

Fathoming Childhood Trauma and Social Abuse in Quinn's *The Night Child*: A Psychoanalytic Study

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Abstract

*The current research study points to the representation of childhood trauma and social abuse in Quinn's *The Night Child*, employing qualitative analysis techniques guided by Sigmund Freud's psychoanalytic theory. The study adopted a purposive technique to investigate the psychological depths of the novel's protagonist and has revealed underlying emotional trauma and child abuse. Freudian psychoanalysis has provided a comprehensive framework for exploring the subconscious mind, offering insights into repressed memories, desires, and unresolved conflicts. Through a meticulous examination and character interactions, this research has unveiled the hidden layers of the protagonist's psyche. The results of the analysis have indicated a profound presence of emotional trauma and child abuse within the narrative. The protagonist's experiences, as depicted in the novel, align with Freud's theories of the unconscious mind, defense mechanisms, and the impact of early childhood experiences on adult personality. The study has not only shed light on the complexities of the protagonist's inner world but has also underscored the novel's powerful portrayal of the long-lasting effects of trauma and abuse on individuals. This research contributes to the understanding of the psychological dimensions of literature and emphasizes the importance of recognizing and addressing emotional trauma and child abuse in both literature and real-life contexts.*

Keywords: Repression, Psychic Fragmentation, DID, Bullying, Ordeal

1. Introduction

The present research study aims to employ Freudian psychoanalytic theory as a tool for delving into the complex psychological dimensions present in Quinn's *The Night Child* (2018). By utilizing Freudian concepts such as the id, ego, superego, repression, defense mechanisms, symbolism, and dream analysis, the researchers seek to unravel the underlying motivations, conflicts, and unconscious desires that shape the characters and drive the narrative. Anna Quinn skillfully portrays the journey of Nora Brown as she grapples with the lingering effects of her troubled past. The novel takes readers on a tumultuous journey through the depths of despair and malevolence. It unveils the intricate relationship between personal histories and the burdens they impose, serving as steadfast anchors that keep individuals grounded amidst turbulent circumstances. In these moments, the resilience that is possessed is tested while grappling with the overwhelming emotions that accompany the resurfacing fragments of the past.

1.2 Statement of the Problem

Sexual assault against minors is still a major issue all over the world. Many of the mental, emotional, and even physical health problems that affect children and adolescents who have experienced sexual abuse continue far into adulthood. For this reason, knowing how to support victims of sexual assault is essential. Four popular treatment modalities for

victims of sexual assault include psychodynamic and psychoanalytic psychotherapy. These techniques are based on the idea that issues from the past, if they are suppressed in the conscious mind, can resurface in the present. Through connection-making, a psychoanalytic or psychodynamic therapist can support a patient's healing by helping them become more aware of and able to resolve unconscious tensions.

1.3 Research Objectives

1. To explore how well psychoanalytic therapies toil to address the psychological and behavioral consequences of emotional abuse in childhood, as well as the implications on social stability.
2. To evaluate the efficacy of psychoanalytic treatment for children who have experienced sexual abuse.
3. To reconnoiter the long-term effects of psychoanalytic therapies on people who have gone through complicated trauma.

1.4 Significance of the Study

Research's examination of the long-term effects of child maltreatment is another crucial addition. A greater comprehension of the significant and long-lasting repercussions can be achieved by looking at the psychological, emotional, and bodily ramifications that survivors encounter. This information directs the creation of interventions and support programs that are specifically designed to meet the needs of survivors and foster their resilience and healing. Additionally, research on child abuse is essential for developing intervention strategies and promoting legislative changes. Researchers can improve and hone intervention techniques by assessing the efficacy of different therapy modalities and intervention programs. It might shatter the taboo around child abuse and lessen the stigma attached to it. Research makes the problem more visible, which motivates survivors to come forward, ask for assistance, and get the support they require. In the end, studies on child abuse support international initiatives to prevent exploitation and abuse.

2. Literature Review

The study of sexual abuse of kids has neglected psychoanalysis, which is a shame. Investigating the truth and empirical evidence are prioritized above a psychoanalytical point of view. In contrast to the neo-positivistic methodology, which prioritizes direct experience as the fundamental method of inquiry, the psychoanalytic perspective acknowledges that sexuality originates in the unconscious and that sexual abuse may take many forms. We argue that the quest to discover the truth behind allegations of child sexual abuse should be supplemented by a psychoanalytic theory of infantile sexuality and sexual trauma, with an emphasis on the need to listen to and work with one's unconscious in order to capture (and quoting Freud): "the nature of the subject" (Freud & Breuer, 1893–1895).

