



## Personality Disorder in Karen Dionne's *The Marsh King's Daughter*: A Psychoanalytic Study

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### Abstract

The present study attempts to critically map Sigmund Freud's psychoanalytic theory to examine personality disorders in the bestselling novel *The Marsh King's Daughter* (2017), written by the American novelist Karen Dionne (1953-). It aims to analyze a combination of factors that cause personality disorder which is reflected not only in the character of the Marsh King (Helena's father) but also in Helena, who hides her true identity from her husband. Based on Freud's cohesive theories of personality development as well as notions of other theorists, the study explores the impact of abusive and chaotic family life on forming a tyrannical, ambiguous, and narcissistic personality like the Marsh King. It is no wonder abused children remain perplexed even when they get released from familial pressures in the later stages of life. Therefore, a psychoanalytic reading of the novel is used to determine that the id, as the component of personality, provides the basis for the characters' most primitive impulses.

**Keywords:** Sigmund Freud, Personality Theory, Personality Disorder, Id, and Familial Treatment.

### 1. Introduction

*The Marsh King's Daughter* (2017) is one of the bestselling psychological suspense novels written by the American novelist Karen Dionne (1953-), who has become eminent internationally, especially for the publication of such a novel for which she received the Crimson Scribe award. Dionne's other publications are *Freezing Point* (2008), *Boiling Point* (2011), and *The Wicked Sister* (2020). *The Marsh King's Daughter* revolves around the story of Helena Pelletier, who has a loving husband, two daughters, and a small business. Helena will risk everything to hunt down the savage man who formed her past and now endangers her future. Helena is the product of abduction, and she does her best to keep it secret for years, even from her husband.

As a teenager, her mother was kidnapped and physically and sexually abused by her father and kept in an isolated cabin in the marshlands of Michigan's Upper Peninsula. After two years of abduction, she gave birth to Helena, who truly loved her childhood home in nature. Helena was attached to her father despite his sometimes-brutal behavior until she realized precisely how dangerous he could be, especially after killing two jailers and disappearing into the marsh. When Helena's father, "The Marsh King", escapes from prison, she is confident that she can get benefit from the hunting skills she has learned from her father as a child to find him, for no one is as skilled as The Marsh King's daughter when it comes to navigating the marshland. She wants to send her father to prison again because, gradually, she learns that his escape initiates an elaborate scheme to abduct her and her two daughters (Dionne, 2017).

This study examines the psychological impact of family members on forming an individual's personality and the various life stages they go through. As Freud is the founder of psychoanalysis which is the theory of personality, it is worth stating that individuals' personality is related to the way they think, feel, and act. Therefore, personality theory



stresses the similitude and dissimilitude within the self (Collin, 2012, p. 94). In addition to Freud's views, the research makes use of notions of other influential psychologists and psychoanalytic critics such as Jung, Lacan, Adler, to mention a few, to examine the personality and personality disorders of Dionne's characters and to explore the different psychological conditions the protagonist experiences from childhood to adulthood.

## 2. Freud's Theory of Personality

To fully understand one's personality, one should not give scant attention to the most intriguing concept in psychology which is the unconscious. Freud describes the unconscious as a place where memories, feelings, and thoughts are retained. It is the part of the psyche that explains the workings behind human beings' ability to think and behave (Collin, 2012, p. 94). Many aspects of personality are far beyond awareness and can be brought to consciousness with incredible difficulty. For Freud, personality, to a great extent, is unconscious because people hide unpleasant truths from themselves by using defense mechanisms and are driven by desires, fears, and wishes to which they are completely oblivious. The nature of human beings is entirely malignant. Personality development goes through several psychosexual stages and is established around five to six years.

