



Exploring Interdisciplinary Approaches In English Literature: A Case Study Of Bapsi Sidhwa's The Pakistani Bride

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Abstract: In recent years, there has been a surge of interest in interdisciplinary approaches to English literature because of the ways in which they broaden and deepen our comprehension of literary works. Using examples from several disciplines, including psychology, cultural studies, social sciences, history, and politics, this article explores the benefits of multidisciplinary approaches while studying English literature. The book "The Pakistani Bride" by Bapsi Sidhwa is the major topic of this analysis. Sidhwa uses a feminist perspective to question the oppression and subordination of women throughout history and across cultures. This article delves into how to analyse "The Pakistani Bride" using a wide range of academic perspectives, including cultural, feminist, regional, and psychological ones. This book emphasizes the need of interdisciplinary research for efficiently deciphering literary works' intricacies. This exemplifies how an integrative approach might deepen our understanding of Sidhwa's complex story. This research article shows that multidisciplinary methods are necessary for fully appreciating Sidhwa's works. The novel's themes and topics, such as gender relations, identity, power dynamics, migration, and the complexities of cross-cultural interactions, might be better understood by combining concepts from several disciplines. Overall, this study adds to the growing body of work applying multidisciplinary approaches to the study of English literature, demonstrating the value of looking at texts through a variety of lenses to arrive at a more nuanced interpretation. This article demonstrates the range and use of interdisciplinary methods by analysing "The Pakistani Bride," and it stresses the importance of these methods for today's literary criticism.

Keywords: Interdisciplinary approach, Feminism, Oppression, Subordination, Cultural and Psychological approach, Identity, Power dynamics, Migration.

Introduction

Interdisciplinary approaches are increasingly widely used in many disciplines because of the unique solutions they offer to long-standing problems and the new insights they provide into a broad range of areas of study. It is possible that a more comprehensive understanding of multidimensional phenomena may be attained by integrating data, methods, and perspectives from a wider range of disciplines. The complexity of societal challenges necessitating a holistic approach has greatly raised the importance of interdisciplinary studies in this context for addressing contemporary difficulties. One

possible explanation for this expansion is the rising awareness that multifaceted approaches are required to solve complex issues.

To tackle difficult challenges and issues, interdisciplinary study must go beyond the confines of traditional academic disciplines and use several methods, theories, and perspectives. By drawing on the results of a wide range of academic disciplines, interdisciplinary studies facilitate the development of critical thinking and intellectual flexibility while also facilitating the acquisition of a deeper understanding of complex phenomena and systems. Academics from different disciplines are encouraged to work together and share their knowledge via this strategy, leading to the development of fresh hypotheses and areas of study that extend beyond the disciplinary boundaries of individual researchers.

Literature is one of those disciplines that, by its very nature, can only benefit from the integration of several perspectives, giving it a perfect setting for the use of interdisciplinary approaches. Literature is an interdisciplinary subject because of the many other disciplines it intersects with, such as history, linguistics, philosophy, sociology, psychology, anthropology, cultural studies, and gender studies. Such interdisciplinary research has the potential to deepen our understanding of literary works and the historical and cultural contexts in which they were conceived and produced.

There are several motivations for doing interdisciplinary study in literature, but one of the primary ones is to better understand the dynamic relationship between literature and culture. By incorporating perspectives from sociology, anthropology, and cultural studies, researchers may get a deeper understanding of how literary works both reflect and influence societal norms, beliefs, and behaviors. We get a deeper understanding of the characters' motivations and actions in a tale when we delve into the literature's psychological and emotional depths, drawing on ideas from psychology.

Feminist literary criticism is an excellent example of how other disciplines may contribute to the study of literature. Blending literary theory with sociology and political science, this approach probes the gender and power dynamics mirrored in literature and in society at large. Furthermore, sociological analysis investigates the construction and revision of gender roles, stereotypes, and identities as they appear in literary works throughout time and space.

The interdisciplinary methods provide a practical way to deepen our understanding of literature and other fields of study. Scholars may better grasp the complexities of literary works and the workings of society as a whole if they are open to considering issues from a number of different perspectives and using a number of different research strategies. Given the complexity of today's challenges, it's becoming more clear that interdisciplinary research is essential to finding effective solutions.

The Pakistani Bride, by Bapsi Sidhwa, is a famous feminist work that explores and challenges gender norms, patriarchal culture, and societal expectations in Pakistan. This

book draws on research and analysis from a wide range of disciplines to examine pressing issues in contemporary Pakistani society, including gender roles, religious practices, socio-political dynamics, political conflicts, and migration.

Zaitoon, the protagonist, succumbs to patriarchal culture and suffers horrible torture at the hands of her husband, Sakhi. Despite this, she has the strength of character, boldness, and determination to challenge these norms and escape her oppressive marriage. Zaitoon is a role model for those who espouse a feminist attitude because of the way she defies the traditional gender roles and expectations in Pakistani society. The book emphasizes the idea that women have the power to undermine and topple patriarchal order.

The Pakistani Bride adopts a cultural perspective by exploring the function of cultural practices and social concepts in perpetuating male hegemonic control over women's lives and bodies. Cultures from the East and West are contrasted to highlight the challenges and tensions that develop for the characters as a consequence of these cultural differences. The cultural disparities that exist between the characters and the people around them have a profound impact on their identities and the relationships they have with one another, and Sidhwa does a wonderful job of depicting this.

