

## An Adlerian Reading of Courage, Life Style and Social Interest in Donoghue's Room

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### **Abstract:**

*This paper aims to investigate the notion of Courage, Life Style and Social Interest in dealt with Adler concept of personality development in Emma Donoghue's Room. Specifically, how these concepts unveil negative emotions encouraged the characters to develop their personality through the novel and how the characters resolve the personality problems in this novel. The protagonist, Jack, is a five-year-old youngster. room is in a whole different circumstance than she has ever been in. Jack grows up alone in a room with his mother. Since she was 19 years old, Ma has been kidnapped. It has been seven years since that time. She is raped and imprisoned in a room until her son, Jack, was born. Life in room, as Jack refers to their zone of imprisonment, is a constant pain for Ma, only alleviated by her desire to protect her son. In their daily lives in Room, they experience horrific events that can be classified as psychological illnesses for Ma and Jack . The focus of this study is on Adler's most influential concept that is personality development. It is considered as an individual's interest within their social context.*

### **Keywords:**

*adlerian reading; life style; social interest; donoghue's room*

## **I. Introduction**

The books that are written on Emma Donoghue's works are various but the researcher feels the necessity of applying Adler's psychology on Emma Donoghue's *Room*. *Room* is a novel that deals with personality development in light of Adler theory. Adler's views on the development of personality, the level of emphasis on human sexuality, the motivation factor between past experiences and future expectations and the overall basis of mental power are really obvious in the *Room*. Adler saw personality and life style as something established quite early in life. major components of this research that are striving for perfection, personality development, striving for superiority, social interest. Donoghue identified various solutions for women's difficulties through Ma's experiences. Ma's struggle also has two key aspects in terms of gaining her own freedom. First, it is proof that women can gain their independence. She can be a single parent for her son. Second, Donoghue shows a woman who struggle to live in a room with her son. She is very responsible as a mother and dedicates her life to her children. Her character changes progressively as she gets out of the room and encounters other people. The characters of Jack and Ma in Emma Donoghue's *Room* struggle to adjust to the new environment and society. Jack's character growth throughout the novel. The growth of Jack is in the different types of self-identity such as gender identity, cognitive and emotional development. The character of Jack is curious. Jack has the ability to transform into a different person. He discovers that the world is bigger than the room. He gradually gains confidence in

himself and his surroundings as he learns to trust those around him. The changes that Jack experiences is upon most of the aspects of development. Sometimes his development is slow.

The importance of the present thesis rests on the new perspective it depicted. This research aims to illustrate the effect of economic situation on individual's thoughts, lives, norms and values, and to show how this writer has rendered the personality development in his contemporary society. The researcher has read many essays and books to find a thesis similar to her study but neither of them has specifically looked Emma Donoghue's novels through Adler's psychology, investigating specifically the individual development perspective. The significance of the study lies in the fact that most of Emma Donoghue's novels, mostly the earlier ones have similar themes but the researcher is going to find personality development in his novel namely, In Emma Donoghue's *Room* by finding Inferiority Complex, Striving for Success or Superiority, freedom of choice, conscious and unconscious for individualization Process, and social interest issues in the light of Individual development. Emma Donoghue is a shrewd writer with an eye on society, its problems and the place of individuals within it. She shows the realities of society artistically. There is a storm hidden under the surface layers of her *Room*. So, the present study is a glance simultaneously at the novel's time and that of the characters', in this case it is of social value as well. So, the researcher wants to investigate this novel from this perspective to show its hidden layers and also displays its rich potential which is strongly dealt with criticizing a postcolonial society in lens of Adlerian psychotherapy.

## II. Review of Literature

Women's struggle is an effort undertaken by women to get their goals. Can aim to gain equal rights, not discrimination and to gain his freedom as a woman living on earth. According Ratnasari, women's struggles is a way to get the equality with men, feminism beliefs become the major weapon to get the equality of the human rights. The principles of feminism analyze the position of women and men in the social life with intend to build up the understanding for the accomplishment of women's better life. The principles of feminism develop thoughts and efforts to create appropriate ways to overcome intolerance and exploitation to women. (Ratnasari, 2014). Tong (2013: 7) declares that the real meaning of feminism is the state where women are free from oppression, power, hegemony, injustice, and violence. Kaptein also writes that struggle, the object of value is not yet realized or guaranteed. What is valued has not been secured yet—it is something which people want to realize or save due to its future reality is not certain. So there is a possibility of losing or not realizing something valuable. (Kaptein, 2017).

