

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

This research work tries to analyze and interpret 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* by applying Norman Garmezy's resilience (psychology) theory. Pi uses his resilience by accumulating his knowledge on the basis of his experiences in relation to his survival. This novel focuses on the psychological and emotional state of the protagonist that provides him a gateway to overcome his problems and to choose his life over death. Pi's transformation is based on the need of time and situation in which he struggles against his internal and external forces in order to survive. This research explores Pi's ability to withstand, recover, and bounce back amid stress, chaos and ever-changing situation that helps him to cope up with difficult situation. The resilient spirit does not dwell on failure but rather moves forward in positive way. Pi's doctrine helps him in perceiving connection with Richard Parker by accepting him as a survival mate rather than just threat. Therefore, the aspects of tiger and the relationship with human along with his physical attributions give Pi a positive vive to continue his survival journey in Pacific Ocean. The devotional process of religious belief can be related to pro-social behavior and moral inclusion between Pi and Richard Parker that makes them adaptive in such harsh situations. The resilient people are committed and have personal control over their thoughts with proactive will towards problem solving approach and situations. The hero, Pi is involved in a continuous conflict with the nature and Richard Parker. It reveals the way he copes up with the reality along with his religious beliefs which makes him strong enough to fight for his existence. His shifts from his religious beliefs to the real world of nature where he explores physical, psychological and environmental strategies help him to fight against ferocious nature. Pi also uses concept of will to

power so that he could gain control over the beast Richard Parker. Both of these characters struggle for their life. However, they knowingly or unknowingly co-operate each other. In such a situation it is necessary for Pi to use his will and develop adaptability in that situation. Otherwise, he would not have survived. This experience is gained by the bitter reality of the nature that makes Pi a fighter to overcome his topsy-turvy kinds of situation in the Pacific Ocean. The focus of my study analyzes how Pi uses his will and ability to withstand, recover and fight back against stress, chaos and ever-changing situation through his continuous effort towards the ferocious wild nature.

This research work makes an attempt to analyze the role of psychological imagination that makes Pi adaptable. This project work uses three different theoretical perspectives. They are; Norman Garmezy's resilience (psychological) theory that helps to give hope, will, perseverance and fighting back spirit against chaos, stress and ever changing situation that does not dwell on failures. In the book *Advances in Clinical Child Psychology* says:

There is a widely held view that the most favorable circumstances for promoting stress resistance may not be a life without adversity, but rather a life with graduated challenges that enhance the development of mastery skills, flexible coping strategies, and adaptive personality attributes. The successful negotiation of stressful events has been

hypothesized to have a "steeling" or "inoculation" effect that can enhance resilience. (13)

It is ability to cope with crisis and to recover from it successfully with positivity. It is like self-protective mechanism and personal growth. The second methodology is the *Mutual Aid* theory. In the book *Mutual Aid*, "life in societies enables the feeblest insects, the feeblest birds, and the feeblest mammals to resist, or to protect themselves from, the most terrible birds and beasts of prey; it permits longevity; it enables the species to rear its progeny with the least waste of energy and to maintain its numbers albeit a very slow birth rate; it enables the gregarious animals to

migrate in search of new abodes”(Kropotkin 410). Fredrich Nietzsche’s concept of will to power that gives a feeling of self-overcoming by procreative will of life and provides a psychological insight that sets a self-realization of power in the time of survival. The book *The Will to Power* shows

There is a striving for power, for an increase of power; -pleasure is only a symptom of the feeling of power attained, a consciousness of a difference (-there is no striving for pleasure: but pleasure supervenes when that which is being striven for is attained: pleasure is an accompaniment, pleasure is not the motive--); that all driving force is will to power.(366)

Hence, by using their theoretical insights as theoretical parameters this research work analyzes the role of psychological struggle between Pi religion and reality that helps him to overcome his fear and time adversity. Therefore, the role of religious beliefs can contribute to the knowledge and decision making practically.