Personality refers to "*relatively stable*" features of behavior. It can't be studied only by noticing external and social behavior. The majority of psychologists believe that personality originates "*within the individual*". It may have hidden aspects and exist in the absence of other people. For instance, a shy person might not feel shy in the presence of their friends. Personality includes almost everything about an individual, such as their physical, mental, and social aspects, because it is concerned with "*a wide range of human behaviour*". Some of its features are indiscernible, like memories, thoughts, and dreams, whereas overt actions are perceptible. Therefore, personality contains aspects that are "*unconscious*" or hidden from ourselves and those that are "*conscious*" and fine within our awareness (Ewen, 2014, pp. 1,3). Freud names his theory of personality psychoanalysis. He states that humans are motivated by innate instincts or powerful forces that become activated when our body requires sustenance. Once an instinct gets activated, it produces a psychological state of tension or drives that we experience as something unpleasant like thirst or hunger. Therefore, Freud discusses that the goal of all human behavior is to avoid unpleasant experiences and obtain pleasure. He differentiates between sexuality and the instincts that fulfil the dream of surviving, such as hunger. However, his theory explains that humans are stimulated by two instincts: sexual and aggressive. In Freudian theory, sexuality indicates the complete range of pleasurable and erotic experiences. In addition to erogenous zones, the body has other parts capable of providing sexual satisfaction. Freud uses Eros to emphasize that sexuality deals with far more than intercourse. The mouth is one of the main erotogenic zones; therefore, eating and drinking as a self-preservative behavior represent the sexual instinct. Human beings, out of self-love (narcissism), wish to gain erotic pleasure.

The two primary human drives: sexual and destructive instincts, are fused. Thus, any pleasurable act, including sexual intercourse, is also partially aggressive, whereas any bold action is partly erotic, including murder. Freud's pessimistic perspective about human nature is that humans are inherently uncivilized; the sexual and destructive drives contain the desire for incest and killing, like what is portrayed in the character of the Marsh King. Furthermore, the clash between society and the individual is inevitable. Therefore, human beings must sublimate their "*impulses into compromise activities that are socially acceptable*". The reason that the id includes an unlimited amount of psychic energy and instincts is that it is the only element of personality present at birth. The id represents darkness because it is amoral and irrational. It only aims to gain pleasure and to achieve that, it forms mental images of pleasurable things through the process of wish fulfilment. The id's impetuous mode of thought is the primary process. Such a process contains symbols that connote the whole and condenses related ideas into a single object (Ewen, 2014, pp. 14-15, 17).



The ego uses defense mechanisms like repression to cope with the threatening materials from the external world. It spends psychic energy to prevent menacing id impulses from occurring (a process known as anticathexis). Therefore, various methods are required to let our repressed materials, if not entirely but partly, be brought to consciousness. The anticathexes weaken during our sleep; as a result, repressed materials emerge in the form of dreams. Rivkin and Ryan (2004, p. 389) explain that although repression is essential to civilization or keeps the id under control, it frequently creates a second self and a stranger within. That is why people experience what Freud calls “uncanny”. The id impulses claim gratification, compelling the ego to expend its psychic energy to maintain the anticathexis. The repressed materials are not affected by experience because they are under the guidance of the id. Therefore, they remain at a childish level, which makes “immature behavior more likely”. Self-deception provides relief. Childhood repressions remain insistent in adolescence and adulthood; therefore, they avoid true self-knowledge and precipitate the emergence of neurotic symptoms. Children who can't confront influential parents may repress their anger, or adults may suppress their feelings of self-loathing that originated in childhood (Ewen, 2014, p. 19).

### 3. Personality Disorder

The classification and concept of personality disorder stretch back to the ancient Greeks. Theophrastus, the Greek botanist, describes thirty types of personality disorders or types of behaviors that cause annoyance. The concept of personality disorder has developed much since the nineteenth century. In the beginning, it was concentrated on psychopathy or antisocial personality disorder. It now centers around different types of behavior. Mathews, Deary and Whiteman (2009, pp. 324-325) give a good account of the development of ideas and terms in abnormal personalities, such as depressive, fanatical, wicked, hyperthymic, insecure, etc. Personality disorders are categorized into three clusters, such as “odd-eccentric, dramatic-emotional, and anxious fearful”.

Moreover, the concept of personality disorder lies within the field of psychology and psychiatry. Although personality disorder or abnormal personality refers to variations of human character, until the end of the twentieth century, the concept attracted relatively slight interest from psychologists examining normal behavior. Mathews, Deary and Whiteman (2009, pp. 323-324) argue that until lately, researchers and scholars in the field of personality disorders have done little investigations about both normal and abnormal personalities.

According to Corr and Matthews (2009, p. 268), the actual definition of a personality disorder is invariable personality in the face of varying environmental settings that an individual encounters. An instance of this is the Marsh King, whose narcissistic personality disorder remains fixed in the face of different environmental contexts, from family background to personal background. Corr and Matthews (2009, pp. 103, 163) further argue that scholars cannot simply reduce the study of personality and personality disorders to an analysis of how amateurs or even experts process information about people. There is not a lack of substantial evidence that a broad array of personality disorders are associated with lower levels of assessed intelligence; the roots of such associations are, to a certain extent, complex and controversial.