## III. Research Methods

Adler called an individual's characteristic approach to life the “style of life Adler (1933) in his book entitled Fundamentals of Adlerian psychology stated that

“Everyone carries within himself an opinion of himself and the problems of life, a life line, and a law of movement which keeps fast hold of him without his understanding it or giving himself an account of it. Every individual keeps trying to overcome the feeling of inferiority of early childhood by striving for perfection, completion, superiority or evolution.” (117)

The lifestyle becomes the manner in which people approach or stop approaching the three main life tasks and strive to realize their ultimate fictional goal. In this is relatively

versatile in dealing with the tasks of life for stable individuals. Many ways to solve problems can be found, and when one way is blocked, they can choose another one. The Life Style must be understood as an unconscious Self-concept curriculum, world principles, priorities and goals He assumes that these targets can be accomplished. Shapes of this life line Behavioral interventions that the person takes for appropriate purposes Get from his point of departure to the aim of overcoming the struggles (qtd. in Adler, *Understanding Human Nature* 280).

Style of life refers to the unique pattern of traits, behavior and habits which when taken together, define the particular route we have charted for ourselves in order to reach our life goal. It is Adler's belief that lifestyle factor develops in a child between 3 to 5 years of age. The development of these life-style results in the child's giving meaning to experiences. The life-styles is so important for the individual that it helps him to compensate or make-up for different inferiorities he may possess (Carlson 13). There is a lack of social activity, interest. The ruling, gaining, and avoiding lifestyles are the three categories. The three sorts of lifestyles with minimal social activity and interest have all felt inferior while growing up. As a result, these people have developed an inferiority complex which they try to hide by looking superior to others (Adler, *The Practice and Theory of Individual Psychology* 222).

According to Adlerian philosophy Humans, are proactive rather than reactive when it comes to the evolution of their way of life. The Adlerian concept known as the creative power of the self or the self-creating power. Self-expression People function as authors as a result of their creative power. They write their own scripts, direct their own acts and create their own characters. Humans co-construct the realities to which they respond (Watts & Shulman 10). Adler defined lifestyle as a person's reaction to other people and social situations. A cunning youngster who did evil things as a child and then tried to talk himself or herself out of trouble as an adult would most likely keep that attitude. Lifestyles can also be beneficial. Some kids are consistently pleasant and helpful. As a result of this social reinforcement in childhood, individuals are more likely to keep that social orientation in maturity (Adler, *The Practice and Theory of Individual Psychology* 222).

According to Adlerian theory, a person's distinctive pattern of movement indicates a distinct way of perceiving, conceiving, behaving, and striving toward a subjectively defined objective of power. Heredity and environment are seen as influencing, but not deterministic "resources" that the "creative self" use to construct a lifestyle. The child born into a democratic, non-competitive, and emotionally stable household will grow up to lead a life in which power struggles are aimed toward a more perfect society rather than selfish personal aims. Individuals who are unsure of their own worth tend to live a rigid, inflexible lifestyle, which can add to feelings of inferiority. Several popular ways of life in our culture are described e.g., getters, drivers, righters, superiors, victims (Adler, *The Practice and Theory of Individual Psychology* 223).

Courage refers to the willingness to engage in risk-taking behavior when one does not know the consequences or when the consequences might be adverse. Life is bigger than we are and is constantly providing challenges. Adler suggested that the concept of courage essentially consists of two elements: activity rate of movement toward goals and social interest. Consequently, the highly active person who has interest in others is courageous, willing, and able to act to achieve in terms of his or her feelings of belonging to others. Adler encouraged persons to be willing to engage in courageous behaviors. Willingness is dependent upon many internal and external variables such as the lifestyle convictions, the degree of

social interest, the extent of risk as the individual appraises it (Adler, *The Individual Psychology of Alfred Adler* 245).

