

# LITERATURE REVIEW OF 'RESILIENT MODERN WOMEN ENDURING CHALLENGES WITH UNWAVERING DETERMINATION: INDIVIDUALISM AND EMOTIONAL LIBERATION IN THE SELECTED NOVELS OF SHASHI DESHPANDE AND PREETI SHENOY

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## ABSTRACT

The paper examines the portrayal of modern women in the novels of Shashi Deshpande and Preeti Shenoy. The study explores themes of individualism, emotional liberation, and liberal feminism, highlighting women's struggles and triumphs in contemporary society. Shashi Deshpande's works present a deep exploration of individualism, with female protagonists navigating societal and familial pressures to forge unique identities. These narratives highlight the pursuit of autonomy and self-discovery, reflecting the broader theme of individualism in a changing world. In contrast, Preeti Shenoy's novels address contemporary challenges faced by women. Shenoy's storytelling is centered on emotional liberation, showcasing how her characters break free from societal constraints, authentically expressing emotions and challenging traditional expectations. The analysis of these works provides insight into the dynamic nature of women to establish their identities within a patriarchal framework. Additionally, the paper underscores the importance of emotional and personal liberation in women's journey toward empowerment and self-realization. This study contributes significantly to the discourse on gender roles and aspirations, highlighting the resilience and determination of modern women in Indian literature.

KEYWORDS: Individualism, Emotional Liberation, Contemporary Challenges, Societal Norms, Female Resilience.

## **1. INTRODUCTION**

In the realm of contemporary Indian literature, the narrative arc of women's lives, marked by resilience and the pursuit of individuality, has been a subject of profound exploration. This literature review delves into the intricate tapestry of themes such as individualism, emotional liberation, and liberal feminism as depicted in the selected works of two notable Indian authors, Shashi Deshpande and Preeti Shenoy. These authors have carved a niche in illustrating the multifaceted experiences of modern women, who navigate through societal norms and personal aspirations with unwavering determination. The characters often embark on journeys of self-discovery, challenging and renegotiating the roles assigned to them by a patriarchal society. Through a comparative analysis of Shashi Deshpande and Preeti Shenoy's selected novels. In the Country of Deceit, Moving On, Rule Breakers, and Wake up, Life is Calling This paper seeks to highlight the evolving nature of feminist thought in Indian literature and the role it plays in shaping the discourse around modern womanhood. As we traverse through the literary landscapes crafted by Deshpande and Shenoy, this review will offer insights into how their

storytelling not only mirrors the struggles and triumphs of their characters but also reflects broader social transformations.

#### 1.1Aims and Objectives of the study

Feminism and self-awareness have become central themes in contemporary Indian literature in English, which has evolved significantly to reach its current prominence. The purpose of this literature review is to critically examine how Deshpande and Shenoy have addressed themes of resilience, individualism, and feminism in their narratives. It aims to uncover the layers of emotional liberation that their characters experience and the societal challenges they overcome. This study analyzes how female characters in the works of Deshpande and Shenoy evolve over time, particularly in response to challenges, to illustrate concepts of resilience and determination. It evaluates how emotional narratives within these novels serve to deepen the understanding of the inner lives of female protagonists. The study aims to add valuable insights to the field of feminist literature through a detailed study of these authors, thereby enriching the understanding of modern women's resilience as depicted in contemporary Indian literature.



## 1.2 Methodology

This article is based on material sourced from peer-reviewed journals, both national and international, along with a variety of secondary sources. To identify the research gap, online tools and databases such as Google Scholar, Research Gate, and Shodhganga were utilized. The research incorporates data from academic journals, doctoral dissertations, scholarly papers, and relevant websites. The study involves a detailed examination of selected feminist writers, leading to discussions on pertinent themes. Adherence to the APA Manual ensures proper academic standards.By collecting primary sources (the novels themselves) and secondary sources like academic articles and critiques relevant to the themes. Employed thematic analysis by categorizing textual evidence from these sources related to individualism and emotional liberation and incorporated contextual analysis to understand the influence of the social and historical background on the narratives.