#### 3.1. Personality Disorders Reflected in the Novel

Like those researchers who have mainly focused on single and salient traits, such as psychopathy, borderline personality disorder and narcissism, *The Marsh King's Daughter* explores specific types of personality disorders, such as narcissistic, depressive and anti-social personality disorder. Family studies are one of the primary genetic analyses that contribute to evaluating a specific personality disorder within an individual. Livesley and Larstone (2018, p. 235) assert that according to the laws of genetic transmission, if a particular type of disorder has a genetic constituent, “the responsible gene will be passed from parents” to



children with a certain likelihood. Therefore, Helena's familial treatment has caused her to develop a depressive personality disorder.

*The Marsh King's Daughter* centers around two contradictory periods and environments in Helena's life, who is baffled between the worlds of childhood and adulthood. Like any of Freud's adults, Helena stores many painful memories of repressed feelings, desires, and guilt. Her life experiences shape her personality and her treatment of her parents and husband. Despite having a loving husband, Helena keeps her true identity from him. She has rarely talked about her mother with him. She has not even described how did her mother look like, and this is observed through Helena and Stephens' conversation about Mari's appearance:

“Mari startles and twists around, her baby-fine hair whipping across her face like corn silk.... Stephen and I both have brown hair and eyes, as does our five-year-old, Iris, so he marvelled over this rare golden child we created until I told him my mother was a blonde. That's all he knows” (Dionne, 2017, p. 6).

Helena refuses to accept that she is a product of an abduction. In her attempt to be someone other than herself, she leads her life into despair; as Kierkegaard (1941, p. 18) puts it: “to be that self which one truly is, is indeed the opposite of despair”. Her secret causes her long-term depression until the news of her father's escape is reached everywhere. She states: “I have no idea how he's going to react to the news that the escaped prisoner is my father, but I know it won't be pretty” (Dionne, 2017, p. 26) because she has told Stephan that her parents were killed while solving a dispute among native tribes.

Children with high levels of intelligence and positive personality traits are more practical in dealing with negative experiences. “In contrast, children with negative personality traits and lower levels of intelligence tend to experience adversities as more stressful than those with a better temperament” (Livesley and Larstone, 2018, p. 302). Those who develop personality disorders have experienced early emotional neglect. An example of this is when the Marsh King describes his childhood and the way his parents treated him. However, this can also be applied to Helena because while she was a child, she didn't receive the emotional care that a child requires from her mother due to various cases of abuse she had faced by Helena's father. Helena's father did not have the love and acceptance from his parents while he was a child. As much as Donald Winnicott (1896-1971) believes, children from abusive parents are afraid of not being loved (Winnicott, 1997, p. 61). Therefore, his antisocial personality disorder was rooted in the unwanted treatment he received from his own parents. As Helena affirms:

“My father's parents kicked him out of the house after he dropped out of school in the tenth grade. He ... joined the Army, where he was dishonourably discharged ...because he couldn't get along with the other soldiers .... The defence said none of this was my father's fault. He was a bright young man who was acting out only because he was looking for the love and acceptance his parents never gave him” (Dionne, 2017, p. 26).

However, the impact of such careless parents is also noticed in Helena's treatment of her daughters, especially in Stephan's advice to Helena to hug their daughters more because physical contact with her daughters seems difficult for her. Livesley and Larstone (2018, pp. 301,304) explain that emotional security in grown-ups is grounded in constant supportive and empathic responses during early childhood. Therefore, abnormal personality results from the strict and careless treatment of parents towards their children. There are two main components in parenting: providing affection and support and permitting them to become fully independent. Individuals with personality disorder experience both overprotection and neglect from both parents.

For Ewen (2014, p. 32), some personality disorders, like neurotic disorders, invariably begin in childhood. One of its leading causes is lack of affection, which delays the development of the ego. When Helena was a child, she received care and love more from her father than from



her mother. Traditional family and environmental studies are predicated on the assumption that the similarity of connected people might be attributable to the impact of a familiar home environment, experiences, or culture (Livesley and Larstone, 2018, pp. 237-238). For instance, Helena admits that in some of her skills and behaviors, she is just like her father. Furthermore, environmental factors refer to extrafamilial influences such as the social environment of the living area, circumstances like socioeconomic status, and physical influences. According to Livesley and Larstone (2018, p. 242), despite the importance of social and external surroundings, attempts to indicate specific environmental factors, like exploring particular genes, have had partial success.

