanding the mental illness and its treatment. Despite of the scientific progress in the Victorian era, women were limited in the domestic life, while most of the health professionals were males, who were dominating the field of psychiatry; understanding the normality and abnormality state of women was their aim of investigation. Women who were trying to compete with men or who were showing any desire to participate in, or contribute to the fields originally attributed to males, in this era psychiatrists claimed that, this category need special care and should stay under medical supervision, especially when some features became evident in their behavior. Psychiatrists assumed that the suffering experience occurred to women has a deep impact on their psychological and mental

health, including Postpartum Depression as a worldwide health issue, and subject of debate for the fields of psychology and medicine, it comes as a mood disorder that effect women after giving birth .

Obviously; women who has been classified as insane had experienced some symptoms of nervousness, anxiety, traumatic depression, and hysteria wherefore the Resting Cure and isolation were a specified treatment devoted for this category of patients , in addition to showing any kind of intellect or physical /mental effort were prohibited. During the nineteenth century historians and literary critics expended a list of women issues. Naomi Weinstein took a clinical and personality theories to test psychology, she said: “Has nothing to say about what women really are like what they need and what they want essentially because psychology does not know”. (Freetheim, Donald K.and Weiner, Irving B, 2003. p256). The effect of oppression on women’s mental health motivated the writers and critics to produce pieces of writings using the realistic details in order to describe the reality of the nineteenth century life, and to portray the facts of American women suffrage. Some novelists and short stories writers during the Victorian era addressed social issues, where their work reflected the living reality of society. One of the most famous writers who adopted women’s issues is the American feminist writer Charlotte Perkins Gilman.

Gilman’s *"The Yellow Wallpaper"* (1890) first came out in "The New England Magazine" (1892). It is a feminist American renowned literary masterpiece, accompanied with a psychological representation of the late nineteenth century women who wanted to break free in the patriarchal society based on gender roles and oppression over women. The story is a semi-autobiographical account of the author's own life and experience with post-birth depression, represented in the first person narrative point of view in a kind of internal

monologue.

This dissertation seeks fundamentally to address women's psychological state during the late nineteenth century in the American society. The study will examine the short story (novella) "*The Yellow Wallpaper*" (1892) by Charlotte Perkins Gilman in order to discover the anonymous protagonist psychological state.

Several articles and books have been written about the American author Charlotte Perkins Gilman literary works, and in particular her semi-autobiographical and critically pieces of study in the field of literature and psychology since the early twentieth century "*The Yellow Wallpaper*" (1892). The significance of the story is astounding because it explores the fundamental issues of women's status in the American society at the late nineteenth century and to discover about the medical treatment imposed on women.

The focus of attention of "*The Yellow Wallpaper*" has been put on psychology, Femi Oyeboade in his article "*Fictional Narrative And Psychiatry*" (2004) has addressed how psychiatric and mental illnesses were dealt with in fictional stories . His paper also provides the readers with the physical and psychological characterizations of mentally ill people and how they are presented and portrayed through the fictional literary works .In addition to that, Femi Oyeboade's "*Advances In Psychiatric Treatment*" (2011) speaks about depression and the 'Rest Cure' treatment which were the major concepts related and prescribed to women who suffer nervous disorders, as the same case of Gilman and her double character in the story.

Moreover, Chiara Battisti and Sidia Fiorato in their article "*Women's Legal Identity In The Context of Gothic Effacement: Mary Wollstonecraft Maria or the Wrongs of Woman and Charlotte Perkins Gilman's The Yellow Wallpaper*" (2012) portrayed how wives were imprisoned by their patriarchal husbands, also it raises questions about the issue of women's identity and how they have accepted living under the shadow of those societies characterized

by gender discrimination.

According to Golden Catherine (2000), this study is mainly based on Gilman's analysis of the American society, and the awareness value of her literary and theoretical work, but also raises questions about the limitations she embodied and revealed in her analysis. The article "Why I Wrote *The Yellow Wallpaper*?" (1913) by *Perkins Gilman* was written to answer the reader's questions, and list the hidden facts behind the story and the motives that gave the writer inspiration to write about such a topic.

The study in Gilman's work "*The Yellow Wallpaper*" had been done by other researchers. The Thesis of Margaret Victoria Delashmit from university of Tennessee-Knoxville (1990) provides a study about the status of women at the 19th century. The study is concerned with the female gothic Victorian society and medical view. Another study interested in the same topic that was treated throughout the story, entitled: "Women's Image In Charlotte Perkins Gilman's *The Yellow Wallpaper* And Fadia Fakir's: Pillars Of Salt, Feminist Approach & quote; at Middle east university for graduate studies degree of master English and literature department of English language and literature faculty of arts, submitted by the researcher Maria R. Alfadel (2010), This thesis displayed a comparison between the images of feminism and gender roles in two different cultures , in which Gilman depicts the medical practice, and how women were handled as weak and sick beings reflected through the protagonist of the story.

The basic strategy of this study is to apply the content analysis method, accompanied with a descriptive qualitative method, and using the Freudian psychoanalytical approach to explore the protagonist's psychic state, in Gilman's "*The Yellow Wallpaper.*", through analyzing the main factors that led to the deterioration of her health state. Expects to explore about female voice and role inside the American patriarchal society during the late nineteenth century, and how it reflected their psychic health state and identity. The basic aim of this study is to give the reader an opportunity of better understanding the protagonist's psychic

health state as a portrayal image and living reality of that period of time that was characterized by racial discrimination between sexes in terms of psychic and mental health, power and dominance. The main questions addressed in this thesis can be summed up in the following:

.What has driven the protagonist to the brink of madness?

.Who is the representative of patriarchy in the story?

.What is the psychological effect of the Rest Cure medical treatment on the narrator's health state?

.what are the psychological and behavioral aspects of the physical environmental space and effect on the protagonist?

.What is the psychological implication of the yellow color in the study?

The limitations encountered during the course of preparation for this study are the limited number of available sources.

Definition of Key Terms

.Patriarchy : a system of society or government in which the father or eldest male is head of the family and descent is reckoned through the male line .

.Hallucinations : an experience involving the apparent perception of something not present .

.Paranoia : a mental condition characterized by delusions of persecution , unwarranted jealousy , or exaggerated self-importance , typically worked into an organized system. It may be an aspect of chronic personality disorder , of drug abuse , or of a serious condition such as schizophrenia in which the person loses touch with reality .

Mental Wellbeing : a dynamic state in which the individual is able to develop their potential, work productively and creatively , build strong and positive relationships with others , and contribute to their community .It is enhanced when an individual is able to fulfill their personal and social goal and achieve a sense of purpose in society .

Mental Health :a state of wellbeing in which the individual realizes his or her own abilities , can cope with normal stresses of life , and able to make a contribution to his or her community .

Physical Environment : objective and precieved characteristics of the physical context in which people spend their time (e.g. home , night-bourhood , school) including aspects of urban design .

Anxiety: a feeling of worry , nervousness , or unease about something with an uncertain outcome .

Insomnia : The condition of being unable to sleep .

Hysteria: a state of extreme , fear , or anger , in which a person or a group of people , looses control of their emotions and starts to cry , laugh , ect.

Asylum: a hospital for people with mental illness: a mental hospital.

Chapter One

Gilman's Contribution to the Field of Psychology

Many Victorian writers had a personal experience with mental and psychological illnesses. During the nineteenth century, female writers in particular were the minority who had been subjected to a negative experience with the health care providers in the American society. The causal relationship between patriarchy and oppression had a deep impact on their life in addition to their psychic and mental health. The literary works offered a great chance for writers to mirror the Victorian women suffrage who faced difficulties to express their problems and draw an image about the reality of the patriarchal society.

Besides covering some of the social and psychological aspects of the state and experiences of the female writer, the current chapter sheds light mainly on the American writer *Charlotte Perkins Gilman's* criticism to the psychology of the time and female's desire for independence and recovering self-identity. The chapter deals also with a number of important issues and concepts related to psychology and its origins and development. It aims to introduce the extent to which Gilman's work had contributed to the field of literature and psychology. The female protagonist tries to free herself from the patriarchy of society and the oppression of her husband and to get rid of the failed treatment diagnosed for her.

I.1 What is Feminism?

Through history, the term 'feminism' was and still an interesting subject of interest, it captured the attention of researchers and scholars who tried to define it, and explain its different angles. Quoted in Paludi Michele's book "Feminism and Women's Rights World Wide": "Feminism is the belief certain fundamental principles of social, economic, political and judicial equality, in a society in which women and men have traditionally receive unequal treatment" (p.04). The Feminist movement represents women's problems and suffrage, in a society which is characterized by gender inequality of the social construction. According to Zara Huda Faris, in her article: 'Do Women Need Feminism' says that "... Women need feminism because there are women who suffer injustice ..." (2013, p. 01). She means that feminism came as a way to express the suffering and tragic state of women in the unjust patriarchal society, where they were unable to express themselves, because males were mistreating and considering them as inactive members, who does not work on the development of the society. In this line, Zara Faris further maintained that "Women have traditionally been dehumanized by male dominated society, which they call patriarchy; and that has been always better to be a man ..." (2013,p.01). Hooks (2000,p.11) considers feminism as a movement that occurred to "to end sexism, sexist exploitation and oppression". It came to put an end to gender inequality, and gender stereotyping, as well as to create equality in all opportunities between men and women.

Moreover, this movement gave women the opportunity to have more choices in their lives as well as improve and express their ideas and emotions. In a critic of feminism, 'Moi' pointed out three important positions of women: The first position is about the battle for equal rights, while the second one is about rejecting symbolic order in the name of difference

and uniqueness, and the third position is about rejecting the dichotomy between masculine and feminine. (Brennan, Teresa. 41).

1.2 What is Psychology?

Psychology is a field of study that focuses on human mind, behavior and experience. It is both an academic discipline and an applied science which prosues to interpret a group of individuals by means of founding principles through cases of study.

Freedheim and B. Weiner mentioned in the hand book of history of psychology, " British philosophy was emperical gathering information about mind and mental process, observation of individuals recorded in midical treaties, the data were classified under general faculties or categories of mind " (Freedheim.K and Weiner.B. 20). The observation of individuals such as intellect, and sensibility emotional or motivational state , memory and reasoning , and desire.

The medical difinition of psychology according to marriem-webster dictionary: is that it is: "the sience of mind and behavior , basically focused on mental and behavior".

In Other clarity of psychology, is the study of the main causes affection of mental disorder , through observing behavior, concerning the practice of psychatry: is the science of how to treat the mental disordr and affective diagnosis, in order to preserve people's well being . Psychatry and psychology related to approaches of treating mental illness contains , depression , anxiety , and other emotional sensational state.

Psychology at first has been defined as the science of behavior of both humans and animals, only white males were researchers of the field and only white males and males animals chose to be samples of investigation , the idea of 'male as a dominant', who represents the society's norms and principles, In Fact, they were not aware about that, they ignored and omitted the half of the society. The establishment and the progressed discoveries serve only the science of behavior, but the psychology of science white male behavior.

Medically, the field studies the mind and mental processes both of which have a relation with behavior. Clinical Psychology is concerned with mental disorder and how diagnosing and treating are supposed to be, problems in behavior and emotional disturbances as well are the major cases of study. While, Social psychology looks at the effect of other actions on the behavior of individuals.

The psychology of women, as an era of scientific investigation, goes back to early studies of the so-called sex differences. However, this field is much various 'the psychology of gender' the major title is women experience such as pregnancy, breast feeding are the main topics of investigation.

Stressing the psychological issues and experiences of women, Mednick (1976) defined the field as "the study variation within a group and across time of female experience" (Denmark.p4). L.Danmark and Mitchel Paludi had mentioned the assumption of wundt(1874), assumed that the accomplishment to psychology field up to recent time, it is appeared first to show so much interest on the behavior of men or male animals, in the context; women as not existed categories considered inferior in some way, For Instance; Sir Fronis Golton's work in the nineteenth century, focused on individuals differences and concluded: "women tend in all their capacities to be inferior to men" (quoted in L.denmark.2008). Women's issues were not taken into account, the difference between men and women had been always a set of interest, the psychological research has a great support to men domination, which increases male's superiority. In Contrast, Halen Deutch, one of the Freud's students, wrote the first book, entitled: "*psychology of women*" women has a very sensitive psychic structure than men for instance motherhood.

