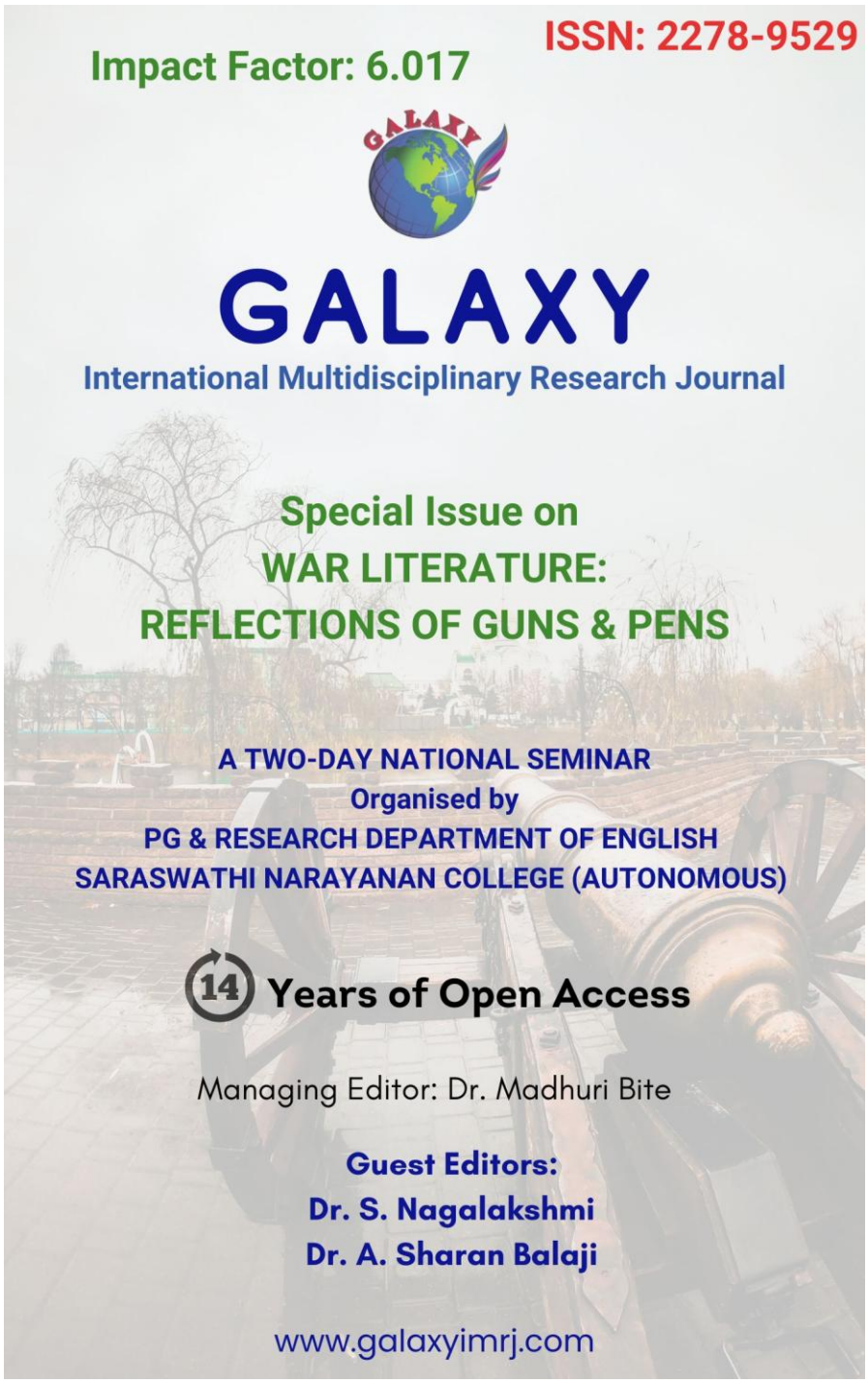


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Psychological Trauma in Orhan Pamuk's *Snow* and Khushwant Singh's *Train to Pakistan*

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Abstract:

This paper looks at the terrible mental trauma people go through when they are stuck in the middle of a social conflict, focusing on Orhan Pamuk's *Snow* and Khushwant Singh's *Train to Pakistan*. Though these novels are set in very different times and places in history, ideological fights in modern Turkey and the Partition of India in 1947, to be exact, they are both about how violence can leave lasting psychological scars. Singh's *Train to Pakistan* shows very clearly how quick and painful it was to experience violence between different groups during Partition. The sudden and violent turn of Mano Majra into a terror site breaks the locals' sense of safety and forces them to face the worst parts of people. Characters like Juggut Singh go through the huge changes in their minds as they deal with moral problems and see horrible things that change their views on life forever. The novel also shows how quickly social order is falling apart and how widespread fear causes pain that lasts for generations. Whereas in Snow by Pamuk shows how the unstable conditions in Kars, Turkey, affect people's minds because of the political and religious strife that happens there. There is a state of blind distrust because of the constant danger and false information, which is bad for people's health. The main character, Ka, is a metaphor for deep social isolation because

people in his society don't trust each other and the truth is hard to find. The novel shows how political violence suffocates people's minds, leaving them anxious all the time.