Unlike our actions that are motivated by physical energy, mental energy is powered by psychic energy. We possess a fixed amount of psychic energy. If we devote an ample supply of our psychic energy to a specific component of personality, less will be available for other healthy activities. For Freud, psychic power is associated with the sexual drive/libido. Since most of our behaviors contain a combination of “sexuality and destructiveness”, however, libido might “refer to both varieties of psychic energy” (Ewen, 2014, pp. 14-15). One of the well-established risk factors for personality disorder development is childhood sexual abuse, like what Helena’s mother experienced (Livesley and Larstone, 2018, p. 304).

Leaving the marshland where Helena spent twelve years alone with her parents and abiding by the social conventions of the other (civilized) world seems to be struggling for her:

“After I left the marsh, I really struggled with social conventions. Shake hands when you meet someone. Don’t pick your nose.... I can’t tell you how often I felt as though everyone knew the right way to do things but me. Who makes these rules, anyway? And why do I have to follow them? And what will be the consequences if I don’t?” (Dionne, 2017, p. 8).

Despite Helena’s difficulties in following the social rules of her mother’s civilized world and recalling her past melancholic experiences, she avoids irrational ideas to judge the consequences as psychoanalyst Albert Ellis (1913-2007) states: “rational beliefs create healthy emotional consequences” (Collin, 2012, p. 142). Helena’s leaving her daughter alone in the truck indicates her avoidance of negative thoughts: “I made a decision years ago that I’m not going to raise my daughters to fear that what happened to my mother might also happen to them” (Dionne, 2017, pp. 8-9).

However, such a decision doesn’t imply that she is not afraid of what her father (a child abductor, rapist, and an escaped prisoner) is capable of; her childhood fear of him still lingers, specifically when she knows about his escape. By putting her daughters to bed, she attempts to fail her father’s secret plan:

“My hand shakes as I reach to turn the radio off. Jacob Holbrook has escaped from prison. The Marsh King. My father. And I’m the one who put him in prison in the first place.... I imagine their grandfather watching from across the yard behind the tree line. One girl fair, the other girl dark. I know which one he’d choose. I open the window and call the girls inside” (Dionne, 2017, pp. 13, 23).

John B. Watson (1878-1958) confirms that a child is shaped by its environment, and parents control that environment (Watson, 1919, pp. 229-230). Similarly, Adler emphasizes that assertive people constantly surround children, which is why they feel inferior. It is inferiority that motivates them to achieve things (Adler, 1940, p.13). One of the reasons for Helena’s disappointment is due to her father’s persistent control over her. She was required to be under the control of the opposite gender during her childhood. She was not even satisfied with her name: “I used to wish my name was Marigold. But I’m stuck with Helena.... Like a lot of things, it was my father’s choice.... My father and I haven’t spoken in fifteen years. Odds are he doesn’t know I changed my last name” (Dionne, 2017, pp. 11, 16).



Joseph Wolpe (1915-1997) argues that people cannot have two contradictory emotions simultaneously. It is not possible, for instance, to feel relaxed when you are feeling anxious (Collin, 2012, p. 86). Therefore, Helena fails to control her emotions, such as fear. "I have to get home, have to have eyes on both of my daughters, have to know that they're with me and they're safe" (Dionne, 2017, p. 15). For Nico Frijda (1927-2015), "emotion is an essentially unconscious process", and emotions, like fear, are "spontaneous responses to changing circumstances". Accordingly, Helena's apprehension can be analyzed as an opportunity to deepen her self-awareness. Frijda goes further that "emotions are motivating forces, preparing us for action" (Collin, 2012, p. 324; Frijda, 2013, p. 204), and this is true with Helena because she tries to put her father back in prison as soon as she hears the news. Therefore, Helena's situation induces fear and emotions against which she fights. Fear provides her with an opportunity for greater self-awareness and more precautions.

