

# Analyzing Psychology of Characters in Paranormal Literature

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## Abstract

Paranormal literature digs into the themes of supernatural and psychological states of characters. This research study examines the characters psychological factors that influence them like guilt, fear, madness, anxiety etc. when they encounter with a ghost or paranormal events. Using a psychological lens, the research study explores how gothic settings or atmosphere plays an important in gothic narratives, how characters deal with supernatural experience and their mental state fluctuating in between. It also analyses various classics literature novels and the manifestations of characters repressed emotion associated with the themes through the lens of textual analysis. Through this research paper, the focus is to examine whether the existence of ghosts is real or just an illusion, what are the symbolism behind the various elements and psychology of apparitions, these characters come across followed by readers psychology and how it affects the individual mindset when they come across such gothic literature.

**Keywords:** Gothic, psychology, paranormal, ghosts

## 1. INTRODUCTION

One of the underrated literary genres is Gothic literature, which is popularly referred as “ghost or horror fiction. It is the type of literature that focuses on ghosts, spirits and paranormal phenomena. The term “Hauntology”, which combine haunting and ontology together (the study of being), was coined by Jacques Derrida, French Philosopher in his deconstruction theory. He uses the metaphors and metaphysics to understand the omnipresent concept of ghosts or a feeling of otherness. He further describes the ghost as neither living or nonliving but a spooky presence which is here for unfinished work and to get justice. The spectre presence reminds us that the past does not dissolve easily but continue to influence the present and shape the future. The deceased are not simply just gone, but continue to exert a presence in our everyday lives (specters of Marx, 1994). Another framework is Freud uncanny theory, originates from his 1919 essay “Das Unheimlich,” and it is popular in psychoanalytic theory. The unheimlich means something strangely familiar yet unknown. It is basically the repressed emotions that turns into familiar and known. The uncanny in gothic literature is an integral factor in the literature which triggers the characters to see their repressed emotions in eerie forms. The uncanny can be seen in different objects, for instance, objects like dolls that look alive as mere toys, which fades the lines of human and non-human. They challenge the reality.

Repeated compulsion refers to the reoccurrences of events, expression or emotions that appear beyond the conscious level of an individual. the repetition produces a sense of uncanniness that blur the lines of ideas of fate and loss of agency. In gothic literature, when characters undergo the repeated compulsion phenomena where they cannot comprehend their repressive feelings which turns into supernatural elemen-

ts. They see things which are not present.

Jung theory of the shadow focuses on the aspects of the self that are repressed because the conscious mind is unable or unwilling to accept them. These can be repressed fears, emotions and inner conflict that might not appear instantly but are stored in unconscious mind where it haunts the person thoughts and behavior. He explains this feeling as shadow which a person often rejects and project on others. For instances, in gothic literature the supernatural and ghostly elements symbolically represent the characters unconscious distress that they avoid in order to be confront. They see these monstrous figures as external threats which they keep fighting as a result in order to get rid of the fear. The darkness is the manifestations of their anxiety and uneasy feelings.

Trauma theory in gothic literature examines the psychological responses of the characters to overwhelming or disturbing experiences. In present discourse, it is often misunderstood as deeply sensitive and complex phenomena. Trauma theory refers to the suppressed emotions often leading to situations where the person go through intense events. In psychological research, there are different types of stress responses, that includes positive and negative. Positives stress can be temporary but for a short duration the person can go through psychological imbalance like palpitations and heightened alert. Where the negative stress can lead to panic attacks, depression and hallucination if readers are more exposed to supernatural elements. In gothic, the characters go through an experience of experiencing a paranormal element but they recover soon due to supporting characters helping them. Third is Relentless stress where the person undergoes the chronic responses where the individual has no survival or abilities to cope up which gives the psychological Symptoms like fatigue, hallucination, insomnia, paranoid and obsession. The characters in various gothic novels undergoes such responses where they submerged that emotion which later on hamper their mental health due to helplessness and no one to explain them what exactly they are going through. Last is toxic stress, which emerges from emotional and physical abuses like domestic violence, emotional neglect, household domestic or any other mental abuses leading to the have that prolonged impact.