So, with this context, comparative methods are used in this paper, to show that both writers care a lot about how being separated from others affects people's minds. It's clear from both stories that violence ruins the look of daily life and forces people to face the worst parts of themselves. Both the stories take place in different worlds, but they all show how strong people can be even when terrible things happen. The writers of *Snow* and *Train to Pakistan* show how war continues to leave people with long-lasting mental damage that makes it hard for them to find meaning or get through the trauma they go through.

Keywords: War, politics, history, sufferings, psyche.

Introduction

Pamuk's *Snow* looks at the ideological war and widespread fear that happen in modern Turkey because of the competition between liberal and fundamentalist Islamic groups. In his writing, he shows how secular and religious political extremes slowly destroys people's health. The traumatic event makes the characters paranoid by manipulating information and stifling criticism, which makes them feel very alone and afraid of their own existence.

Train to Pakistan by Singh describes the Partition of India in 1947 as a mess of events that hit the senses all at once. A natural disaster in the past caused sudden outbreaks of violence between communities, turning places that were normally quiet into horrible battlegrounds. In his story, Singh shows directly how hard and violent it is to see such horrible things happen, along with how quickly social structures fall apart and community ties are broken. Partition's trauma shows up in the form of violent encounters with basic human cruelty, loss of innocence, and lasting signs of religious hostility.

Comparing these two works is meant to show how psychological trauma shows up in different ways when societies are in trouble. Readers of *Snow* see people slowly lose their minds because of widespread ideological stress, while readers of *Train to Pakistan* see sudden, violent riots between different groups of people. These two novels share basic ideas about how battles hurt people by showing the never-ending process of living and surviving in times of chaos.

The paper aims to find the basic human traits of endurance and pain that are present in these two literary works regardless of their historical setting. When one look at Pamuk's modern ideological analysis next to Singh's historical account of ethnic violence, one can better understand how social fracture affects people's mental states. Every one of these authors does a great job of showing how quickly social structures fall apart and what happens to regular people when they do. The study shows that literature does a good job of showing how serious social conflict is on people's minds and showing how people keep looking for hope and understanding during hard times.

Traumatic Events in Singh's *Train to Pakistan* and Pamuk's *Snow*

Both *Snow* by Orhan Pamuk and *Train to Pakistan* by Khushwant Singh are strong examples of how terrible societal conflict is for people's minds. Outside chaos when enters the mind of a person with force, it causes permanent damage to the mind in a variety of ways that could be found in these select novels.

Pamuk's literary gem *Snow* shows how ideological conflicts can lead to icy rebellions within people. The author uses Kars as a setting to show how Turkey is divided along national lines, leading to widespread fear and mistrust between Islamic and non-Islamic followers. Through Ka, the main character, a poet who comes back to Turkey, the author looks at how national strife affects Turkish people on the inside. As one of the main ways that

Kars shows how stress affects people's minds, paranoia is present throughout the novel. Characters stay wary throughout the story because they don't know who they can trust. Ka noticed that everyone was watching everyone else, and no one knew who they could trust. The constant surveillance and lack of trust between people create a mental environment that traps and separates people. To this context these words from text aptly fits in here, "But in Kars, everything had been so terribly confused, so full of contradictory emotions, that it had become impossible to know who was right and who was wrong". (p 150)

The characters experience psychological trauma because knowledge is changed on purpose and they can't say what they think. When the government controls the media and uses propaganda, reality gets skewed and facts become impossible to understand. Pamuk says that the biggest problem was that people didn't know which statements they could trust. When the truth gets cloudy, it's hard for people to understand their surroundings. As a result, they feel lost and confused as they try to handle their lives. While reading the story, the main characters feel very far away from themselves and are afraid that they will die. When people are constantly at risk of violence and don't know what the future holds, their mental health becomes unstable. As Ka tries and fails to fit in with his very divided society, he shows what it means to be socially alienated. The author creates a safe space in his writing, that he uses to talk about his inner battles and make sense of the crazy world one live in now. Pamuk says that his character found the only way to understand the world through poems. The author shows how writing is an important part of Ka's mental health because he uses it to make sense of the terrible things he sees. The characters make a tough choice between their morals and what's best for their safety, which causes stress and moral issues. Extremist pressure can be seen in the shocking act of self-harm by women who covered their heads. Before she kills herself, one of the girls says that she can't live under those conditions. Their sad plea shows the unbearable mental burden that extremism puts on people who have to follow strict beliefs.

