

Innovations

Breaking Down Psychological Dimensions, Bias, and Stereotypes in Female Authorship

T. R. Rinemol

Research Scholar, Vels Institute of Science, Technology and Advanced Studies, Chennai, India

T. Sowmya

Research Supervisor, Vels Institute of Science, Technology and Advanced Studies, Chennai, India

Abstract

This study delves into the portrayal of women writers and their urge to reveal societal truths as well as their political action. The first step taken by women writers is to find the lack of equality in family and society. Moreover, writing builds massive impact and results in faster and more efficient growth in that matter. Based on established psychological theories like Freud's exploration of and Simone de Beauvoir's analysis of societal norms, examines how these theories are reflected in such topics effortlessly. From writers to journalists, the problem of identifying sensitive topics that drive writers into a difficult situation. Writers win awards; some are debarred, but only a few can change the world through action. The list is not heavy but effortlessly effective in this digital era. Overcoming biases and stereotypes and spotlighting such female writers' experiences, we honor their resilience and emphasize the fundamental necessity of upholding the universal right to freedom of speech. Through their prose and poetry, women authors adeptly navigate these challenges while smashing barriers, promoting inclusivity, and paving the way for a more equitable and varied literary landscape. With their voices gaining prominence and influence, the literary world anticipates a more vibrant array of narratives reflecting the vast spectrum of human experiences.

Keywords: language, psychology, feminism, culture shock, identity

1. Introduction

This study examines the psychology of women as a writer, and activists to intricate emotions, experiences, and societal expectations. The study of psychology provides valuable insights into human behavior and mental processes, enriching our understanding of characters and their motivations. The root of this study takes more discussions from history to the digital era. From the bottom of this study, our calculated society is always judgmental. Cultural norms, gender roles, and societal expectations are rooted especially in women, and such norms are practiced around women and by women. In all the time, literature often showcases as a mirror as constructs and examines multiple societal expectations and their limitations. Interestingly, not all the arguments are accepted by people. In the article, *Feminist Critique of Freud* Mambrol clarifies that *The Dialectic of Sex* has called Freudianism as "the misguided feminism": both inquiring into the nature of sexual difference, but Feminism telling women to change society, and Freud telling them to change themselves, In North America, in particular, Freud came to be known as the "most famous enemy of women's liberation" (Mambrol, 2016). On the other side, Simone de Beauvoir's groundbreaking work, *The Second Sex*, delves into these societal constructs on women's freedom and perpetuates gender inequalities.

2. Review, criticism, and Methodology

This study explores sexuality, and identity, showcasing how literature serves as a medium to scrutinize the internal conflicts and desires of women. Sigmund Freud's theories on human sexuality and ego development are instrumental in understanding how female characters navigate their desires and struggle with societal expectations. Another example is Virginia Woolf's *To the Lighthouse* and Kate Chopin's *The Awakening* aptly depict the psychological intricacies of female identity, highlighting the tension between personal aspirations and societal norms. Understanding the psychology of women in literature differs from person to person not only in exploring their sexuality and the formation of their identities.

Furthermore, the transformative journey of women is inevitable in the family and society. Most women writers came from middle-class backgrounds and they portrayed themselves as protagonists. The reason is that some aesthetic rules are constructed by men and interestingly followed by women without any demand. The unacceptable culture shock is still applied to women in some G20 countries like Africa, India, and so on. On 14 December 2022, Nicky Le Roux, Program Officer, Southern Africa shared her thoughts in the Ford Foundation article. The article, *Ending gender-based violence in South Africa, one march at a time* says,

“In South Africa, these milestones were gratefully received but long overdue: For decades, the country has ranked as one of the most dangerous in the world for femicide and intimate partner abuse. It has been estimated that a woman is killed in South Africa every four hours, and at least half of them murdered by an intimate partner. The rate at which women are killed by intimate partners is also five times higher than the global average”. (Le Roux, 22)

Nicky Le Roux used the word *Femicide*, a term that originated to depict the targeted killing of females due to their gender identity. Such act signifies a deeply distressing and widespread manifestation of violence against women. This atrocious act is driven by deeply ingrained gender disparities and prejudiced societal standards. Femicide is a crucial act that happens in our digital era, which is more than a shock.