In addition, Perry and Pollard (1998) note that even though a young child won't be able to effectively respond to the trauma, he or she is still capable of experiencing a fear-induced startle response, emotional distress, or any other age-appropriate reactivity. In certain cases, people may see a lack of reaction as a sign of emotional strength. Because of the trauma, a new equilibrium has formed, but it is less functional and more rigid than the

old one (Perry & Pollard, 1998). Childhood trauma if unaddressed transmit intergenerationally (Javaid et al., 2024) and make them embittered which is resolved through expressive writing (Javaid & Mahmood, 2023a,b). Parenting styles play crucial role in it (Ali et al., 2024; Kamran et al., 2023). Lacking the foundational experiences necessary to express their complete potential in self-regulation, relationships, communication, and thinking, children who live in chaos, neglect, abuse, or danger are unable to reach their full potential.

Significantly, the inflammatory response may be triggered by both physical and mental stress. Pro-inflammatory cytokines, C-reactive protein, and fibrinogen are some of the plasma indicators of inflammation that are often measured in these types of investigations (Kendall-Tackett, 2010). Disease progression is largely dependent on inflammation's presence. Researchers in the area of psychoanalysis have shown during the last decade that elevated levels of general inflammation are the root cause of many prevalent chronic disorders. Because the human stress response induces inflammation, these results are especially pertinent to trauma survivors. Danese, Pariante, Caspi, Taylor, & Poulton (2007) found that clinically relevant levels of C-reactive protein were affected by childhood maltreatment 20 years later in abuse survivors. Inflammation caused by childhood maltreatment persisted even after controlling for adult stress, prenatal risk factors, and health and wellness practices. Similarly, individuals who had been physically or sexually abused as children also had higher than average white blood cell counts and fibrinogen. Abuse exacerbated inflammation in a dose-dependent manner. Another recent research (Groer, M. W., Thomas, Evans, Helton, & Weldon, 2006) found that rape survivors had higher levels of stress hormones and inflammatory markers. Fifteen women who had experienced sexual assault were studied with sixteen controls. Between 24 and 72 hours following their ordeals, the rape sufferers were evaluated. Stress hormone, C-reactive protein, and pro-inflammatory cytokine levels were all greater in the sexually attacked women compared to the control cohort. Furthermore, the B lymphocyte amount and lymphocyte proliferation were both lower in the raped women. The results were interpreted as showing that sexual assault stimulated innate immunity while dampening innate immunity. Health issues are possible in the road for rape survivors if these long-term changes hold true.

A number of studies have shown that children and women who have experienced sexual abuse have trouble falling or staying asleep. For instance, a European group sample found that 68% of those who had survived sexual assault had trouble sleeping, with 45% reporting experiencing recurring nightmares (Teegen, 1999). A third of French adolescent victims of sexual assault reported having "bad sleep," compared to sixteen percent of minors who had not been sexually abused.

The negative effects of poor sleep quality on health are significant. It raises mortality risk, affects immunological and metabolic function, and chronically stimulates the HPA axis (Carmichael & Reis, 2005). Sleep deprivation severely affects motor ability, cognitive functioning, and mood, according to a meta-analysis of 19 research conducted by Pilcher and Huffcutt (1996). Sleep disturbance lowers quality of life (Munir et al., 2024; Javaid et al., 2024). Who didn't get enough sleep reported feelings that were three standard deviations below those of their well-rested peers. Interestingly, just a little amount of sleep loss was as harmful as none at all. There is a correlation between poor sleep hygiene and

increased risk of vehicle accidents. Sleep deprivation was also associated with increased functional impairment and worse quality of life in those with chronic illnesses. Effects of Sexual Abuse on Children's Health 55 C03 08/16/2011 16:46:40 Page 56 People who have trouble sleeping are more likely to seek medical attention than those who get a good night's rest (Stepanski, Rybarczyk, Lopez, & Stevens, 2003).

People who have strong social networks have a decreased risk of developing coronary heart disease and make quicker recoveries from surgical procedures. Coronary diseases lower quality of life (Adeeb et al., 2017). Less resilient have hard coping (Riaz et al., 2021). Those who lack social support are less able to cope with stressful situations, making them more likely to get unwell or develop mental disorders. Assistance from others was shown to be an effective buffer in a study of high-risk adolescents hospitalized to a mental institution. High levels of violence were either experienced by or seen by the youths in this research. Some of the negative consequences of familial violence on these adolescents were buffered by their social networks, according to research (Muller, Goebel-Fabbi, the Diamond system, & Dinklage, 2000). Social networking motivates (Ramzan et al., 2023) and Facebook portfolio's enhance understanding of social dilemmas (Chen & Ramzan, 2024). The most prevalent reactions to juvenile sexual abuse are depression and anxiety. Scientists ignored links between mental and physical health for a long time. Since then, we've figured out it was an incorrect assumption. Health risks are amplified in the presence of stress and sadness. Depression is the most well-documented influence on health when it comes to psychological trauma caused by historical maltreatment. Unfortunately, abuse survivors' mental health might suffer as a result of their ordeal. Depression is often seen as a measurable endpoint in the realm of family violence after traumatic experiences. The link between depression and physical illness has been well-documented, however (Frasure-Smith & Lesperance, 2005).