1.3 Feminism and Psychology

Feminists have joined the psychologists' profession in the study of gender and sexes, and suggested ideas and knowledge about what is best in doing psychology. The role of psychology as a field mainly served the social interest. This made feminists worth trying to discover the habits that led psychologists to reject knowledge about women, marginalize them and reject to confess their abilities. The lack of support to work on women and gender continued until the late 1960. When the second wave of feminism emerged, a minority of women were recognized by psychology; however, they faced difficulty to bear up, as soon as they entered the field, mainly because of a difference in mastery, where male psychologists mastered their work and they were more prepared, in contrast to feminists who lacked the authority and their work profession was limited.

Progressively, women had made a great contribution to the field during 1940 and 1950. Criticism of psychology's treatment of women has been raised throughout history and become an audible issue. As early as 1876, Mary Putnam Jacobi pointed out that research has rarely been done to limit women by women themselves but rather by men who often attributed to sex differences (Freethem, Donald K and Weiner, Irving B. "History of psychology").(252).

1.3.1 The First wave Feminism and psychology (c.1876_1920)

Some groups of American women first higher degrees in psychology in the early twentieth century. Women in these groups became curious about sex differences and started asking such questions as: what are the innate sex differences in personality and ability between sexes? For instance, Helen Thompson Woolley initiated the first laboratory concerned with studying sex differences in mental traits; the first study addressed similarities between sexes. She argued that the experimental method was fresh and at its beginnings, with little use for studying such a difference. That is because male and female research subjects

were not equally valued; even the training and experiences were not the same. Leta Stettler Hollingworth worked to disagree with claims about female inferiority, because their work of research and their abilities and right to do the research were doubted. A few women during this era gained entry to spread their ideas; therefore, the first wave of feminism had no long lasting impact on psychology. The second wave of feminism accordingly emerged.

1.3.2 Second wave feminism and psychology

The equality between sexes in psychology was an ideal that has been attributed to women. Women's issues started to monopolize the public domain, where the equality between the sexes in capacities and mental traits have entered the field of psychology from the widest doors. A high number of women had engaged in the social activities like the civil rights movement and, women's liberation movement. In addition, to basic changes that occurred in the social structure, American Psychological Association (APA) convention a group of women protested against the domination of sexual bias. Another early introductory action of feminist organization in psychology was a push for what is called blind review, author's identity would be judged unfairly because of their sex category. 'The blind review' was adopted by a great number of authors in their pieces of writing, it was used even in journals. Moreover, women were active in a large number of activities aimed at differentiating between psychological ideologies and psychological practices between sexes.

Basically, they were trying to change psychology as a whole, the second wave of women's movement posed major challenges to the psychologists' ideas about women, and suggesting useful topics for research on women's mental health and diagnostic methods.

To conclude, feminism is an on going subject of debate all over the world. It refers to women's awareness, oppression, and exploitation. It came to symbolize the voice of the

women, who were under the umbrella of males's patriarchy. From another angle, feminism is about women helping, and supporting , and encouraging each other, and believing in their power and effective role in society. With the emergence of feminist movement, women fought and progressively became worthy part. They didn't only take position in society as important individuals, but in research as well; they occupied many professions as clinicians, teachers, politicians. They made significant contribution in each field. Feminist psychology seems to have been contributing to the ongoing development of psychology. To understand the useful contributions of women in this field ,it is useful first to understand the status of women in psychology before this change .

1.4 Origins and History of Psychology

psychology originally formed by Greeks , Psyche (meaning 'breath' principle of life , life , soul), with Logia which comes originally from Greek logos (meaning speech, word, reason). (L,Danmark,2008)

During the mid of seventeenth century , psychology developed to be the science concerned with mind and behavior, the first very well known use of the field dates back to 1749. The first contribution to psychology as a new developed field of the time , began with philosophers such as Plato and Aristotle.

The scientific psychology, historically took place in Germany. The British philosophies provided a midical advance to psychology as a new field seeking knowledge about mind and behavior. They were concerned with the description of how the mind works.

The late of eighteenth century was an official declaration of scientific studies about the mind in the world of psychiatry as a career in the midical practices, James Wiliam wrote to a friend: "it seems to me that perhaps the time has become fo psychology to be a science (quoted in"Donald.F and Irving,B".p01).

Concerning psychology in America, it was a field of study dominated by British philosophers about mind and mental exercices, starting from the observation of behavior of

individuals and special cases under medical treaties, the data being used started from different categories of mind and different genders including 'intellect, sensibility, emotion, motivation, memory, reasoning and desire' also concerned on how the conscious guide behavior.

During the nineteenth century, the field of psychiatry was dominated by upper middle class males. They interestingly focused on the difference between men and women in cognitive capacities such as 'emotion and personality', 'behavior and desire', 'normality and abnormality' in which the observable behavior of such category actually provided a great support for males principles of superiority. Unlike females who were recognized to be inferior and were seen more liable to mental illnesses under constraints, women do not have the mental and physical capacity as men. Psychology itself was largely kept traditional concept such as 'melancholic' and 'choleric'. However, in 1846, the term 'psychiatry' originated to mean medical treatment of mental problems and break down state of the mind.

The Victorian period witnessed a very widespread growth of isolation because of the high proportion of women mental illness. During the time asylums and mental institutions were built up out of the cities, where a large number of men and women in particular had been under lock. The very common figure in the Victorian mental health field was James Conolly (1847), author of *"Asylums Construction"*. The book has left a profound impact, due to its containment of "Psychology and Pathology of Mind", the practice and penalties being used in the inner asylums today seen as cruel to humanity.

By the end of the era, patient's photographs were kept to show the real impact of psychological and mental disturbances. Specifically, women's category was highlighted for their abnormal behaviors, which were considered as a conclusive evidence of their psychological and mental disorder, this is what prompted many husbands to send their wives to asylums (Mental clinics) in case they noticed any desire to participate in men's fields.

1.5 Concepts of Female Mental Illnesses: “Madness, Hysteria, Post Partum Depression”

Mental disorder is defined any illness with specific psychological behavior accompanied by severe pain (traumatic) or distressing symptoms are observed on patient's behavioral expression such as , worry , pain , upset...etc. Mental disorder has been a very advanced disease, making many people of the past really suffer; it has a broad definition in different cultures, where the mental state and behavior are considered normal in some cultures and abnormal in other cultures.

Mental disorder is described as the absence of mental health and consciousness for mad people. A lot of people through history untill current time have suffered from the mental break down, in case the illness is not treated correctly, the situation will turn into madness.

Nervous Break-down is a concept of strong mental distress. It can be variously accounted to mental illness including depression, or history of anxiety disorders, a person may report having a nervous break-down when stress is too much to bear up , that stress caused by external influences, the patient become passive and not able to operate normaly in daily life, inflence their abilities to participate in other domain of life, it has a verry wide symptoms contains: thinking to harm his or her self, upset, insomnia, hallucinations, while being a part from reality , fear and difficulty to caught on the breath, paranoia for example, believing some one watching him or her, and this is the case of the unnamed character of the story, the chronic personality disorder, lead her to believe that she saw a woman behind the wallpaper.

1.5.1 The Mad Women and Female Life History

Madness was a social product and gendered concept that has existed and reflected by the patriarchal society. It was a disease observed on women as a result of oppression where men tended to dominate in society through their position of power. Believing that the most suitable place for women is to stay at home, and should be submissive to their husbands. Peter Sedgwick (1982) in his book "*psycho politics*" suggested that, "mental illness commonly observed on women than men, in their higher level of admission to psychiatric beds and consultation " (Quoted in "Peter, Sedgwick" 1882, p.17). Women outnumbered men in diagnosing mental illness for example: hysteria cases in the late eighteenth century were women, in the late nineteenth century hysteria diagnosed 90% of males and at the same time approximately 900 women, madness was associated to women who refused to follow the social principles, they used to control them under a set of fear to break the norms, concerning women how were trying to rebel against the Victorian patriarchal severe norms, they considered as insane. According to Sedgwick (1982) "Women are victims of social order" (p17).

Some studies claimed that married women are more likely to suffer from mental illness than married men because of the biological and psychological capacity; for instance, the ability factors including the lack of employment outside home, heavy home work.

Madness was a diagnosis including hysteria, anorexia, nervosa, all most referred to women as a feminine disease, they were almost viewed as psychotic and insane because they are women in patriarchal society, whether they accepted or rejected the female association. Historians and literary critics have expanded a list of women's psych and madness during the late nineteenth century, early critics such as in, Naomi Weisstein in Donald's book "of psychology", she said: "Has nothing to say about what women really are like, what they need, because Psychology does not know " (Fertheim Donald.K and weiner .B,p256)

Mental health professions claimed that the assertion about normal and abnormal behavior due to the authority of psychiatry, they used marriage and mother-hood as a standard for normality and maturity in order to decrease women's ambition. Those women who were trying to rebel against the Victorian patriarchy their husbands sent them into asylums. Hysterical symptoms were noticed on unmarried women and therefore, finding a husband was the suitable treatment for them. Thomas Laycock (1840) described hysteria as a woman's

natural state, hysteria cases were women in the late nineteenth century. James Mac Grigor Allan (1869) introduced a lecture at London, the lecture included such claims: women are not capable to any great mental or physical efforts, they suffer under depression, which means they were seen as weak, powerless, especially after pregnancy.

Mental disorder or insanity due to the ancient times of Greece, the first mental disorder associated to women was hysteria. Insanity means a mental disorder in controlling emotions such as fear or panic. According to Hippocrates (5th C, BC), hysteria named after the uterus from the Greek HYSTERA = UTERUS, meaning that the term hysteria originally meaning 'womb', in the past it was originally related to women as their natural illness. It was seen that hysteria's symptoms caused by a womb or uterus, where the Greek physicians tried to seek for an appropriate cure for hysteria, theories related to their medicine, later on Plato and Hippocrates advanced the idea, 'women are likely liable to hysteria' and this assumption continued until the Victorian era. Sigmund Freud's theories influenced by the previous thoughts, he started to work on this belief to conclude: the symptoms of hysteria originally arose either from shocks being experienced (trauma) or sexual problems. A Greek physician from the half of the 2nd century AD, Soranus found that: "Women disorders come from the toils of procreation, wherefore woman's body should be treated with: massage, exercises (Giovanni.M,111)

The belief of women witches widely spread to become frightening to European people , Meleficarum Mallus (1486), interested to provide that " Evil is female /evil origins from women " (112)

Kramer and Jacobs Pregner published "*The Famous Hammor of Witches*". The aim of Jacob's text is to prove that the devils and witches are really existed. The book contained warnings to the readers who are not convinced about this thought, and considers them as victims of the devils. What comes to our mind is to wonder, what is the connection between this thought and the health of women? it was obviously seen that the physicians cannot discover the reasons of the disease claiming it was originated and aquired by the devil. The eighteenth century witnessed a noticeable developement of medicine, where hysteria started to has relation with the brain then the uterus , it was supposed to be an affected disorder for both sexes , not only females .

During the Ninteenth century, hysteria was viewed as a form of Neurotic illness, since it has substituted by the common depression and anxiety nervous ; however the concept of hysterical neuroses was declined in 1980, Mental illness of women during this time refused hysteria and were viewed as not worthy and not serious illness, unlike the prvious theories .

The American feminist writer *Charlotte Perkins Gilman* have secceded in drawing a clear image about the mental illness and hysteria as a serious problem threatening the psychological state of women. Gilman's story portrays a women who is repressed on her sexuality and even lost her identity, because she was dependent to her hasband. Indeed; both Gilman and the main character in the story had suffered from a severe psychological breakdown " For many years I suffered from a severe and continous break down tending to Melancholia and beyond" (Why I Wrote The Yellow Wallpaper *Charlotte Perkins gilman*).

Gilman was diagnosed with hysteria after she got her first baby, the serious effect of hysteria on the psychological state of the writer inspired her to write the short story. The

unnamed character tells us that she has a slight hysterical tendency, and her husband was a physician who treated her at home, because she has a temporary nervous depression.

“So I take phosphate or phosphites, whichever it is and tonic and
Journys and air, and exercises and am absolutely forbidden to work until
I am well again
Personally, I disagree with their ideas
Personally, I believe that congenial work with excitement and change
Would do me good” (Quoted in Treichler, A. Paula, 63)

Women have no voice to express their ideas or rejections because men are the source of power in this story. John's treatment represents how much women were repressed during the nineteenth century. The previous diagnosis of hysterical symptoms contained: physical weakness (women become passive), depression, crying all the time, anxiety. The husband motivated his wife to control her emotions and get rid of negative thoughts about her state. He also prevented her from doing many things; working or writing were not allowed, showing any intellect would harm her state, this illness such as depression, was not the focus of physicians of the time even her husband was not a serious illness, they believed it was nothing more than hysteria.

