

TRIBHUVAN UNIVERSITY

Insanity and the Psychology behind Love: A Psychoanalytic Approach to

Coelho's *Veronika Decides to Die*

A Thesis

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By

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Faculty of Humanities and Social Sciences  
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**Supervisor's Recommendation**

This is to certify that Arpana Kandel with T.U. Reg. No. No 6-2-48-281-2010 has prepared her master's thesis entitled "Insanity and the Psychology behind Love: A Psychoanalytic Approach to Coelho's *Veronika Decides to Die*" under my supervision, following the format as specified by the Research Committee of the Department of English, Prithvi Narayan Campus, Pokhara. I, therefore, forward it to the Research Committee for final evaluation.

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Date: March 2022

TRIBHUVAN UNIVERSITY

Faculty of Humanities and Social Sciences

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**Approval Sheet**

The thesis entitled "Insanity and the Psychology behind Love: A Psychoanalytic Approach to Coelho's *Veronika Decides to Die*" submitted to the Department of English, Prithvi Narayan Campus, Pokhara by Mrs. Arpana Kandel has been approved by the undersigned members of the Evaluation Committee.

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## **Abstract**

The study was initiated with an intent to finding out the causes of the protagonist Veronika's psychological problems in the novel *Veronika Decides to Die*. It discusses how she is responsible for her mental problems and the factors that play a vital role to change her perception of life. To find out the real causes of the protagonist's mental problems and their solution, this thesis applies the theoretical insights of Freudian Psychoanalysis in relation to life and death instincts. Eventually, this study finds out the factors that caused mental problems for Veronika, which are false imagination, lack of socialization, lack of decision-making power, aggressiveness, and stubbornness. The protagonist's problems are solved when she met different types of people in the mental hospital, she even became socialized and also fell in love with one of the patients, Eduard. After that, she became successful to change her thoughts about life from negative to positive. Eventually, she starts showing bravery, self-awareness, and motivated. After the analysis of the text, this study concludes that love play a significant role in human life especially when it comes to make one feel hopeful and fulfilled.