3. RESEARCH METHODOLOGY

In the psychoanalysis of a novel, researchers employ purposive or selective sampling techniques to deliberately select specific texts or events that align with the research objectives and provide meaningful material for analysis. Purposive sampling involves a thoughtful and informed approach to choosing text from novel based on relevant criteria that enhance the psychoanalytic exploration. The selection of specific texts from novels for psychoanalysis is driven by various considerations. One crucial factor is the thematic relevance of the text or events to the research question. Researchers may opt for texts or events that delve into specific themes, such as trauma, identity formation, or psychological conflicts. By focusing on specific events and texts in the novel that explore these themes, researchers can gain deeper insights into the psychological aspects and dynamics present in the narrative.

The research procedure for the investigation of the causes and effects of child and emotional abuse in Quinn's *The Night Child* (2018) involves a systematic and comprehensive approach to gathering relevant data and analyzing it in order to gain a deeper understanding of the topic. The first step is to be conducted an extensive literature review on trauma theory, child and emotional abuse, post-traumatic stress disorder (PTSD), and related concepts. This would involve reviewing academic journals, books, and scholarly articles to gain a comprehensive understanding of the existing theoretical

frameworks, research studies, and findings in the field of trauma and its effects. The research methodology for this study is predominantly qualitative in nature, as it aims to explore and understand the subjective experiences and perspectives of the characters in the novel. Qualitative research methods such as textual analysis, thematic analysis, and narrative analysis would be employed to examine the text and extract relevant data. The primary source of data for this research would be Quinn's *The Night Child* (2018). The text would be meticulously examined and specific passages or quotes that depict instances of trauma or its effects would be identified. These selected excerpts would serve as the basis for analysis and interpretation. The identified passages and quotes would be analyzed using qualitative analysis techniques. This would involve coding the data, identifying recurring themes and patterns, and interpreting the meaning behind the characters' experiences of trauma. The analysis would be conducted in a systematic and rigorous manner to ensure the validity and reliability of the findings.

4. Textual Analysis

Through a meticulous and comprehensive examination of the literary work, the researchers aim to extract and distill the nuanced complexities related to the causes and effects of child and emotional abuse, which ultimately lead to post-traumatic disorder. This qualitative inquiry is firmly grounded in the substantive foundation established through the analysis of the novel.

Child abuse is a pervasive issue that exists across various social classes, cultures, races, and ethnicities. Its causes are intricate and multifaceted, making it impossible to draw generalizations about the specific types of households where abuse occurs. However, research suggests that parents with a robust social network of supportive family and friends are less likely to engage in child abuse. Understanding this has allowed experts to identify certain risk factors associated with child abuse. The child and emotional abused faced by Nora can be illustrated by analyzing the following themes.

A subtle moment of air behind her.....she says loud,..... in front of her a girl's face.... You might die. (Quinn, A. 2018, p. 6)

In these lines, the theme of hallucination is discussed. Nora experienced a hallucination about a child with blue eyes. In Freudian psychoanalysis, hallucinations can be understood through the lens of the unconscious mind and its interactions with the conscious mind. According to Sigmund Freud, the human psyche is divided into three main components: the id, the ego, and the superego. Each of these plays a crucial role in shaping an individual's thoughts, behaviors, and perceptions. Hallucinations can be seen as manifestations of unconscious desires, fears, or conflicts that emerge into the conscious mind without any external stimulus. Freud believed that the unconscious mind contains repressed thoughts, memories, and emotions that are too distressing or unacceptable for the conscious mind to process directly. These repressed contents, often related to unresolved childhood experiences or traumas, can resurface in various ways, including in the form of hallucinations. One of the key concepts in Freudian psychoanalysis is the defense mechanisms employed by the ego to protect the conscious mind from the overwhelming impact of the unconscious material. These defense mechanisms, such as repression, denial, and projection, aim to keep unconscious thoughts and feelings hidden from conscious

awareness. Hallucinations can be seen as a breakdown of these defense mechanisms, allowing the repressed contents of the unconscious to surface and be experienced directly by the individual. The hallucinatory experiences may take on various forms, such as auditory, visual, or sensory perceptions, which can be indistinguishable from reality. For instance, a person who has unresolved feelings of guilt or anxiety from a traumatic event in their past may experience hallucinations related to that event. These hallucinations might involve hearing voices, seeing images, or feeling sensations that are connected to the repressed emotions. In Freudian psychoanalysis, the goal of therapy would be to explore and understand the underlying unconscious conflicts and desires that give rise to the hallucinations. By bringing these repressed contents to conscious awareness, the individual can work through them and reduce the frequency and intensity of hallucinatory experience. Therefore, while Freudian psychoanalysis provides one way to interpret hallucinations, it is not the only perspective available in modern psychological research and practice.