If a woman of the Victorian era becomes emotional, she would be considered abnormal and sick. The narrator of *"The Yellow Wallpaper"* described one of the cures of this time: 'The Bed rest' or 'The Rest cure' and severe diet, her husband said:

"I have a schedule of prescriptions for each hour in the day, (...) your exercise depends on your strength ..., and your food somewhat on your appetite, but air from an absorbent all the time..." (Quoted in Charlotte, Perkins, Gilman, 7).

After his contact with professor Jean Martin, and Charcot between (1885-1886) , Sigmund Freud became interested in the issue of 'Hysteria'. His work based on hysteria of men, and the influence of traumas on the subconscious. In cooperation with Breuer, he had developed a theory about 'hysteria' which included a mixture of Jane's fixed 'subconscious ideas' accompanied with Moriz Benedikt's "the pathological secret concept" , Freud did not follow a scientific process of verified experiment, but he relied on his own beliefs about psychological conditions, the idea became clear that hysteria was the origin of what became Freud's psycho-analytic theory, he interested to study the case Dora Allegead , he suggested that , the traumatic events were enough to develop hysteria.

The hysteria's symptoms can appear in a form of anxiety, depression and other disorders. According to Freud's case of study of hysterical symptoms, the development of hysterical phenomenon from psychic traumas " The hysterical symptoms, precipitating cause which can only be described as psychological traumas" (Quoted in Breuer and Freud,9).

Any experience includes distressing effects such as frightfulness, anxiety, shame or physical pain , worrying about something, upsetting, may cause any kind of hysteria Thus, hysteria confuses thoughts and prevents them from being conscious, that's why Freud's theory of psycho-analytic was used to treat the conditions of depression and anxiety disorders by making the unconscious thought become conscious , and he believed that human mind is responsible for the conscious and unconscious behavior and decisions. Freud discussed the effect of trauma relating to the experience, he said, "After surviving a trauma , one will often turn to repression which is the holding at bay of memory from re-entering consciousness and forcing a return to a trauma ..." (Rief.Phillip,1963) If one is exposed to serious experience of traumas , and similarly encounters the same traumatic situation, memory gives a stimulus signal about the previous traumatic danger.

In the story of *the Yellow Wallpaper* the protagonist experienced the traumas of birth, and post partum psychosis depression. She is forced to stay under the physician's diet and

treatment 'bed rest'. Undoubtedly, birth experience provokes physical pain and disorders on mental health. The unnamed character suffered a slight hysterical tendency of post partum depression. The medical analysis stated the symptoms of this illness, including depression mood (sadness, hopelessness, emptiness, anxiety), change in appetite, sleeping problem, fatigue, thoughts of suicide, as well as other negative thoughts such as harming the baby.

Freud studied briefly with Charot in 1885, about the theory of hysteria. 'Hysteria was originated in unconscious' According to his assumption, human beings are under control of their desire, which governs their consciousness and unconsciousness. In fact, they do not control themselves. The unconscious mind receives all what is out of our consciousness, thoughts, memories, feeling... Unconsciousness consists of such feelings as pain, anxiety, and emotional conflict that frequently impact our behavior. In addition he believed that the repressed desire and emotions come out of our awareness and become hidden in our unconsciousness, then become translated through dreams. Dreams are the unconscious state of humans, over which they have no control over them. No one is not aware of the things happening while sleeping.

Freud introduces also the Ego and the ID. The ID is a term used for the part of the mind that contains: wish-fear, combination seeks only to immediate gratification, it is the pleasure principles (Quoted in Mac Williams, Nancy, 2011). The protagonist noticed the prestigious position he has, he mastered his work and has ambition, while her concerns were dismissed, expressing thoughts were not allowed, she couldn't say even a smallest details, the husband physician assumed, it was harmful for her health if she do so, and forced her to keep the energy and strength for controlling her emotions and for exercises, frequently; The wallpaper turned into obsession, where she saw a locked woman behind the wallpaper trying to get out. To apply the Freudian ID in the story, the protagonist's focus on the wallpaper is the rise of this ID in the story, her pleasure principle. The Freudian Ego is a set of functions that adapt to life exigencies, finding a way that are acceptable within one's

family and culture to handle ID striving, Freud said, Ego operates according to the reality principles. (William, Nancy. 2011)

Since the patriarchal society and the severe oppressive rules over the protagonist are the Ego, the narrator believed that there are a lot of women imprisoned behind the wallpaper. In fact, the unnamed character represents the majority of women during Gilman's time. She mirrored their sufferage of the patriarchal society, even when trying to free themselves and break the norms of society, they become insane in the men's view.

Regarding Lacanian psychosis, he established the relation between organism and reality, and is interested in the matter of moving from 'the realm of imagination' to 'the symbolic order', this period to be relatively describes the person who started to discover him/her position in the social context. He presented also the existant relation between language and unconscious, Lacan understood the unconscious and language to add, "The unconscious is the discourse of the other" (Quoted in Suess, Barbara A. 2003)

When a person tries to realize his/her position in the social context, in relation to the name of the father. The Name of the father according to lacanian psychosis, is the governor of the symbolic state (Quoted in Suess, BA. 82). The one who seeks to enter the symbolic order, when he/she gains a connection with the name of the father, tries to find his place with others, Unlike the psychotic individual, forbidden to enter the symbolic order "the name of the father", he/she characterized to have a lack of normal connection to society or language, The Yellow Wallpaper story mirrored the barred person from entering the symbolic order. Therefore, the protagonist's psychotic demonstrated her desire to create a new symbolic order of her own, in order to discover her self again, because she had lost her identity owing to the social order under "the name of the father". She used her imaginary to free her self and crept in the room to recover her dignity and self identity and as a declaration of her independence.

1.5.2 Post Partum depression

Motherhood is the best experience a woman can have , how beautiful it is to give birth to a little angel , and take care of him. But from an other angle , becoming a mother has a strong effect on women's health physically , psychologically, and emotionally. After giving birth , some mothers starts suffering from a kind of severe depression called :‘ Postpartum Depression’ . Postpartum Depression is a world wide health issue , an ongoing subject of interest for the fields of medicine and psychology. It is a mood disorder , and a degree of depression and anxiety effecting women of all ages, cultures and races during the first days and months after giving birth .At that periode of time, levels of ‘Estrogen’ and ‘Progesterone’ hormones decrease rapidly in women's bodies after giving birth, which lead to chemical mood changes in their brains, behaviors, and psychological state. Women become more sensitive and emotional than usual during the period following giving birth . Studies have shown that about one out of ten women develop a serious depression during the first year of giving birth , and start experiencing some symptoms including: feeling sad, hoplessness and loneliness, crying without an apparent reason and eating more or less than usual ,these symptoms may also be accompaigned with problems in concentration , remembering, and taking decisions and can develop into thinking about hurting her self or her baby. Postpartum depression in its severe case , may force the woman to lose touch with reality, and live in a world of illusions that has nothing to do with reality . She may start hearing or seeing things that are not real , and exhibit strange and dangerous behaviors that can go beyond hurting her self or her new born baby , and poeple arround her . After giving birth , women in many cultures stay under a special superevision called ‘The Nurse Approach’ which includes rest and relaxation by using massage, and meditation techniques ; in a addition to a special multivitamin diet and staying away of alcohol , and practicing physical exercices.

Pregnancy and postpartum period has an affect not only on the physical side , but provokes changes in emotions as well. After giving birth , women in many cultures followed a special diet. They stay under a special supervision by other women; for instance, in Chinese was called "Dowing-dowing the month" (Quoted in Kirchengate.S, 286). During this periode, a women who gives birth would be kept at home and constantly apply such a practices which are thought coming back to normality and recover the mental health again. The Rest cure generally used for those women who had been diagnosed with midical condition of hysteria . Post Partum Depression some times happened to women after they had a baby; the diagnosed symptoms include crying, fatigue, depression , descrease appetite, and anxiety. If left untreated post partum depression might turn into post partum psychosis.

There was an assumption thought about the new situation of mothers with new babies. The post partum depression reflects new symptoms, negative feeling of mothers toward their new baby accompanied by anxiety, hysteria, feeling of guilt and other negative ideas such: feeling incapable to care of the new baby. This health disorder could be treated by using “The Rest Cure” treatment develped by the American neurologist Dr. Silas Weir Mitchel in the late 1800’s for the treatment of hysteria and neurasthia and other nervous illnesses. It was mainly used to treat people who suffer from nervous disorders, it lasts between six to eight weeks, Charlotte Perkins Gilman and Virginia Woolf were one of the outspoken and independent women who recieved Dr.Mitchel’s rest cure treatment and wrote about their experiences.

1.6 Women writers "Women of Pen"

After a long suffering to improve their role in that patriarchal society, where men were monopolizing all fields of life, as politics, economic, medicine, and especially literature, women could claim some role. The late nineteenth century is marked by the birth of female writers and novelists. This age was characterized by a great number of educated women writers, who were able to contradict the patriarchal society. Such educated women as Jane Austen, Elizabeth Barrett Browning, Elizabeth Gaskell, Mary Shelley, Brontë and her sisters contributed to literature beyond a broader way. Though they faced a lot of criticism and obstacles when they were trying to write or express their concerns through using pen, these women writers did not give up.

Historically, female literary writers used to hide their identities, under the male names in order to contradict sexism and patriarchy. Using the male pen gave them a great opportunity to put their print over male publishers, who claimed that literature was not for women. Starting from Christine de Pizan to Mary More, they extremely exploited their status and pens to get rid of the gender category. In Natasha's text, she provided a very common example, Charlotte Brontë, who sent a piece of her poetry writing to England poet laureate Robert Southey, he replied: "literature cannot be the business of women's life". (Quoted in Natasha, L. Richter. 2015)

Female writers became active and found a way to go out and fight on papers against sexism. But because they had been categorized inferior as 'unfeminine, unattractive, selfish', they had a little impact on literature compared men of the time did. Undoubtedly; men were dominating the literary sphere and severely criticised those women who tried to send messages and impose themselves. Males claimed that women are more useful in householding and using needles to work on clothing better than bearing pen and papers (Quoted in Samantha, Howel. 2014).

In fact, women were not motivated to become effective writers, and weren't able to publish using their own names just to protect their families; Even Jane Austen concealed her works under unknown names. She highlighted the dependence of women to marriage. Her most known are novels contained *Sense* (1811) and *Pride and Prejudice*, In Addition; Elizabeth Barrett Browning (1861) a popular poet of the Victorian era, and Charlotte Bronte and her sisters published a collection of poetry; their writings dealt with the sufferage of being women in a patriarchal society that defined them to be useful in domestic sphere only, and how they were forced to stay under their husbands 'wings.

The new women portrayed themselves as used to be the protagonist of every literary women work. They had a frank desire for independence, and to contradict the Victorians about the position of women in society and the gender role, they claiming that mothering and house-holding are not the only work they mastered, in addition they tried to convince readers, males in particular. That mothering and house-holding are not the only work they mastered. However, each piece of writings was harshly criticised by males, who believed that, the talent of writing was possessed only by them, Alfred Lord Tenny (1809,1892) in his poem: " Men for the field and women for the health; For the sward and for the needle she, men with head and women with men to command and to obey".

Women and men seem to be opposite pairs, women are weak, passive, while men are strong and active, but they considered the better in marriage and good wives for their husbands, any action without husband's consent was not allowed, However the harsh critics did not stop women from seeking independence and equal rights, they took a huge demand for fiction and wrote novels, short stories, texts and reflected what was meant for them through the heroines and characters presented in their writings. Otherwise; there was still little or no change in the status of women writers during the century, through critics and male criticism on women's issues of freedom and equality, such as Harriet Jacobs she was one of writers who received criticism by male authors, as well one of the writers who were facing fear of

contradiction. Since the late of nineteenth century, women writers were still facing enormous disagreement in the literary field as subject of debate threatening the social system. The struggle was not characteristic only to American writers; a new movement arose along China and Greece, the very common instance, Fanny Fern very famous author during the nineteenth century. She published issue's of women rights and portrayed domesticity of women and male domination , Fern depicted gender inequality in her work (Quoted in Balent,Loren.october,1991). She obviously expressed her anger toward male unfair treatment who neglected women as a writer. A part from Fern and the writing under pen names or 'pseudonym' Evans Mary Ann author of "*silly novels*" used pen name in order to gain recognition in the world of literature, Evans wrote silly novels by lady novelists under the name of george eliot to criticise female novella (Balent,L.1991), it was a very conscious act by those writers, their sake were to avoid critics, they brisckly put their print on male world of literature.