Yann Martel’s *Life of Pi* is a Canadian fantasy adventurous novel published in the year 2001. This novel tells the story of sixteen year old South Indian boy and his troublesome experiences after the shipwreck in the Pacific Ocean for 227 days. The protagonist is Piscine Molitor “Pi” Patel from Pondicherry. The protagonist involves into three different religion such as; Hinduism, Islam and Christianity. He experiences tussle between his religious beliefs and his real life troublesome situation while he gets stranded on a lifeboat with some of the zoo animals like; a spotted hyena, an injured Grant’s zebra, and an orangutan named Orange juice. Much to the boy’s distress, the hyena kills the zebra and then the Orangutan named Orange juice and the hyena gets killed by Bengal tiger. But ultimately he is left only with a companion named Richard Parker, a Bengal tiger. Thus, this novel shows the relativity of truth where the main character Pi deals with his internal and outer world in order to survive and hence he develops the resiliency skills that helps him as his survival strategy. This positivity of Pi helps him to continue his

journey by coping with wild and ferocious nature. To prove this, the protagonist Pi shows his resiliency by hearing his internal positive voice that helps him to cope with the adversity he faces after the shipwreck. Pi murmurs in his mind.

I was giving up. I would have given up---if a voice hadn't made itself heard in my heart. The voice said, "I will not die. I refuse it. I will make it through this nightmare. I will beat the odds, as great as they are. I have survived so far, miraculously. Now I will turn miracle into routine. The amazing will be seen every day. I will put in all the hard work necessary. Yes, so long as God is with me, I will not die. Amen. (147)

This statement of Pi shows that his will and resiliency skills which are gained through continuous struggle gives him a positive vive to cope with those problems than to repent on his circumstances. This novel is presented from multiple perspectives such as; religion, spirituality and so on that provides different new areas of exploration.

This research paper deals from the perspective of resilience (psychological) theory that helps us to know and develop the need of coping strategies along with different other strategies that helps in the survival process. Therefore, to know what is human resilience and why it is important? We need to dig out answer first. The word 'resilience' refers to the process of adapting well in the face of adversity, trauma, tragedy, threats of significant sources of stress. Norman Garmezy's resilience theory shows that human resilience is important because it helps us to develop mechanisms for the self protection against odd experiences and it also helps in maintaining an equal balance in our daily lives during harsh situation and time. So, human resilience helps to develop positive attitude and provides fighting back spirit to overcome with difficult problems. In this novel, Pi uses his resilience and does not give up easily despite the loss he gained in the shipwreck. He uses both his existing knowledge of religion and develops his resiliency skills with the practical knowledge that he faces in the Pacific Oceans for 227 days

with the Bengal tiger, Richard Parker. These experiences in the wild nature made Pi Patel to cope with the adversity of an odd environment of Pacific.

There are many critics who have examined the novel *Life of Pi*. Some of the critics who investigated on the issue of religion as a way of coping with the situation and some of them are against of it. In the novel *Life of Pi*, the protagonist asserts “I had to stop hoping so much that a ship would rescue me. I should not count on outside help. Survival had to start with me (Martel 164)”. This shows that instead of giving up, Pi thought to fight against the adversity.

There are similarities between the struggles of the characters in Martel’s Pi and Robinson Crusoe. Both of them survive due to their adaption according to the necessity of time.

Elaborating the similarity between Robinson Crusoe and Pi, Linda Morra Opines:

Martel choice of an Indian for his protagonist seems implicitly to make this point about Crusoe position in the world. Moreover, if Crusoe himself discovers religious belief and experiences a convention because of his hardship, Pi demonstrates a kind of spiritual precocity since he has explored even, celebrated three major religious belief systems in advance of his ordeal at sea. (164)

Here, she presents the contradiction between the two protagonists. Pi and Crusoe in order to show the writer’s choices that depend upon the issues that are being presented in the text.

This helps the text’s primary issue to show clearly towards the audience. Hence, Pi celebrates all three religions; Hinduism, Islam and Christianity. His religious and spiritual precocity that directly and indirectly helps him at his survival at the sea.

The novel poses thrust for religious belief that we seek in this universe. These religious and spiritual beliefs help indirectly to survive as being omnipresent that gives hope to overcome problems. As Stewart Cole states:

Denying God his objectivity, the novel engages with belief by constantly battling with its opposite, finally concluding that because we faithful are temporary, and the objects of our faith cannot be permanent. The idea of religion as the appeal rests in the feeling that our personal concerns can be divinely met, where each of us adapts God to suit our individual interests. (35)

This shows our needs and demands are flexible that can change in accordance with the situation of the environment. It shows the protagonist's continual psychological struggle that he faces between religion and reality. His beliefs help indirectly in his survival. This shows that human beings are self concerned and they only change if the things are in favour of them or as per their interest.