### **Gothic Motifs and Themes**

In Gothic literature, elements and motifs plays a significant role in conveying the symbolism and expressing hidden and hold underlying emotions. One of the most important elements of gothic is the setting which deals with isolated mansion, abandon palaces, houses and any place where nobody goes. Such locations create a sense of uneasy in the of minds of readers. The Second that is closely linked to setting is atmosphere which is typically refers to the darkness, silence, night and wild forest. The psychology behind the atmosphere is to provoke the subconscious mind and to stimulate the unsettling and unknown fear crippling in the individual when they approach such setting where there is a sense of repressed emotions and fear of darkness is common. The supernatural element is the core of attraction of the gothic literature.

The supernatural figures such as the ghosts, apparition, vampire and Dracula forms of human where invokes past that is buried and injustice. A connection that haunts physical space and the individuals in the form of fear and hallucination. They are the repressed emotions which gets visualize in a frantic and unusual behavior.

Gothic hero or Antihero is the primarily theme of the gothic novels. A gothic hero is a protagonist which is flawed, tormented and complicated with a tragic backstory. The anti-hero is often haunted by his past with the sense of revenge. The dual image of antihero makes the whole gothic plot mysterious and captiv-

ate the readers through the end.

Death and Decay are the central themes of gothic literature. The death here holds different meaning like a beginning, recurring and a constant energy that haunts the individual. Whereas decay shows the destruction that is being done. The ruined palaces, houses and castles followed by interior being dismantled and mirror being broken shows the inner conflict of the people where everything is disturbed and there is no peace. The psychological imbalance in the characters focus on the repressed ego and the trauma that characters feels overwhelm when they come across the same fear in the form of ghosts that triggers their inner person.

### **Cinematic and Textual Analysis**

Bhool Bhulaiyaa (2007) is a horror comedy Indian movie directed by Priyadarshan and it is the remake of malayam film Manichitrathazhu. The plot revolves around a haunted palace when an NRI and his wife decides to stay, which leads to supernatural consequences and their aftermath. The movie is popular for its gothic elements and cinematography, which keeps the viewers hooked till end. The first gothic elements it shows is the setting of the palace which is abandoned and is said to be cursed. The local are scarred to even pass by and it makes the whole setting spooky and eerie. The next is supernatural element which holds the central character of “Manjulika” who is the ghost and acts as a catalyst of past that haunts the people who stays in the palace.

Avni character in the movie is one of the crucial protagonists whose journey from psychological disturbances to recovery from the trauma is being portrayed as DID (Dissociative Identity Disorder) patient. In the initial’s scenes, she tries to understand the history of the palace and background during the coronation ceremony of her husband. She is fascinated by the mysterious tales of oddisi dancer Manjulika. After the entry of psychiatrist Aditya, he begins observing Avni more closely, and in the last sequence, he explained to his friend that Avni is suffering from DID.

Avni is an archaeologist who carries repressed trauma, particularly from her teenage years when she was separated from her grandmother, to whom she was deeply attached. After coming to the palace, she immersed herself in the palace history of Manjulika and develops an obsession with the forbidden third floor. Her character represents ID persona formed due to repressed trauma, leading her to believe she is Manjulika. Her identity alters between day and night, during day she is shy, composed and logical whereas at night, when everyone is asleep, she dresses as Manjulika, sings in Bengali and roams around the third floor. This alter identity become vengeful and dangerous for the family where she starts creating trouble like breaking the camera and furniture, harming the housemates and poisoning her husband whom she sees as enemy. It reflects her mood swings and memory gaps which keeps recur in the movie. In the film, Dr Aditya Srivastava, the clinical psychologist and friend of her husband who monitors her behavior throughout the movie. To treat her DID, he uses roleplay and fake exorcism method to release her from repressed emotions.

