EXPLORING FARZANA AQIB'S *CHASE* THROUGH A JUNGIAN PSYCHOANALYTIC LENS

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Abstract
This research explores the hidden psychological meanings in Farzana Aqib's poem Chase by using Carl Jung's psychoanalytic theory. The study shows how the poem reflects a deep inner journey of the speaker, who is searching for emotional wholeness and self-understanding. Jung's key ideas such as individuation, animus, persona, shadow, and archetypes are used to analyze the poem. The findings reveal that the speaker's search is not only for someone unknown but also for the missing parts of her own personality. The poem uses powerful symbols that reflect inner struggles, emotional emptiness, and the desire to feel complete. This study proves that Jungian theory can help uncover the deeper meanings in modern poetry and give insight into the speaker's psychological state.

Keywords
Farzana Aqib, Chase, Jungian Psychoanalysis, Individuation, Animus, Shadow, Archetypes, Persona, Inner Journey, Symbolism in Poetry.

Background of the Study
Poetry often expresses deep emotions and inner struggles, offering insight into the human psyche (Frye, 2000). Farzana Aqib's poem Chase presents a journey of searching for something or someone unknown, which symbolizes a deeper psychological quest. Carl Jung's psychoanalytic theory provides a useful framework for understanding such inner journeys by focusing on the unconscious mind, archetypes, and symbolic imagery (Jung, 1964). This study uses Jung's key ideas such as individuation, animus, persona, and shadow to explore how Chase reflects the speaker's emotional and psychological search for wholeness and self-discovery (Stevens, 1994).

Statement of the Purpose
The purpose of this research is to explore the hidden psychological meanings in Farzana Aqib's poem Chase by using Carl Jung's ideas. It aims to show how the poem reflects a deep inner journey, where the speaker is searching for their true self, hidden feelings, and emotional balance.

Literature Review
Carl Jung's psychoanalytic theory has been widely used in literary criticism to explore the unconscious mind and psychological development of characters or speakers. According to Jung (1964), every individual undergoes a process of individuation, which is the journey to discover and integrate all parts of the self conscious and unconscious. This includes encountering archetypes such as the animus, shadow, persona, and others. These concepts help readers understand the symbolic and emotional layers within literary texts, especially poetry, which often reflects the poet's inner world.

Many scholars have applied Jungian analysis to explore how literature mirrors inner psychological conflicts and growth. For example, Stevens (1994) discusses how Jung's

archetypes are found across cultures and literary forms, making them ideal for interpreting symbols and quests in poems. In poetic expressions, especially modern or contemporary works, the use of imagery and metaphor often aligns with Jung's symbolic language. Poems that depict a journey, a search, or an unknown presence can be seen as reflections of the speaker's movement through stages of psychological transformation.

In recent years, there has been a growing interest in using Jungian criticism to interpret female voices in poetry. As Paris (1997) notes, female poets often unconsciously project their animus in their works, revealing inner needs for balance, strength, or direction. This approach is useful in studying Farzana Aqib's Chase, where the female speaker's emotional quest aligns with the search for her animus, shadow, and wholeness. Thus, applying Jungian theory to this poem helps reveal the deep emotional and symbolic journey hidden beneath its surface.

Theoretical Framework

This research is based on Carl Jung's psychoanalytic theory, which focuses on the human unconscious, inner self, and psychological growth. Key concepts like individuation (the journey to become whole), anima/animus (inner feminine/masculine side), persona (social mask), shadow (hidden self), and archetypes (universal symbols) are used to understand the deeper meanings in Farzana Aqib's poem *Chase*. This framework helps explore how the poem reflects the speaker's inner struggles and search for self-discovery.

Methodology

This is a qualitative research study that uses textual analysis. It explores the psychological themes in Farzana Aqib's poem Chase using Carl Jung's psychoanalytic theory. This method is chosen because it helps uncover the hidden meanings, symbols, and unconscious elements in the poem.

Data Collection Method

The data collection method used in this research is documentation. The primary source of data is the poem *Chase* by Farzana Aqib. The poem was closely read and analyzed line by line to identify symbolic elements, recurring images, and psychological expressions. These textual elements were then interpreted using Carl Jung's psychoanalytic theory, focusing on key concepts like individuation, animus, persona, archetypes, and shadow.

Data Analysis Method

The analysis uses Jungian psychoanalytic theory as a tool to interpret the psychological symbols and themes in the poem. Each selected line or phrase is examined to see how it represents inner conflicts, unconscious desires, or universal patterns of the human mind, making the hidden layers of the poem visible through a psychological lens.

Analysis & Discussion

1.Individuation (Journey to Wholeness)

It is the process of integrating all aspects of psyche such as anima/animus, and self. In simple words, it is to take into consideration the conscious and unconscious of psyche in a balance way. It is a journey towards self realization or discovery. For example, the speaker's daily search seen in the line "To whom my heart is / Finding every day" shows the process of individuation, where a person tries to find their true, complete self. The journey through the city represents the speaker's journey inward to understand what is missing inside her.

2. Animus (Inner Masculine Image)

Since the speaker is female, the unknown person her heart is searching for can be seen as her animus the inner masculine part of her unconscious. She may not be aware of it, but this search reflects her deep psychological need to connect with that hidden part of her personality to feel whole.

3. Archetypes (Universal Symbols)

Words like "corner," "door," "junction," "shadow," and "wisp" act as archetypes universal symbols that appear in myths and dreams. These represent the path of the Seeker, a common character in literature who is on a journey to find truth, love, or identity.

4. Persona (Social Mask)

The line "Rustling bustling of / The whole city" refers to the outside world and society. It shows the persona, or the mask people wear in public. The speaker feels lost in this noisy world, showing a disconnection between her true self and the outer world she faces daily.

5. Shadow (Hidden or Repressed Self)

Words like "glimpse," "shadow," and "wisp" suggest fleeting images of the shadow the hidden or repressed parts of the self. The speaker may be unknowingly chasing this shadow, which contains feelings or traits she has not fully accepted or understood.

Findings

The analysis of Chase through Carl Jung's psychoanalytic lens revealed several key psychological elements. The speaker's constant search reflects the process of individuation, showing a deep desire to become whole by connecting with missing parts of the self. The animus appears as the unknown figure the female speaker longs for, representing her inner masculine qualities like strength, logic, or direction. Repeated symbols of places and movements like "corners," "junctions," and "shadows" function as archetypes of a seeker or wanderer. The busy city scene reflects the persona, the outer mask people wear in society, which contrasts with the speaker's inner emptiness. Finally, fleeting images like "wisp" and "shadow" point toward the shadow self, the hidden parts of the speaker's personality she has yet to confront.

Conclusion

Farzana Aqib's poem *Chase* is not just a literal search through a city, but a symbolic journey into the speaker's own unconscious. By using Jung's psychoanalytic theory, the study concludes that the poem illustrates a powerful emotional and spiritual quest for self-understanding. The use of Jungian concepts such as individuation, animus, archetypes, persona, and shadow reveals that the speaker is undergoing an internal transformation. This research highlights how contemporary poetry like *Chase* can reflect deep psychological truths, making Jungian criticism a valuable tool for literary analysis.

References

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Appendix

Chase by
Farzana Aqib
It halts on every corner
In every nook
In every cranny
At every turning
On every door
At each junction

Any glimpse
Any shadow
Any wisp
I don't know in the
Rustling bustling of
The whole city
To whom my heart is
Finding every day