In psychoanalytic theory, our behaviors, either mental or physical, are determined by previous causes. Accordingly, nothing happens by chance. Our dreams, random expressions, the inability to remember familiar things, the utterance of wrong statements, self-inflicted injuries, and other erroneous actions/parapraxes all have significant reasons which are mostly unconscious. This principle is called psychic determinism. The occurrence of parapraxes indicates that most of our personality is beyond consciousness (Ewen, 2014, pp. 15-16).

Children, to a great extent, depend on the resources their parents provide. They often have more fundamental relationships with their parents than with their peers. Therefore, from infancy through adolescence, Helena looks to her father for psychological resources regarding professional training to survive the marshland, hunt, and shoot. Her father's provision of such resources shapes her childhood personality development. John, Robins and Pervin (2008, pp. 352-353) maintain that parents exert a significant influence on the socialization process of their children, but children are also active agents in the process. Children might be susceptible to aggressive conduct not only because of a home where parents are punitive and models of aggressive behavior but also because of mutual genes that cause aggression in both parents and children. Mutual genes may underlie the association between parents' practices and their children's.

Freud (2010, p. 605) elucidates that when ideas or impulses are too inappropriate for the conscious mind to accept, they are repressed and kept in the unconscious and revealed through anger, depression, and anxiety. The Marsh King's impulses had been repressed, and he fulfilled his desires through child abduction and violence. Helena's growth, as Freud proposes, like all other children, goes through several stages that are crucial to the healthy development of a child's psyche. During the infantile stage, infant females possess an attachment to their fathers. They want to receive the father's attention. Helena says: "I'm talking about my father. I know what he did to my mother was wrong... But a part of me... will forever be the little pig-tailed girl who idolized her father" (Dionne, 2017, p. 28). Helena's attachment to her father seems to be stronger than other kids' because he was the only man she could speak to for twelve years; that is why sometimes she brings justification for the immoral act he did to her mother:

"After we left the marsh, everyone expected me to hate my father for what he did to my mother, and I did. I do. But I also felt sorry for him. He wanted a wife. No woman in her right mind would have willingly joined him on that ridge. When you look at the situation from his point of view, what else was he supposed to do?" (Dionne, 2017, p. 29).

She saw her father as an innovative, patient, and kind man who took exceptional care of her and taught her everything necessary to survive in the marsh. Bressler (2011, p. 129) writes that a girl must successfully negotiate the Electra complex if she is to transform from a girl to a woman. A girl turns her desire to her father. After her father's seduction fails, she turns back



toward her mother. Accordingly, when Helena married Stephan, her sense of lack was appeased. Now she is the only one who understands her mother.

Ryan (2012, p. 46) clarifies that one of the significant points of consideration in psychology is the relatedness of the self to others. A self-identity often goes under the influence of complex relations and situations. Personality is a way of thinking, a collection of memories, and a disposition to feel and act in specific ways. Helena's concealment of her true identity is not to risk her present life at the expense of her past. Her encounter with the lead officer about her father's escape obliges her to confess to Stephen despite the fear of losing him. It is clear from her conversation that she feels obliged when she states: "Yes, the blood of this evil man flows through me ... I'm sorry.... Sorry I didn't tell you before now" (Dionne, 2017, p. 31). Helena is extremely afraid of seeing the walls of her carefully constructed life tumbling down. Additionally, her introspection with the officer proves that she has never visited her father in prison:

"This is not to say I haven't thought about visiting my father in prison many times. The first time the police caught my father, I desperately wanted to see him. .... But I was afraid.... I would have had to show my ID and leave my name on the visitors' list, and I couldn't let my new life intersect with the old" (Dionne, 2017, p.35).

Helena employed superstitious methods to veil her secret. However, Stephan turned out to be better than she expected. He showed his readiness to help her overcome such obstacles rather than end his marriage: "I would have worked with you on this, Helena. Why couldn't you trust me?" (Dionne, 2017, p. 38). Helena feels ashamed of her father's history, so she doesn't want to lose Stephen. The married couple had trust issues because Helena didn't know how Stephen would react if she confided in him. To prove to Stephen that she loves her life, she states: "I realised that if anyone is going to catch my father and return him to prison, it's me" (Dionne, 2017, p. 41). Knowing what to share is a crucial communication skill in marriage. Refusing to share secrets with a spouse can cause either harmony or hinder peace in marital life. Honesty is a vital key for the assurance of a healthy marriage, but Helena's revelation of her true identity might have harmed her marriage. Her discomfort with self-disclosure is due to her reluctance to break their relationship:

"If Stephen doesn't come back, if he decides my sin of omission is too big to forgive and he wants a divorce.... There's only one way to fix this. One way to get my family back. I have to capture my father. It's the only way to prove to Stephen that nothing and no one is more important to me than my family" (Dionne, 2017, p.42).