*the face obscure and veiled in blues "Remember the
Valentine dress..... (Quinn, A. 2018, p.10)*

In Freudian psychoanalysis, Nora's experience of seeing her past self, which she has forgotten about but was abused six years ago, can be understood through the concept of repression. Repression is a psychological defense mechanism proposed by Freud, wherein distressing or traumatic memories are pushed into the unconscious mind to protect the conscious mind from overwhelming emotional pain. The memories and associated emotions do not vanish; instead, they continue to exert an influence on the individual's psyche from the unconscious. In Nora's case, the abuse she endured when she was six years old was likely too traumatic for her conscious mind to cope with, so it became repressed and hidden from her awareness. Over time, Nora may have developed coping mechanisms to distance herself from those distressing memories, allowing her to function in her day-to-day life without consciously recalling the traumatic events.

The sudden appearance of her past self, symbolizing the repressed memory of the abused self, can be seen as a manifestation of the return of these repressed memories. Nora's mind might have reached a point where the defense mechanisms holding back these memories were momentarily weakened or overwhelmed, leading to the emergence of her past self into her conscious awareness as a hallucination. From a Freudian perspective, this hallucination represents the unconscious desires and fears related to the trauma that Nora experienced. By encountering her past self, Nora's unconscious mind is attempting to express and integrate the unresolved trauma and associated emotions into her conscious awareness. In psychoanalysis, the therapist's aim would be to explore these hallucinations and help Nora uncover the repressed memories and emotions associated with her past abuse. By bringing these memories into conscious awareness and working through the underlying conflicts and emotions, Nora can begin to heal from the trauma and address the psychological distress associated with it. It's essential to recognize that Freud's theories have faced criticisms, and contemporary psychoanalysis and trauma therapies consider a broader range of factors in understanding and addressing such experiences.

Who would leave their children and never come back? (Quinn, A. 2018, p. 42)

Abandonment, within the context of child abuse, is a poignant issue that underscores the detrimental effects of emotional neglect and lack of consistent caregiving on a child's development. This form of abuse occurs when a child's primary caregivers fail to provide the necessary emotional presence, attention, and support, leading to feelings of isolation, insecurity, and a distorted sense of self-worth. In Quinn's *The Night Child* (2018), the theme of abandonment is explored through the protagonist's experiences. The emotional void created by neglectful caregivers leaves a lasting impact on the character, manifesting in emotional struggles, behavioral challenges, and difficulties in forming meaningful relationships. This narrative serves as a poignant illustration of how abandonment during childhood can shape an individual's sense of identity, interpersonal interactions, and psychological well-being. From a psychoanalytic perspective, such as Sigmund Freud's theories, abandonment can disrupt the formation of a healthy ego and contribute to the development of defense mechanisms that impact emotional regulation. The lack of consistent and nurturing caregiving can lead to feelings of unresolved loss and an underlying sense of emptiness. Addressing the issue of abandonment in the context of child abuse calls for a comprehensive approach that combines psychological intervention, support systems, and a nurturing environment. By acknowledging the profound impact of abandonment on an individual's emotional and psychological landscape, societies can work toward breaking cycles of neglect, promoting healthy attachment, and fostering resilient emotional development in children.

In psychoanalysis, Nora's experience of her father leaving her alone and abandoning her when her mother died has significant psychological implications for her development and personality. Freudian theory emphasizes the importance of early childhood experiences and their impact on shaping an individual's psyche and behavior. The loss of her mother at a young age and her father's subsequent abandonment has led to a range of psychological responses in Nora. Freud proposed that such traumatic experiences could trigger defense mechanisms, such as repression or denial, to cope with overwhelming emotions and protect the conscious mind from distress. Nora may repress or deny the intense emotions of grief, loss, and abandonment, pushing them into her unconscious mind. These repressed emotions continued to influence her thoughts, feelings, and behavior without her being consciously aware of their origins. As Nora grows older, the unresolved feelings from her early childhood experiences manifested in her adult life in various ways. She might struggle with issues of trust and intimacy in her relationships, fearing that people will leave her or that she may be rejected again. The abandonment she experienced as a child could lead to difficulties in forming secure attachments or maintaining long-term relationships.