As a liberal critic of Martel, Phoebe Kate Foster sees the prospects of multilayer understanding of *life of Pi*. He paves the way for postmodernist interpretation as he finds this fiction as a timeless and not easily failing in any category. He argues:

Pi is timeless book not failing easy categories of all allegory or parable but paradoxical and gently challenging ambitious in its scope and utterly unique in the current literary scene. Its style is elegant but readers, friendly and highly informative on such vast numbers of topics that rather boggles the mind. It offers so many levels of understandings that one can easily pick and choose which floor to get off on. All of them are equally satisfactory. (65)

Foster's analysis paves and opens the ways for postmodernist interpretation where multi-possibilities and understandings of a single text have always been promoted.

Another critic, Louis Squire writes *Life of Pi* gives knowledge or about behavioral change and togetherness. He asserts:

Pi's suffering within the frame of his transformation symbolizes the necessity of a radical response, yet also foregrounds its costs. The gradual change in Pi's response to the tiger is continuously at work. Although Pi coaches Richard to respect his territory on the lifeboat, Richard Parker also trains Pi to read his signals. (239)

These shows both Pi and Richard Parker can communicate and understand each other. By doing so, Pi shows his learning ability in the time of necessity that helps him to control his internal self as well as the beast Richard Parker.

The description of the intense bonding between Pi and Richard Parker shows that they have adopted each other's pros and cons that helped them survived for 227 days in Pacific Ocean. The narrator inserts Pi's notion of his sustainability through the mouth of the protagonist. He asserts: "A part of me did not want Richard Parker to die at all; because he died I would be left along with despair (Martel 160)". Both Pi and Richard Parker are completely engaged to each other's life. This relationship helps them in building their social instincts and natural selection.

John Parham reveals: "A more useful concept might, arguably, be sustenance: making choices and creating conditions for sustaining ourselves and the nonhuman nature with which we co- exist and on which we rely (48).

This given statement by the critic Parham point out about the strategies that is made in odd situation that is necessary for immediate action for us and for environment too.

Another critic Florence Stratton gives a post modernist view about Martel of his novel. He deconstructs Martel's position as postmodernist that shows his story telling ability which is based on the imagination. He shows hollowness in the novel by critiquing on the author's position. He criticizes:

Martel's position is a postmodernist one, from the perspective of which God's existence has the same status in relation to truth and reality as Pi's experience of shipwreck.

Agnostics, Pi tells us, "lack imagination and miss the better story". God's existence, in other words, is a matter neither of fact nor of faith, but rather is a better story than the one told by those who doubt or deny God's existence. (2)

This shows that the critic Stratton is pinpointing the manipulation about perspective and language used in the novel. He shows that this novel is hollow from inside and is based on illusionary thinking of mind. It shows the language used in this text is presented in the form of story that shows the author's ability to build religious faith into the structure of his narrative style.

Based on these reviews, several studies have been made on *Life of Pi* from multiple perspectives. However, there has not been a lot of attention given to psychological resilience theory. Therefore, the researcher has not found any research studies that have been made by applying psychological resilience theory. So, this research tries to fill this gap. This research finding can be helpful and beneficial in the field of psychology.

This novel, *Life of Pi* presents the struggle of protagonist survival effort and his learning process. In a sense, it is a kind of coping mechanism that gives him ability to withstand and fight back against odd situations. Pi shows his best skills of survival and learns different strategies as he learns about the necessity of time that enhances his existing knowledge through harsh experiences in wild nature. Pi uses his religious beliefs but learns that only religious beliefs are not enough for his survival so he builds himself as the nature demands and gains transformation based on the experiences. Along with the religious beliefs he develops his resiliency skills that help him in his survival journey.