Helena had been the victim of such abduction as a child, and her mother had somehow neglected her as she took her father's appearance. Thus, she primarily sought attention from her father. However, children are more attached to their mothers, but this was not true with Helena. After realizing what her mother had gone through by reading many accounts of young girls who were kidnapped, she understood the pain her mother endured for years:

"I can see now that the reason my mother was indifferent toward me is because she never bonded with me. She was too young, too sick in the days immediately after I was born, too scared and lonely and collapsed in on herself from her own pain and misery to see me. Sometimes when a baby is born in similar circumstances, she gives her mother a reason to keep going. This wasn't true of me. Thank God I had my father" (Dionne, 2017, p.52).

Girls who enjoy a happy relationship with their fathers are subconsciously likely to choose partners who resemble their fathers. On the contrary, psychologists have revealed that those who have negative relationships are not attracted to partners who resemble their fathers. Fathers play a vital role in what their daughters choose or believe about marriage. In Helena's case, there is a misconception that girls fall in love with those similar to their fathers. "I've



heard it said that when it comes to picking a husband, a girl chooses a man like her father—but if this is the rule, I’m the exception” (Dionne, 2017, p. 54).

Psychologist Linda Nielsen demonstrates the value of male parents in their daughters’ lives. Nielsen attempts to share how parents influence their children’s decisions. She emphasizes the significance of the father in the choices daughters will make in the future about their romantic relationships (Nielsen, 2012, p. 150). We have observed the close attachment between Helena and her father, but his existence in her married life would not foster a tender and peaceful relationship with Stephan. Therefore, after she has fully gained self-awareness, she declares: “if I had known then what I do now, things would have been very different. I wouldn’t have adored my father. I would have been much more understanding of my mother” (Dionne, 2017, p. 44).

Helena’s childhood attachment to her father was strong; she loved watching her father while cutting, hauling, and splitting the firewood. When her father invited her to accompany him to check the snare line, she was thrilled. She respected any present from him like the knife she received as a birthday gift. The way she describes the knife as “the perfect fighting knife” (Dionne, 2017, p.87) symbolizes the strength and power that she observed in him. However, her description of her father from childhood to adulthood carries a wide difference especially when she figures out how he would have escaped from prison:

“Psychopaths like my father can be very charismatic. I imagine him chatting with the guards, figuring out what interested them.... Just like he tricked my mother into trusting him by telling her he was looking for his dog. Just like he played on my interests when I was a child to turn me against my mother...” (Dionne, 2017, p. 89).

For Galton (Collin, 2012, pp.28-29), one’s personality is composed of nature and nurture. By nature, he refers to the elements which are inborn and inherited, and nurture is what is experienced from birth onwards. Nature is more determining, and we can observe this in Helena’s childhood because she has inherited her father’s hunting skills, determination, ...etc. and her abilities are improved through learning and training. Galton asserts that Darwin was the first to point out nature and nurture as two distinct factors that could be measured and compared. He believes that “intelligence is inherited, but must be fostered through education”.

A large part of Helena’s life is spent on the marsh within nature; according to Fromm, the time we discover our abilities is the time we embrace “our personal uniqueness” that helps us love our surroundings. Like her father, Helena is searching for the discovery of her abilities manifested in the lessons she learnt from her father and mother, like being patient, going hunting, etc. Helena also suffered from racism. She feels neglected and unliked at her grandparent’s house, believing that she is merely a copy of her father, and for that reason, her maternal parents would despise her. “I was a carbon copy of my father, a daily reminder of what he’d done to their daughter (Dionne, 2017, p. 115). She needed time to forget her father and accept the reality that he was a rapist and an abductor:

“For a long time, I blamed myself for my father’s capture...., after I understood the extent of my father’s crimes and their impact on my mother, it didn’t bother me as much that he was going to spend the rest of his life in prison.... I will find my father. I will capture him. I will return him to prison and make him pay for everything he’s done” (Dionne, 2017, pp. 120,122).