Her character may appear possessed due to the sudden shift in the personality but one of the elements in gothic literature, focus on psychological aspects on the characters. In movies it is hard to decipher for the viewers to understand the psych of the character in short duration. One of the reasons this movie is highly misunderstood that there was a ghost but as we go in depth, it was Avni who was the dissociating and turning into Manjulika.

## JANE EYRE

Jane Eyre is a semi gothic novel by Charlotte Bronte, first published in 1847. The novel focuses on the life Jane Eyre, particularly her life as a governess at Thornfield Hall, and her relationship with her employer Edward Rochester. The novel has various gothic sequence that depicts the inner monologue, tracing her psychological development from childhood to the traumatic events that shape her life.

The red room at the beginning of the novel when Jane is still a child and is locked in the room as a punishment. The red room is associated with the death of her uncle, Mr. Reed and its appearance as well as décor consist of mahogany and crimson tones that create an uneasy and fear atmosphere. As a young child, her confinement in the red room shows her psychological state as an abused and oppressed child, shaped by her trauma and emotional isolation. Her inner monologue in this scene reveals intense fear and discomfort, as she imagines her deceased uncle is watching her or senses his presence in the room. The red room mirrors the gothic themes like superstitions, death and uncanny events. Although there is hardly any supernatural presence. However, such setting combined with deceased who died in the room create vivid psychological suffering. Such environment can influence an individual, especially as a child which result in long lasting trauma. This occurrence can be comprehended in Jane's early life as post-traumatic stress disorder which influence her adulthood.

After the claustrophobic experience in her childhood, her first night at Thornhill hall was eerie and unsettling. The mysterious and isolated Thornhill makes the setting gothic and ominous. Jane experiences someone laughing hysterically that echoing through the halls. which Mrs. Fairfax dismissed and blame it on the servant. The scene contains gothic attributers such as an atmosphere of suspense, foreshadowing and a hint of paranormal. Thornhill mansion holds the hidden secrets of Rochester ex-wife Bertha Mason, who is portrayed as an ill-mannered and maniac who is locked. Neither Jane nor other people are aware that bertha mason is alive, and her presence gradually initiate her sinister plan. The classic gothic setting often includes a mansion with a troubled past history where secrets appear in the form of supernatural way. Bertha demonic and mirthless laughter function as foreshadowing of the future events.

In chapter 15, an intense scene occurs when Jane rescue Rochester after his bed caught fire out of nowhere. This marks the second encounter of mad and evil Bertha Mason, who set Rochester bed on fire with the intention of harm him. Jane who is unaware finds her mysterious laugh and the paranormal events eerie. The fire symbolizes of destruction and passion, representing growing emotional intensity between jane and Rochester, while bertha embodies the uncontrollable rage that threatens to destroy their relationship. It further also foreshadows the novel climax, which result in destroy the Thornhill mansion. In chapter 25 and subsequent chapters, the plot reveals Jane experiencing nightmares just before her wedding, where she imagines carrying a baby and the Thornhill is ruined followed by a woman tearing her veil and grinning at her. A that time, unaware of the truth, Bertha Mason who enters into her room that night, not only torn her veil but attempting to harm jane. On wedding day, Bertha existence is revealed in the church, exposing in front of jane that she is none other than Mrs. Rochester, who has been locked in 3<sup>rd</sup> floor for years. By the end of the novel, bertha jump off from the roof after putting mansion on fire and attempted suicide.