In Freudian terms, Nora's unresolved feelings of abandonment and loss influenced her self-esteem and self-worth. She developed defense mechanisms, such as seeking constant validation from others or engaging in self-sabotaging behaviors to protect herself from potential future rejection. The traumatic experiences of loss and abandonment also led to unconscious conflicts that impact Nora's overall psychological well-being. These conflicts manifested in symptoms of anxiety, depression, or feelings of emptiness and inadequacy. Psychoanalysis aims to help Nora explore and work through these repressed emotions and conflicts. By bringing the unconscious material into conscious awareness, she can confront the unresolved trauma, process her emotions, and gain insight into how these experiences have shaped her life. It's important to note that psychoanalysis is one theoretical perspective, and modern psychological approaches offer various therapeutic

techniques and interventions to address childhood trauma and its impact on an individual's life. Trauma-focused therapies, attachment-based interventions, and other evidence-based approaches can help individuals like Nora heal from their past experiences and develop healthier coping mechanisms for their current and future relationships.

Breaking the yolk, even though she knows how much Nora likes to poke the egg open herself..... slow, slow onto her toast. (Quinn, A. 2018, p. 49)

In psychoanalysis, Nora's mother's deliberate act of breaking the yolk of the egg, despite knowing Nora's preference to poke the egg open herself, can be understood as a manifestation of emotional abuse. Freudian psychoanalysis emphasizes the significance of early childhood experiences and their impact on an individual's psychological development. In this context, Nora's mother's behavior can be seen as an expression of her own unresolved emotional conflicts and her need for control. From a psychoanalytic perspective, Nora's mother may be projecting her own unmet needs and frustrations onto Nora, using the act of breaking the yolk as a way to exert power and dominance over her daughter.

Nora's mother's intentional act of disregarding Nora's feelings and preferences may resonate with past experiences of emotional neglect or lack of validation, leading Nora to internalize feelings of worthlessness or inadequacy. In addition, psychoanalysis highlights the role of unconscious motivations in shaping behavior. Nora's mother's actions may be driven by unresolved conflicts or traumas from her own past that are projected onto Nora. This projection can create a destructive cycle of emotional abuse, as Nora's mother may be unconsciously reenacting patterns of mistreatment that she experienced herself. Furthermore, in psychoanalysis, the parent-child relationship is crucial in the development of the child's sense of self and their understanding of relationships. Emotional abuse from a caregiver can disrupt the formation of a secure attachment and negatively impact Nora's sense of trust and self-esteem. The emotional wounds caused by such abuse may continue to influence Nora's emotional well-being and interpersonal relationships throughout her life. In psychoanalytic therapy, the focus would be on exploring Nora's early experiences, her emotional reactions to her mother's actions, and the underlying unconscious dynamics at play. By bringing these repressed emotions and conflicts into conscious awareness, Nora can gain insight into the impact of her mother's emotional abuse and work through its effects on her sense of self and relationships. Emotional abuse is a deeply concerning issue that can have profound and lasting effects on an individual's psychological well-being, self-esteem, and overall mental health. It involves a pattern of behaviors aimed at undermining, belittling, or manipulating a person's emotions, often with the intention of exerting control or power over them.

Children who experience emotional abuse may face a range of damaging consequences. Their self-esteem can be eroded as they internalize negative messages and beliefs about themselves. They might develop anxiety, depression, or other mental health issues due to the chronic stress and emotional turmoil caused by the abuse. Furthermore, emotional abuse can impact a child's ability to form healthy relationships, express emotions appropriately, and navigate challenges in life. From a psychoanalytic perspective, emotional abuse can shape a child's developing personality and self-concept. The negative messages received during critical developmental stages can become internalized, leading

to a negative self-image and possibly the development of defense mechanisms as ways to cope with the emotional pain.

Addressing emotional abuse requires a multifaceted approach. Identifying and intervening in cases of emotional abuse is essential to protect children from further harm. Providing support and therapy to individuals who have experienced emotional abuse can help them heal and develop healthier coping mechanisms. Additionally, promoting awareness and education about emotional abuse within communities and educational institutions can help prevent its occurrence and ensure that children are raised in environments that nurture their emotional well-being. Efforts to combat emotional abuse should involve not only legal measures to protect children but also societal changes that challenge harmful cultural norms and promote healthy emotional interactions and communication.