However, she loved to be the center of her father’s attention despite admitting that her father was a narcissist. Sometimes, Helena appears as a mysterious character because she has decided to avenge her father and other times, she feels sorry and misses the life she had with him. “I thought about my father every day.... Wanted more than anything for things to go back to the way they were before we left the marsh.... Back to when I was a little, to the only time in my life when I was truly happy” (Dionne, 2017, p. 184). Helena’s encounter with her





father after his escape affirms her revenge attempts: “I could shoot him in the gut. Make him bleed out slowly and painfully as payback for what he did to my mother”. For Helena, no matter what happens to such a narcissist, “it’s always the other person’s fault” (Dionne, 2017, pp. 222, 248).

Helena’s description of Yanomami men like her father reveals that they would do everything but avoid being labelled as cowards, “including stealing each other’s women” (Dionne, 2017, p. 227). They exercised their power over other tribes by stealing women from them. Helena is torn between the world of childhood and adolescence. As G. Stanley Hall (1844-1924) believes, adolescence means “growing up”. It is a stage between childhood and adulthood. Hall contends that adolescents are highly susceptible to depression. He explains that human development is determined by nature. During adolescence, the evolutionary momentum subsides; this is a time for personality change. Teenagers are increasingly reckless and sensitive and more prone to depression (Collin, 2012, p. 46). Accordingly, the changes that happened in Helena’s life concerning time and environment made her transfer her feelings away from her father to her mother:

“I think about what it was like for my mother when I was growing up. About all of the things she did for me that I didn’t appreciate at the time.... How hard it must have been for her to nurture a child who was an echo of the man who kidnapped her” (Dionne, 2017, p. 304).

Ryan (2012, p.44) notes that psychoanalysis allows us to self-realise how past experiences, relationships, and events have shaped our personalities. The presence of gloomy memories can harm the victims of traumatic events like Helena’s mother. The hunter scene appearance is an opportunity for Helena to think like a mature because he opens her eyes to see a different world from what her father had created for her. As Lewin (1935, p. 54) upholds, if we seek a change in our behavior, we should consider both the individual and the environment. The environmental change shapes Helena’s attitude towards her parents. When she is in the marsh, she takes sides with her father until her encounter with the hunter.

The hunter gives her more self-consciousness, especially by asking Helena what she would do if the same situation as her mother happened to her. The fear that she feels in her mother’s condition makes her more conscious about the well-being of her daughters because she admits that by leaving the marsh, she has chosen her mother over the Marsh King, and that brought disappointment to him. As a result, her father might kidnap her daughters, and that might give him another opportunity to stand against Helena, but she doesn’t let that come true: “Since word got out that The Marsh King’s daughter killed her father, the media has been relentless” (Dionne, 2017, p. 306). As Tyson (2015, p. 27) explains, Lacan believes that the repressed desire continues to influence the conscious life. Therefore, it can be argued that Helena’s vengeance on her father is an impulse that stems from the unconscious and doesn’t have any concern for law or customs.

There are individuals whose mental disorder or any type of personality disorder gets superimposed over their previously normal personality. An example of this can be Helena’s mother. The few scenes of her childhood life depicted in the novel show that she had a normal personality before her abduction and sexual harassment. This abysmal experience caused her to suffer by not being able to escape the marshland and also caused others like Helena to suffer with her silence. Based on the cluster of personality disorders examined previously by Mathews, Deary and Whiteman (2009, p. 324), those with narcissistic and antisocial personalities belong to cluster B (dramatic-emotional), and those with anxious, fearful and dependent personalities belong to cluster C (anxious fearful). Accordingly, the personality of the Marsh King has, to a great extent, a strong connection with cluster B. In contrast, the personalities of Helena and her mother belong to cluster C. Personality disorder is usually defined as a behavior that deviates from the expectations of the public or the individual’s culture; it has its onset in adolescence as well as early adulthood. From that time onward, it



will remain flexible and cause impairment and anxiety. Therefore, a person is more likely to have more than one personality disorder.