## REBECCA

Rebecca by Daphne du Maurier (1938) is a gothic novel that focuses newlywed Mrs. De Winter, a young unnamed narrator who marries a widower rather hurriedly. She discovered that Manderley mansion hasn't move on from former mistress and Mr. De Winter ex-wife Rebecca memories. The gothic atmosphere in the mansion makes the plot increasingly mysterious and eerie, as Rebecca presence haunts the unnamed

narrator in every corner of Manderley. Mrs. Danvers, the devoted housekeeper of Rebecca, intensified the terror and influence the mansion by obsessive attachment to Rebecca and her effort to preserve the memories. In gothic sense, Mrs. Danvers acts as a medium through which she to create rift between the couple by scheming against the narrator. She takes the narrator to Rebecca bedroom and makes her feel that room is still haunted. The narrator unconscious mind could not adjust with the new environment because she was haunted by the deceased presence, at the end when the mansion is on fire by none other than Mrs. Danvers.

### **THE TURN OF THE SCREW**

The Turn of the screw by Henry James is a gothic novella published in 1898. The plot revolves around an unnamed governess who is hired by a gentleman to take care of his nephew and niece at Bly, where they live with the housekeeper Mrs. Grose. The novella focuses on the paranormal and gothic elements and confront the myth if the ghost is real or its just governess illusion. The unnamed governess encounter “figures” of the individuals she has never met but has only heard about them. This can be examined through Freud theory of repression where person imagines that is repressed like fears, trauma or any other form of unsaid emotions. Her character reflects the obsessive protective nature, shaped by repressed emotion for the master which is never entirely emoted in the novella but it shows her desire to meet the master. This obsessive caring and protective nature towards the kids makes her very unstable.

The first scene in the novella depicts the governess spotting a strange man standing on the tower. He stares at her briefly before disappearing. When the governess goes to the tower, she finds no one there, and It sets the question if the figure was real or ghost. After consulting Mrs. Grose, the ghost is identified as the former servant Peter Quint, who is deceased. Quint ghost appears again, but this time at the windows and governess felt invaded and being watched. The mansion, which traditionally represents safety and comfort, it transforms into haunting space.

This gothic element of mansion focusses on such settings where truth is buried and buried histories that manifest the eerie sensation is common part of gothic literature. In the turn off the screw, the governess, while walking with flora, sees a woman in black seated across the lake on a low bench. The woman figure is motionless and silent, almost grieving over something and there is sadness in her face. The governess witnesses this presence unsettling and haunting. The lake, symbolizes calmness and solitude, contributes to mysterious setting and intensified the plot, as the governess remains uncertain whether she is witnessing is real or hallucination. The moment introduces the second ghost in the novella, and the deceased servant Miss Jessel, further reinforcing the gothic ambiguity between the psychological and supernatural disturbances.

The plot thickens when the paranormal events became dominating for the governess, where she noticed that kids are being watched by the ghosts. She believes that Miles is watched by Flora is watched by Miss Jessel. She tries to connect the uneasiness in kids with the ghosts in her mind. She sees ghost figures as morally corrupt people who did wrong with them.

The infamous scene where it reveals that the governess again sees Miss Jessel ghost near the lake, she asks flora and Mrs. Grose where both denied. Flora gets annoyed that she takes her shared belonging from the governess room and gets angry. She fell ill, the governess suggests Mrs. Grouse to take her away as she senses danger here at Bly. The scene symbolizes some buried truth which Flora knew but she chooses to stay silent and got triggered as a result she fell ill. Mrs. Grouse is unaware of the reality of the kids and servant’s connection, which only governess can solve it. In the novel Turn off the Screw, after flora leaves

Bly, the governess sits with Miles in the room and confronts him regarding the letter, questioning whether he has hidden it. During the intense confrontation she tell him that she saw quint standing at the window, silently watching them. The governess urges him to blurt out the truth, and under psychological pressure, he utters Peter name and collapse on her arms, which results in his death Miles death depicts as a cliffhanger at the end of novel but from a psychological perspective, Miles may have been under emotional distress and the intense confrontation could have triggered overwhelming fear and panic, leading to his death.