Women began to take a major role in society during the "the renaissance feminism" of intellectual women writers. They were often educated and supported by educated fathers, Feminism and feminist writers has changed over time, they become sharing the common motives to recover their legal rights. In fact the only supportive males believing in the capacity of women writers, observed to be the fathers of learned women, they were at least aware about the literary defense of women kind and the case of 'equality of intellectual women' (Quoted in Gwyneth,Ross.S,2009).

Therefore, they promoted the educated excellent women and embraced them as learned wives, daughters, intellectual women. Concerning the educated fathers , they allowed their daughters to read novels or stories, that contains heroins enables them to be aware about how they should behave in proper way (Quoted in Sif,S.Tina,2015) as Tina claimed in her bachelor , nineteenth century women writers and the challenge of gender roles, a good example of

female writers fiction, Maria Edgeworth, she aimed to guide girls and how they suppose to be, instead to write about equality between sexes.

According to males who were centered the world of literature "women and pen" are threatening the society's norms; Since the late nineteenth century, the status of women writers has changed in America, and their voice has become audible in the public sphere of intellectuals, They did not face much more neglect as before However the issue of gender inequality remained present in the literary world. Men were still the dominant and writing still his profession, while women tended to improve her self and prove her status to be valued, especially in men regard, to demonstrate her competence such as, discrimination was not specific only to women writers.

In the evaluation of female writers by Samantha Howel, according to Elizabeth Mees, author of women and writing she has stated, "The situation of women in the academy as writers and teachers, the oppression and injustice, even pressure force still exist, but with less representation (Quoted in Howel.S,2014,p25). The status of women in the world of literature improved, but there was still serious issues need to be changed.

1.7 Gilman's Contribution to the Female Literature and Psychology

Charlotte Perkins Gilman also known as Charlotte Stetson, is an American feminist writer who was born on the 3rd of July (1860) in Hartford Connecticut US. Her father's name was Frederik Beecher Perkins and her mother was named Marry Fitch. Charlotte was the youngest child out of three children. Her two brothers are Thomas Henry, born on 15 March (1858), and Thomas Adie born on 09 May (1859). She had a difficult childhood because her father had abandoned her family shortly after she was born.

Charlotte was married to Charles Stetson in (1884). After she gave birth to her only daughter, but after she gave birth she fell into a deep post partum depression, then she was

prescribed with unsuccessful treatment called : ‘The Rest Cure , developed by her Doctor S. Weir Mitchell , one of the leading psychiatric doctors at that time , specialized in nervous and hysterical habits of women. The Rest Cure treatment was not giving any results , that is what gave her a strong reason to decide abandoning the treatment. Later on she discovered that even her marriage was affecting her health negatively , so she got divorced in 1888 , and moved with her daughter to live in Pasadena , California .

In California , *Charlotte* had involved her self in many feminist groups , and became an active voice of the feminist movement , then she started her career as a feminist writer and an activist for women . In the year (1900) Gilman decided to marry again , but this time with her first cousin George Houghton, and this second marriage was happier than the first one.

Charlotte Gilman produced astonishing pieces of writing ,including non fiction , fiction and hundreds of poems in addition to short stories and thousands of articles. Her major writings that had captured the reader’s attention were: *Women And Economic* (1898), *The Dress Of Women* (1915) , *The Living Of Charlotte Perkins Gilman* (1935), *The Yellow Wallpaper* (1892), and *Herland* (1915) .

Charlotte Perkins Gilman best known piece of writing is “*The Yellow Wallpaper* ”; it was first published in (1992) by 'The New England Magazine'. The special thing about this short story is that it is considered as a semi-autobiography of Gilman’s life. The story portrayed her own personal experience with post partum depression, through the main character in her story. From another angle, the author criticized the issue of inequality between males and females, by telling the readers about females life problems in the patriarchal society in the late nineteenth century.

In addition to what has been said, *The Yellow Wallpaper* was written to save people from going crazy; Gilman used literature as a way to criticize the medical treatment imposed at that period of time, which led to the deterioration of her psychic health. Some critics had

evaluated and criticized Gilman's work *The "Yellow Wallpaper"* from two important psychological perspectives:

The first perspective is 'psychology from a literary perspective'. It tends to blame the illness of both the author and the main character of the story on the patriarchy of the society, and the males centric thinking.

The second perspective that was proposed is 'psychology from a physician perspective' which tends to blame the medical treatment imposed at that period of time, which led Charlotte Gilman and her character to fall in a deep depression.

In (1932), Charlotte Perkins was diagnosed with 'Breast Cancer', and three years later, exactly in 17 August (1935), she committed suicide by taking an over dose of 'Chloroform'. She died after she became a key figure in the feminist movement, and providing the field of literature with astonishing pieces of writing which spoke for women, men and children.

1.8 Introduction to *The Yellow Wallpaper* by Charlotte Perkins Gilman

Charlotte Perkins Gilman's famous literary masterpiece *The Yellow Wallpaper*, was written in June (1890) in California, and was first published in *New England Magazine* in (1891). It is considered as a gothic horror, and a feminist piece of literature. It was written in the first person narrator point of view, in a form of series of diary entries. In the year 2011 the story was produced as a gothic thriller film, directed by Logan Thomas.

The story was recognised as a real image of the patriarchal Victorian society norms and attitudes. It was written near to the end of the Victorian period and the beginning of the progressive era, which was a period of a great change, when the history shed the lights on a number of important issues such as: psychosis and mental breakdown, feminism and gender role, "For many years, I suffered from a severe and continuous breakdown tending to melancholia" (*Why I Wrote The Yellow Wallpaper?* by Charlotte Perkins Gilman 1913.01).

Gilman was interested in females issues. Much of her writings were concerned with women's unfair status in marriage, and their need for financial independence, at the period of the late nineteenth century- America, which was characterized by inequality, men domination , women's suffrage and mental and psychological illness . The Yellow Wallpaper is a semi-autobiography of Charlotte Perkins Gilman's own experience with post birth depression. Writing this story was a way of dealing with her own depression and to communicate with her readers and tell them about her experience of giving birth , which she portrayed through the unnamed main character in her story .

From another angle, Perkins's *The yellow Wallpaper* tried to draw an analogy between males and females' voice and role at the period of the nineteenth .The narrator of the story was struggling with the same problem that the author suffered from in her life. In her article 'Why I Wrote The Yellow Wallpaper' Gilman claimed: "I was not intended to drive people crazy , but to save people from being driven crazy , and it worked "(Quoted in .01)

She wrote the story as a way to save people from going crazy , because of the severe medical treatment imposed at that time , which effected and damaged her psychic and mental health . The Yellow Wallpaper is a story about a physician husband , and his wife who was diagnosed with having a slight hysterical tendency. She was suffering from a severe post-partum depression, and prescribed with the Rest Cure treatment, by Dr.S.Weir Mitchell , a neurologist who was known as one of the most famous physicians and nationally renowned physicians of the time.

His famous method of treatment The Rest Cure was mainly based on keeping the patient isolated from his friends and family, complete physical rest , massage and diet , avoid work , and isolation from the outside world. The anonymous character of the story was forced to remain in a nursery room, situated at the top of the house. " -So we took the nursery at the top of the house " , "It is a big airy room , the whole floor nearly, with windows that took

always , and air and sunshine glore" *Charlotte Perkins Gilman .TheYellow Wallpaper* 1892, p7). John separated her from society, by forcing her to stay in that nursery room , which was covered with an ugly, rubbed -off wallpaper which she became obsessed with and begun to imagine a woman trapped behind it, shaking the bars in order to free her self. From another point , she had no contact with her new born baby , due to her health condition , because he makes her so nervious as she claimed, "Such a dear baby and yet i canno't be with him, it makes me so nervous" (Charlotte Perkins Gilman .*The YellowWallpaper*.1892, p9).

In fact, the narrator was getting crazier and crazier and her pshyctic state was deteriorating more and more because of the failing medical treatement "The Rest Cure". She was completly separated from her own self and identity. And she tried to regain them, and search for her independency by writing in a journal, without letting her husband and his sister Jennie know about it. She concealed that from them because it was considered as a forbidden act in her treatement as she said: "There comes John and i must put this away- he hates to have me writing a word " and "I did write for a while inspite of them " (13). At the end of the story, the narrator's psychological and mental breakown become complete. She discovered that the woman behind the wallpaper was in fact her self, trying to regain her independency and freedom .

To conclude, Charlotte Perkins Gilman's short story "*The Yellow Wallpaper*" feminist psychological masterpiece of suspense tells the readers about women's health , psychological and mental illness, and it's treatement as well as gender stereotype, portrayed throught the main character's life, and her progression into craziness. The next chapter will be presenting a practical analysis of the psychological state of the main character, throught studying the main factors that led to the deterioration of her psychological health state.

1.9 The Yellow Wallpaper A Feminist Story

Charlotte Perkins Gilman's literary work: *The Yellow Wallpaper* was written during a feminist phase, between 1880 and 1920. This period was characterized by rebelling against society norms and values, and this story is a great example about the existence of the feminist movement in literature during the nineteenth century, because it draws a clear image about : women's suffrage and struggle. Feminism is shown in the story through the protagonist's struggle against male centric thinking, the medical treatment imposed on women, and the sexist exploitation and oppression, in order to find her identity and improve her self in a male-dominated society.

Moreover, *The Yellow Wallpaper* tried to show the absence of the self expression , and the miscommunication between the heroine and her physician husband John , who was treating her as a little child, and do not let her taking any decision .the protagonist's rejection of the Rest-Cure which was leading her into madness, and the act of writing the Diary, which was considered as a forbidden act in her medical treatment, are a clear signs representing her rebellion against her husband, and a way to regain her freedom, and find her identity .

1.10 Psychology in *The Yellow Wallpaper*

Charlotte Perkins Gilman's *The Yellow Wallpaper* is a psychological masterpiece of suspense, which narrates the psychic and mental breakdown of the anonymous main character in the story .Through this work, Gilman gave us the opportunity to know and learn about women's health at the late nineteenth century, the obstacles they faced , and the psychic state she suffered. Some critics had criticized that artistic literary work from two main psychological perspectives , the first one is psychology from a literary perspective , which tends to put the blame of the narrator's illness on the norms, attitudes , and values of the patriarchal society, which consider that males are the basic members that the community is build on , at the same time neglected females rule and consider them as an inactive elements

that don't serve the community. The second perspective is: psychology from a physician perspective which tends to put the blame on the medical treatment imposed at that decade, led the author and the heroine in her story fall into a deep depression, and effected their lives. Additionally, the psychological reading of *The Yellow Wallpaper* shows that the captivity of the unnamed character led her into a psychological and mental breakdown.

Gilman's use of the psychological approach in her literary piece of writing created a kind of suspense and complexity to the main character, who was left unnamed throughout the story, because she lost her identity under the rule of her physician husband, as well as to draw and represent an image about all the late nineteenth century women ordinary lives.

1.11 Who is the Main Character in the Story?

The main "character in *Charlotte Perkins Gilman's* *The Yellow Wallpaper* is an upper middle class woman, who have recently gave birth and become dignosed with a nervous condition called "Postpartum Depression". She is married to a physician of a high standing named John, he has a high state and a prominent position in the American community.

The unnamed narrator has been prescribed with "The Rest Cure" treatment developed by the well known Neurologist of that time, Dr Silas Weir Mitchell, spacialized in nervous diseases. The narrator's physician husband forced her to stay isolated in a nursery room located at the top of the country summer house saying that this isolation was a part of her treatment, to be cured of her slight hysterical tendency and depression. Indeed, her health situation was not improved at all, on the contrary it was deteriorating, to the point that she become obsessed with her room's wallpaper, and started imagining things that are not real, as she was imagining a woman creeping behind the wallpaper. In fact this woman was her self, in an attempt to restore her stolen freedom and regain her identity. Moreover, the narrator's imagination developed into hallucination, and her mental and psychic state developed into complete breakdown, and turned into madness.

Conclusion

During the nineteenth century females were rarely treated equally comparing to females of nowadays, their lives was limited to house holding and childcare. Through the history of American middle class white women, female writers have written their own experience with madness. Females and madness can be seen as a gender specific reaction to repression and unequal environment where the misconception of female disease was not understood. Psychiatrists such as Freud and Lacan attempted to explain emotions and mental problems of women. The obvious connection between women and madness during the nineteenth century is addressed in the '*The Yellow Wallpaper*' by Charlotte Perkins Gilman.

This theoretical chapter explores the connection between literature and the possible causes of psychological and mental illnesses of women during that period of time by looking at their problems and suffrage. *The Yellow Wallpaper* is representation of women's life and suffrage during the late nineteenth century. The anonymous main character in the story is a portrayal of the author's own experience with postpartum depression. Though reading the story, the reader notices that the narrator is anonymous, this is a way to represent all the late nineteenth century women's life, mental illness, and medical treatment imposed at that period of time in the American community.