## 2. LITERATURE REVIEW

#### 2.1. Importance of Literary study

literature can help individuals find their voices and challenge the status quo, ultimately contributing to social progress and personal growth. Literature has the power to liberate individuals from societal constraints and foster a deeper understanding of the world around them. It encourages readers to recognize the potential of literature as a force for personal and social liberation. It is through literature that individuals can connect with others from different backgrounds and gain a broader understanding of the human condition It allows individuals to explore and understand complex emotions and experiences, fostering empathy and a deeper comprehension of the world around them. This empathetic connection is vital in recognizing and appreciating the richness and diversity of human life. (1).

#### 2.2 Role of Education in Women's Empowerment

Education is crucial in empowering women in India, facilitating gender equality, and enabling women to participate more fully in various aspects of society. Education not only provides women with essential knowledge and skills but also boosts their confidence and expands their worldviews. This empowerment helps women challenge and move beyond traditional gender roles and societal limitations. (2) Education is a pathway to women's empowerment; Education empowers women by enhancing their knowledge, skills, and economic opportunities, allowing them to lead more independent and fulfilling lives. Women face challenges in accessing quality education, including socio-cultural barriers and economic constraints. There is a need for policy interventions and societal changes to overcome these challenges and ensure that education becomes a powerful tool for women's empowerment. (.3). Education is a powerful tool for empowering women and girls. It may discuss how access to quality education can lead to increased knowledge, skills, and opportunities for women and girls, allowing them to become more active participants in society, make informed choices, and pursue their goals. This study investigates the challenges and opportunities for women's empowerment through education. It analyzes existing research to demonstrate how factors such as poverty, gender stereotypes, and institutional cultures influence educational outcomes. (.4)

#### 2.3 Challenges in Married Life

Hatterer emphasizes the societal pressure and stigma attached to homosexuality which often leads men to enter into heterosexual marriages to conceal their sexual orientation. Women, unaware of their husbands' true sexual identity, experience significant distress upon discovery. Women experience emotional turmoil, including feelings of betrayal, shame, and confusion. They often grappled with issues related to self-esteem and self-identity. The author highlights that the lack of societal support and understanding at the time exacerbated the women's distress. They often had to confront legal, financial, and social obstacles, making the decision even more complex. Counselling can be beneficial for these women in addressing their emotional struggles and helping them make informed decisions regarding their relationship (5)

#### 2.4 Gender Dynamics and Cultural Critique

Exploring traditional Indian social interactions and cultural norms, the analysis reveals their contribution to gender inequality as depicted in the novels of Anita Desai and Geeta Hariharan. The study delves into the depiction of gender roles, stereotypes, and power dynamics within these narratives. The works of Desai and Hariharan serve as a critical platform, challenging traditional Indian practices that support gender inequality. The focus is on how characters combat patriarchal norms and navigate their roles in families and communities. This analysis underscores the significance of literature in understanding and confronting societal challenges. (6)

#### 2.5 The concept of a modern new Indian woman

This article examines the evolving autonomy of the 'new Indian woman' in contemporary English literature by Indian women writers, focusing on single, career-oriented women in urban India. It discusses how these women navigate identity formation within the dual realms of family and career, balancing traditional roles and personal independence. Despite significant economic changes in urban India, there has been limited transformation in societal, cultural, and familial expectations of women. The literature reveals small but important shifts in identity negotiation, suggesting a growing fluidity in women's roles. The analysis underscores the ongoing struggle for greater autonomy among Indian women against a backdrop of persistent traditional expectations. (7)

## 2.6 Emerging Adulthood

This developmental stage, occurring between late teens and late twenties, is characterized by exploration, identity formation, and self-discovery. Key features include identity exploration, instability in life choices, self-focus, a sense of being in-between and open possibilities. Cultural and societal factors like education, work, and cultural expectations significantly shape experiences during this stage. Many individuals delay traditional adulthood milestones, such as marriage and parenthood, focusing instead on psychological well-being, identity development, self-esteem, and transitioning to adulthood. While this concept is pivotal in understanding young adults' challenges and opportunities, it has sparked debates in psychology regarding its universal applicability across cultures and individuals, driving further research into this unique developmental phase. (8)



## 2.7 Navigating Adulthood

"Mindful Twenty-Something" is a guide for young adults in their twenties, focusing on developing mindfulness and life skills during a critical life stage. The book outlines practical methods for incorporating mindfulness into everyday life to tackle stress, anxiety, and other challenges. It offers advice on key skills like communication, time management, decisionmaking, and overcoming adversity, with a significant emphasis on stress management techniques for academic and career pressures. The content extends to personal growth, covering goal-setting, finding purpose, and building resilience and wellbeing. It also addresses the transition from adolescence to adulthood, including relationship dynamics, educational and career choices, and the journey towards independence. (9)