Adler's theory stresses the social impacts on each individual, begins with the impact of early childhood family relationships. Each child functions from a specific social position while interacting with siblings and parents, forming an identity within the context of these early relationships. Early events are also interpreted by the kid, who draws broad judgments about life and his place in society. Children often develop a cognitive template based on limited views and backed by false generalities and private reasoning if they do not have appropriate parenting. When a youngster is discouraged by negative experiences, he develops mechanisms to defend himself from a sense of inferiority. Even with good parenting, children compete for positions within the family social unit, with each family member sandwiched between others and viewing life from a different perspective. Healthy strivings, on the other hand, grow into cognitive structures that support cooperative relationships, mastery, and valuable contributions. Early learning patterns, whether harmful or beneficial, create the foundation for unique, personal worldviews that prescribe specific behavioral patterns and define later individual lifestyles (Adler, *The Science of Living* 34).

The researcher is going to work on Adlerian reading of personality development in Emma Donoghue's *Room*. The present research is a close consideration of Adler's most influential concept that is social interest. It is needed to understand individuals within their social context. Collaborating and cooperating as individuals and communities can progress to benefit society as a whole. The researcher tries to highlight how the characters and the author develop their personality through the story. Striving for perfection, personality development, striving for superiority, social interest and organ inferiority are the major components of this research that are dealt with in the light of Individual Psychology or Adlerian Psychology.

## IV. Results and Discussion

### 4.1. Courage and Life Style

Courage is defined as the willingness to take risks and go forward in the face of adversity. According to Adler, courage is a precondition to real cooperation by which we may move from the useless side to the useful side of adjustment, to face life tasks, to risk mistakes, and to feel the sense of belonging. A lack of courage, in contrast, breeds feelings of inferiority, pessimism, avoidance, and misbehaviors (Adler, *The Individual Psychology of Alfred Adler* 343). Ma and Jack emerge from Room as victims and the police transport them to Cumberland Clinic, a mental health facility. They believe Ma and Jack require medical attention, so they remain in the clinic for many treatments. One of the main reasons Ma wants to leave Room is to be free. Ma finds herself in a more patriarchal environment.

When Ma meets the doctors at Cumberland Clinic, she begins to cry and become enraged for no apparent reason. She wishes to return to her former "regular" life. However, she has difficulty distinguishing between her rights and her responsibilities: "... I know you need me to be your mother, but I'm having to remember how to be me as well at the same time. (Room 248). As a result, she cannot easily heal, but she gets an oppression.

He and Ma talk about stuff like why she can't get to sleep, tachycardia and re-experiencing. "Try these, just one before bed," he says, writing something on his pad. "And anti-inflammatories might work better for your toothache . . ." "Can I please hold on to my medications instead of the nurses doling them out like I'm a sick person?" (Room 202)

Unfortunately, she can no longer endure society and is unable to flee her history. It depresses her and attempts to end her life with a slew of medications. Ma has time to heal alone, away from other people, while her child recovers. She progressively improves as a person and accepts her new existence. She realized that she can't move on to the future and start a new, better life without seeing Room again, thanks to Jack. The load she carries and the difficulties she has faced have an impact on how her character evolves. With the help of Ma's brother, Paul, Jack met different people every day, went to new places, and learned to adjust to new situations. Paul is also actively involved in Jack's personal growth. When they finally met for the first time in Cumberland Clinic, Jack studies how Paul treats him and learns how to feel at ease with him (Chmelinova 51). "Hey, buddy," Paul says to Jack as he tries to engage with him. "Here's my uncle Paul, who I didn't realize was allowed into the dining room. "I believe buddy is male slang for honey" (*Room* 269). As Adler explains motivation as an integrated, consistent organization of psychological processes in the service of achieving the future enhancement of self-esteem or personal perfection (Adler, *The Individual Psychology of Alfred Adler* 60). Ma and Jack find their expression only through this consistent, goal-directed system. Jack observes and pays attention to those around him, because everyone has a different insight of a thing, which influences his perception. This perception indicates that all of Jack's attention in assessing things is focused on the outside. Jack is in the room, paying attention to everything around him and thinking about everything in his mind. When Jack saw a football player wearing a helmet and having broad shoulders, he said, "I wonder if it's really happening for real or just pictures" (*Room* 201). When Jack looks at the football player, he is observing and paying attention to him, as previously stated, because everyone has a different perception of him. When Jack remembers everything in the room and compares it to what he remembers, as well as his beliefs and desires, he is influenced by his inner experience. Because Jack's knowledge is so limited, it is not uncommon for him to perceive things strangely, sometimes to his surprise. As Adler clarifies motivation makes future development of personal perfection.