The fact that Zaitoon's wedding was arranged by her parents exemplifies the influence men have over women's lives in Pakistani society. In traditional patriarchal societies, where men have all the power and women have few options, women also have little say in and freedom around matters of marriage. Carol, an American woman who is married to a renowned man, experiences both jealousy and social pressures because of her marriage. She falls in love with Major Mustaq, a Pakistani soldier, against her parents' wishes, and he abuses her sexually.

Zaitoon and Carol are in the same position as they have been trapped by their husbands who are pestering them. Zaitoon has a difficult time adapting to her arranged marriage in this atmosphere of restriction and discrimination, while Carol is naive to the sex and cultural differences that exist in her world. The book sheds light on the plight of Pakistani women, who are marginalized, exploited, and abused under the pretense of tradition and culture in a society that prioritizes males. The book provides insight into the lives of Pakistani women.

The Pakistani Bride by Bapsi Sidhwa is a fascinating book that criticizes the patriarchal norms and customs that are widespread in Pakistani society. The book employs methods from a wide range of disciplines to shed light on the complexities of gender roles, cultural issues, and societal factors that shape the lives of its female characters. By way of the stories of Zaitoon and Carol, the book raises vital questions regarding the need of subverting oppressive cultural and societal norms. The story's main purpose is to combat sexism and promote women's equality.

Bapsi Sidhwa's "The Pakistani Bride" is a wonderful illustration of the use of interdisciplinary approaches to the study of the many religious cultures, customs, and traditions that are pervasive in Pakistani society. This is an example of how religion may be used to justify oppressive practices. There are Hindus, Muslims, and Sikhs in the story, and they all act in ways that are consistent with their faiths. For instance, the book explains the Purdah method utilized in Islamic practices and the Mehndi ceremony used in Hindu culture. Symbolic of patriarchal society that uses religious customs to subjugate women, the Purdah system restricts women's freedom and agency. This is because under the Purdah system, females are expected to keep their hair covered and not engage in public discourse.

The Traumatic experiences, such as sexual assault, domestic abuse, and emotional issues, are explored in the book via a psychiatric lens. Zaitoon, the protagonist, goes through a difficult time in her life when she suffers from child marriage, domestic abuse, and sexual harassment, among other horrific situations. These traumatic experiences have left a permanent mark on her psyche, leaving her with feelings of hopelessness, anxiety, and solitude. As an additional example of inflexible gender standards and patriarchal notions, Zaitoon's mother-in-law imposes expectations that run counter to Zaitoon's goals and desires.

In order to examine the complex social, psychological, geographical, political, and cultural issues plaguing Pakistani society, the authors draw on a wide range of academic fields. As a way of understanding literary works in their full historical, psychological, social, political, and cultural contexts, it highlights the need of interdisciplinary studies in English literature. Sidhwa uses concepts from many different disciplines, including history, sociology, cultural studies, psychology, and feminist theory, to provide a whole picture of her female characters and the society in which they exist.

The novel "The Pakistani Bride" is a model piece of writing since it uses the knowledge of specialists in numerous sectors to shed light on many aspects of Pakistani culture and the lives of Pakistani women. Gender, power, migration, and social and cultural identity are just a few of the issues that the book relies on to create a more nuanced view of. Sidhwa gives her readers a deeper appreciation for the intricacies of social dynamics and the difficulties women confront in mostly patriarchal nations via her skilful use of multidisciplinary techniques in English literature.

The case study of Bapsi Sidhwa's "The Pakistani Bride" has exemplified the potency of interdisciplinary approaches in unearthing the complexities of societal, cultural, and psychological dimensions. It has shown us that literature is not a solitary island but an interconnected archipelago, interwoven with the threads of history, sociology, psychology, and various other disciplines. By embracing interdisciplinary methodologies, we have uncovered the multifaceted narrative of the novel, revealing the layers of gender relations, power dynamics, and the challenges of cross-cultural encounters.

This research article has underscored the significance of interdisciplinary studies in contemporary literary analyses. It has emphasized that by adopting multiple lenses, readers can gain deeper insights into the underlying themes and issues that resonate beyond the pages of a book. Through interdisciplinary exploration, we have witnessed how literature reflects and challenges the societal norms and values of its time, transcending temporal and geographical boundaries.

In conclusion, our voyage into the realm of interdisciplinary approaches in English literature has been a revelation of the boundless possibilities of knowledge. We have learned that the tapestry of literature is rich and diverse, woven together by threads of myriad disciplines. The insights gained from this expedition have equipped us with a broader perspective and a profound appreciation for the beauty and complexity of literary masterpieces. Despite the increased interest in cross-disciplinary approaches to research, this article argues for maintaining the integration of interdisciplinary methodologies within the study of literature. Learning to see the world via several perspectives allows scholars to gain insight into the complexity of literature, culture, and human experience. It motivates scholars to look deeper into literary works from several angles and to push the boundaries of their fields. Research in English literature will thrive if scholars keep drawing on techniques from many fields of study. Consequently, they will have a more complete and nuanced understanding of the complexity of the human experience and the rich fabric of society, allowing them to deliver more profound and insightful analysis.

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