#### 2.8 Resilience in the face of difficulties

Ankita restarts her life after surveying the traumatic phase that includes her Bipolar Disorder, suicidal attempts, and getting admitted to the National Mental Health Institute. Ankita overcomes her mental struggles and begins her life with hope and determination to take up the Creative Writing course. However, Ankita's mental trauma reappears when she accidentally discovers a suicide manual and the re-entry of her past boyfriend. The paper attempts to study how Ankita strikes balance in her life by coping with both the internal and the external disputes. The support from her parents and her teacher plays a significant role in the process of Ankita's recovery. (10). Being a social animal, humans need to interact and associate with one another. The family, which is the fundamental pillar of society, plays an important role in shaping our personalities. Communication, support, sharing, caring, and trust in one another enable in development of strong, healthy, and secure relationships. Lack of it could have negative consequences thereby affecting the family members and causing relationships to crumble down. (11)

#### **3. FEMINISM IN INDIAN LITERATURE 3.1. Feminism in Shashi Deshpande's novels**

Shashi Deshpande writes about the web of family relationships, particularly those in extended family set-ups. The kaleidoscopic variety of characters is amazing. Deshpande never seems to have lost her hold on her characters, male or female ones -- the author devotes much larger space for the delineation of her women characters. The variety is infinite, and each character has its uniqueness. Deshpande's unflinching gaze tracks the suffering, evasions, and lies that overtake those caught in the web of subterfuge. There are no hostages taken in the country of deceit; no victors; only scarred lives. The book revolves around the tumultuous twist given to the life of the protagonist, Devayani, as she breaks all set norms in the pursuit of happiness. (12)

#### 3.2. Complex evolution of man-woman relationships

The saying "a man is incomplete without a woman" encapsulates the complex evolution of man-woman relationships, historically viewed as a biological necessity and deeply explored in literature. In India, women's status has fluctuated significantly, from enjoying equal rights in the Vedic Period to facing diminished societal roles in later times, often influenced by religious texts and societal norms that typically promote male dominance. The advent of British rule in India further suppressed women's rights, but the introduction of English education and Western ideas later spurred a resurgence in their societal roles, with figures like Ramabai Ranade and Sarojini Naidu playing key roles in women's empowerment. Despite global challenges like broken homes and divorce, the enduring strength of maternal and spousal devotion reflects women's resilience. Legal perspectives, like those of William Blackstone, historically depicted marriage as absorption of a woman's legal identity into her husband's. However, the rise of feminism has led to a shift in literature, now portraying women with more complexity and autonomy, beyond traditional depictions as mere extensions of men. (13).

#### 3.3. Women's writing and its impact

The larger changes in intellectual, socio-cultural reconstruction, and multi-dimensional of Women's image, role, and status that were part of the widespread social movements of the entire 19th century gave Women's writing clear focus and purpose (14) Shashi Deshpande's novels are concerned with a woman's quest for self; an exploration into the female psyche and an understanding of the mysteries of life and the protagonist's place in it. She employs situational, attitudinal, and verbal irony to tell effect. (15) In ancient times, women were considered with respect and dignity. During this period, there were women rishis, and they were held in high esteem. In royal households, women were given respect and they even rendered a significant contribution in the making of decisions and administrative functions. They were made aware in terms of all areas and played an important part in politics as well.. (16)

#### 3.4. Marriage and Family system, the Present Scenario

As in many countries in Asia, families in Indonesia are experiencing substantial change as new patterns of marriage emerge. Currently, a significant number of adults are ignoring the traditional standards for men's and women's appropriate marriage ages. Utilizing Indonesian census data from various years and in-depth interviews with 35 never-married women, this study describes the trends and patterns of singlehood among adults in Yogyakarta and Medan. It also explores the lifestyles of single women, including the process of remaining single, views toward marriage, and how they cope with the social stigma of being single. (17).