The novella contains many underlying symbolisms, particularly concerning the possibility that Flora and Miles may have experienced sexually exploitation by the deceased servants and Mrs. Grose remains unaware. The ghosts were the apparition of the past which governess could perceive it, reflecting her repressed emotion and unresolved psychological conflicts. Her excessively protective nature intensifies the hallucination, even in the absence of any threat. These visions are her hallucination sense danger when there is no one and she feels intimidated by the presence of Peter quint, which is more threatening and invasive to her than the female ghost Miss Jessel. In the final scene, there are chances of Miles suffering from sexual or domestic abuse and due to the trauma, the kid mental distress took a toll on his fragile mind resulting into accidental death.

## CHRISTMAS CAROL

Charles Dicken's popular novel "Christmas Carol" published in 1873, it follows the story of cold-hearted miser Ebenezer Scrooge who is confronted by the ghost of his deceased partner, Jacob Marley and other three spirits. These supernatural encounters forced him to confront how cruel and isolated he has become and foreshadowing the loneliness of his future. The first encounter of Marley ghost appears on the door knock. This scene occurs one dark night when Scrooge returning to his house and sees his deceased business partner face on the door knocker. He sees Marley as his manifestations guilt and emotions that has been buried for years. The face of Jacob reminds him the loss of partnership and emotional support. The door knock imitates the uncanny of familiar yet terrifying image of Scrooge repressed emotions that has been hallucinated in the form of objects.

When Ebenezer Scrooge sits near the fireplace, he hears eerie aural gothic noises like bells ringing, someone calling his name in an echoing voice, clanking chains and ghostly moans that startled him. These auditory elements create a tense and supernatural atmosphere, preparing for him for the ghostly encounter. In the next scene, the ghost of Jacob enters the room, wearing heavy chains around his body. His appearance looks scary and his body is described as transparent that scrooge can see through. The chains symbolize the burden Marley is carrying a spectrum that foreshadow scrooge future too.

When Jacob Marley ghost appears before Scrooge, he is shocked and asked the apparition to sit in the chair in order to talk to him. The apparition sitting comfortably symbolizes the domestic it carries as a spirit, violating the safe place of home. The ghost here dominates the mind and place of the him in order to show that his presence even as a spectrum is powerful and Scrooge is subordinate. In the next scene, he tries to joke around that spirit of Jacob that he feels like "A slight disorder of the stomach..." he tries to cover up the anxiety with logic and avoiding emotional confrontation.

In this particular scene, the bandage symbolizes how Jacob Marley was held together during his lifetime concealing the sins of burden and repressed moral failures. When he removes his bandage, it depicts the release of suppressed emotions and the exposure of sufferings. Jaw opening scene symbolizes unspoken truth and moral confession, as he prepares to confront Scrooge. Marley explains his punishment,

emphasizing as former partners, they mirror the same fate and destiny. He warns Scrooge to leave cruelty, greed and selfishness as after death he just become a wandering Spector, in search for peace. The scene breaks down that if Scrooge does not change his way, he has to go through the same consequence as Marley which he is turning into in present. He explains why spirit wanders because, in life, they failed to connect with people emotionally and socially. Further, he explains the true purpose of existence lies in human compassion and social responsibility. As Marley had lived self-centered and materialistic life, now he must repent his mistakes by warning Scrooge that he should become kind and generous. His repressed and dead emotions have transformed into a haunting presence for others. As a result, the chains and the bandage symbolize Jacob Marley punishments in afterlife. Later in the scene, he warns Scrooge that three spirits will visit him. These spirits will confront him and serves as guides to rectify the mistakes. Psychologically, this symbolizes that Marley as a ghost is not enough to make him understand emotional and moral condition. Marley sends three spirits in guide him where he is stand in past, present and future in his life if he ignored the consequences.

Marley strange backward movement toward the windows appears frightening and unnatural something that is not a normal human behavior. It reflects as an uncanny where Marley function as a manifestation unconscious guilt entering conscious awareness of Scrooge. The window symbolizes the threshold of scrooge mind, through which repressed emotions and moral realizations begin to emerge. Marley departure through the windows signifies the transition the unconscious and conscious states.

