



Depiction of Mental Health and Illness in Literature : Comparative Studies of Different Literary Period and Genres



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ABSTRACT

Mental health is a state of well-being which helps people to cope up with stress and make them realise their abilities, builds decisive power and helps in learning well. In today's time it can be considered as one of the main reasons leading to the disturbed life especially in youngsters. And normally we can see that at one point or another point, if not all of us, then most of us have dealt with these mental health issues, anxiety and physical problems as well. It can be anything like career, concern for parents, families, settlement, competitive spirit, environment, love-life, relatives. Anything that leads to the disturbance of our mind's stability is going to create a disturbed place one day or the other in our mind. These same issues have been portrayed in many works of literature as well which portrays mental

health and physical health issues. For illustration we can take example of Charlotte Perkins Gilman's The Yellow Wallpaper(1892) , Sylvia Plath's The Bell Jar, Oscar Wilde's The Picture of Dorian Grey, John Corey Whaley's Highly Illogical Behaviour, John Green's Turtles all the way down. These are only some of the examples of the novels which portray the mental health problems. In this way, the research paper specifically aims to jot down the perspectives towards the instability of mind through the comparative studies in literature and common factors faced in day to day lives.

KEYWORDS

Mental Health, Physical well-being, Effect of Mental Health, Leading factors of Mental Health, Literary viewpoints on Mental Issues