#### 3.5. Female Identity

It is a very complicated concept in the contemporary era. In addition to that, it becomes more complicated when discussing gender socialization, violence, and exploitation. Women have been viewed and perceived within the constructed patriarchal structure of gender difference. In the domain of patriarchal culture, the woman is a social construct. Contemporary writers are critiquing the unspoken voices to explore their exploitation in various domains. Feminism is a highly innovative concept representing a significant departure from the traditional mode of critical evaluation. In the selected novels both writers represent a series of female characters who have been exploited. They project realistically the women's plight and exploitation in the patriarchal society. It explores how men establish their masculine power and fulfil their desires by assaulting women. (18)



## **3.6.** Clash between Tradition and Modernity

Kamala Markandaya poignantly explores the theme of cultural clashes, delving into the conflicts between tradition and modernity, rural and urban life, and the interactions between Eastern and Western cultures. These clashes are particularly portrayed through the experiences of her female protagonists, underscoring the unique impact of such conflicts on women. In a similar vein, both Markandaya and Shashi Deshpande focus extensively on women's issues and aspirations, with Markandaya's characters often navigating and overcoming difficulties, while Deshpande's narratives delve into the deeper complexities of women's lives, touching on themes like sexuality and man-woman relationships. (19)

#### 3.8 The quest for selfhood

It is a central theme in the novels of contemporary Indian women writers, reflecting the patriarchal society's tendency to define women by their familial roles rather than their individuality. Educated Indian women, influenced by women's movements and the ideology of the 1970s' second-wave feminism, are increasingly recognizing their identities and seeking personal freedom and equal treatment. This quest for emancipation is characterized by a demand for both personal and social space, challenging oppressive customs and domestic confines. This emerging self-awareness and the struggle for recognition and acceptance are vividly depicted in the novels of authors like Kamala Markandaya, Anita Desai, Shashi Deshpande, and Anita Nair. Through dynamic female characters, these writers explore the Indian woman's journey to challenge societal norms, redefine her values, and carve out her own identity beyond traditional roles. (20)

#### **3.9 Troubled Marital Relationships**

The paper provides a comparative analysis of marital disharmony in the works of Shashi Deshpande, an Indian English writer, and Varsha Adalja, a Gujarati writer. It aims to understand the causes and consequences of troubled marital relationships in the narratives of both authors. Deshpande focuses on the inner conflict and distress experienced by the modern, educated Indian woman, torn between traditional patriarchal expectations and her aspirations for self-expression, individuality, and independence. Similarly, Adalja portrays the struggles of women trapped in marriages with unsuitable partners. Both authors explore the journey of these women as they seek love and peace amidst their tumultuous marital lives. This comparative study sheds light on the broader condition of women facing marital disharmony and its impact on their quest for personal fulfilment. (21). The authors-anthropologists, sociologists, ethnologists, neurologists, and psychologistsconsider the structural position of women; how they are defined by reference to physiological and social markers, and how they are required to behave. They also consider ways in which different cultures identify and deal with such natural' aspects of women as virginity, sexuality, and childbearing. (22)

## 4. WOMEN IN PREETI SHENOY'S WRITING

The paper by Rebello and D'Sa, published in 2023 in the International Journal of Innovations & Research Analysis, offers a compelling study on overcoming loneliness through the lens of Preeti Shenoy's novel "The Rule Breakers." The authors effectively dissect the narrative and its thematic elements. drawing connections between the fictional experiences and real-world strategies for dealing with loneliness. Their analysis is both insightful and empathetic, providing a nuanced understanding of the emotional landscape navigated by the characters. This study is valuable for its exploration of literary works as mirrors of human experiences; specifically focusing on the often-overlooked subject of loneliness (23) Shenoy's work is celebrated for its realistic and empathetic depiction of women's lives, encapsulating their struggles, triumphs, and resilience against societal norms. Bishovi's analysis is distinguished by its intersection of literary critique with gender studies, highlighting how Shenoy's narratives mirror the multifaceted experiences of women in modern society. The study is a testament to the power of literature in influencing and reflecting societal perceptions and attitudes toward women. It is an insightful contribution to the field, shedding light on the role of contemporary literature in shaping gender discourse and offering a nuanced perspective on the dynamics of female empowerment and representation. (24)