Chapter Two

The Psychological State of the Main Character

The social construction of women in Victorian society during the nineteenth century viewed women as: weak, fragile, and emotionally unstable. It also considered them incapable of assuming responsibilities and entering into competitions with males in the fields they occupied and controlled. This racial bias negatively affected women lives in terms of mental and psychological health. The current practical chapter is concerned with a critical analysis about the psychological state of the main character (author's double) in *The Yellow Wallpaper* (1892) by *Charlotte Perkins Gilman*; this analysis targets the major key factors which led to the severe depression and deterioration of her health condition and psychic state.

The chapter is made up of five main parts, dealing with and analysing a different factor of the narrator's health deterioration and break down . The first factor is that of the main character's depression, including the reason of her anonymity throughout the story, with more focus on her experience with nervous depression. The second part is dedicated to the exploration of the issue of the husband's control, which is considered to be a basic aspect in marriage during the the nineteenth century in the American society, where husbands controls all their wives' lives and activities. While part three attempts to shed light on the medical treatment prescribed to the heroine, (called The Rest Cure treatment , developed by Dr. Sillas Weir Mitchell). The fourth part traits the psychological and behavioral impacts of the physical environment on the main character including: the house, nursery room and it's surroundings (The fixed bed , barred windows). Finally, the last part endeavors to analyze the psychological implication of the yellow color of the wallpaper on the protagonist's psychic state.

2.1 The Main Character's Depression

"For many years I suffered from a severe and continuous nervous breakdown tending to melancholia -and beyond. During about the third year of this trouble, I went in devout faith and some faint stir of hope, to a noted specialist in nervous diseases, the best known in the country. This wise man put me to bed and applied the rest cure, to which a still good physique responded so promptly that he concluded there was nothing much the matter with me, and sent me home, with solemn advice to "live domestic a life as far as possible" to "have but two hours 'intellectual life a day'" and never to touch a pen, brush or pencil again as long as I lived. "this was in 1887". (Charlotte Perkins Gilman, *Why I Wrote The Yellow Wallpaper*, 1913).

This passage from "Charlotte Perkins Gilman" article: *Why I Wrote The Yellow Wallpaper* illustrates the depression and suffering she had after giving birth to her baby girl Elisabeth, and the medical treatment "Postpartum depression" imposed at the late nineteenth century in the American society.

The protagonist of *The Yellow Wallpaper*, is the double character of the author. She is an unnamed middle class woman. The fact of being an anonymous character sheds light on a key message that Gilman wants to transmit to her readers, that the story is not just about the heroine, but it is a representation of all the nineteenth century women's oppression and unequal state because of the gender roles, male-centric thinking, and the patriarchal society standards. Her anonymity is a conclusive proof that she does not belong to the symbolic order. It is likewise a representation of married women regarding their position and role within family. Indeed, Gilman has created this anonymous character to highlight women's position in society, their problems and suffering, besides their psychological and mental health as well as the treatment they received. The narrator gave a recent birth, and started experiencing a kind of depression.

BorriLJo (2000) describes depression as " a range of moods from low spirits to a severe problem that interferes with every day life. If you are expressing severe or 'clinical' depression you you are not just sad or upset-the experience of depression is an over- helming feeling which can make you feel quite unable to cope , and hopeless about the future " (p01)

Depression is a serious medical illness , that can infect people from different ages, backgrounds and cultures , but differs only in the way they express their suffer .The narrator of the story was suffering from Postpartum Depression, but this term was not used in the Victorian vocabulary . "About 10 to 15 percent of women experience post natal depression in the first year after having a baby .They may be unusually tearful , anxious or irritable , and may also find it difficult to play with their, babies and respond positivly to them " (*Quoted in Borril ,Jo.06*). It is a mood disorder and a degree of depression which comes due to a mixture of biological and psychological change in women's bodies because of the rapid drop of Estrogene and Progesterone hormones. Postpartum depression is a severe health problem, that any woman can face, because it comes accompanied with a combination of symptoms such as: sadness and anxiety, as The National Institute of Mental Health illustrated: "a mood disorder thta can effect women after child birth ...[those suffering] experience feelings of extreme sadness, anxiety , and exhaustion that may make it difficult for them to complete daily care activities" .

This mood may effect women's ability to take care of themselves, family and the new born baby sometimes it makes the woman who gave a recent birth, lose touch with reality , and if no emotional understanding ad support are provided from family and people who are close to her, her situation may develop into craziness .The narrator's husband is a physician "*John is a physician*" and he became a doctor of his wife, he diagnosed her with a temporary nervous condition called "Hysteria " as she described her situation at the beginning of the story " *...A temporary nervous depression -A slight hysterical tendency*". Hysteria is a mental and psychiatric disorder characterized by being more emotional and sensitive, accompanied

with uncontrollable fear of the future, hallucinations and absence of reality. Certainly hysteria was considered to be the first mental and psychological disorder related to women. It was accurately described in the second millennium BC. This disease was treated through using herbs, sex, or sexual abstinence. The dominant perspective was refused and defined because of his association with magic and sorcery which are based on fairy principles that cannot be recognised. Hysteria was clinically studied as a disease and suggested many innovative therapeutic methods. Even during the late nineteenth century, Hysteria has not seen any updates in its medical and psychological methods, and the only known treatment at the time were those proposed by Galen. Freud considered Hysteria as an exclusively female disease, and he said about it in his book, *Freud Complete Works (1890-1939)*.

"Hysteria would apply also to delusions -namely, that those who are subject to them are suffering from their own reminiscences. I never intended by this short formula to dispute the complexity of the causation of the illness or to exclude the operation of many other factors" "In every Hysteria we are dealing with a rudiment of what is called double consciousness, and that a tendency to such a dissociation and with it the emergence of abnormal states of consciousness, which we propose to call 'hypnoid', is the basic phenomenon of hysteria" (Quoted in Freud, Sigmund. 129)

Hysteria was applied to people who suffer from excessive emotional states. During the nineteenth century Hysteria was a common medical diagnosis especially applied on women, it is often used to describe a behavior that seems excessive and out of control in other words abnormal consciousness. This is exactly what happened with the narrator of the story after giving birth and engaging in the Rest Cure treatment; she became more sensitive and developed negative thoughts which turned into hallucinations throughout the story. Some early twentieth century critics claimed that the unnamed character's illness was due to her individual psychological problems and nervous depression.

"Depression in both women and men is often linked to life changes or to loneliness .About 10 percent of women experience post natal depression in the weeks following child birth .Social factors which can make people more at risk of becoming depressed include loss employment ,berevament and problems with relationships "(*BorriI,Jo.2000.p04*)

The reason why the unnamed character became depressed was related to her post birth-giving life experience, and the lack of support that she recieved at that of time. According to The National Institute Of Health " Many mothers experience a brief episode of "The Baby Blues ", but some will develop postpartum depression, a much more serious condition,that requires active treatement and emotional support for the new mother" (National Institute Of Health .07).

Having a new baby means new life, new experience, and a stressful life. The majority of women all arround the world experience some symptoms of the Baby Blues. Usually after it starts after couples of days following the birth of the child. At that period a woman starts feeling that she is surrounded by sadness and anxiety, due to the hormonal change; this lasts around one week. Unlike the" Baby Blues ", Postpartum Depression is a world wide health issue and a more serious and severe problem. It is not easy to distinguish between" The Baby Blues " and "Postpartum Depression" because both of them share common symptoms including sadness, irritability, and crying, but Postpartum Depression symptoms are more severe ,and can develop into thoughts about suicide, or madness. The main character was suffering from a severe Postpartum Depression, exactly the same condition that her double character (the author) Charlotte Perkins Gilman had experienced as she said in her article: *Why I Wrote The Yellow Wallpaper*: "For many year, i suffered from a severe and continious breakdown tending to melancholia-and beyond ". Some researchers argued that when a woman is diagnosed with postpartum depression , at that periode of time hormones directly drop and affect the brain chemistry , that controls mood and emotions , and this is exactly what happened to the narrator of the story. One of the main symptoms that she suffered is:

"Irretability ", she become a person who cannot control her nerves and emotions, as she said: "I get unreasonably angry with John sometimes. I'm sure I never used to be so sensitive - I think it is due to this nervous condition "(02) The narrator fell in a health condition where she cannot control her emotions , and get unreasonable anger for no reason. From the passage, it is clear that she has doubts about the changes which occurred to her were due to her nervous condition., "I cry at nothing , and cry most of the time -of course I don't when John is here , or anybody else ,but when I'm alone. And I am alone good deal just now "(03)

The narrator's health condition, led her to be more and more sensitive and emotional. Her serious mood disorder made her over-crying act represents a strong sign of her depression's progression. According to Jo Borril (2000) "People who are depressed tend to think about about bad experiences in ways that make them even more difficult to manage" (p10). The narrator was thinking about every thing in a negative way, to the point that she became pessimistic, and sees every thing terrifying around her, as she described the house as :

"A colonial mansion ,A hereditary estate ,I would say a haunted house , and reach the height of romantic felicity but that would be asking too much of fate !Still I will proudly declare that there is something queer about it ."(01).

Her negative thinking led her to be doubtful about every thing , even the house , and imagining things that are not real, follow, observe things, and describe in details , then as terrifying when she said: "It is dull enough to confuse the eye, in following , pronounced enough to constantly irritate and provoke study, and when you follow the lame uncertain curves for a little distance they suddenly commit plunge off outrageous angles , destroy themselves in unheard of contradictions "(02)

This passage shows two key words that the narrator said when she described the wallpaper of her room: "commit suicide" and " destroy themselves". Those are a clear proofs of the deterioration of her depression, which reached to the level of thinking about destroying her self, and suicide. The narrator was prescribed by "The Rest Cure" medical treatment by

her physician husband John, the rest cure is a medical treatment which was created by the leading psychiatric neurologists in America Dr. Silas Weir Mitchell at the late nineteenth century. This treatment was mainly based on: massage, bed rest, isolation, and special diet, John forced his wife to be under this medical treatment, thinking that it is the appropriate one for her, and of course she accepted the idea because "*The cure intended to reduce her nervousness*" (Quoted in Laurie G. Kirszner and Stephen R. Mandell. 2010, p1352). The rest cure was not helping her at all, on the contrary it was getting her state more worse than before.

The narrator's over thinking and focusing on her psychic problems, led her to sleeping problems, as she said: "Half of the time now I am awfully lazy, and lie down ever so much" (05). She became obsessed with focusing on her room's wallpaper instead of sleeping and taking rest that is the basic element of the rest cure.

It is obvious that depression has a strong effect on women's appetite, and this happened to the narrator. She experienced a clear change in her weight and appetite, as she said: "I don't weight a bit more," said I, "nor as much; and my appetite may be better in the evening when you are here, but it is worse in the morning when you are away!" (06)

This means that when John is home, her appetite gets opened and becomes better, but when he is not around, it becomes worse. This is a clear sign of her submission to her husband but she was feeling guilty because she let John take care of her condition, and take decisions instead of her: this feeling of guilt was one of the most leading reasons of her nervousness deterioration.

The narrator's isolation from family and community in spite of her, led her to lose contact with reality, and engaging in an inner conflict her conscious and unconscious mind, in an attempt to escape her unhappy world into her own world inside her room where she developed insanity, severe depression and hallucinations in addition to changing behavior.

Those factors are going to be analysed through Freud's Psychoanalytic theory. Daniel, Lapsley and Paul Stey state that, "Sigmund Freud divided mental life into three agencies or "provinces" *id, ego, superego*. The *Id* is the oldest and most primitive psychic agency, representing the biological foundations of personality. It is the reservoir of basic instinctual drives, particularly sexual (libidinal) drives, which motivate the organism to seek pleasure. The Ego is the modification of the *Id*. That emerges as a result of the direct influence of the external world. It is the executive of the "personality" in the sense that it regulates Libidinal drive energies that satisfaction accords with the demands of reality ..." (p.01)

After the discovery of the psychological unconscious by Sigmund Freud, it became difficult to interpret human behavior, according to the perception feeling and awareness. Freud discovered through the treatment of his patients that sense and awareness are not the only determinants of our behavior, but unconsciousness as the self-independent center of consciousness and perception and independent of the sensitive aspects of the human being. Freud also emphasized that the symptoms of the unconscious (hysterical fears, dreams) are not a result of coincidental events, but these symptoms impose themselves when the personality is weak, and satisfy desires when the ego is weak "The *Id*, *Ego*, and *Superego* all are three components need to be well balanced in order to have good amount of psychological energy available and to have reasonable mental health" (Quoted in Gul, Sania. 01-02)

The *Id, Ego and Superego* are the psychic sections of Freud's structural theory, they present the idea of separation between the conscious and the unconscious mind. The *Ego* is conscious and deals with the external reality, while *Superego* is partly conscious, and it is about the internal moral awareness. The *Id* is the basic personality component, the center of unconscious, and the store of desires and unconscious instincts and pent up motives.