Psychological resilience is the ability to cope with a crisis or adversity and to recover from it successfully. Resilience occurs when an individual uses his mental and behavioral process in promoting self-protective mechanism and personal growth. Resilience is generally thought as a “positive adaption” after a adverse situation. Michel Ungar defines the term resilience as follows: First, resilience is the capacity of individuals to navigate their way to resources that sustain well-being; second, resilience is the capacity of individuals’ physical and social ecologies to provide these resources; and third, resilience is the capacity of individuals, their families and communities to negotiate culturally meaningful ways for resources to be shared. This broad definition of resilience emphasizes the need for individuals to exercise enough personal agency to make their way (navigate) to the many resources they require to meet their developmental needs (9). This resilience theory priorities the importance of positive factors and coping mechanisms for their development. Mental stressors require varying degrees of accommodation and the adaptation process is often referred to as coping (6). Therefore, resilience is the ability to withstand, recover and bounce back amid stress, chaos, and ever-changing situation by continuous development and enhancement of skill for better living. The pioneer of the resilience theory was a clinical psychologist Norman Garnezy and the first research on resilience was published in 1973. There were many researchers in the same psychological field who conducted their research. Risk, protective factors, stress, vulnerability, and coping are now a significant part of a scientific agenda aimed at understanding the nature of etiological, maintenance, and outcome factors that influence the course of adaptation and maladaptation in human behavior (1).

Thus, resilient emerged as a care giving hope in adversity that helps in discovering the protective factors that assists people's adaptation to adverse and odd situations by developing resilience and putting continuous effort to achieve their goals.

The problems and hindrances of Pi give him psychological as well as physical pressures. These pressures make him psychologically frustrated and eventually force him to give up. But his internal voice provides him strength to cope with it. This happens when a person feels resilient and committed towards his life through learned and improved practice of living a positive life in wild nature. Pi uses his religious beliefs that results in resilience that gives him strength to cope and control the wild beast and nature. To prove this, the protagonist Pi shows his resiliency by hearing his internal positive voice that helps him to cope with the adversity he faces after the shipwreck. Pi murmurs in his mind.

I was giving up. I would have given up---if a voice hadn't made itself heard in my heart. The voice said, "I will not die. I refuse it. I will make it through this nightmare. I will beat the odds, as great as they are. I have survived so far, miraculously. Now I will turn miracle into routine. The amazing will be seen every day. I will put in all the hard work necessary. Yes, so long as God is with me, I will not die. Amen." (147)

This statement of Pi shows that his will and resiliency skills which are gained through continuous struggle gives him a positive vive to cope with those problems than to repent on his circumstances. To make a clear detail analysis of psychological theory, it is quiet relevant to bring Norman Garmezy's concept of Resilience. Resilience as put forth by Norman Germezy is:

There is a widely held view that the most favorable circumstances for promoting stress resistance may not be a life without adversity, but rather a life with graduated challenges that enhance the development of mastery skills, flexible coping strategies, and adaptive

personality attributes. The successful negotiation of stressful events has been hypothesized to have a “steeling” or “inoculation” effect that can enhance resilience. (13)

Norman Garmezy’s psychological concept laid a strong foundation for the emergence and evolution of Resilience theory by exploring and conducting different researches on the children who suffered from mental or psychological problems of those who were dealing with stress and adversity. Those people into deals with adversity, resilience provides will to live along with other abilities. Such as; optimism, focus on action, control, self-belief, emotion awareness and ability towards problem solving. This novel is presented from multiple perspectives such as; religion, spirituality and so on that provides different new areas of exploration.

The protagonist, Pi lost his parents and his siblings in a shipwreck while they were travelling towards Canada. He was only person to survive that shipwreck along with four different other animals: Zebra, Orangutan, Hyena and a Bengal tiger. Hence, Pi was engulfed by fear of death and was dealing with hopelessness. Here the protagonist Pi has to adapt emotionally and psychologically to a life that is troublesome and has to deal with constant fear. Hence, Pi realizes that he must rely on himself for his survival and he cannot depend upon illusionary hopes of being rescued by another. This psychological insight forces him to be resilient and resourceful. When Pi was stranded on life boat with animals in the Pacific Ocean, he was uncertain about his life that he will soon be grasped in the mouth of death. At the time of his survival in the wild Ocean he manages the first sleep in the life boat that gives him hope to live his life without giving it up easily. He imagines:

A corner of the sky changed colours. The air began filling with light. The calm sea opened up around me like a great book. Still it felt like night. Suddenly it was day.