Ma was stolen at the age of nineteen by a stranger who was attempting to save her from dog. She was taken to this shed-like room and sexually abused, beaten, and starved from there. All attempts to flee have resulted in tragedy. Her threats and attempts to harm him were ineffective. The strategy must be unique. "...he'd go away and I'd get hungrier and hungrier till I died," she explained if she didn't understand (*Room*121). The worst form of agony that woman can endure is being completely cut off from the outside world for seven years. As Adler explains the psychological effect is the impact of one's courage and behavior. A person's mood and character are defined as his characteristic reaction to the state of his life, and the response to others in his behavior is largely determined by the person's life style. In this regard, Adler's definition of psychological effects is correct if these effects are closely related to what Jack experiences in the novel. The kidnapping of Ma, who was successful in bringing a boy named Jack who has to live in a small room for years and never knows the outside world due to trauma and fright. Except for when she slept, Ma claims she was unable to do anything but cry. "I used to be afraid to sleep in case he returned.... but sleeping was the only time I wasn't weeping, so I slept approximately sixteen hours a day" (*Room* 118). Old Nick as named by Ma and Jack is a psychopath. He raped Ma and brought few things to keep them alive. Jack hid himself in the wardrobe at night when Old Nick came. There was no kind of communication between the child and him. Ma was so scared that he would harm the child and she never allowed him anywhere near Jack. Ma is shown in the novel as a sexually abused woman for seven years, but she is portrayed as a brave and interesting heroine who, rather than sighing and mourning her misfortune, embraces it with enthusiasm and attempts to teach her child from everything in the room (Ladrón 86). She gains mental power as a result of

motherhood, and the link she shares with Jack allows for a fascinating look into gender identities, particularly in the case of Jack. Jack's early life circumstances kept him in a condition of deep devotion to his mother. He eats some breast milk before going to bed at the age of seven (Ladrón 86). Jack explains himself:

I guess my body is mine and the ideas that happen in my head. But my cells are made out of her cells so I'm kind of hers. Also, when I tell her what I'm thinking and she tells me what she's thinking, each idea jumps into our other's head, like coloring blue crayon on top of yellow that makes green. (12)

Donoghue's exploration of the capacity human beings suffering horrible situations could develop to overcome distress and perhaps even benefit from it is one of Room's main triumphs. As Adler stated "during Lifetime, people can be subjected to extremely stressful situations that may lead to suicide" (Adler, *The Individual Psychology* 44). In contrast, Positive Psychology explores the conditions and circumstances that lead human beings to develop their strongholds, positive emotions and affirmative traits (Seligman and Csikszentmihalyi 130). Donoghue appears to be implying throughout the novel that Ma's capacity to meet Jack's developmental needs as he grows stems from innate mothering talents which are presented as a mix of natural instinct and intuition. Despite the lack of social instruction, Jack's upbringing is notable for its abundance of stimulation and affection, both of them are essential components of effective child development (Ladrón 87). She shields him from the excesses of television, which 'rot[s] our brains,' by allowing him to watch only one show at a time, and by muting advertising, which 'rot[s] our brains even faster' (*Room* 11). Despite the fact that she was only nineteen when she was kidnapped, she is portrayed as a sensible mother capable of meeting Jack's needs and providing meaning to everything they do through a daily routine that will contribute to their physical and mental well-being. Her concerns about his education range from teaching him to read and write at a young age and encouraging him to use his imagination by repurposing items into useful tools and toys, to establishing a regular meal schedule, maintaining personal hygiene, engaging in physical activity, cleaning, singing nursery rhymes, laughing together, and praying every night (Ladrón 88). Despite Ma's explanation that television is made up of 'images of real things,' this startling finding makes him worry if the people on it are 'real for real' (*Room* 59). Because Jack's world is affected by the imagination of the fairy tales Ma tells him and the cartoons he watches on television, this blurring of boundaries is vital for the plot's development (Ladrón 90). In reality, he initially refuses to participate in his mother's escape plan and chooses to help her only after assuming the character of a fairy tale hero: 'I'm Prince Jacker Jack, I have to be Jacker Jack or the worms creep in...' Dora [the Explorer] would sing "We Did It" if she could see me (*Room* 139). Ma uses *Alice in Wonderland* to explain to Jack that there is another reality when she decides it's time to tell him the narrative of her life. But, because she employs fiction to imitate reality, he concludes that his mother 'lived'. 'I saw you on TV once' (*Room* 84).