Women writers never forgive such acts and never fail to mention it in their writings. Numerous books address the issue of such crimes, exploring their various facets, causes, consequences, and potential solutions. Some notable books based on such crime: is *Femicide in Global Perspective*, this work is edited by Diana Russell and Roberta A. Harmes, the book provides a global perspective on femicide, examining cases and discussing the need for international action to combat this issue. Marceline Naudi's *Femicide: Gender and Violence Discourses* is a collection of essays that explore different dimensions of femicide, including its historical, social, and cultural contexts. Samantha Bricknell's *Femicide: The Killing of Women in Australia* focuses on femicide in Australia, providing insights into the patterns, causes, and responses to femicide in the country. *Femicide: Gender-Related Killings of Women and Girls* edited by Shalva Weil and Consuelo Corradi, is a compilation of scholarly articles that delve into femicide from various angles, offering interdisciplinary perspectives. Jackson Katz's *The MachoParadox: Why Some Men Hurt Women and How All Men Can Help* delves into the broader issue of violence against women, exploring its roots and providing insights on how to combat it. Yvette Russell's *Femicide: The Power of Women's Voices* is an exploration of femicide that draws on feminist theory and activism to shed light on the killing of women and the need for societal change. These books offer important insights into the topic of femicide, analyzing its underlying causes, societal implications, and potential strategies to combat and prevent gender-based violence against women. The sad reality is that such kind of cruelty happens due to the lack of illiteracy and humanity. The only solution is to educate and motivate them to improve their community and people.

2.1 Reasons and evidence- The strategic report

There are multiple ways of torture and abuse happening all over the world in the form of homicide, domestic violence, gender inequality, hate crime, femicide, and more. All are global issues and women and children are mostly suffering.

The report States with the highest femicide rate in Mexico in 2022 (number of femicides per 100,000 women) says,

“Colima was the Mexican state with the highest femicide rates in 2022. In that year, nearly three of every 100,000 women who lived in Morelos were murdered on account of their gender. The state of Mexico was also among the 15 regions with the worst femicide rates, with 1.59 femicides per 100,000 female inhabitants, well above the national average of 1.52. When it comes to absolute figures, the latter was the Mexican state with the largest number of femicide victims” (Statista, 2023).

Femicide, the deliberate killing of women due to their gender, occurs in numerous nations. Protests and writings are not enough to handle the situation more than severe actions should be taken by the ruling governments. Some other societal, cultural, economic, and systemic factors that lead to this unethical crime against women The unnoticed topics and issues:

2.2 Gender Disparities and Bias: The analysis of status and criticism of gender inequality exists of controlling their education, age, race, and social-class identity. Marital, parental, and employment status create chaos additionally parents are failed to teach their children about unity & equality. The significant role of cultural expectations and gender roles in shaping the psychology of women is exemplified through works like Charlotte Perkins Gilman's *The Yellow Wallpaper*, which vividly illustrates the psychological strain of societal expectations on women during the late 19th century.

2.3 Machismo Cultural Norms: Mexico, upholds a "machismo" culture that idolizes traditional male dominance and aggressive masculinity, often linked to violence against women. Ixa is an Austin, Texas-based writer and contributor for Verywell Mind where she explores the intersections of Latinx culture, spirituality, non-monogamy, mental health, and queer identity. The article, *Machismo: The Traits and Impact of Traditional Masculinity* says, “Machismo culture is multidimensional. At its worst and most collectively understood, Machismo enforces toxic masculinity” (Soletto, 2023).

2.4 Violence and Organized Crime: Mexico's struggle with drug cartels and organized crime cultivates a culture of violence, where women become targets either as unintended casualties or due to their involvement in criminal activities.

2.5 Socioeconomic Dynamics: Poverty, limited education, restricted access to resources, and economic dependence on abusive partners create environments where women are susceptible to violence and unable to break free from abusive situations.

2.6 Inefficacies in Legal Systems: Weak legal frameworks, ineffective implementation of laws, and sluggish judicial processes can impede the prosecution of perpetrators, leaving women vulnerable and without legal recourse.