Warmth came only when the sun, looking like an electrically lit orange, broke across the

horizon, but I didn't need to wait that long to feel it. With the very first rays of light it came alive in me: hope. As things emerged in outline and filled with colour, hope increased until it was like a song in my heart. Oh, what it was to bask in it! Things would work out yet. The worst was over. I had survived the night. (123)

This given statement shows that the protagonist who has lost all hopes of his life was given back to him when his survival his first sleep in the Pacific Ocean. He was amazed with rays of the sun that made him feel alive and enthusiastic. Since, resilience theory is based on transformational process which is based on continuous effort that helps in exploring physical, psychological and emotional growth and to develop different survival strategies. Glenn E. Richardson puts a succinct statement of resilience theory is that there is a force within everyone that drives them to seek self-actualization, altruism, wisdom, and harmony with a spiritual source of strength. This shows that the character, trait or situational premise of resiliency has selective strengths that help them to survive adversity. These resilience features is known as protective factors or developmental assets (7). It is based on the need of time in which the person struggle against his internal and external forces to survive with positivity. This experience of joy gave him a new hope to live his life.

Later, Pi started to cling towards his religious belief that is thought to be his power. This imagination feels his will to live, nurture his determination and supports to his faith by giving him adaptive towards the climate and situation of the wild surrounding. His belief in God that helped him in his survival. He Asserts:

Oh, the delight of the manufactured good, the man-made device, the created thing! That moment of material revelation brought an intensity of pleasure—a heady mix of hope, surprise, disbelief, thrill, gratitude, all crushed into one—unequaled in my life by any

Christmas, birthday, wedding, Diwali or other gift-giving occasion. I was positively giddy with happiness. (141)

This quotation reveals the joyous moment of his life when he asked God to help him survive. Fortunately, he was able to get a drink from a canned bottle as in the form of nectar. This drink made his body and mind full of strength and brought him back of his life. W. Niel Adger et al explores how a better understanding of the connections between ecosystem and human societies can help to reduce vulnerability and enhance resilience of these connected systems in coastal areas (1036). Resilience means the capacity of linked social-ecological systems to absorb recurrent disturbance. It reflects the degree to which a complex adoptive system is capable of self organization and the degree to which the system can build capacity of learning and adaption. Therefore, this view suggests that resilient social ecological systems incorporate diverse mechanisms for coping with change and crisis including adaptive capacity and preparedness. Garmezy is widely credited with being first to study the concept of experimental setting. He believes in putting continuous effort on practical solution to psychological problems. Indeed, this marks the very beginning of what we call resilience theory.

However, this psychological feeling of ecstasy is worthless due to Pi's idle hope. His emotion was serving as an adaptive essence in his life by motivating him to act quickly and take immediate actions of survival. This emotion has made a major influence on his decision making and strategies that could save this life. He decides:

I had to stop hoping so much that a ship would rescue me. I should not count on outside help. Survival had to start with me. In my experience, a castaway's worst mistake is to hope too much and do too little. Survival starts by paying attention to what is close at

hand and immediate. To look out with idle hope is tantamount to dreaming one's life away. There was much I had to do. (164)

This statement made by Pi projects the light upon the scarcity of time and he has to do quick actions for his survival. Thus, he decides to leave the hope as it is and adds some physical efforts to it. Then he puts a full stop to hope that he would be rescued and makes himself determined and committed towards his survival actions that gives him a lesson the truth of life.

Like all human skill, to build one's own resilience is something that changes one from negative to positive. Susan L. Cutter et al suggest new steps to provide a new framework, the disaster resilience of place model designed to improve comparative assessments of disaster resilience at local or community level. The first one is to develop inherent resilience by understanding the drivers and processes of disaster resilience is to develop plans and enhance it and the second step is to operationalize the model, develop a set of common indications, and then test it in a real world application. This suggestion shows how to develop disaster resilience that could help to overcome the problems by making frameworks on resilience and implementing it in a practical way (603-604). And this transgression or progress can be done in a very easy way by motivating your will power that can increase resilience. Therefore, this positively and developed resiliency skills gives one an internal as well as external strength in order to survive and thrive with any kind of difficult situation.