She enters, order three croissants.... Nora feels a little bit in control now.
(Quinn, A. 2018, p. 65)

In psychoanalysis, sugar craving can be understood as a potential coping mechanism that arises from emotional and physical abuse experienced during childhood. Freudian psychoanalysis emphasizes the significance of early experiences in shaping an individual's psychological development and coping strategies. In the context of emotional and physical abuse, the individual may have experienced profound distress, fear, and emotional pain. To cope with these overwhelming emotions, the mind might develop defense mechanisms as a way to find comfort and relief. Sugar craving can be seen as a form of self-soothing or self-medication in response to the emotional and physical pain. Sugar, in the form of sweets and treats, can trigger the release of dopamine, a neurotransmitter associated with pleasure and reward. Therefore, indulging in sugary foods might temporarily alleviate emotional discomfort, providing a sense of comfort or distraction from distressing memories or feelings. Additionally, sugar craving can be linked to feelings of deprivation experienced during the abuse. In an environment where the individual's needs, emotions, and preferences were disregarded or neglected, the act of consuming sugary foods might represent a form of self-nurturing and fulfilling a sense of lack or emptiness. Psychoanalytic therapy would aim to explore the underlying emotional triggers and connections between the sugar craving and the history of emotional and physical abuse. By bringing these associations into conscious awareness, the individual can gain insights into their coping mechanisms and emotional patterns.

The therapist would help the individual identify healthier ways to cope with emotional distress and support them in developing more adaptive strategies for dealing with difficult emotions and memories related to the abuse. It's important to note that sugar craving as a coping mechanism is just one possible response to emotional and physical abuse. Different individuals may develop various coping strategies, and each case requires a nuanced and individualized therapeutic approach. Modern psychological therapies, including trauma-focused therapies and cognitive-behavioral interventions, can also be instrumental in helping individuals process the impact of abuse and develop healthier coping mechanisms. Emotional eating, when observed as a psychological disorder stemming from child abuse, reflects the complex interplay between traumatic experiences, emotional coping mechanisms, and the relationship with food. This disorder involves using

food as a way to cope with and manage negative emotions, often in response to past trauma or ongoing emotional distress. Child abuse can lead to profound emotional scars and difficulties in processing and expressing feelings. Emotional eating can emerge as a response to these unresolved emotions, with individuals turning to food as a way to soothe themselves, numb emotional pain, or regain a sense of control in the midst of overwhelming feelings. This coping mechanism can lead to an unhealthy cycle where eating is intertwined with emotional regulation, making it challenging to develop healthier ways of dealing with emotions. From a psychoanalytic standpoint, emotional eating can be seen as a manifestation of defense mechanisms that have developed in response to past trauma. Sigmund Freud's theories on defense mechanisms, such as repression and displacement, offer insights into how unresolved emotions from child abuse might be expressed indirectly through behaviors like emotional eating. Addressing emotional eating as a result of child abuse involves a multifaceted approach. Therapy, such as psychoanalytic therapy or cognitive-behavioral therapy, can help individuals explore the underlying trauma, identify triggers for emotional eating, and develop healthier strategies for coping with emotions.

Healing from the effects of child abuse requires not only addressing the emotional eating itself but also working through the traumatic experiences that contribute to this behavior. Creating a supportive environment and raising awareness about the connection between child abuse and emotional eating is crucial. Educating individuals about healthier coping mechanisms, promoting emotional self-awareness, and providing resources for healing can help break the cycle of emotional eating and contribute to overall psychological well-being for survivors of child abuse.

Daddy ... he ... put my hands on his hard thing ... he said you are my little princess Put my face on his lap..... (Quinn, A. 2018, p.84)

Nora experienced sexual abuse by his own father when he molested her. But in this case she thought she was the one who is a sinner. Sexual abuse by a parent is a deeply traumatic experience that can have significant psychological ramifications for the survivor. From a psychoanalytic perspective, Sigmund Freud's theories can offer insights into the dynamics of such abuse. Freud's concept of repression suggests that individuals may unconsciously repress traumatic experiences to shield themselves from overwhelming emotions. In the context of sexual abuse by a parent, survivors may unconsciously repress memories of the abuse as a defense mechanism, coping with the distressing nature of the experience. Moreover, Freud's Oedipus complex theory posits that children harbor unconscious desires for their opposite-sex parent and may have hostile feelings toward their same-sex parent. Sexual abuse by a parent disrupts these normal family dynamics, intensifying feelings of confusion, guilt, and shame for the survivor. Survivors may struggle with ambivalence, experiencing conflicting emotions of love and anger toward the abuser-parent, leading to internal conflicts and difficulties in forming healthy relationships in adulthood. Freud's theory of psychosexual development also becomes relevant when considering sexual abuse during childhood. Early experiences shape an individual's personality, and sexual abuse can profoundly impact the survivor's psychosexual stages. This disruption may lead to emotional challenges and complications in the life.