#### 4. Conclusion

In conclusion, abused children, like Helena and more specifically, the Marsh King, remain bewildered even when they get unconfined from familial restrictions. The impact of parental treatment on children's behaviors must be swotted to reflect the more profound impact of their mutual genes as the basis for their personalities and common characteristics. In other words, the study has pointed out that familial and social influences accounted for both the creation and change of personality. However, no matter how different the child's environment might be, the child is susceptible to getting if not the same but one of the types of personality disorders from their parents. Thus, in search of a suppressed self comes Dionne's protagonist who is a typical example of domestic violence. Helena is perplexed between two contrasting worlds that oblige her to have an inflexible personality. In addition to the importance of familial treatment, the research has analyzed how the change of time and place affect personality and its disorders. Finally, it has significantly contributed to understanding the power of the unconscious on one's personality traits and disorders. Familial and genetic factors on personality are consistently significant to be examined because personality traits appear to include a substantial heritable component. Also, there is a need for a greater focus on the psychological impact of domestic violence on children's personalities.

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**شيوای كه سايه تي له رۆمانی (كچی پاشای زۆنگاوه كه ) ی كارپن ديۆن : تويزينه وهيه كي دهروونشيكاری****شهيدا خه سرو محمد ميرخان**

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**پوخته**

ئهم تويزينه وهيه ههوليكه بۆ ناساندنی تيۆری دهروونشيكاری سيگموند فرويد بۆشكنينی شيوای كه سايه تيه كان له رۆمانی كچی پاشای زۆنگاوه كه (2017) ی رۆمان نووسی ئەمەریکی كارپن ديۆن (1953-). مەبەستی ئەم تويزينه وهيه شیکردنه وهی کۆمه لیک فاکتەرن که دهبنه هۆی دروست بوونی شيوای كه سايه تي که نهک تهنها له کاراکتهری پاشای زۆنگاوه كه (باوکی هیلینا) پهنگی داوه تهوه به لکو له خوودی هیلینا ش بوونی ههیه، که ناسنامهی خۆی له هاسه ره که دهشارتتهوه. پشت بهستن به تيۆریه كانی فرويد له پنگه بشتنی كه سايه تي، ئەم تويزينه وهيه کاریگه ری توندوتیژی ئیو خیزان له سه ر دروست بوونی شيوای كه سايه تيه کی توندپه و ئالۆز و خوود و یست ،ههروه کو پاشای زۆنگاوه كه، دهخاته پروو. سهیر نییه که ئەو مندالانهی خراپ مامه له لایان له گه ل ده کریت دوو چاری شله ژان بنه وه ههتا ته گه ر له ژیر کاریگه ری خیزاناندا نه مینن له قوناغه كانی تری ژانیناندا. بۆیه، خویندنه وهيه کی شیکاری بۆ رۆمانه که به کار دیت بۆ ديار کردنی (ئهو) وهکو به شیکي كه سايه تي که بناغه ی به ديه پتانی زۆربه ی حه زه سه ره تاييه كانی کاراکته ره کانه.

**وشه کللیه كان:** سيگموند فرويد، تيۆری كه سايه تي، شيوای كه سايه تي، ئەو، مامه له ی خیزان.**اضطراب الشخصية في رواية كارين ديون (ابنة ملك مارش): دراسة تحليلية نفسية****شيدا خسرو محمد ميرخان**

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**ملخص**

تسعى هذه الدراسة الى تطبيق نظرية سيغموند فرويد في التحليل النفسي على الاضطرابات النفسية في الرواية الحاصلة على افضل المبيعات (ابنة ملك مارش) (2017) ، للروائية الامريكية كارين ديون (1953-). وتهدف الى تحليل عوامل مختلفة تسبب الاضطراب النفسي والموجودة ليس فقط في شخصية الرواية (والد هيلينا) ولكن أيضا في هيلينا نفسها والتي تخفي شخصيتها الحقيقية عن زوجها. ونسبة الى نظريات فرويد الدقيقة في تنمية السلوك النفسي، تبحث الدراسة في اثر تصرفات العائلة المسيئة والفوضوية في تشكيل شخصية استبدادية، غامضة، ورجسية كشخصية ملك المارش. ولاعجب ان الارتباك الموجود عند الأطفال المعرضين للاسائة في اطار العائلة لاينتهى في مراحلهم العمرية المتقدمة حتى بعد التخلص من اطار وضغوطات العائلة. لذلك تستخدم القراءة التحليلية النفسية للرواية لتحديد ان الاحتياجات الغريزية هي العنصر المهيمن والمسيطر على الدوافع البدائية للشخصية.

**كلمات دالة:** سيغموند فرويد، نظرية الشخصية، الاضطراب النفسي، الاحتياجات الغريزية، المعاملة العائلية