#### 4.1. Psychoanalytic Theory

Psychoanalysis is one of the modern theories that are used in English literature. The modern theory that is used in literature has two accepted meanings. Firstly, it means a method of treating mentally disordered people. Secondly, it also goes to mean the theories on the human mind and its various complexities. Psychoanalytic theory was propounded by Sigmund Freud. It a theory of personality organization and dynamics, is a prominent approach in English literature and literary criticism. This approach is essential for uncovering hidden meanings in literary texts and exploring the influence of an author's personal experiences on their work. It delves into the intricate relationship between the conscious and unconscious mind, shaping behavior and literary expression. This exploration seeks to understand how authors have incorporated psychoanalytic elements into their narratives. (25)

4.2. Bipolar Disorder in Adolescence," Bipolar disorders are chronic and recurrent disorders that affect 1% of the global population. Bipolar disorders are the leading causes of disability in young people as they can lead to cognitive and functional impairment and increased mortality, particularly from suicide and cardiovascular disease. Psychiatric and nonpsychiatric medical co morbidities are common in patients and might also contribute to increased mortality. Bipolar disorders are some of the most heritable psychiatric disorders, although a model with gene-environment interactions is believed to best explain the etiology. Early and accurate diagnosis is difficult in clinical practice as the onset of bipolar disorder is commonly characterized by nonspecific symptoms, mood lability, or a depressive episode, which can be similar in presentation to unipolar depression. Moreover, patients and their families do not always understand the significance of their symptoms, especially with hypomanic or manic symptoms. As specific biomarkers for bipolar disorders are not yet available, careful clinical assessment remains the cornerstone of diagnosis. The detection of hypomanic symptoms and longterm clinical assessment are crucial to differentiate a bipolar disorder from other conditions.(26)



S.No	Focus	Contribution	References
1.	Role of literature in social progress and personal	It helps to gain a broader understanding	
	growth.	of the human condition	Cary, M. (1976).
2	Role of education to break free from traditional gender roles and societal constraints.	Promotes gender equality and women's empowerment.	Bhat, R. A. (2015
3	It delves into the challenges women face in accessing quality education, including socio- cultural barriers and economic constraints.	Promotes gender equality and women's advancement in various aspects of life.	Srivastava, N. (2014).
4	Education is a powerful tool for empowering women and girls.	Active participation to pursue the goals	McCracken, K., Unterhalter, E., Márquez, S., & Chełstowska, A. (2015)
5	. Women unaware of their husbands' true sexual identity, which causes them significant distress upon discovery.	Helping such women make informed decisions regarding their relationships.	Hatterer, M. S. (1974).
6	Explores how traditional Indian social interactions and cultural norms contribute to gender inequality.		Patil, S. A. (2018).
7	The levels of autonomy and self-definition of the 'new Indian woman' in the contemporary literature written in English by Indian women writers	the identities of women may be more fluid than they had previously been permitted to be.	Lau, L. (2010).
8	, "Emerging adulthood," is a distinct stage of development that occurs between adolescence and young adulthood.	Unique challenges and opportunities faced by young adults during this transitional phase of life.	Arnett, J. J. (2000
9	focus on helping young adults in their twenties develop mindfulness and life skills to navigate the challenges and stresses of this transitional period.	This can help them manage stress, anxiety, and other challenges.	Rogers, H. B. (2016
10	How to strike balance in life by coping with both the internal and the external disputes.	The support from parents and teacher play an important role	Magishavarthini, S., & Niranjani, S. R. (2022)
11	Being a social animal, man needs to interact and associate with one another.	. In the progression of touching human emotions and thoughts, writers employ psychological realism as a key factor in tying the stories in the field of literature	Prema, S., Arputhamalar, A., & Manikandan, R, 2020.
12	Elucidate the complex and often unpredictable nature of female psychology as depicted in Deshpande's novel	Provides insightful perspectives on the intricate dynamics of women's inner lives and their societal roles.	Kumari, Y. K. (2018).
13	A man is incomplete without a woman.Man- woman relationship is as old as human existence	Feminine identity has become expression of feminism in Indian context	Sab, S. N. B. M. (2023).
14	Indian English literature has been making great strides during the last few decades thereby attracting the international attention.	Literature has always been a means of raising voice for the emancipation of women	Dilipbhai, S. M. (2020)
15	Exploration into the female psyche and an understanding of the mysteries of life	Revolt against the traditions in their search for freedom .	Kubavat, R. (2020).
16	The main purpose of this research paper is to acquire an understanding of the status of women in ancient India	In ancient times, women were considered with respect and dignity	Kapur, R. (2019).
17	. Currently, a significant number of adults are ignoring the traditional standards for men's and women's appropriate marriage ages.	Most women agreed that marriage remains an ideal norm, but it does not mean that being single can not result in a satisfied and happy life.	Situmorang, A. (2007).