The three spirits were the ghost of Christmas past which shows him his childhood and younger days. The spirit of past helps him to remember the lost happiness, the love and the moments that are responsible for his cold nature. The ghost of Christmas present reflects the present scenario where the spirit shows him how people feels about him including Cratchit family. It teaches him that how his actions impact on others and teaching him empathy. Last, the ghost of Christmas yet to come (Future) that shows the outcomes of his consequences of his behavior that leads to lonely death. Forces him to confront the fear, regret and future that is shaped by his present choice.

## **ON POPULAR CULTURE**

### **1. AMITTYVILE HORROR**

The Amityville Horror by Jay Anson is based on true event of the Lutz family, who move into a house in Amityville house and begin experiencing paranormal events. The house is infamous for its murder case, in which Ronald Defoe Jr killed and shot six members of his family during the night. In the documented book, the family go through certain mental and emotional exhaustions. The red room in the house, which was painted red, cozy and small, was believed to be possessed by demonic presence. But in psychoanalysis pov, the coldness temperature in that particular room due to the lack of ventilation and it was under the basement. The red room creates an illusion of gothic elements where the members repressed emotions come in the form of paranormal imagery. The red room also symbolizes George Lutz turning aggressive, violent and inner frustration during the journey. The sensory hallucination of pigs and other apparitions are created due to the past history of the house members being killed. The house itself is mysterious and burdened with a past that influence the psychological state of victims. One of the possible reasons could be the negative energy of the house contributing to the unconsciousness mind, generating disturbing images and sensations shaped by fear and anxiety living in the house.

### **2. HOUSE OF DARKNESS HOUSE OF LIGHTNESS**

House of Darkness House of Lightness by Andrea Perron, a paranormal narrative novel documenting the

paranormal case that later inspired the film *Conjuring*. Written in the first narrator perspective, it depicts the distress and disturbance experienced by the Perron Family in the Rhode Island house. The case gained popularity among paranormal cases and was investigated by warren couple, who were famous demonologists. According to psychological perspective, the house has a history of violence and witchcraft which acts as tool of many fears in the house and the surroundings. The house labelled as haunted due to its past history associated with violence and the Perron family were the first victims to experience the supernatural events. Events such as girls hearing whispers, feeling as though someone pulling or touching them at night, noticing unexplained footsteps, or sensing rotten smells that does not come from paranormal references rather it may be anticipatory anxiety. The constant expects of something frightening can heighten the sensory and misunderstand ordinary stimuli as supernatural.

The next phenomenon to consider is hypnogogic hallucination, a state that occurs between wakefulness and sleep, when a person enters into dream, transitional phase. The sisters reported that someone used to touch or try to pull them down, the kids were going through hypnogogic jerks during their deep state and hallucinations became their paranormal experience. The mother is reported to be possessed by the ghost, during which she would turn into a different person. There is an episode where she undergoes an exorcism, which reflects deeply disturbance and eerie elements in gothic way. From a psychologically perspective, the mother was going through psychosomatic stress followed Dissociative Identity Disorder. she would start acting strangely and transform into someone, once the dissociation ended, she would return to her real state, often in confusion and distress. The family underwent different experiences and described that house consists of more than 100 entities, some of which positives and demonic. Many paranormal investigators conducted investigation of the house, however, they did not find nothing anything conclusive. They claimed to have seen a child entity associated with the youngest daughter April, and described the child apparition as demonic, disguising itself as a child. However, there is no scientific evidence that supports that ghosts in the house were real or not.