3. Psychological Dimensions, Bias, and Stereotypes

The lack of representation has frequently led to undervaluation and limited opportunities making women depressed in any field. The psychological transformation a woman undergoes during motherhood, encompassing the joys, challenges, and sacrifices, is a recurring theme in many literary works. Moreover, women writers often find their themes and perspectives marginalized or labeled as specific to certain genres, constraining their potential reach and influence in their findings. Furthermore, Amy Tan's *The Joy Luck Club* vividly portrays the psychological impact of mother-daughter relationships, highlighting the intergenerational dynamics and the intricate psychological facets of identity, assimilation, and family bonds. Toni Morrison's *Beloved* delves into the psychological trauma of motherhood and slavery through the character Sethe, capturing her struggle for freedom. At the forefront of challenges faced by women writers is persistent gender bias entrenched within the literary world. Overcoming these limitations and confronting established narratives has been an ongoing struggle for female authors.

The advent of online platforms and social media has proved instrumental for women writers, granting them avenues to share their work, foster communities, and connect with a broader audience. This digital revolution has ushered in new prospects, enabling aspiring women authors to gain acknowledgment and transcend traditional barriers within the publishing realm. Women writers grapple with persistent challenges in the literary arena, their perseverance, ingenuity, and determination drive transformative shifts. Through their prose and poetry, women authors adeptly navigate these challenges while smashing barriers, promoting inclusivity, and paving the way for a more equitable and varied literary landscape. With their voices gaining prominence and influence, the literary world anticipates a more vibrant array of narratives reflecting the vast spectrum of human experiences. Exploring the psychology of women, especially within the context of literature, comes with several intricate challenges and complexities. These difficulties include:

Women's experiences vary widely due to factors like culture, race, socioeconomic status, sexual orientation, and more. Understanding and including this diversity in the study can be demanding. Analyzing the psychology of women requires accounting for historical and cultural backgrounds that have influenced gender roles, expectations, and women's experiences. These contexts are intricate and hard to navigate comprehensively. Women's experiences intersect with other social identities and categories. Intersectionality, which examines how multiple identities interact and impact experiences, demands a nuanced and intricate approach.

Overcoming biases and stereotypes that have historically affected research about women's psychology remains an ongoing challenge. Preconceived ideas and societal stereotypes can influence research findings and interpretations. The historical underrepresentation of women in literature and academia can result in a scarcity of primary sources and narratives from women. This limitation makes it challenging to develop a complete understanding of women's experiences across different historical periods.

3.1 Addressing Sensitive Topics: Researching sensitive issues such as sexual assault, domestic violence, body image, and mental health in the context of women's psychology requires careful ethical consideration and handling to protect and respect participants and their experiences.

Writing a sensitive topic is mostly based on targeting any community or religion. However, some books are challenging to read and accept by people. In this way, Barbara Kingsolver's book *The Poisonwood Bible* narrates the story of the Baptist minister who is fiercely dedicated to converting the village to Christianity. Though the book received critical acclaim, New York Times bestseller status, and became Editors' Choice for the New York Times Book Review. The book has received mixed popular reviews from the moment of published in 1998 and it continues to be controversial more than 10 years later.

On October 10, 2015, The Indian Express published an article based on *Now writer Shashi Deshpande quits Sahitya Akademi: 'Silence a form of abetment.'* "I do this with regret, and with the hope that the Akademi will go beyond organising programmes, and giving prizes, to being involved with crucial issues that affect Indian writers' freedom to speak and write," she wrote. (Indian Express, 2015) Author Shashi Deshpande resigned from the Sahitya Akademi General Council, expressing deep concern over the organization's silence regarding the murder of Professor M M Kalburgi. Kalburgi, a celebrated Kannada writer and Akademi awardee was fatally shot by unknown assailants in Dharwad in August. This move by Deshpande followed the actions of three other writers—Uday Prakash, Nayantara Sahgal, and Ashok Vajpeyi—who returned their Akademi awards to protest against Kalburgi's murder and the government's silence on the matter. Additionally, six Kannada and one Urdu writer also returned literary awards given by the state government as a gesture of protest. Thus, researchers must adjust their methodologies and frameworks to accommodate a broader spectrum of gender identities and experiences. Ensuring that women's voices and experiences are faithfully represented, without distortion or male biases, presents a significant challenge.

To overcome these challenges, researchers need a holistic and intersectional perspective that values diverse viewpoints and experiences. They should also remain attuned to evolving societal dynamics and academic paradigms, striving for a more inclusive, accurate, and representative exploration of the psychology of women. Changing Societal Norms and Roles like Adapting research to reflect evolving societal norms and roles for women is a challenge. This social psychology is continually influenced by changing its dynamics, demanding research that remains current and relevant. The literary sphere has long presented formidable challenges for women writers, marked by societal prejudices and institutional barriers.

