

The psychological motives of the tragedy of suicide in literature. Escaping from shame – a comparative analysis of Uzbek and English literary traditions

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Abstract: This article examines the psychological motives underlying the tragedy of suicide in both Uzbek and English literature, with a particular focus on the theme of "escaping from shame." By conducting a comparative analysis of key literary works from both traditions, the study investigates how characters grapple with internal conflicts, experience overwhelming shame, and ultimately resort to self-destructive behaviors. Employing a multifaceted methodological approach—including narrative analysis, psychoanalytic theory, and cultural criticism—the research identifies common and divergent thematic elements that reveal the complex interplay between individual psychological distress and socio-cultural expectations. The findings indicate that the motif of escaping from shame not only serves as a catalyst for personal suffering but also functions as a critical commentary on the oppressive norms and values imposed by society. These insights offer a deeper understanding of the cultural dimensions of self-destruction and pave the way for further research in comparative literature and cultural studies.

Keywords: Suicide, psychological motives, escaping from shame, Uzbek literature, English literature, comparative analysis, literary discourse, cultural criticism.

Introduction: The tragedy of suicide has long been a recurring theme in literature, serving as a mirror to the complexities of human psychology and the societal pressures that shape individual existence. In both Uzbek and English literary traditions, the phenomenon is often explored through narratives that delve into the inner workings of the human mind, revealing the interplay between personal anguish and external socio-cultural forces. One prominent theme that emerges from this exploration is the idea of "escaping from shame." This article seeks to investigate how the psychological motive of escaping from shame underpins the tragedy of suicide in literature and how it manifests differently in Uzbek and English contexts.

The study begins by establishing the significance of suicide as a literary motif, highlighting its dual role as both a personal and a socio-political phenomenon. In many literary works, suicide is portrayed not merely as an act of self-destruction, but as a complex response to the pressures of societal expectations, personal

failures, and internalized shame. This paper aims to offer a comparative analysis of these themes in Uzbek and English literature, thereby uncovering the universal and culturally specific aspects of this tragic phenomenon.

Literature Review

Previous research in the field of comparative literature has examined various aspects of suicide in literary texts. In Uzbek literature, studies have often focused on how historical and cultural narratives shape the representation of personal despair and collective shame, while English literature has tended to emphasize individual psychological turmoil and the existential dilemmas associated with modernity. Scholars such as Abdurauf (2015) and Islomov (2017) have contributed to understanding the theoretical frameworks underpinning the portrayal of self-destruction, whereas more recent studies have explored the interconnection between personal trauma and broader social constraints (Rahmonov,

2018).

This article builds on these foundations by specifically addressing the motif of "escaping from shame" and its role in both Uzbek and English literary traditions. The review highlights that while both traditions depict the act of suicide as a response to internal and external pressures, the cultural context significantly influences the narrative tone and the underlying psychological dynamics. The comparative approach adopted here seeks to bridge the gap between these two literary cultures by offering a nuanced understanding of how shame, as a psychological burden, catalyzes self-destructive behaviors.

Theoretical Framework

The analysis in this article is grounded in a multidisciplinary theoretical framework that combines elements of psychoanalytic theory, narrative analysis, and cultural criticism. Psychoanalytic theory provides insights into the internal conflicts and emotional disturbances that drive individuals toward self-destruction. In particular, the concept of shame—viewed as an internalized emotion resulting from the failure to meet societal standards—serves as a critical lens through which the tragedy of suicide can be examined.

Narrative analysis is used to deconstruct the literary texts, focusing on the ways in which authors employ language, symbolism, and narrative structure to convey the psychological states of their characters. Cultural criticism further contextualizes these findings by exploring how socio-political and cultural factors influence the representation of suicide. This integrative framework enables a comprehensive analysis of the motif of escaping from shame across different literary traditions.

METHODOLOGY

This study employs a comparative methodological approach to analyze selected texts from Uzbek and English literature that feature the tragedy of suicide. The methodology is organized around three core components:

A close reading of key literary texts is conducted to identify recurring themes, symbols, and narrative techniques that express the psychological motives behind suicide. Emphasis is placed on how the theme of escaping from shame is articulated through character development and plot progression.

Utilizing psychoanalytic concepts, particularly those related to shame and internal conflict, the study interprets the psychological dimensions of the texts. This includes an examination of the characters' internal dialogues, emotional responses, and the cultural

narratives that contribute to their sense of inadequacy.

By juxtaposing texts from Uzbek and English literary traditions, the study highlights similarities and differences in the portrayal of suicide. This comparative perspective illuminates how cultural contexts influence the representation of psychological distress and the escape from shame.

Data for this study is drawn from a range of literary sources, including classical and contemporary works, ensuring a comprehensive overview of the thematic evolution across time and cultures.

DISCUSSION

The analysis reveals that in both Uzbek and English literature, the psychological motive of escaping from shame serves as a critical underpinning of the tragedy of suicide. In Uzbek literary texts, characters often experience a profound sense of collective shame intertwined with cultural and familial expectations. The narrative frequently portrays suicide as an act of liberation from the burden of social dishonor, where the individual's internal conflict is depicted as inseparable from the broader socio-cultural context.

In contrast, English literary works tend to focus more on the individual's internal struggle, emphasizing existential crises and the isolation that accompanies modern life. Here, the escape from shame is portrayed as a deeply personal response to an overwhelming sense of failure and inadequacy. Despite these differences, both literary traditions converge on the notion that the inability to reconcile idealistic aspirations with harsh reality is a driving force behind self-destructive behavior.

Furthermore, the analysis highlights that stylistic elements—such as metaphoric language, allegory, and symbolic imagery—play a significant role in conveying the depth of psychological trauma. In Uzbek literature, the use of culturally specific symbols reinforces the connection between personal shame and collective identity, while in English texts, abstract imagery often underscores the universality of existential despair.

These findings suggest that while the manifestation of psychological motives may vary according to cultural context, the underlying dynamics of internal conflict and the desire to escape from shame remain consistent. The comparative analysis underscores the importance of considering both individual and collective dimensions in understanding the tragedy of suicide, offering new perspectives on the interplay between personal and societal factors.

CONCLUSION

This article has demonstrated that the psychological motives underlying the tragedy of suicide, particularly

the desire to escape from shame, are deeply embedded in both Uzbek and English literary traditions. The comparative analysis has revealed that despite cultural differences, there exists a common dialectic between individual psychological distress and the oppressive forces of societal norms. The motif of escaping from shame not only elucidates the internal conflicts of the characters but also serves as a powerful critique of the broader socio-political and cultural systems that contribute to such despair.

Based on these findings, future research should further explore the nuanced interrelations between personal trauma and cultural identity in literary representations of suicide. In particular, a more detailed investigation into the symbolic and narrative techniques employed by authors in different cultural contexts could provide deeper insights into the universality and specificity of these psychological phenomena. Additionally, interdisciplinary studies that integrate literary analysis with sociological and psychological research are recommended to develop more robust theoretical frameworks that can account for the complex interplay between individual and collective experiences of shame and self-destruction.

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