

Abstract

Psychology and literature can be referred to as sibling disciplines. Psychology has had a strong influence upon Literature. The orientation literature draws from psychology is quite evident. Both deal with the perplexities of human existence, one by way of expressing it and the other by way of understanding and resolving it. The different theories of the psychologists have changed the way the authors write, and the portrayal of the characters by them.

This research work attempts to analyze the main characters of selected novels from the point of view of the two most influential theorists in humanistic psychology. It aims at analyzing the psychological development of Amir from *The Kite Runner* by Khaled Hosseini, Stephen from *A Portrait of the Artist as a Young Man* by James Joyce, and Rusty from the Rusty Series by Ruskin Bond from the theoretical point of view of Carl Rogers and Abraham Maslow. In this research, an attempt has been made to show from the humanistic perspective how the human character progresses, how the development towards betterment is the natural tendency of humans and how the societal obstacles in the achievement of such potential creates bad or undesirable behavior. All the three stages of development would be dealt in detail: childhood, adulthood, and manhood. We will witness the growth of the characters from childhood to adulthood. The varied influences instrumental in shaping the personalities of the characters will be studied. Emphasis would also be laid on the inter-mingling of the two disciplines, psychology and literature, in this work.

Character based fiction is always exciting and enticing. The characters of Rusty, Stephen, and Amir are left free to be interpreted by the readers in their own way. It would be an altogether different and innovative field of study wherein the

literary characters from different socio-cultural backgrounds would be studied from the humanistic perspective of Carl Rogers and Abraham Maslow. Though, in the field of psychology, the current direction of research has gone in a direction away from what humanists would have liked, but it does not diminish the importance of humanism. The insight that humanism has given to the understanding of human life will always remain relevant and useful. Newer theories and developments can provide newer insight into the human behavior, but humanism will always continue to exert its influence on new generation of people who are interested in understanding life.

This research is an effort to create an interdisciplinary approach to understand human life in its totality. It hopes to open a new path of development in which more people will choose to utilize the knowledge in different domains of study in understanding literature so as to enrich each other and to create a more holistic understanding of human behavior and human life. This research work is based on three different characters that have had different lifestyles and upbringing and we form a correlation between the three explaining how humanistic psychology is universal and a parameter for depicting and predicting personality.