Thing sliding in the sky that I think they're trees. And houses and lights on giant poles and some cars everything zooming. It's like a cartoon I'm inside but messier.

I'm holding on to the edge of the truck, it's hard and cold.

The sky is the most enormous, over there there's a pink orange bit but the rest is gray

... My eyes aren't working right, I'm too scared to be save. (*Room* 139-140)

As Adler explains, what influences Jack's Courage is the knowledge he gains while in the room, such as when he watches TV and has never seen himself on TV. Jack appears on television with his mother and describes himself as small. When Jack answers "small," (203). He demonstrates his life. Their escape which signals the end of their horror, is only evident because they will now have to deal with the equally stressful task of adjusting to society and

being accepted by it. As a result, Jack's first encounter with the "real" world is more devastating than his captivity. His physical appearance is unusual; his gender is misinterpreted since he has long hair and wears it in a ponytail. He has been home-schooled. People are disturbed by Ma and Jack's relationship since they are so close. Despite Ma's insistence that the boy is entirely hers, that he is "the death spit of me," Jack is the ugly son of a rapist (*Room* 7). He's been mocked in the media as a 'pint-sized hero,' a 'bonsai boy,' a 'bonsai boy,' who 'goes up and a 'bonsai boy' who is likely to suffer long-term developmental delay and 'goes up and clown stairs on all fours like a monkey' (*Room* 215). Jack is dehumanized by his biological father and grandfather, who both refer to him as "it" (*Room* 36, 226). He is changed into a strange thing that may be studied, judged, used, and mistreated at society's leisure.

Despite the fact that separates Ma and Jack from society, their mental balance is intact because they have created techniques to shield themselves from a hazardous environment. Despite his physical weakness and appearance of vulnerability to society's demands, Jack's fresh and naive outlook on reality frees him from being critical of cultural mores that are taken for granted. One of the most prominent examples occurs on the first day of their liberation, when Ma and Jack are admitted to the hospital. Jack, who had never had anxiety or sleep difficulties before, is now plagued by nightmares in the hospital and tells the doctor that he needs to return to room (Ladrón 91). In room I was safe and outside is the scary' (*Room* 219).

Jack is the character in the story feels the changing or development in his character or personality. The development can be seen from the beginning through the ending of the story. Psychologically, Jack's personal development is caused by experience and memory factors in his life. while Jack thinks about everything in the room as home and influence his personality. This can be seen from his conversation with his mother the first time he goes outside with his mother. Jack's Personality evolves from happy to r unhappy. He's a very happy kid when he lives in a home, but a lot of things happen when he lives in a room. He's not in the room anymore and it affects his attitude. He becomes an unhappy guy. He's not sad, really, but he just doesn't really like the outside. He still does, he thinks about his space and wants to go back and use it all (Ladrón 92).

Ma says we need to talk to some police. I snuggle against her, I say, "Want to go to Bed." "They'll find us somewhere to sleep in a little while." "No. *Bed.*" "You mean in a Room?" Ma pulled back; she's staring in my eyes. "Yeah. I've seen the world and I'm tired now." "Oh, Jack," she says, "we're never going back." The car starts moving and I'm crying so much I can't stop. (174)

Jack's crying convinces him that the world outside doesn't really like him. It is indicated when he was tired of the escape plan and he was successful in saving his mom, he wants to go back to sleeping in the bedroom. He isn't going to want to be for the one he has in the room, sleeping on other beds. However, his mother insists that they won't be back in the room anymore.