Many have fearlessly addressed critical topics such as gender equality, identity, and societal norms, broadening horizons and offering readers diverse insights. In various societies, the voices of women authors have been muffled, restrained, or outright prohibited due to societal norms, political ideologies, or cultural limitations. Nevertheless, these resilient women have chosen not to succumb to silence, leveraging their pens as formidable instruments to challenge oppression and advocate for transformative change. Censorship against female writers is deeply rooted in history, often driven by patriarchal norms that dictate what content is considered acceptable or not. These limitations encompass regulating the subjects, women can write about and curtailing their freedom of expression. Frequently, works that question traditional gender roles, tackle taboo topics, or critique societal norms face severe censorship.

Despite the obstacles, numerous female writers persist in pushing the boundaries of conventional literature. They utilize their literary prowess to illuminate injustices, champion gender equality, and contest oppressive regimes. Through their prose, these courageous writers strive to deconstruct stereotypes, incite activism, and embolden others to challenge censorship.

In today's digital era, female writers are discovering alternative platforms to share their literary creations and connect with a broader audience. The internet and social media have emerged as invaluable mediums for bypassing traditional censorship, enabling them to impart their narratives, ideas, and viewpoints to a global audience.

The struggle against the censorship of women's voices remains ongoing. Advocacy groups, writers' organizations, and human rights activists persistently raise awareness about the critical importance of free expression and challenge discriminatory censorship practices.

Although censorship has attempted to stifle the voices of female writers, their resolve and valor have empowered them to endure and amplify their messages. By resisting oppression through their written words, these female writers ignite hope for a future where freedom of expression prevails and diverse perspectives are embraced and celebrated.

4. Political and Feminist Literary Voice

The historical shift from literary excellence to political leadership has been exemplified by a select group of remarkable women authors. These individuals have not only made a lasting impression in the realm of literature but have also ventured into the intricate domain of politics, utilizing their literary prowess to drive change and advocate for social causes. Since ancient times books have been the target of censorship. Usually, these books were destined to be burnt completely to avoid protests and violence against the government. Today, books are not often burnt, we do remove them from school and library shelves or refuse to carry them in bookstores.

4.1 George Eliot (Mary Ann Evans): Mary Ann Evans, writing under the pseudonym George Eliot, is celebrated for her literary works such as *Middlemarch* and *Silas Marner*. Her astute observations of society and character-driven narratives have left an enduring legacy in the literary world. In her later years, Eliot's strong socio-political convictions led her to actively participate in contemporary political discussions, advocating for social reforms and women's rights. Her writings, both fictional and non-fictional, reflected a deep commitment to social justice. Thus, George Eliot's novel *Adam Bede* was attacked and the book was withdrawn from Britain libraries in 1859.

4.2 Ayn Rand: Ayn Rand, famous for her novels *The Fountainhead* and *Atlas Shrugged*, crafted intricate narratives that championed individualism and unregulated capitalism. Her literary creations have significantly influenced conservative and libertarian ideologies. Beyond the confines of her books, Rand emerged as an outspoken supporter of individual liberties.

4.3 Arundhati Roy: Indian author Arundhati Roy made a notable literary impact with her debut novel, *The God of Small Things*, earning the prestigious Man Booker Prize. Apart from her literary endeavors, Roy actively engaged in political activism. Through her writings and public speeches, she passionately addressed critical issues such as human rights, environmental preservation, and anti-globalization. Roy's influential voice has been at the forefront of speaking out against societal injustices and corporate abuses. Today, writers have actively shared their opinions. Roy also reacted to the article published on 12/NOV/2020, "A Tamil Nadu university has decided to withdraw Arundhati Roy's book *Walking with the Comrades* from its postgraduate English syllabus after complaints from the Akhil Bharatiya Vidyarthi Parishad (ABVP – student wing of the RSS). The book details Roy's visits to Maoist hideouts" - The Hindu reported.