18	The present research work tries to probe into the silences, subordination and voices of exploited women by undertaking a comparative study of the selected novels of Shashi Deshpande and Mridula Garg by using feminism as a theoretical framework	The present study tries to explore the female identity which is constructed by the socio-cultural aspect.	Sen, R. K. ( 2019).
19	The conflicts are often depicted as a struggle between personal aspirations and societal expectations.	Women aim at personal aspirations	Antil, S. (2021
20	The quest for selfhood The concept of the human 'self' has its roots in cultural history and has	The concept of the human 'self' has its roots in cultural history and has	Moti, R. R. (2016).
21	The paper attempts to compare the marital disharmony in the selected novels of Shashi Deshpande, Indian English Writer and Varsha Adalja, Gujarati Writer	Paper will analyze the condition of women, due to disharmony in marriage	Ranpura, J. A. (2020).
22	This particular book might delve into how societal norms and cultural contexts shape the understanding of womanhood and femininity	. The book examines the societal and cultural perceptions of women, including aspects like virginity, sexuality, and childbearing, from a variety of geographical perspectives.	Ardener, S. (Ed.). (2020)
23	compelling study on overcoming loneliness through the lens of Preeti Shenoy's novel "The Rule Breakers	specifically focusing on the often overlooked subject of loneliness.46	Rebello, S. J. A., & D'Sa, D. K. T. (2023).
24	embarks on a comprehensive exploration of female representation in Shenoy's literature	This paper stands out for its detailed examination of character development, thematic depth, and its broader implications in the context of gender equality and societal change.	Bishoyi, D. (2022).
25	It delves into the intricate relationship between the conscious and unconscious mind,	Incorporated psychoanalytic elements into their narratives	Hossain, M. M. (2017).
26	a comprehensive examination of bipolar disorder in adolescent populations	Contributes to challenging and critical area of mental health.	Vieta, E., Berk, M., Schulze, T. G., Carvalho, A. F., Suppes, T., Calabrese, J. R., .& Grande, I. (2018).

## LITERATURE GAP

The research titled "Resilient Modern Women: Overcoming Adversity with Steadfast Determination - Individualism and Emotional Freedom in Selected Works of Shashi Deshpande and Preeti Shenoy" aims to fill several gaps in literature studies. It primarily focuses on the distinct depiction of contemporary Indian women in the works of Deshpande and Shenoy, particularly examining themes of individualism and emotional independence. The study also highlights the need for a comprehensive exploration of emotional freedom as a unique subject in the realm of Indian literature concerning women. It investigates the underrepresented theme of emotional liberation, especially in the context of societal hurdles faced by women. Furthermore, the research traces how the representation of strong, resilient female characters in Indian literature has evolved over time. It provides new perspectives on how these authors have portrayed women's resilience. The study is also significant for its analysis of the complex interplay of gender, social class, caste, and other identities in these novels. This aspect is particularly noteworthy as it remains relatively unexamined in the current body of literature

## CONCLUSION

Shashi Deshpande and Preeti Shenoy in their novels portray women as resilient, strong, and challenging. They fiercely oppose exploitation and break the traditional role of being subservient. Women demonstrate the ability to effectively resolve their own problems. Positive affirmations serve as a powerful tool for self-motivation, fostering positive life changes, and enhancing self-esteem. The protagonists believe in self-affirmation and self-assertion. When we study the characters closely we learn that by regularly practicing positive affirmations, one can counter the subconscious negative thoughts and replace them with more constructive narratives. To achieve lasting and significant changes, it's important to consistently practice positive affirmations. Their work provides a nuanced perspective on the intricate balance between traditional values and the pursuit of individual freedom. The exploration of these themes in their novels not only contributes significantly to Indian literary discourse but also resonates with the broader global conversations around gender, culture, and identity. This study thus marks an important step in acknowledging and appreciating the diverse voices and experiences of women in Indian literature, paving the way for further scholarly exploration in this field.



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