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## **Analysis of Call Me Ziba's novel based on Hornay's three methods of basic anxiety**

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### **ABSTRACT**

#### **Introduction**

The growth and formation of the child's personality is affected by the external environment, the insecurity of childhood is a problem and if a person loses his sense of security in the community and the child in the family, he will suffer from basic anxiety (see: Shamlou, 2008: 94), which Karen Horne (1952-1885) calls it fundamental anxiety. Every person has approaches to suppress anxiety and defend himself against it. Horne offers three tactics of affection, ambition and isolation for this defense so that a person can control his basic anxiety by following one or two or all three tactics. The beautiful novel Call Me by Farhad Hassanzadeh tells the story of a beautiful life in a broken family that instills fundamental anxiety in his psyche, but his defensive actions against the abnormal conditions and atmosphere of the environment calm his anxiety.

#### **Research method**

It is important to know the fundamental anxiety and the function of its three methods on the psyche of the neurotic family characters and their defensive actions against the abnormal conditions and atmosphere of the environment and shows the necessity of this research; Therefore, Karen Horne's fundamental anxiety, its methods and approaches, brings up the interaction between the individual and the society and the containment of crises in order to introduce and explain the interactive actions of the personality against the environmental tensions, and this research examines the damage of the neurotic family system and its internal interaction in The beautiful novel "Saydim Ken" has been explained by Hornay's descriptive-analytical method, relying on the three methods of fundamental anxiety in social psychoanalysis.

## **Research findings**

The research in front of the application of Karen Horne's theory of social psychoanalysis and its triple approaches in the novel "Call Me Beautiful" has investigated the function of neurotic injuries in the family system, social relations, how to raise children and the mechanism of psychological defense and an experience of this in Introduce the neurotic family.

## **Kindness**

Kindness is an approach in which a person adjusts his behavior according to the wishes of others so that they do not have an excuse to hurt him (see: Hornay, 2008: 25). Since they are subservient to others, those who seek affection do not have self-confidence (see: Hornay, 2019: 40), of course, their love is not real, but rather self-defense against annoying situations. Ziba's mother is an addict and her father (Khosro) is suspicious of Ziba and beats her. Hornay considers mother's sadism and father's behavior to be the cause of basic anxiety, and "not telling" beautiful things to parents is a sign of internalizing mental damage caused by fundamental anxiety, but he controls his self-confidence and inevitably uses Hornay's three basic anxiety tricks. Ziba takes advantage of the method of seeking affection towards her father (Khosro) to calm her anxiety and calm her father and ward off harm. The fundamental anxiety that Ziba's parents created in Ziba since childhood has made her need love and protection, but she directs her need.

## **Isolation**

Isolationism is an approach to ward off harassment that keeps a person away from others (see: Hornay, 2018: 25). Isolationist people experience the three needs of self-sufficiency, perfection and limiting life within narrow boundaries and do not involve themselves in environmental problems, but instead rely on their own ability. Ziba runs away in order not to get involved in the demands of his mother and stepfather and is constantly fighting against the pressure, because a reclusive person avoids places, people and memories that disturb him; "A person tries to keep himself from the scene of internal wars and conflicts" (Hornai, 1361: 239) and Ziba chooses the corner of isolation, because his isolation is in line with self-sufficiency and a way to grow.

## **Supremacy**

In the supremacy approach, a person strengthens his personal and behavioral position so that others do not dare to hurt him. Most of the people around Ziba are superior, as they are aggressive, exploitative and power-hungry, have neurotic needs and ignore Ziba. According to Horne, personality is based on three ways, one of which is dominated by the characteristic of emotional instability (neurotic) and the other two ways are suppressed (see: Adim et al.,

2014: 54). Khosrow is a neurotic personality who is superior towards the people around him, and divorce, addiction and remarriage of Zaiba's mother leads him to superiority (see: Hassanzadeh, 1395: 109) and he takes advantage of Zaiba, which is the dominant aspect of the character of superior people. Ziba's stepfather is also superior and exploits Ziba (see: Hassanzadeh, 1395: 108); Therefore, the supremacist characters of the novel *Call Me Beautiful* have a nervous tendency to exercise power, unnecessary intervention, and beautiful humiliation, which Hornay calls an effort to achieve greatness. This extreme type is more harmful than the other two types for the external environment, because they have needs such as: power, exploitation, status, admiration, progress or ambition.

### **True Self**

The true self considers the truth as the origin of actions, is not involved in imaginations, and Zaiba has accepted the fact that she does not have a family; That is, "Using the original and true self, which is the basic source of strength and the source of growth" (Hornai, 1361: 16), can be seen in all beautiful behaviors with parents, stepfathers, and the external environment, and by moving to the true self, the normative development of one's personality is achieved. finds Beautiful's fundamental anxiety is a suffering that close people transmit to her, but we witness a mixed behavior of her, such as controlling her basic anxiety and having flexible communication is a sign of character development according to the norm of children and teenagers, and beautiful changes her form of communication according to the conditions of the environment and people. It helps to control this basic anxiety and creates a balance between the self, the environment and the three opposing defensive strategies, because the basis of beautiful behavior is to avoid causing harm to oneself or others.

### **Conclusion**

The beautiful novel *Saydam Ken* by Farhad Hassanzadeh is based on the influence of the environment on a person's personality and his defense methods, such as Zeiba's father, mother and stepfather are superior characters with the characteristics of belligerence, selfishness and exploitation, nervous and inflexible, who instill fundamental anxiety in their children. (beautiful) have shaped and caused him to have a vulnerable personality. Ziba defends herself in order to overcome family anomalies: affection with the aim of her and her father's mental and psychological peace to improve the situation, seclusion in order to avoid what is against her wishes or brings her back to the past, and to care for herself and Seeking excellence in the direction of self-sufficiency, such as continuing education and healthy communication with others, is a sign of his self-confidence and inner talent. Ziba shows flexibility

in the face of changing environmental conditions and people's social status, and uses the triad of fundamental anxiety to be a normal personality.

**Keywords:** Farhad Hassanzadeh, *The Novel of Call me Ziba*, Karen Horney, Social Psychoanalysis, Fundamental Anxiety.