Additionally, Freud emphasized the role of unconscious desires and motivations in shaping human behavior. In cases of sexual abuse, exploring the unconscious motives of

the abuser-parent could be crucial. Understanding the abuser's unresolved conflicts or traumas from their own past may shed light on their actions and behaviors. However, it is important to acknowledge that Freud's theories have faced criticism, and contemporary perspectives on trauma and abuse have evolved. Modern therapeutic approaches, such as trauma-focused therapy and cognitive-behavioral interventions, offer evidence-based frameworks for addressing the complexities of sexual abuse. These therapeutic methods provide survivors with tools to work through their trauma, manage distressing emotions, rebuild their lives, and develop healthy coping strategies. The emphasis on broader factors, including social, cultural, and environmental influences, helps to address the unique needs of individuals who have experienced sexual abuse and supports their journey toward healing and recovery. The term that describes the psychological phenomenon when a victim of abuse believes they are at fault for the abuse they experienced is "self-blame" or "victim self-blaming." Self-blame is a common response among survivors of abuse, trauma, or violence. It involves internalizing feelings of responsibility and guilt for the harmful actions perpetrated against them. Victims may wrongly believe that they somehow caused or provoked the abuse or that they could have done something differently to prevent it.

Sexual abuse, when examined through a psychoanalytic lens, represents a complex and deeply rooted psychological issue with far-reaching implications. Psychoanalysis, pioneered by Sigmund Freud and expanded upon by subsequent theorists, provides insights into how sexual abuse can shape an individual's psyche, relationships, and emotional well-being. From a psychoanalytic perspective, sexual abuse can lead to a range of psychological responses and defense mechanisms. Trauma resulting from sexual abuse can be repressed, leading to the unconscious blocking of traumatic memories as a way to protect the individual from overwhelming emotions. These repressed memories can later resurface through symptoms such as flashbacks, nightmares, or distressing thoughts, often manifesting as post-traumatic stress disorder (PTSD). Sexual abuse can also influence the development of an individual's sexual identity and behavior. Psychoanalytic theory suggests that early sexual experiences can impact the formation of one's sexual desires, attitudes, and conflicts. Survivors of sexual abuse may struggle with issues of trust, intimacy, and a distorted sense of self, potentially leading to difficulties in forming healthy relationships or engaging in sexual activities. Defense mechanisms, such as dissociation and repression, can emerge as a way to manage the overwhelming emotions associated with sexual abuse. These mechanisms can impact memory, identity, and emotional regulation, contributing to long-term psychological distress. Addressing sexual abuse from a psychoanalytic perspective involves providing survivors with a safe space to explore their trauma, process their emotions, and work through the defense mechanisms that have developed in response to the abuse. Psychoanalytic therapy can help survivors uncover repressed memories, examine their emotional responses, and gradually integrate their experiences into their sense of self. By addressing the deep-seated psychological impacts of sexual abuse, individuals can begin the journey of healing and rebuilding their emotional well-being and relationships.

Overall, the psychoanalytic perspective on sexual abuse highlights the importance of understanding the intricate ways in which trauma shapes the human psyche, emphasizing the need for sensitive and comprehensive therapeutic approaches to support survivors on their path to recovery. Self-blame can be a defense mechanism to make sense of a traumatic event and maintain a sense of control in a situation where they had little or no control. It

can also be influenced by feelings of shame, fear of judgment, and a desire to protect themselves from further harm. It's essential to recognize that self-blame is not justified, and survivors are not responsible for the abuse inflicted upon them. Perpetrators are solely responsible for their actions. Addressing self-blame is a crucial aspect of the healing process for survivors, as it allows them to shift their perspective and begin to process the trauma and emotions associated with the abuse in a more compassionate and healing way. Seeking support from mental health professionals, counselors, or support groups can be helpful for survivors in overcoming self-blame and starting their journey towards healing and recovery.

From a Freudian perspective, Nora's relationship with Margaret might also be of interest. Freudian theory suggests that early childhood experiences significantly influence the development of an individual's personality and relationships later in life. If Nora's past child abuse involved a caregiver or someone close to her, her current interactions with Margaret, who is preventing her from talking, may trigger feelings of powerlessness and vulnerability that hark back to her traumatic experiences. A Freudian psychoanalyst would work with Nora to help her explore her unconscious mind and bring repressed memories to the surface. The therapeutic process may involve using techniques like free association, where Nora is encouraged to speak freely without censorship, dream analysis to interpret any symbolic content, and exploring her transference relationship with the therapist to gain insights into her past experiences. Through this process, Nora may gradually gain access to her repressed memories and emotions, allowing her to confront and process the trauma. It may also provide an opportunity to work through her feelings of powerlessness and vulnerability in her present relationships, including her interactions with Margaret.