As things got much worse, Pi suffered from thirst and hunger. He was in deep pain that a human could suffer and has fear of a Bengal tiger. This bitter and harsh experience of real world taught him to be tricky and accommodate with real life situations that he was running out of his supplies of lifeboat and soon there will be nothing left to eat and drink and thus he has to move quick. He questions himself:

The divining rod in my mind dipped sharply and a spring gushed water when I remembered that I was on a genuine, regulation lifeboat and that such a lifeboat was surely outfitted with supplies. That seemed like a perfectly reasonable proposition. What captain would fail in so elementary a way to ensure the safety of his crew? What ship chandler would not think of making a little extra money under the noble guise of saving lives? It was settled. There was water aboard. All I had to do was find it. Which meant I had to move. (136)

The above passage shows that Pi feels pressure by the necessity of time and hit by his remembrance of reasonability. He calculates in his mind and creates a list of questionnaire to make believe his internal got power. This thinking leads to move forward with optimism. As resilience theory is open door to different ideas, it is undoubtedly a multi-disciplinarily subject that deals with physical, social, emotional, cognitive level and so on. Corey L.M. Keyes characterizes resilience as a multi dimensional process i.e. biological, social, emotional, and cognitive, multidirectional i.e. positive and negative, multi determined i.e. self, others, context and systems of human development. It is both qualitative and quantitative change of behavior and functioning. The risk and resilience are all about human development that illuminates the causes, mechanisms, and consequences of behavioral changes in life (223). Keyes's work opened the door to study of protective factors that helps an individual to overcome the challenges with success and positivity. Christopher J.Mruk defines positive psychology as:

Psychology movement is to remind our field that it has been deformed. Psychology is not just the study of disease, weakness, and damage; it also is the study of strength and virtue. Treatment is not just fixing what is wrong; it is also building what is right. Psychology is not just about illness or health; it is also about work, education, insight,

love, growth, and play. And in this quest for what is best, positive psychology . . . tries to adapt what is best in the scientific method to the unique problems that human behavior presents in all its complexity. (244)

Resilience is a multi-model construct that involves the creation of positive emotions and thought process with a vision that can contribute to self-confidence, hope and excitement about positive future. Thus, resilience is all about the internal cognitive factors, the external contextual factors and the actions that the individual performs. Garmezy focuses on the internal strength of an individual that can enhance and enrich difficult circumstance into healthy and fruitful outcomes. This is a kind of force within the self. As P. Alex Linley states:

Within the domain of psychological theory, this assumption of rational self-interest is embedded in several key constructs, such as reinforcement, the pursuit of pleasure, utility maximization (as developed in the context of behaviorist theory, including social learning theory), psychoanalytic theory, and theories of social decision making. (19)

Since these skills for developing resiliency is gained through continuous process of struggling with the adversity. It gives a sense of rationality in order to use our thoughts into effort and action. This statement suggests that everybody has resilience.

As the story moves on, Pi develops sense of forgetting. So, he moves forward in order to keep himself busy and alive. He says:

And I survived because I made a point of forgetting. My story started on a calendar day--
-July 2nd , 1977---and ended on a calendar day---February 14th , 1978---but in between
there was no calendar. I did not count the days or weeks or the months. Time is an
illusion that only makes us pant. I survived because I forgot even very notion of time.
(132)

This statement reveals the way of coping with the situation. He does not stop himself from working and also he does not sit idle by counting the days he spent in the Ocean. So, he manages to forget the negativity of time and moves forward. Jo Boyden and Gillian Mann have argued about the term resilience provides a useful metaphor for the empirical observation that some children possibly the majority, are surprisingly able to adjust to or overcome situation of serious adversity. This is because, as indicated, the effects of adversity on children are determined not merely by the objective nature of an act or situation so much as by children's subjective experience of that situation. The above given statement about resilience states that the children are able to adjust the odd situation not just because of their action but rather by their personal experience in that situation (20). It is just a matter of how well we put it to good use our life. Storage of our internal strength is not applicable rather to use it continuously by sharpening our skills and abilities can make us able to fight against all odds.

Therefore, resilience theory is a multi-dimensional process of developing strength by building ability to problem solving/willing to adopt and be flexible, self-belief that gives confidence and have high self-esteem, having sense of humor that can laugh at life's frustrations, building social support that combines network of friend or family, having self-control that helps your response to odd circumstances, handling of emotional awareness is key to good communication that enhances mutual support, changes in attitude to life can help in our action into 'can do' and last but not the least being optimistic gives you strength and power to fight for life. Hence, resilience theory focuses mainly on human skills and strength by developing emotional, psychological, physical, cognitive, and social and so on. This development and enhancement of skill helps to cope with the negative situation and encapsulating positively. We

will also discuss about mutual aid theory by Peter Kropotkin and the will to power by Fredrich Nietzsche for additional support.