Train to Pakistan by Khushwant Singh shows how relationships between different faith groups suddenly fall apart. It brings about how religious conflict can hurt people right away, while *Snow* is about how it can damage people's minds over time. As a town, Mano Majra looks beautiful, but during the Partition of India, this place becomes an unimaginable scene of violence. Violence breaks out all of a sudden and destroys the peaceful image that people had been living under, leaving them in shock and doubt. People who have survived social failure and the breaking down of community ties have serious mental health issues. Singh says that the situation was not clear right. There was violence everywhere. The novelist manages to show how the whole novel is filled with widespread fear and total chaos.

The people in *Train to Pakistan* have to deal with seeing bloodshed and building things that hurt people, which changes their basic ideas about people. These painful events have a huge psychic impact that makes them remember violent scenes for a long time. The wild man in the area changes because he loves and needs to protect his dear Juggut Singh so badly. Because he acts this way when there are disagreements between groups, it shows that people can be cruel and caring at the same time. A huge number of people had to leave their homes and towns during Partition, which caused a lot of trauma for them. Because of various traumatic events, Singh says people live like they are refugees. All of their things were lost. So, it clearly expresses all the pain that comes with being moved and the physical and mental damage it causes. Here, Singh uses the story *Train to Pakistan* as an example of how the tragedy of Partition easily broke down the peace between different groups.

Train to Pakistan is full of scary and helpless events for the main characters. A lot of people are mentally unstable because of the ongoing bloodshed and the unknown possibilities for the future. The train goes from being a sign of safety and freedom from threats to become a tool of fear and death. The words of Singh from the text fits here aptly as, "The train pulled in, and from it, as though out of the bowels of Hell, men, women, and children, torn and

bloody, were pushed out in heaps, some dead, others still moaning, others just stunned". (p. 157) Unfortunately, this evolution totally destroys their mental states, making them feel very sad. Singh says the train picked up dead people and took them to a made-up ghost land. When people were forced to leave their homes, these words really show how the violence they lived through affected their mental health.

A comparison of how trauma affects different people

The different settings of *Snow* and *Train to Pakistan* didn't hide the fact that both stories are about mental trauma. Through their stories, these two novels show how conflict in the community hurts people's health and happiness, leading to social withdrawal, anxiety, and black depression. The stories show that people have two sides to them where they can be cruel to others and also care about them, which makes things hard for those who are in dangerous situations. Disorientation and misunderstanding are felt by readers of Snow because it breaks trust and sends mixed messages. There are breakdowns of order and feelings of fear spread through the community in Train to Pakistan when sudden acts of violence happen and social bonds are broken. Unlike *Snow,* which shows a mental breakdown that gets worse over time, *Train to Pakistan* shows how immediate and damaging communal violence is for people. Both Pamuk and Singh are great at writing about people who are having mental problems because of trauma. There is psychological damage from violence, and the writers show this by showing how people change as a result of living in a society with constant and unpredictable conflicts. These novels shows that people can be strong and bear pain at the same time. They also show that people are always looking for meaning and ways to stay alive in chaotic times.

Conclusion

Reading *Snow* by Orhan Pamuk and *Train to Pakistan* by Khushwant Singh can help one to understand how social conflict can cause people to suffer from different types of serious mental injuries. *Snow* shows how ideological warfare can cause a slow but steady breakdown of mental health, while *Train to Pakistan* shows how instant violent conflict can destroy community relationships quickly. In each story, the author looks at how social differences leave emotional scars that last a lifetime. The writers are very good at figuring out how the characters think when they are scared, face moral problems, or lose loved ones. They also know that trauma shows up in different ways in different countries and times.

No matter what happened in their history, these two novels shows that people can suffer and that they can get through hard times. The sudden breakdown of social harmony shows how destructive ideological fights and active hostility within a community can bother people's mental health. When one look at how conflict affects people's minds, reading these writers' works shows how ideological conflict today is similar to communal violence in the past. Literature in this case shows how it can show people trying to stay alive in a world where things aren't fixed.

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