

**Tribhuvan University**

**Human Resilience: A Coping Mechanism in Yann Martel's *Life of Pi***

**A Thesis Submitted to the Central Department of English  
in Partial Fulfillment of the Requirement for the Degree of  
Master of Arts in English**

**By**

**RekhaPrajapati**

**Central Department of English**

**Kirtipur, Kathmandu**

**March, 2019**

**Human Resilience: A Coping Mechanism in Yann Martel's *Life of Pi***

**RekhaPrajapati**

**2019**

Tribhuvan University  
Faculty of Humanities and Social Science  
Kirtipur, Kathmandu

Letter of Recommendation

RekhaPrajapati has completed her thesis entitled “Human Resilience: A Coping Mechanism in Yann Martel’s *Life of Pi*” under my supervision. She carried out her research from 2 October 2018 to 1 March 2019. I hereby recommend her thesis to be submitted for viva voce.

.....

Prof. Dr. Jib LalSapkota

Supervisor

Date: .....

Tribhuvan University  
Faculty of Humanities and Social Science  
Kirtipur, Kathmandu

Letter of Approval

This thesis entitled “Human Resilience: A Coping Mechanism in Yann Martel’s *Life of Pi*” submitted to the Central Department of English, Tribhuvan University, by Rekha Prajapati has been approved by the undersigned members of the Research Committee.

Members of the Research Committee

\_\_\_\_\_

\_\_\_\_\_

Internal Examiner

\_\_\_\_\_

\_\_\_\_\_

External Examiner

\_\_\_\_\_

\_\_\_\_\_

Head

Central Department of English

\_\_\_\_\_

Date: \_\_\_\_\_

## Acknowledgements

My research work would never be turned into reality without the innumerable help, co-operation, suggestions, advices and supervision of my respectable supervisor, Dr. JibLalSapkota, Professor at the Central Department of English, Tribhuvan University. I am indebted to him for his valuable suggestions, perennial support and perpetual advices, which enabled me to complete this research work. Any attempt to express my gratitude towards him in words is bound to be inadequate.

I am indebted to Dr. AnirudraThapa, Professor and Head of the Central Department of English for granting me permission to carry out this research work. Similarly, I would like to present many-many thanks to all of the respected Professors, Readers and Lecturers and non-teaching staff of Department for providing me materials and advices to accomplish my research work.

I am grateful to my parents: ParasPandit and Nandrani Devi, my husband, KeshavPandit, my brothers, Shailesh and SandeshPrajapati without whose love, support and contribution, I would never be standing on this stage. Therefore, I would like to express my veneration towards them.

Last but not the least, I am indebted to Basant Ram Shrestha of T.U. Books and Photocopy Center, Kirtipur and all my colleagues for their help and support for providing the required materials for the completion of this research work.

RekhaPrajapati

## Abstract

*This research work tries to analyze and interpret the role of Pi's continual psychological struggle between religion and reality for his survival by exercising his internal and external judgment of knowledge through experiences in Yann Martel's Life of Pi. This existing knowledge and his experiences throughout his journey help him in his personal growth and adaptive nature. Therefore, this study unravels the fact that resiliency is not a trait but rather a skill that is gained through continuous experiences and patience. Hence, the religious belief that results in resilience is a kind of coping mechanism process to overcome problem. Thus, the role of religious beliefs can help contribute to the knowledge and decision making practically. For the evidence, Pi faces many challenges in the world of nature after the shipwreck and develops a kind of internal strength that helps him to control himself as well as Richard Parker and by coping with the ferocious nature through resilience---trains the tiger, transforms from vegetarian to non-vegetarian, explores different strategies for his survival and deals his inner self. Pi's determination and commitment to save his life that shows his resiliency skills through learned and improved practice of living the life in Pacific Ocean.*

**Key Words:** *resilience, survival, companionship, power, knowing.*