‘Nature’-An Innovative Environmental Challenge from the perspectives of literature

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Abstract

In this complex modern era our approach to nature is to beat it into submission. We would understand a better chance of survival if we accommodated ourselves within the laps of nature and viewed it appreciatively instead of skeptically and impersonally. The earth’s vegetation is a part of web life in which there are intimate and essential relation between plants, animals and earth, plants, animals and human beings. If we thoughtfully, with full awareness engage with nature, we can derive beneficial psychological effects on us. It would reduce our stress, escalate our potentials and enable us to feel good and mentally sound. Populations are kept in check by something the ecologists called the resistance of the environment. This in turn can lead us to nourish and flourish nature and develop soothing personality development. Ecological view can merge nature into our popular consciousness.

Keywords: Nature, Poetry, Environmental Health, Population, Stress

Introduction:

We the human beings are an intimate part of the web of life and nature. But sadly, by virtue of our intellect, we have given into mastering nature in the name of development and progress and making lives comfortable. In lieu we have received diseases both mental and physical. We have exchanged peace with war. Our chance of survival is at stake and at the same time we have endangered the lives of other living beings who share the same space called Earth with us. Instead of the dictatorship that we exercise over nature if we get back to revive the wisdom of our ancestors to appreciate nature, the trauma of modern times can start to heal. We the humans can justifiably establish our place in the evolutionary chain manifesting our great potentials.

Purpose of the Study:

Environmental studies is a new emerging field that crosses the boundaries of traditional disciplines and tend to emphasis on natural & social science. Literary work reassured us of this primal unity, captured our psyche in a new dimension provided us with a new realistic
Health psychology examines psychological influences on how people stay healthy and focus on health promotion and maintain the improvement of health care system and formulation of health policy. The rise of health psychology can be tied to several factors, the realization that psychological and social factors contribute to health and well-being. Long back in literature we find how nature is integrated with our health system.

**Methodology:**

In the present study it follows emergent design flexibility. The researcher, retrospectively studies and brings a change in her research through content and dynamic analysis. It is open to change according to the situation and as data is analyzed. This allows the researcher to make correction in design for adjusting to new information and situation.

**Findings:**

In ‘Dejection’ Coleridge explains that nature lives only within us and it is we who creates all matters in her.

‘Ah! From the soul itself must issue forth
A light, a glory, a fair luminous cloud
Enveloping the earth-
And from the soul itself must be sent
A sweet and potent voice of its own birth,
Of all sweet sounds the life and element’.

Psychodynamically our mind believes in ulterior reality, nature is a divine power and that everything real comes from it.

Blake says-

To see a world in a grain of sand
And a heaven in a wild Flower
Hold infinity in the palm of your hand
And eternity in an hour’.

Through visible things Blake reached that transcendent state which he called eternity. This eternal power psychoanalytically empower us- ‘I am in God’s presence night and day,

And he never turns his fear away’.
Psycho-dynamically we also believe in an ‘over lasting power within nature’. And what concerns us is that the most strongest visible power lie within the laps of nature.

At the height of his creative career Wordsworth discovered, that nature in which he had unquestioning trust seem to have abandoned him and deprived him of his most cherished dream.

With the poet we all take shelter in nature when we suffer. We utter ‘For nature then…

To me was all in all’.

Tagore’s profound love with this divine nature implies dynamic attachment with the mother figure.

This idea is reflected again in Keats’ ‘Ode on a Grecian urn’ where Keats’ feels the ineffable and is thus taken beyond all thought into the immediate touch of the infinity’.

Tagore’s nature poetry is spiritual, practical and pedagogic in nature. Tagore’s poems of beautiful nature metaphorically indicates ‘how the human soul attains freedom and bondage and identified with the infinite spirit.

**Interpretation:** Psychodynamic analysis is done accordingly.

Oceanic feeling and feeling of Omnipotence:

The first mental state without any object representation is called primary narcissism. It is objectless or undifferentiated state, implying no spilt between the subject and the external world. Freud postulated a feeling he would like to call a sensation of eternity, a feeling as a something limitless, unbounded as if it were oceanic. Oceanic feeling is an indissoluble bond of being one with the external world. On narcissism, Freud hypothesized that the development of the ego consists of the departure from primary narcissism and gives rise to a vigorous attempt to recover that state.

At the beginning of Civilization and Discontents, Freud (1930) said that the ego detaches itself from the external world. Or to put it more correctly, originally the ego includes everything, later it separates off the external world from itself. Our present ego feeling, is therefore only a shrunken one which is much more inclusive. Indeed an all-embracing feeling which corresponds to a more intimate bond between the ego and the world about it.

The awakened ones find joy not in food, but in music, in meditation. Their love for enjoyment of things is replaced by the awareness of spirit within and its realization.
Conclusion:

At the moments of stress and complexities we say, ‘To me alone there came a thought of grief: A timely utterance gave that thought relief.’ In the laps of nature we become strong again. Though nature sometimes deprive us, but consciously or unconsciously we perceive positivity and it could be stated that the profound effect of nature could cure and prevent the psychosocial problems that illness may create. ‘To me did seem Appareled in celestial light, the glory and freshness of a dream’.

References