Ma and the Captain talk a lot more. I'm nearly asleep but it's too bright and I can't get comfy.

"What is it?" she asks.

"We really have to go back to Room," I tell her. "I need Toilet." "That's OK, they've got them here in the precinct." (180)

The precinct they are living in now has toilets, but Jack prefers to use the one he is staying. It indicates that he doesn't feel relaxed on the outside. He still asks his mom to go back to her place. He also assumes that the room is more comfortable than the outside. The escape can eventually be done really well by Jack. He may go outside and ask for aid. A new environment for him is the world outside the place. He feels the modifications in the environment the one that makes his evolving personality. Jack is described in the room as cheerful, creative, but frightened boy. Outside the room, however, the personality of Jack evolves. He is not the one who is the former Jack. He becomes a courageous Jack. He is no longer fearful but he becomes brave.

'Ma's not here, no time for cry, I'm Prince Jacker Jack, I have to be Jack or the worms crawl in. I'm on my front again, I bend my knees and stick my butt up, I'm going to burst right through Rug and she's looser now, she's coming off my face — (156-157).

Jack becomes brave in the outside because he wants to save his mother who is still in the room. He tries to answer Police Officer's question about his mother.

"Your ma, is that what you said?" asks Officer Oh. "Is that that who's got the dresses?" Nodding's easier

"Where's your ma tonight?" "In Room."

"In a room, OK,"

she says. "Which room?" "Room." "Can you tell us where is it?" (164)

The quotation above shows Jack's bravery to talk with the Police Officer. He tries to tell his mother's position who still stuck in the room. Adler stated that changes in physical or social environment may produce changes in person's self-concept as a behavior. Jack feels the physical and social changes in the story. Since Jack was born until he was five, he only lived with his mother in a single room. He's living with his mother in the room and the captor provides whatever he and his mother need.

Family is the first element. The members of the family that affect are Grandma and mother. This is because mother and grandma are the most important or important Jack's closest guy. Such two individuals affect the personality of Jack from to become sad, courageous and friendly, happy, fearful and rude. Second element is an environment. The changes in the physical environment affects social environment for Jack. Jack's personality evolves from introverted to extroverted. He was cheerful, creative, afraid and courageous while he was still living there. The Room when he was already, he becomes the unhappy, excruciating, unimaginative, brave, and friendly (Ladrón 92). He very smartly announces his progress in modifying to social norms:

I'm learning lots more manners. When something tastes yucky, we say it's interesting, Jake wild rice that bites like it hasn't been cooked. When I blow my nose, I fold the tissue so nobody sees the snot, it's a secret. If I want Ma to listen to me not some person else I say, 'Excuse me', so me times I say, 'Excuse me, excuse me', for ages, then when she asks what is it I don't remember anymore. (*Room* 204)

Struggling with Ma to heal her trauma via Jack, she passes through this condition. There are two criteria, the first being a secure haven and a safe base. Jack is like Ma's secure haven and safe base. Jack is a chance for Ma to escape, and whenever she is with Jack, Ma is physically safe. In this case before Ma had a son she had almost given up on her situation. As

Adler stated almost the same for us, we think that if we didn't take that step, we might have done what could have happened, that we would take another step. We could live in a better situation. Ma spends this stage for nearly two years and after Jack with her, she has a hope to escape from the room. After the presence of his son, Ma had a will to escape her situation even if it was trivial.