However, it's essential to remember that Freudian psychoanalysis is one of many therapeutic approaches, and different individuals may respond better to various modalities. The most crucial factor is that Nora seeks professional help from a qualified therapist experienced in trauma and psychoanalytic techniques, where she can explore her experiences and emotions in a safe and supportive environment. Healing from trauma can be a complex journey, but with the right support, individuals can work towards greater emotional well-being and a more integrated sense of self.

5. Findings and Conclusion

5.1 Findings

Brushing up the effectiveness of psychoanalytic treatments for addressing the effects of childhood emotional abuse is a complex process that requires careful consideration of psychological, behavioral, and social aspects. Psychologically, Nora's psychoanalytic treatment aims to delve into her unconscious mind and explore repressed memories and emotions related to her childhood emotional abuse. As Nora gains awareness of her emotional patterns and defenses, she may begin to exhibit more adaptive behaviors. For instance, she might start setting healthy boundaries, expressing her emotions more assertively, and reducing self-destructive tendencies that could have arisen from her past trauma. Assessing the impact of psychoanalysis on Nora's social stability requires considering her interpersonal relationships, communication skills, and overall social functioning. Childhood emotional abuse can disrupt one's ability to trust and form healthy

connections with others. By addressing these issues within the therapeutic context, Nora may experience improvements in her social interactions, showing increased empathy, and fostering more supportive relationships with friends, family, and colleagues. Nora's progress can be assessed through a combination of objective measurements and personal experiences shared between Nora and her therapist, all of which contribute to determining the effectiveness of psychoanalytic interventions in her healing journey. portrays Nora, as a protagonist who has endured the trauma of childhood sexual abuse, and her journey towards healing through psychoanalytic intervention. In Nora's case, it involves her interactions with the psychoanalyst, the techniques employed during the therapy sessions, and the progress made in dealing with her traumatic experiences. Quinn's portrayal of Nora's psychoanalytic journey offers insights into the dynamics of the therapeutic relationship, the therapist's approach in helping Nora confront her past, and the improvements in Nora's emotional well-being as she delves into her repressed memories and emotions. Quinn's *The Night Child* (2018) provides a compelling narrative through Nora's character, offering valuable insights into the potential impact of psychoanalysis on children who have experienced sexual abuse. By examining both the availability and performance of psychoanalytic interventions, readers can gain a deeper understanding of the challenges survivors face and the transformative power of psychoanalytic support in their healing journey. The impact of childhood trauma stored in the unconsciousness can be profound and far-reaching, significantly influencing the life of an adult. Traumatic experiences during early developmental stages can leave deep imprints on the psyche, shaping one's beliefs, emotions, behaviors, and relationships throughout life. In psychoanalysis, Nora's behavior can be understood as a complex interplay of her conscious and unconscious thoughts, emotions, and experiences. Nora's past trauma, including sexual abuse by her male parent, may have led to defense mechanisms such as repression and dissociation, causing her to repress memories and emotions associated with the abuse. As a result, Nora may display symptoms of anxiety, depression, or post-traumatic stress without fully understanding their origins. Her unresolved feelings of ambivalence and guilt, influenced by Freud's Oedipus complex, may also impact her interpersonal relationships and self-perception. Through psychoanalytic therapy, Nora can explore her unconscious conflicts, process her trauma, and develop healthier coping strategies, ultimately working towards healing and integrating her past experiences into a more cohesive sense of self.

5.2 Conclusion

The investigation of psychoanalytic treatments for addressing the effects of childhood emotional abuse in individuals like Nora involves a multi-faceted approach. It requires examining psychological changes, behavioral shifts, and improvements in social functioning. Nora's progress can be assessed through a combination of objective measurements and personal experiences shared between Nora and her therapist, all of which contribute to determining the effectiveness of psychoanalytic interventions in her healing journey.

5.3 Recommendations of the Study

In order to improve research on psychoanalytic therapies for people who have suffered trauma in their childhood, a number of important methodological factors need to be applied. The inclusion of a varied and representative sample of individuals, representing a range of

backgrounds and experiences with childhood trauma, should be the first priority for researchers. This method guarantees a thorough comprehension of the many ways in which individuals react to psychoanalytic therapy, which adds to a more thorough and sophisticated analysis. Longitudinal research is essential to understanding the long-term consequences of psychoanalysis therapy. By monitoring the participants' progress over a lengthy period of time, researchers are able to evaluate the therapies' long-term effects on people's psychological functioning and well-being in addition to their immediate effects. To ascertain the relative efficacy of psychoanalytic treatments in comparison to alternative therapeutic modalities, comparative studies ought to be included.

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