According to Freud, the mind is always in a conflict with its self about life issues, decisions and happiness or unhappiness as in the story, the main character was in a conflict with her inner mind and her husband who represents the authority of the whole society of the

late nineteenth century in America. Her *Ego* is the axis through which the heroine fought a battle with her self, and suppressed her identity, and the Super ego is the morally required to satisfy her powerful ruler man, her husband, in addition to taking care of her new born baby boy, but some aspects of the *Id* which prevented her from doing so, due to the conflict between the *Id*, *Ego* and *Super Ego* in her mind. The story shows that there is a clear disturbance in the narrator's unconsciousness. Her *Id* was repressed and clearly shown when she had entered the colonial mansion house and remarked that there is something strange about it: "*The place has been empty for years*" and "*That spoils my ghostliness, I am afraid, but I don't care -there is something strange about the house -I can feel it*". She was describing the house as a strange place, and looks ghostliness, because it has been empty for many years, that's why she started feeling afraid. Moreover the narrator is a new mother but throughout the story she did not name her son, and never had contact with him this is abnormal, how can a mother stay away from her baby this is certainly a clear proof that she had signs of the unconsciousness that she was afraid to face.

"It is fortunate that Marry is so good with the baby. Such a dear. And yet I cannot be with him, it makes me so nervous" (p.9).

The narrator's sister in law Marry was taking care of the baby instead of his mother, she can not stay and take care of him because he makes her feel more nervous, but at the same time she feels guilty because she can't take the responsibility of taking care of her son. "The narrator learns to hide her awareness of the conflicting discourses, she avoids mentioning her thoughts and fears about her illness and her fancies about the house being haunted, and she hid her writings but this inability to speak freely to anyone is a kind of fortune" (Kirszner .p1353). She learned to hide what she feels, and what she worries about because she could not find a person who can understand her, and communicate with her, At the same time she was forced to cut all her relationships with people because of that harsh medical treatment prescribed to her, while the only person close to her John haven't understood her

suffer, that's why she resorted to writing as a way to express her fears and emotions. As a result of the Postpartum depression and her imprisonment in her nursery room, as a part of the resting cure medical treatment method, with no interaction with the outside world and friends and family, the narrator's imagination developed into "Hallucinations", she began to see a woman creeping behind her room's wallpaper: "I can see a strange, provoking, formless sort of figure that seems to shulk about behind that ..." (p.13)

Her ability to think logically reached the point of complete deterioration and obsession with superstitions. After giving birth and applying the rest cure treatment, the narrator experienced the break with reality and loss of total control, when she had started developing negative thinking, and experiencing sleeping problems, feeling guilt and anxious, in addition to losing appetite and weight change, all of these factors led her to a complete madness at the last scene of the story.

2.2 Husband's Control

John is a great representation of male patriarchy and domination at the late nineteenth century, America. He had a complete control over his wife (the narrator), but this is a normal concept in marriage at that period of time: forces women to be submissive to their husbands' control and rules. John is a physician of a high standing "John is a physician, and perhaps -(I would not say it to a living soul ..." (01). He became a doctor to his wife, but he did not pay attention to what she was really suffering and feeling, as she said: "John does not know how much I really suffer. He knows there is no reason to suffer, and that satisfies him". His only interest was based on scientific medical theories, and especially 'The Rest Cure' which was mainly based on physical curing, without paying attention to the psychological and emotional side. This is the portrayal element of John's patriarchy. Rachel Simon -Kumar in his article: 'Men, Male Bias, Patriarchy, Masculinity, Gender Relations. What Is The Barrier To Engendering Development ?

Patriarchy is a social system of domination, in which men take the leadership in all life fields and domain, in fact, it is associated to the idea of inequality between males and females, and mainly based on gender role. Patriarchy is the element which creates an atmosphere of inequality; in addition it is a system of oppression. In the story John is a named antagonist, due to his authority and absolute control over his wife; he was using a kind of nice and sweet words to oblige his wife to obey him and his orders: "My darling, "says he " I beg you, for my sake and for our child's sake, as well as for, that you will never for one instant let this idea enter your mind!...can you not trust me as a physician when I tell you so?" (06)

John played the role of the protector, and advisor over his wife. He is the great example of the patriarchal and authoritarian man, who knows every thing, and takes the responsibility of guiding and controlling his wife's life issues. As in the quote he used sweet words such as ' *my darling, and I beg you* ', in order to control her mind and feelings to carry out his orders and rules which he thinks are the most correct. Because he is a physician, "John

is away all the day , and even some nights when his cases are serious. I'm glad my case is not serious ! but this nervous troubles are dreadfully depressing"(p.9). He works in a public sphere, that's why the narrator said that John is away all the day, while she stays the whole day home, inside her nursery room. In his book "The Unfinished Nation; A Concise History Of The American People" Brinkely Allan claimed that women's role at home is to dress well and elegant, keeping the house clean and comfortable, and intertain her husband and children (p.270)

John follows the society norms and standards that he has a job, and his wife should stay home to do her role as a wife. But because her serious health condition, she should just take bed rest and do not engage in any activity until she regain her health . On the contrary of the narrator, John's sister 'Jennie ' represents the perfect and ideal example of a wife "There comes John's sister .Such a dear girl as she is, and so of me ! I must not let her find me writing. She is a perfect and enthusiastic housekeeper and hopes for no better preffession "(4)

Jennie follows the social laws and norms of the late nineteenth century society , where women must be submissive to their husbands, and act like the perfect house wives and enthusiastic housekeepers, who lost their identity under male's patriarchy. The resemblance between the two names "John" and "Jennie" is a key proof that both of them share the same way of thinking and support the society patriarchal norms , values and attitudes. She believes that women have to be quite and submissive to their husbands, and never think to engage in males domains. John had controlled all his wife's life, and limited all her life activities , including writing, and communicating with others, as she said "There comes John , and I must put this away, he hates to have me write a word " (p.3) and "I think sometimes that if I were only well enough to write a little , it would relief the press of ideas and rest me "(p.3).

Indeed, writing was the only way to express her self because it made her relax and satisfide, but John put an end to her creation , and forced her to stop writing , and forbid her from practicing her normal day routine. During that period of time, man controlled all life

domains , including textuality , this is why John prevented the protagonist from engaging in the writing practice. He took the role of the writer, controlling their life story , while his wife (the narrator) plays the role of a character in the story, who is submissive to the writer's rules. "John is practical in the extreme . He has no patience with faith, and intense horror of superstition , and he scoffs openly at any talk of things not to be felt and seen and put down in figures " (p.2).

As a physician , John does not believe in mystical and unreal things. Also he does not believe what his wife tells him, he keeps laughing at what she tells him, but this is something normal between a married couple during the late nineteenth century "John laughs at me , of course , but one aspect that in marriage "(p.1) John was treating her as an inferior person with laughable thoughts and ideas. " What is it , little girl ? he said -" Don't go walking like that -you'll get cold ", John was treating the narrator as a little child who could not take her own decisions, While irresponsible and incapable to engage in any work. According to "King Jeannette and Pam Morris "in his article "*On Not Reading between the Lines:Model of Reading in " The Yellow Wallpaper "* a Lacanian reading of the story shows that the narrators breakdown , and inability to separate reality from fantasy is a result of her husband and society's patriarchal authority, in other words the social order . Some critics claimed that John is the antagonist in the story and see that he is the double character of Dr Sillas Weir Mitchel , because both of them are Doctors of high standing , and represents the authority , power , reality and oppression. " My darling " said he , " I beg of you , for my sake , for our child's sake , as well as for your own , that you will never for one instant let that idea enter your mind !there is nothing so dangerous , so fascinating , to a temporary like yours. It is a false and foolish fancy, can you not trust me as a physician when i tell you so ?".(6)

From this passage John does not understand the narrator's health condition. He considers it as a false and foolish fancy, in fact, he was helping her physically instead of mentally and

emotionally, and that is a strong factor that contributed and increased her depression that means 'John' was one of the main factors which led to the narrator's psychological breakdown.

2.3 The Failed Medical Treatment "Rest Cure"

Charlotte Perkins Gilman passed through a difficult health phase after her daughter was born. Then she experienced a nervous treatment called "The Rest Cure" which is a famous method of treatment for hysteria and other nervous disorders, developed in the late 1800's, by the Philadelphian best known neurologist of that time Dr. Sillas Weir Mitchell " ... *a noted specialist in nervous diseases, the best known in the country*" (Quoted in Charlotte Perkins Gilman, *Why I Wrote The Yellow Wallpaper?* 1913). This treatment had an effect on the physical and moral state of patients mainly based on: complete bed rest, isolation from the outside world, systematic diet and massage. Gilman noticed that the treatment she was following did not give any positive result and have not improved her health condition, on the contrary she became severely depressed, therefore she decided abandoning Dr. Mitchell's 'Rest Cure', and after few years she wrote her best piece of literature and psychology "*The Yellow Wallpaper*" as a reaction and rebelling Mitchell and the patriarchal medical treatment imposed over women, she said in her essay "Why I Wrote The Yellow Wallpaper?"

"Being naturally moved to rejoicing by this narrow escape, I wrote *The Yellow Wallpaper* with its embellishments and additions to carry out the ideal (I never had hallucinations or objections to my mural decorations) and sent a copy to the physician who so nearly drove me mad. He never acknowledged it. "(Quoted in *Charlotte Perkins Gilman, Why I Wrote The Yellow Wallpaper?* 1913)

In *The Yellow Wallpaper*, the unnamed protagonist of the story is the portrayal of the author's own experience with "The Rest Cure" medical treatment. She claimed that she was suffering from a nervous depression, and her physician husband played the role of her doctor, He applied the treatment on his wife through imprisoning her in a nursery room where she

could not interact with people , and apply a total bed rest and isolation, thinking that this is the best method to cure her.

The narrator said: "John is a physician ?and perhaps - I wouldn't say it to a living soul of course , but this dead paper , and a great relief to my mind - perhaps that is one reason I do not get well faster" She believed that one of the reasons for not improving her health status was that her doctor was her husband who watched all her movements and actions, and forced her to apply the treatment in all its steps, but if her doctor was someone she did not know maybe she would not have applied the treatment carefully and with all its rules and steps because he would not have been able to observe and control her all the time as her husband can. John also told her that while his method of treatment failed, he would send her to a neurologist in the fall as she said: "—John says if I don't pick up faster he shall send me to Weir Mitchell in the fall" but she was against the idea because she knew that it would be the same experience with the same treatment techniques " But I don't want to go there at all. I had a friend who was in his hands once, and she says he is just like John and my brother, only more so ! " (p.4)

The anonymous narrator was prevented from carrying out or performing any useful or enjoyable activity by her authoritarian husband John under the named Rest Cure treatment until regaining her normal health condition. John's treatment was mainly based on the physical change, and neglected the psychological and emotional side, which is the most important element in any treatment. She was left without intellectual stimulation and freedom. John controlled her freedom, life and personal decisions because he was a doctor and had the power and knowledge to manage his wife's life to the extent that he broke her creativity when he prevented her from writing, which was the only thing that could make her happy and help her to forget about her suffering " So I take phosphates or phosphites whichever it is, and tonics, and and journeys, and air, and exercise, and am absolutely forbidden to "work" until I am well again " (p.2)

Charlotte Perkins Gilman and the anonymous character suffered the same experience with the failed medical treatment "The Rest Cure ". Gilman rebelled against that treatment when she abandoned it and got divorced her husband because she discovered that both of them were damaging her life and health condition, and were not helping her at all. But unlike Gilman her double character in the story did not take any action against the " Rest Cure "when she discovered that it was harming her. She asked John many times to change it but he refused because of his authority and social position as a physician. So she gave up and underwent to his control and method of treatment. The narrator's psychological and mental condition have deteriorated because of the Rest Cure treatment. She became more depressed and unhappy imprisoned in her depressing room and domestic sphere. She began slowly losing her mind until she had lost control of her self and became completely mad at the last scene.

