Investigating the Capacity of the Literary Genre of Fantasy in Reducing Adolescent Tensions (Based on the Psychological Analysis of the Novel *Shahzadeh Shenel Tashtaki*)

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Introduction

Novel is an important branch of children's and adolescents' literature. The events resulting from the stages of growth, physical and mental maturity, crisis of individuality, love and various conflicts of this age are some of the topics raised in adolescents' novels. In this particular literary genre, the conflict of the adolescent character in the story is depicted with the outside world or the world inside him, which is usually associated with the process of intellectual development. Eventually, the hero of the story must find a way to cope or overcome her/his crises. The fantasy novel is one of the most suitable ways to acquaint the adolescent audience with these external and internal conflicts. The importance of fantasy for adolescents is to communicate with their subconscious. Fantasy stories, without direct expression, in a symbolic context, makes the reader delve into her/his unconscious and confront her/his fears, anxieties and failures. Many characters, places

and events in the fantasy world can arise from her/his conflicted psyche or repressed desires.

From this point of view, fantasy can be measured with dreams and the rules governing the interpretation and the decoding of dreams can be applied to it, something similar to the work of psychotherapists. With this method, the author can introduce the injuries and tensions deposited in the subconscious of the character of the story. Fantasy can be called the dream of the waking world.

The novel *Shahzadeh Shenel Tashtaki* [literary, *The Prince with a Cape of Bottle Tops*] in the form of fantasy, expresses the mental crisis of a child at the threshold of adolescence. This child is in a transitional phase and the surrounding environment is stressful for him. The character of the story needs experience to reach maturity, an experience that the audience of the story also needs. The passage of the child of the story and the intended audience through this period of life with the help of the ups and downs of the story can be a pleasant and desirable experience. The protagonist suffers from stuttering and is humiliated by his friends. According to Adler's idea, it seems that the author of *Shahzadeh Shenel Tashtaki* was trying to use the potential of the novel and the fantasy to provide an environment to make the audience face and overcome their fears and anxieties. The magical land that the main character enters symbolically represents his subconscious. The child begins a journey and encounters monstrous and gigantic imaginary creatures. By going through difficult stages and overcoming these creatures, he overcomes his fear and returns to the real world.

Research Method

In this research, the process of adolescent personality development and her/his achievement of self-confidence have been investigated using comparative content analysis. For this purpose, while analyzing the nature of Freud's unconscious, Alfred Adler's "inferiority complex" theory has been used.

Discussion

Psychoanalysis and literature: One of the branches of interdisciplinary studies is the study of literary works from a psychological perspective. Many of the concepts presented in psychology can be traced in literary texts. As the father of new psychology, Freud is the leader of others in this field. He made great use of classical literary texts to justify and explain his ideas. He repeatedly mentions that poets and writers from the distant past, in their works, with creative intuition, had achieved the same deep insight about human mental life that psychoanalysis realized and conceptualized through clinical observations. (Payandeh, 2019: 8)

In the genre of novel, these symbols are used to narrate different dimensions of human personality. The description of the spiritual life of a person, his emotional perceptions, instincts and psychological accumulations are among the psychoanalytical skills that flow through the author's pen. Psychological criticism and examination of the unconscious became popular in literary works, including novels, after Sigmund Freud's theories about the unconscious.

Unconscious: Before Freud, there were those who hinted at the hidden dimension of the human mind but the first person who founded this idea

in psychology was Freud. Unconscious makes up a large part of every person's psyche. It is an invisible aspect that has a deep impact on the personality, behavior and life of a person. Freud believes that unresolved conflicts, fears and suppressed desires never disappear in human existence, but are pushed back to the invisible part of the mind. "Unwanted thoughts have the power to push them into the unconscious" (Freud, 2016: 82).

According to this theory, what is pushed from the conscious mind to the unconscious mind comes back to us in other forms, including in the form of dreams, various types of ecstatic actions (e.g. clapping), mental associations and fantasy. The subconscious mind is always looking for a way to let out the contents accumulated in this dark part of the mind (Payandeh, 2017: 80)

Inferiority complex: Alfred Adler (1870-1937), the Austrian psychologist, believed that the origin of human effort and movement in life stems from the feeling of bitterness and inferiority which arises in humans from childhood. In fact, Adler's psychology is based for the most part on instinctive biological forces relying on environmental factors and social conditions. The feeling of inferiority is the source of all human efforts and the driving force that motivates all behaviors. The progress, growth and development of a person is due to the effort he makes to compensate for his humiliation, whether real or imaginary. A person is motivated throughout his life by the need to overcome this sense of inferiority and the need to try to grow as much as possible (Schultz, 2018: 143).

Conclusion

The result of this research is summarized in the following cases: first, in this work, the capacity of fantasy is well used to show the child's suffering unconsciously. Second, the fears of school and the humiliation of classmates deposited in his subconscious are shown in the form of demons and scary creatures. Also, other fears such as the grandfather's artificial teeth, breast milk, and the addicted person that Bardia saw, although removed from the conscious layer of the mind, but are alive and stable in the unconscious and are recounted in this story with various symbols in a fantastic form.

Third, magical auxiliary elements come to Bardia's aid in this story, each of which a symbol of different aspects of his existence. The cloak and toy sword of his childhood are two tools that help him in this dangerous journey. These two devices, one symbolizing Bardia's stuttering and the other his natural agility and courage, show that the child's inner strength must be recovered in order to rely on it to fight conflicts and problems.

Fourth, in the end, the child manages to defeat the monsters and find his hamster. The hamster is a symbol of agility and a healthy and passionate child, who has been captured by evil forces. By overcoming his fears and anxieties, the child reaches the unity of the mind and copes with his stuttering and returns to the real world.

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