To conquer the fear inside her trauma she had made her adaptable. She did survive. Vera, Carbelo and Vecina in their book entitled Masten 'Resilience' and 'Ordinary Magic' state that one of Room's main achievements is Donoghue's exploration of the capacity human beings experiencing dreadful conditions might develop to overcome distress and perhaps even to benefit from it. During their life time, people can go through severe stressful circumstances that might lead them to experience unbearable pain, intense strain and trauma. Although these extreme incidents might trigger post-traumatic stress disorder or some other pathology in some individuals, many others not only learn how to confront and come to terms with adversity, but they also bounce back from it (41). Jack insists on going back to see Room at the end of the book and it is at this point that the reader understands that since he sees the old house, the place he was fully attached to, in a different light, he will adapt to the new order: We step in through Door and it's all wrong. Smaller than room and emptier and it smells weird ... Nothing says anything to me. 'I don't think this is it', I whisper to Ma. 'Yeah, it is'. Our voices sound not like us. 'Has it got shrunk?' 'No, it was always like this" (319).

The stage where the female protagonist chooses to live in independent living demonstrates that she does not want to be oppressed. A woman should be able to rise above oppression and use it as a source of power to live her own life without being defined by those around her, particularly men. The narrator, on the other hand, describes the wall of independent living as "too white" (342).

"What's wrong with them?"

"They're too white. Hey, you know what, we could buy cork squares from the store and stick them up all over."

"No way Jose." After a minute, she says, "This is a fresh start, remember?"

(*Room* 342)

She also explains to her kid that they have begun their new beginning. Ma believes that by leaving everything in room, she may start her life. However, it does not happen all at once, and the female is the one who has to deal with it. Ma is still dealing with her past. Standing on her own two feet is one approach to get rid of it. The female protagonist has finally decided to demonstrate as a woman who has had enough of the patriarchal system and oppression.

"It's perverse," Ma is telling Dr. Clay, "All those years, I was craving company. But now I don't seem up to it." .....

"Most days . . . Jack's enough for me."

" 'The Soul selects her own Society--Then--shuts the Door--' " That's his poem voice.

Ma nods. "Yeah, but it's not how I remember myself."

"You had to change to survive."

Noreen looks up. "Don't forget, you'd have changed anyway. Moving into your twenties, having a child--you wouldn't have stayed the same." (*Room* 352)

As Adler mentions Jack needs an incredible amount of encouragement. To go beyond what he believes is his limit at the moment that is important. After receiving negative feedback about his appearance and behavior, Jack's decision to cut his hair with kitchen scissors can be

interpreted as a "rebirth." (*Room* 284). It is critical Jack to have a wide range of experiences before making a decision about his identity which Jack has done admirably with the assistance of Ma. Jack can hold on to his ego and by this makes development in his life. After the escape, Jack adapts to the new world and the changes in his societal growth are radical. One of the important changes he has to go through is separating himself from Ma.

## V. Conclusion

In conclusion, courage, life style and social interest in Personal development was critical. Jack was the character in the story felt the changing or development in his character or personality. The development was from the beginning through the ending of the story. In Room from the Adlerian perspective to dive into the unconscious of the main character, Ma. In this situation, trauma happens because of violence and violation of human rights, creating poor feelings and memories that have become Ma's trauma. Ma's ego is the most important player in protecting her protection and her son, Jack. There is also a post-trauma assault on Ma where Ma suffers from sleep loss, disturbance of memory and focus. Adlerian viewpoint helps us to view Donoghue's account of the experience of a woman in Room as a journey into the shadowy depth of the unconscious mind. Consciousness and unconsciousness that Ma had in her personality that affected Ma's behavior in defend her pain when she lived in a room. In this case, her consciousness was more frequently managed, even for several moments. Her consciousness protected Jack to get rid of room. Hope and desire that made Ma to escape. She suffered from material oppression as a result of her inability to obtain her basic requirements. Objective oppression was the type of oppression woman faces. Ma was subjected to objective tyranny at the Cumberland Clinic after room and she met the doctor, the nurse, and the larger society. She was subjected to psychological tyranny as a result of her inability to conform to society. This subjugation was the outcome of her surroundings' denial and force. Ma is kept separate from other people in order to overcome her oppression and heal from her illness. She received intense care from Cumberland Clinic's doctor and nurse. Fortunately, she recovered and returned home to meet her son. Ma did not live with her mother after returning home. She started a new life with Jack independently. Ma demonstrated her power as a woman by standing up to the patriarchal system and oppression.

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