To conclude *"The Yellow Wallpaper"* was written as a critique to the failed medical treatment prescribed to women suffering from nervous conditions. The author wrote the story, to preserve women from a similar fate, she suffered and experienced with Dr. Sillas Weir Mitchell's Rest Cure treatment, as she mentioned in her article *"Why I Wrote The Yellow Wallpaper"* (1913): "It was not intended to drive to drive people crazy, but to save people from being driven crazy, and it worked" The story carries an awareness message about the psychological situation of women during the period of the late nineteenth century and the wrongness of the medical practice and beliefs of the time and the misunderstanding of the Post Partum Depression before the 1900s .

2.4 The Horror House

The protagonist-narrator of the story went with her husband to an isolated country, and far away from people, she said: "the most beautiful place! it is quite alone, standing well back from the road, quite three miles from the village" (*the yellow wallpaper*, p.6). Undoubtedly, the aim of John was to make her lose contact with people. However the first impression she has as she entered the house was something mysterious about it, "A colonial mansion, a hereditary estate, I would say a haunted house, and reacting to the height of romantic felicity-but that would be asking too much of fate. Still I will proudly declare that there is something queer about it".

"Still why should it be let so cheaply? and why have stood so long untenanted" (p.4). She tended to believe in superstition, the house had been empty for years, it had instilled internal fear and doubt. A woman's own house represents the safety and security. However the narrator as she describes the house of summer, it is not the protagonist's house, that's why she didn't want to stay, the first internal sense-impression took a place within her inner self, despite of the mild atmosphere and the beauty garden, but her intuition points that something mysterious about it, the house is a foreign place inspires such a kind of fear, Steimer Terry (2002) indicates to the biology of fear and anxiety related to behaviors, and he suggests that "Ethologists defined fear as a motivational conflict aroused by specific stimuli that give rise to defensive behavior or as escap". the narrator's fear is an inner feeling conflict aroused as a response to the suspicious house. she knows that she could not escape from the house, because of the husband control. In addition to the rest cure treatment, fear and anxiety are adoptive responses in which the anxiety may be a particular form of fear. Sometimes the narrator depicts her psychological state, which is characterized of anxiety and straying, Once in while she is directly referring into describing the house and the surroundings. She is interested in describing the fixed places such as the garden's parts and

component. She has highlighted the exact ingredients of the fixed elements in the surrounding. She was like a camera picked up pictures of the front view , Out of the window "There is a delicious garden! Never saw such a garden large and shady, full of box-bordered paths and lined with long grape-covered arbors with seats under them. There were greenhouses too, but they are broken now . There was some legal trouble , [...] that spoils my ghostliness , I am afraid ; but I don't care – there is something strange about the house –I can feel it " (p.6).

The general atmosphere outside ,and the internal atmosphere of the house and the room is a symbol to the protagonist's psychological state, which characterized of inner conflict, she is becoming incapable to self control such as : emotions, behavior, desire, wishes, and thoughts, her poor condition is due to many factors among them the source of fear which are: the house and the surroundings of the room, greatly they are effecting on her sleep ability, sleepless increases a risk of developing depression, Medically, the depressed patients who are experiencing sleep disturbance are much more liable to think about suicide .

2.5 The Nursery Room

The narrator described the room similarly to the modern nursery room, she is isolated by the husband in the nursery room under the rest cure treatment. Most of the important moments starts when the narrator begins complaining about the room, whenever she has the opportunity to talk to her husband, but in vain. John in the story shows the controlling husband who has insisted on his choice of the room, "I don't like our room a bit , i wanted one down stairs that on the piazza and had roses all over the window "(p6). Showing a frank desire to change the room is sufficient evidence, to show how much ugly the room was , unfortunately, the room becomes the first contradiction to her wishes, ever since they arrive the house. The discomfort feeling and sleepless; mainly due to the unsuitable surroundings which are not really helpful factors for her psyche, and makes her condition gradually worse,

The new environment of the the haunted house, and the nursery room with barred windows and yellow wall paper mirrors the patriarchy of the decade and the oppression as illustrated in the story: "it is a big airy room [...] with windows that look all ways and air and sunshine galore , it was nursery first and then play ground and gymnasium , i should judge for the window are barred for little children" (p.7). The room is not an appropriate place for the narrator's state to stay that long. Cooper Cary(2010) presents in book *"the effect of the physical environment en mental wellbeing"*, lack of an appropriate physical environment can induce the developing of mental illness, it has negative impacts on mentally sickbeing people with an increased anxiety standards (2010,p.968), which is the state of the author. The surrounding mysterious elements in the nursery room are repeated several times in the story, they are the causing factors of fear, anxiety and ansomnia. Eventually she sees a women behind the wallpaper Herdi Scott analysis *"the effect of environement"* she says that , humans are adopted to certain environement , and the protagonist room is not suitable environement, expressing feeling of lose and hoplessness due to the basis changes hapens to the most important places in her life such as, her own house and room. According to Cooper Cary L (973). Moving to a better environment improves one's mental wellbeing. Indeed, isolation justifies why she was accurate in describing every single detail in the surroundings. The closed space and the barred windows enables her to pay attention to what is happening outside the limits of this room: "Out of the window i can see the garden , those mysterious deep shaded arbors , the rioutos old-fashioned flowers , and bushes and gnarly trees. Out of another i get a lovely view of the bay and little private wharf belonging to the estate . There is a beautiful a beautiful shaded lane that runs down there from the house" (p.11).

Some times places exceed their basic function of being a frame or decoration for example , if she was not confined to the room, covered by ugly yellow wallpaper as she portrayed, she would not have been affected negatively and lost her mind .

The room represents a closed space that have made the author isolated with her inner self (ego). Lewis assumed in the book of Cooper, Cary L *Mental capital and wellbeing* "Mental wellbeing is impacted by multiple enviroments through individual's life time, individuals living in dwelling with structural problem are more likely to have mental disorders (p972). The depressed protagonist described the room as if she was isolated in a room with lower quality and structural problems "the paint and paper look as if a boy's school had used it , is tuppod off -paper in great patches all around the head of my bed , about as far as i can reach , and in a great place on the other side of the room low down . I never saw a worse paper in my life"(p.7). The protagonist's mental disorder due to the external influences of low quality of the surrounding place, she may reports having stress disorder and anxiety and depression, sleep disorder as well.

The internal design of the nursery room is similar to prison, that's why she dislikes it. It is not appropriate design for her state and for the rest cure; the psychological attitudes of the narrator is affected by the design of the interior architecture of the room, the nursery room in the story symbolize the social role of men over women and the cultural norms. While John represents the patriarchal society. He treats her like a small child in a room with barred windows and fixed bed, these later is usually used for little children to put them in safe and security .

The bed is used recurrently in the story: It is heavy, old, and nailed in the floor. It is basically associated with female domestic kingdom, but the meaning of the term bed in the story reflects the extent of physical pressure of the husband over his wife, The nailed bed in the floor is similar to the fixed higher ideals of the victorian culture that do not accept any change at that time. From another perspective, the bed as a set of domesticity and familiarity acquires the symbolic power of men (superior). At the end of story , the narrator said "this bed will not move ! I tired to lift and push it until i was lame , then i got so angry , i bit off a little piece at one corner-but it hurt my teeth "(p.27) The fixed bed undoubtedly represents the rest

cure treatment diagnosed for the post partum depression, the narrator's attempt to move the bed several times, actually this reflects another view, it is an attempt to free her self from the repressed sexuality desire, it is not just being trapped within walls but being stuck in the bed rest, and not being able to contradict the treatment, which is a way to repress her mind and body

The barred windows in the story is a symbolism of the identity of patriarchy and oppression. They are the fixed elements in the room, they represents the way of escape, it doesn't mean the physical escape, but in fact it represents the ability of the mind and vision to escape outside. The bars of the windows are commonly used for children, to keep them safe and secure, while the bars of the story are to keep the narrator inside the room, and prevent any contact with the outside world, even it shows her trapped mind. They are mainly they are used as a protection and for security, even from the self harm, the nervous break down and depressive symptoms of the narrator such as lose of hope and suicide or harming her self, insomnia, hallucinations, John seems to be aware about that and clearly justifies his choice of the room she said "I am getting angry enough to do something desperate, to jump out of the window would be admirable exercises, but the bars are strong even to try" (p.32) the narrator's unconscious behavior is due to the closed space that indicates a high increase of anger. She has reached a loss of contact with her self and reality wherefore, she become out of her conscious. The unnamed protagonist still in touch with the surrounding, but, the hallucinogenic symptoms completely destroys her sense of distinction between what is real and what is not, she is trapped in her creative imaginations, which explains her strange expressions for the surrounding things. According to Merriam-Webster dictionary, hallucinations means a perception of objects with no reality usually arising from disorder of the nervous system. "out of another window i get a lovely view of the bay [...] there is a

beautiful lane that runs down there from the house . I always fancy i see people walking in these numerous path and arbors , but John has cautioned me not to give way to fancy in the least . He says that with my imaginative power and habits of story making a nervous weakness like mine is sure to lead to all manner of excited fancies ” (p.11). [...] i don't like to look out of the windows even there so many of those creeping women , and they creep so fast ” (p.32). The narrator is seeing things that do not exist, the reason why she is making a strange connection between her thoughts.

2.6 The Yellow Wallpaper

"The yellow wallpaper" has a major significance role in the story progress. It is a design covers the surrounding walls in the room , the narrator is terrified and suppressed by the ugly , frightening , suspicious wallpaper it becomes obsessive to her thoughts , the narrator is oppressed by the terrifying yellow wallpaper , it symbolises the narrator's mental disorder “ I never saw a worse paper in my life , one of those sprawling flamboyant patterns committing every artistic sin , it is dull enough to confuse the eye in following , pronounced enough to constantly irritate , and provoke study , and when you follow the lame , uncertain curves for a little distance they suddenly commit suicide-plunge off outrageous angles , destroy themselves in unheard-of contradiction ” (p.8)

The Yellow wallpaper is a design associated with domesticity, it is a symbol of the male domination and oppression, it represents the female imprisonment within domesticity. In the story the narrator focuses on the pattern which becomes an obsession, eventually she sees an other woman behind the wallpaper locked inside it, the silence and curiosity makes her attempt to figure out how the pattern works and repeats the same pattern over and over again during the moonlight. Jentsch (1919,p219) assumed that the 'uncanny' is related to what is frightening, to what arouses dread and horror, "it lays stress on the obstacle presented by the fact that people vary very greatly in their sensitivity to this quality of feeling" when giving uncanny impression, one must start by translating himself into that state of feeling, “this

paper looks to me as if it knew what a vacuous influence it had there is a recurrent spot where the pattern lolls like a broken neck and two bulborrs eyes stare at you upside down” (p.11) . Experienece and situation arouse a feeling of uncanniness ; the figure of woman behind the wallpaper makes her trying to deduce the unknown nature of the ‘uncanny’. It is frightening precisely because it is not known and familiar to her. The frightening wallpaper of the nursery room evokes a negative feeling and a sense of non restfulness, non-security , doubt , and anxiety . Jentsch pointed out the German word ‘*unheimlich*’ is ‘uncanny’ literally meaning ‘unhomely’, it is obviously the opposite of ‘*heimlich*’ ‘homely’. the wallpaper in the story is *unheimlich*, native and weird according to the protagonist’s interpretation of sense-impression of fear, whereas, the repeated use the yellow wallpaper in the story several times refers to the to the uncanny feeling due to *unheimlich* figure stares at her.

The shady path is mentioned several times in the story. It is a symbol of movement from place to another, since the narrator is forced to stay in one place , “*I get positively angry with the impertinence of it and the everlastingness up and down and sideways they crawl , and and those absured urblinking eyes are every where there is one place*” she is fed up with the refined routine in the mysterious room, the terrible scene she sees of that strange pattern in the the wallpaper is really exhausted her. Actually the confinement inside the room is not the only effecting factor on her psyche and mind. In fact, fear and obsession in addition to the rise of paranoia such as believing someone is watching her behind the wallpape are among the main causes. In the story, she confessed frankly that the wallpaper is becoming something dwelling in her mind; and intensively is complaining about staying in the room because of the wallpaper “ I am getting really fond of the room in site of the wallpaper. Perhaps because of wallpaper. It dwels in my mind” (p.15). The narrator eventually realises the creeping pattern is the women behind the wallpaper, ‘the uncanny’ is directely attached to the figure she sees

in the wallpaper. The narrator in fact is in fact taking us into a fantastic world of her own creation. When the husband prevented her from writing and she didn't obey him, it means that she is no longer able to balance between her desires and her conscious mind. The unconsciousness is becoming the leadership of her desires, Sigmund Freud assumes that "human mind is responsible for the conscious and unconscious behavior and decisions" (Reif, Philip. 1963). The narrator's mind becomes like a computer whose program had been disrupted. Indeed, the figure of woman reflects the narrator's own repressed self seeking for freedom and trying to free her self. So the yellow wallpaper turned out to be intimate when she decided to think about the beautiful side of it.