4.4 Chimamanda Ngozi Adichie: Nigerian author Chimamanda Ngozi Adichie, acclaimed for her works like *Half of a Yellow Sun* and *Americanah*, has not only captivated readers but has also emerged as a fervent advocate for gender equality and social equity. On 14 April 2017, her TED Talk, "We Should All Be Feminists," became a global rallying call for women's rights. Adichie's literary achievements coupled with her advocacy work have significantly impacted the broader discourse on gender and race.

4.5 Barbara Kingsolver: The feministic side of Barbara Kingsolver, a prominent American novelist, essayist, and poet, is well-known for her insightful exploration of societal and environmental issues from a feminist perspective. Her literary works feature strong female characters, compelling narratives, and a deep commitment to social justice. This essay will delve into Kingsolver's literary achievements and how she expresses feminist viewpoints through her writing.

Kingsolver's feminist stance is evident through her portrayal of female protagonists who challenge traditional gender roles and societal expectations. In books like *The Poisonwood Bible*, *The Bean Trees*, and *Pigs in Heaven*,

she presents complex, resilient women who face adversity and strive to define their identities on their terms. For instance, Taylor Greer in *The Bean Trees* embarks on a journey of self-discovery, showcasing strength and determination as she navigates a world that often marginalizes women.

Furthermore, Kingsolver's novels explore themes related to motherhood, sisterhood, and the interconnectedness of women's experiences. *The Poisonwood Bible* vividly depicts female relationships within a family, illustrating the diverse struggles and triumphs of the Price sisters as they adapt to life in the Congo. Through this lens, Kingsolver portrays women not just as individuals, but as a collective force drawing strength from shared experiences and mutual support.

Apart from her novels, Kingsolver engages with feminist discourse through her essays and nonfiction works, addressing topics such as reproductive rights, environmentalism, and social justice. In *Small Wonder*, a collection of essays, she examines the role of women in society and emphasizes the need for their voices to be heard on critical issues affecting humanity and the planet.

Kingsolver's dedication to environmental sustainability and advocacy for social change are integral aspects of her feminist philosophy. In books like *Flight Behavior* and *Prodigal Summer*, she explores the impact of environmental degradation on women and marginalized communities, highlighting the intersectionality of gender and environmental justice. By intertwining feminist narratives with ecological concerns, Kingsolver presents a comprehensive perspective that goes beyond traditional boundaries.

Moreover, Kingsolver's storytelling often underscores the resilience and strength of women when faced with challenges like poverty, discrimination, and ecological crisis. By depicting female characters who rise above adversity and advocate for change, she conveys a potent message that women have the agency to transform their lives and communities.

Barbara Kingsolver's literary works embody a feminist ethos that empowers women and addresses their diverse experiences within society. Through her well-crafted narratives and compelling characters, Kingsolver challenges gender norms, emphasizes the importance of female bonds, and amplifies the voices of women in the quest for a more just and sustainable world. Her contributions as a feminist writer resonate deeply, inspiring readers to contemplate the significance of gender equality and the essential role women play in shaping our shared future.

These exceptional women authors illustrate that the influence of the written word can transcend literature and become a catalyst for change in the political arena. Their dual roles as literary artists and political figures underscore the enduring impact of literature on society and its ability to steer the course of history.

5. Conclusion

Literature serves as a unique lens through which we can analyze the psychology of women, providing insights into the diverse experiences and emotions that shape their identities. Through these societal influences, female sexuality, identity formation, and motherhood, we gain a profound understanding of the intricate psychological landscapes that women navigate. These literary insights enhance our appreciation of literature and contribute to a broader comprehension of the human experience, fostering empathy and encouraging a more inclusive and equitable society.

Overall, this study asserts that literature offers a distinct perspective for studying the psychology of women, shedding light on their emotions and experiences. By integrating established psychological theories and examining the influence of society, female sexuality, identity development, and motherhood, this analysis aims to deepen our comprehension of the intricate psychological landscapes that women navigate. Ultimately, this enriched understanding contributes to a more compassionate and equitable society, fostering a holistic appreciation of the human experience. In recent times, determined efforts have been made to highlight the underrepresentation of women in literature and to honor their contributions. Literary festivals, awards, and

organizations increasingly spotlight exceptional works by women writers, amplifying their voices and recognizing their pivotal role in shaping literary culture. Implementing these strategies like educating and mentoring can work towards a more equitable society where women are treated with respect, fairness, and equal opportunities.

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