### **THE PSYCHOLOGY OF READERS AND VIEWERS RESPONSE IN GHOSTS NARRATIVES**

Ghost narratives are interlinked with psychological manifestations. While consuming gothic narratives as reader or viewer, the audience becomes the participants in the plot. The research paper first explains this through a movie and how the viewers, who are aware of the actors are merely mimicking the storylines and characters, don't feel intense fear until gothic elements like sounds effects and paranormal cinematography are introduced. How the audience is more focused on the acting and does not to give much importance to visualization. On the other hand, gothic literature is less popular among the book reading community, as one of the prominent challenge's readers face is to imagine the ghastly plot, which can be too frightening for the readers to engage with fully. There are many reports that suggesting viewers, after watching horror movies, they feel anxious that day due to the intense image of ghosts and apparitions. Whereas readers do get become traumatizes by the plots and the violence it brings. Psychologically, it affects the mental conditions of both mediums and hallucination, and followed by panic attacks can occurs if the person is not that mentally strong.

### **DISCUSSION/ RESEARCH GAP**

The discussion synthesis the textual analysis of the different fictions and media in order to comprehend the psychoanalysis the various elements, behavior and myths. The central argument revolved around how ghosts in literary fiction are just psychological manifestations, not real ghosts. The characters go through

the intense emotions that are triggered by the creepy environment around them which force their mind to hallucinate their own repressed feelings in to fear. Next was how home which is meant to comfort become the unfamiliar haunted house in these storylines. Once the familiar things that used to give the motivation and person to stay, it become the reason to leave the house with terrible memories. The uncanny moments where the characters see their own traumatic repressed emotions in villains and ghosts. In many literary works, the characters go through ambiguity of emotions, the ghosts are never revealed, the characters and readers are left to experience the expression of confusion and to draw a conclusion what they see through naked eyes is real or not? Is it an illusion or the ghosts are real? In many texts, the children occupy the primary position as witness. As children are innocents and pure, as young they are able to sense things before adults do. But they are not able to process the things they see and often their reactions are unseen, unclear and not able to communicate properly. Domestic spaces and architecture play a major factor in gothic literature and its adverse effect on characters affect the psyche of them. The domestic house slowly turning into an eerie haunted house where everything feels like harming the characters mind unintentionally. Walls, rooms, closed rooms and basements functions as an extended trauma triggers to the characters. Architectural settings where old mansions act as a symbol of repetitive repressed emotions when the central character find themselves in hidden storeroom, hearing noises, the pictures and the surrounding nature also contribute in the gothic literature. The narrators and the storytellers in such novels are emotionally exhausted people and often they project their repressed emotions which according to them are supernatural. For example, the governess character from THE Turn off the screw, who was an anxious and over protective woman, and her mental conditions lead to the death of one of the supporting kids. Talking about the research gap, the existing research on gothic literature focuses on thematic elements such as introductions, settings, supernatural elements, atmosphere and symbolism. Little attention has been given to psychological indicators through these underlying elements and to explain why such phenomenon occurs and the effects of gothic narratives on audience as well as characters. The study tries to bridge that gap by examining the gothic narrative through psychological lens rather than merely analyzing the external features.

## CONCLUSION

This study examines the paranormal and gothic literature that is less eerie as it seems as a reader in fictions. The ghosts are the manifestations of repressed emotions of the characters who see these apparitions as opulence of their fear. The research also studies how several gothic literatures like Wuthering heights and Turn off the Screw focuses on children abused and how the ghosts of past haunts their present and future. The elements in these books reflects the abandoned things reflects as mysterious and supernatural for instance characters getting paranoid of an empty and abandoned storeroom which is told to these characters that a ghost reside and the disturbance in cognitive started from there where the people are not able to understand what they see is true or the mind clogged by the information's they have been hearing. The study further tries to investigate if the ghost is real or the spirits but nothing has been found or clarified in the literary texts except the negative presence of past or the buried secrets. Ultimately, the research prioritizes interpretation over verification, that gothic literature should be explore the psychology of human behavior in distress. The persistence of ghost's figures across the literature and narratives underscores on what is buried will return, not to harm but to haunts the mind and to remind.

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