The idea of suicide took place in the text when she was describing the yellow wallpaper at first, the latter comes to occupy the narrator's whole interest and focus, the major element that confuses the narrator is the ugly yellow color as she described "the color is repellant, all most revolting a smouldering, unclean yellow, strongly faded by the slow-turning sun light, it is dull yet lurid orange in some places, a sickly sulphur tint in others" the narrator hates the yellow color of the wallpaper, She is totally impressed in her psyche, The feeling in response to the color makes her sick. According to her, the yellow makes any one alienate and dislike it, according to Batak society, color is a symbol of life, Wright Angela (March, 2004) defined the color as the nature's own powerful signaling system, scientifically is the first thing we register when we are assessing any thing. The yellow symbolises richness or fertility. In the story the narrator compared the beautiful yellow of flowers as not the same of the ugly bad and old foul yellow of the front wall, perhaps it evokes certain mood to the narrator. The yellow can be bright and draws a quick attention, it attracts vision, since it is the most visible the narrator is oppressed by the color of the wall paper, the color is over used in the nursery room it becomes harsh and negatively trace effect on her psyche according to Kendra Chery (2019) "the yellow color is the most fatiguing to the eye due to the high amount of light that is reflected [...] it can also creates feeling of frustration and anger, babies

tent to cry more in yellow rooms” no wonder the children who were living before really hates it, this is justified by the destruction and scars left by them, " the paint and paper looks as if a boys school used it , it is stripped off -the paper-in great patches all around the head of my bed , about as far as i can reach , and in great place on the other side of the room low down". The yellow could appear cheery and warm and bright but it creates tempers.

The narrator’s abnormal behavior is a response to the harsh sickly color, wherefore the mental deterioration is due to a massive change of mood, she cries at nothing most of the time. Although the summer is the season in which the color stands for warm and sun but it evokes the opposite to the narrator’s sensitive condition “unclean sickly yellow”. It is an aggressive , harsh color in which she is left disturbed when surrounded by the wallpaper, the reason why she got angry “ I got unreasonably angry with John sometime, I am sure i never used to be so sensitive , i think it is due to this nervous condition ” (p6).

Conclusion

This chapter explored a basic issue of women's mental and psychic health during the late nineteenth century. Charlotte Perkins Gilman's theme behind this story is a psychological approach due to the protagonist's suffering with a psychic and mental illness. The story narrates the experience of the protagonist with depression and how it was dealt with by physicians of the time .

Throughout the issues discussed earlier in this chapter Gilman provided us with the opportunity to discover about the protagonist's psychological health state through analyzing the main factors that effected her state. The narrator's depression started after giving birth; but with no contact with her baby, she began developing negative thoughts, unreasonable anger, anxious, and irritability, She also experienced a change in appetite and sleeping problems, she started believing in superstitions. As a result she lost her ability of thinking logically, and reached a point of breaking down with reality as she became more sensitive and doubtful about everything around her. Depression was one of the major factors which led to her psychic breakdown.

The second part shows that the protagonist's husband plays a major role on her psychic state deterioration because he controls and limits all her life activities including her thoughts and personal decisions, John forbids her from communicating with the outside world and friends. He also attempts to control her inner thoughts, even her favorite activity of "writing". Through this part, it is clearly shown that John has a total psychical as well as mental and physical control over his wife.

Furthermore, The third part represents the effect of "The Rest Cure" as a failed medical treatment of nervous disorders prescribed by John to his wife (the protagonist), This treatment plays a major force in her psychic breakdown. It also proves that "*The*

Yellow Wallpaper” was written as a critique to that failed medical treatment prescribed for women at the period of the nineteenth century and as a message of awareness about the misunderstanding of The Post Partum Depression, and as a reflection about women’s health condition of depression and its failed treatment .

Moreover, the last parts of the chapter has provided an overview on some of the many impacts of the interior design of the nursery room on the main character's mental health , and indicates that the main factors contributing to mental illness and the eventual madness is related to trapping her in a room surrounded by sickly yellow wallpaper, The narrator feel discomfort, anger and anxiety when she is forced to stay in a physical environment that contradicts her wishes. John provided his wife with unsuitable place, thinking that it is the best solution to restore her psychic health. The nursery room is symbolizes the male domination, and it is the starting point which influences John's way of treatment "The Rest Cure". The upstairs room where she spends most of the time leads her to these feeling of tension and discomfort, and anxiety, indeed, having windows with bars makes the protagonist experience a higher level of stress and lower level of self satisfaction, despite the windows are representatives of escape but the bars are limiting factor to her freedom. the examination of color in the wallpaper and its impact on mind and behavior. The over use of ugly yellow in the surrounding walls arouses a strong feeling of fear, anger, depression, suicide, sleeping disorder, it extremely evokes mood changes and influences the narrator's behavior.

The physical environment (nursery room) in relation to the surrounded colour (yellow) in addition to the internal design (the fixed bed, the wallpaper, barred windows) all of these existing factors are not appropriate accordance to the narrator's state, and negatively impacts her mind.

General Conclusion

The nineteenth century female authors faced difficulties spreading their works. It was very hard to make society welcome those works without harming their reputation. Actually, it was not the only problem, but women in general were oppressed. Surprisingly a large number of them suffered mental illness as a result. Most novelists and short story writers adopted the case of Madness and mental illnesses in their literary productions. They started writing from a personal experience. Literature has been concerned with the study of women and their psychological-mental health as the most important issues that attracted attention, women and madness always held a place in literature during that period of time, Most of them were not clinically mad but they distinguish them from others, The set of "Others" means that, they are not a part of the majority, as a response for their abnormal behavior which goes against the society's standards. Madness in the Victorian society covers another meaning instead of clinical insanity. Women who suffered from depression fell within the category of mental illness and insanity. They were often afraid to discuss their feelings, because they were conceived as seen mad women by society. During the nineteenth century, female madness was of many forms , and appear in attributed many different symptoms and given various names like Hysteria, Neurasthessia, depression, and personality disorder.

Undoubtedly, female madness is viewed as a reaction to repression and inequality during the last decade, it can be considered as an act of female rebellion against oppression and subjugation.

This dissertation attempted to present a critical reading of “The Yellow Wallpaper” (1892) about a young middle class married woman suffering a nervous disorder. Critics consider the story as a feminist psychological and political declaration message about women’s independence and the oppression imposed over them rather than a fictional story.

Gilman tried to rescue women from the gradual process of madness, and to spread awareness about feminist issues and the misconceptions about women during that period of time. In consideration of the issues mentioned earlier in the two chapters, Gilman has left her double character (the main character) unnamed as a representation and reflection of all the late nineteenth century women and the suffering and oppression imposed on them by patriarchal males and society standards. The main results drawn from the protagonist's severe depression caused by her child birth, shows that this experience negatively affected her mental health. She was always in a conflict with her inner mind about her life and personal decisions; she lost control of herself, and started developing feelings of guilt due to the distance and absence of contact with her new born baby. The unreasonable anger and sleeping problems makes her lose the ability to think logically, they are commonly related factors with madness.

Previous attempts had been made at finding affinities between the husband's control and the depression of the protagonist in terms of patriarchy and gender roles. His status as a husband in the story gave him the opportunity to control and impose his opinions over her. As a physician, he was always opposing his wife's way of thinking, activities and views. As the narrator described him, "John hates talking about unreal things"; he is the kind of people who does not trust any mystical things. John said that the wife must follow his instructions; this is a clear factor of the American society principles during the end of the nineteenth century where the married woman should be submissive to her husband, and was not allowed even to refuse, comment or protest against his rules, all what she could do is just listen and implement. The narrator felt that all her life was controlled by her husband. He even prevented her from writing which is the only thing she enjoyed doing to express her feelings and suffer because writing was giving her a feeling of satisfaction and respite. As a result of banning her creativity as a writer, her imagination evolved into hallucinations. John in the

story is the portrayal of the patriarchal society, his misunderstanding for his wife's condition

Played an effective role on her health state. John took care of the physical condition, but he neglected the psychological side, which led to the deterioration of her condition more and more.

Gilman wrote "The Yellow Wallpaper" as a critique to the medical treatment imposed over women at the late nineteenth century. The study shows that 'The Rest Cure' treatment prescribed to the narrator by her husband John who is the double character of Dr. Sillas Weir Mitchell was a failed medical treatment. The study proved that this treatment focused on the physical aspect and neglected the psychological side. The treatment of rest did not improve her health, but on the contrary it increased the severity of her depression which then evolved into hallucinations until it reached the stage of madness.

Gilman depicted the negative side of the society's standards. She sacrificed her own life and mental wellbeing in order to help others escape from the dominating society. The main character was imprisoned in a room and isolated from the outside world, According to Gilbert and Gubar (2013) 'imprisonment lead to madness', Through the psychological reading of the story of the environmental space, the term-etymologically means "surroundings". Most frequently, the lack of an appropriate physical environment can stimulate to the development of mental illness, the enhanced feeling of isolation, depression and excessive worrying is a response to imprisonment, The physical environment has a significant impact on the psychological wellbeing, mainly because people are continuously exposed to it. It has serious consequences on the mind. Design and people are linked, and everything we see, feel, and hear, smell and taste actually has impacts on the person's psyche, hence, physical environment, lightening, color, air quality and space of the surroundings are commonly linked to people's mind. Similarly the living place design can greatly influence the mood and

productivity, and the main character madness is a reaction toward the unsuitable surroundings of this factors.

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ABSTRAIT

Cette thèse représente une analyse critique de l'œuvre littéraire de *Charlotte Perkins Gilman* intitulée "The Yellow Wallpaper" (1892) en appliquant une approche psychologique. Il vise à examiner et à enquêter sur l'état psychologique du personnage principal anonyme et à découvrir les causes de la détérioration de sa santé. Gilman a décrit son expérience de souffrance avec la dépression post-natale à travers le personnage principal de son récit, comme moyen de transmettre un message à ses lecteurs et au monde entier sur la vie des femmes à la fin du XIXe siècle et de sensibiliser davantage au problème psychologique et mental. détérioration de la santé en raison du traitement médical brutal et infructueux, et comme moyen de se rebeller contre elle et d'exiger le changement et la justice sociale entre les sexes dans les sociétés patriarcales .L'histoire montre comment les femmes ont été piégées dans les rôles féminins traditionnels construits et définis par systèmes patriarcaux culturels et sociaux. En conséquence, ce personnage féminin principal refuse à sa voix sa liberté et son identité. Ce déni a finalement mené à une issue tragique de sa vie, où son état a évolué en hallucinations et en une folie totale.

Les mots clés

Charlotte Perkins Gilman, Les sociétés patriarcales, approche psychologique, Traitement médical brutal, Dépression, Hallucinations, Folie totale.

ملخص

تقدم هذه الرسالة دراسة تحليلية نقدية للقصة القصيرة للكاتبة الأمريكية شارلوت بيركنز غيلمان و الموسومة بـ "ورق الجدران الأصفر" (1892) من خلال تطبيق المنهج النفسي التحليلي لفرويد. تهدف هذه الدراسة الى تحليل الحالة النفسية للشخصية الأساسية الغير مسماة في القصة من خلال البحث لاكتشاف أسباب تدهور حالتها الصحية النفسية . صورت جيلمان تجربتها ومعاناتها مع إكتئاب ما بعد الولادة من خلال الشخصية الرئيسية في قصتها كوسيلة لنقل رسالة إلى قراءها وإلى العالم بأسره حول الصورة النمطية لحياة المرأة في أواخر القرن التاسع عشر ، ولزيادة الوعي حول الحالة النفسية والعقلية للنساء حينها، وتدهور صحتهم بسبب العلاج الطبي القاسي و غير الناجح المسمى 'علاج الراحة' الذي فرض عليهم خلال تلك الحقبة الزمنية و كطريقة للثورة ضده و المطالبة بالتغيير و العدالة الاجتماعية بين الجنسين في المجتمعات الذكورية. كما توضح القصة كيف كانت النساء محاصرات في الأدوار الأنثوية التقليدية التي تحددها النظم الأبوية الثقافية . و كنتيجة لذلك حرمت هذه الشخصية الأنثوية في القصة من صوتها حريتها و هويتها النهائية الى نتيجة مأساوية في حياتها حيث تطورت حالتها النفسية من اكتئاب الى هلوسات ثم الى جنون تام .

كلمات مفتاحية

شارلوت بيركنز غيلمان، المجتمعات الذكورية، المنهج النفسي التحليلي، علاج الراحة، الكآبة، هلوسات الجنون