Similarly, the theory of Peter Kropotkin's *Mutual Aid* can be applied for deeper analysis. Richard Parker a Bengal tiger accompany with Pi on a life boat provides sense of togetherness that gives an indirect source of inspiration in their survival journey. Kropotkin says that, "Those animals which acquire habits of mutual aid are undoubtedly the fittest. They attain in their respective classes, the highest development of intelligence and bodily organization" (*Mutual Aid*, 411). Pi's peculiar relationship with Bengal tiger provides a hope for living as a survival mate. Without Richard Parker, Pi would not have survival for so long. As a result, he would have died without him. So, Pi thinks that Richard Parker is providing better companionship that helped him fight for his survival in ferocious nature of Pacific Ocean. This relationship ensures his emotional and psychological well being. Pi tells:

But there's more to it. I will come clean. I will tell you a secret: a part of me was glad about Richard Parker. A part of me did not want Richard Parker to die at all, because if he died I would be left alone with despair, a foe even more formidable than a tiger. If I still had the will to live, it was thanks to Richard Parker. He kept me from thinking too much about my family and my tragic circumstances. He pushed me to go on living. I hated him for it, yet at the same time I was grateful. I *am* grateful. It's the plain truth: without Richard Parker, I wouldn't be alive today to tell you my story. (160)

On the psychological level, Bengal tiger provides a sense of fear, necessary distraction along with mutual dependence. They are indirectly dependent on each other. Pi was once afraid of tiger since his father fed a goat to a starving tiger. But in present time, Pi has learnt to accommodate with Richard Parker and teaches him to co-operate with him. So, by protecting the tiger he

protects himself against the odds. Martel suggests that we can overcome our problems by upgrading our moral superiority.

Mutual Aid theory deals with the alternative view on animal and human survival by going beyond the claims of competition and the natural hierarchy as claimed by Darwinians in order to achieve success in the survival time. *Mutual Aid* theory book was published by Peter Kropotkin in 1902. He argued on new evolutionary focus on mutual co-operation instead of survival competition. He has explored the use of mutual co-operation as a tool for survival process between human and animals. He brings his practical observation and knowledge's in order to show that survival can be possible without any competition. He is not against survival as coined in Darwinian sense rather he advocates for love, compassion, and togetherness can also enhance the possibility of survival between humans and animals. His understanding of human nature gives a new dimension of thought that makes and generate a healthy, mutual and soothing environment in order to survive. He synthesizes his practical observations of animals within a species co-operating with one another. He states that co-operation was equally important as competition in the time of struggle. He says co-operation is very essential for the survival. In his book *Mutual Aid*, he states:

Life in societies enables the feeblest insects, the feeblest birds, and the feeblest mammals to resist, or to protect themselves from, the most terrible birds and beasts of prey; it permits longevity; it enables the species to rear its progeny with the least waste of energy and to maintain its numbers albeit a very slow birth rate; it enables the gregarious animals to migrate in search of new abodes. Furthermore, co-operation facilitates the development of intelligence, since that quality is so important for social life among animals. (410)

Moreover, Kropotkin indicates that the evolution of human is based on the concept of mutual co-operation and togetherness. He says, at every stage of human lives, the mutual aid is essential and without it there is no complete success. Therefore, the relationship between human and nature (animal) is inevitable. Nature is ultimately is good for human beings if we generate sense of co-operation and mutual understanding.

Meanwhile, there is a sudden realization comes in the mind of Pi where he finds that he has survived his tough journey because of Richard Parker. He thinks that without Richard Parker nothing could go well. Therefore, both Pi and Richard Parker assist each other by listening and accompanying the need of their presence through love and togetherness. Pi realizes:

If I survived my apprenticeship as a high seas animal trainer it was because Richard Parker did not really want to attack me. Tigers, indeed all animals, do not favour violence as a means of settling scores. When animals fight, it is with the intent to kill and with the understanding that they may be killed. A clash is costly... Richard Parker made his point with me four times. Four times he struck at me with his right paw and sent me overboard, and four times I lost my shield. I was terrified before, during and after each attack, and I spent a long time shivering with fear on the raft. (141)

This realization made by Pi gives a clear hint on how their relationship was. Without mutual co-operation and understanding they would have died at their survival journey. So, they start to understand each other with the help of sign languages and signals from whistle. Both of them learned to back down as per the need and respect each other by being survival heroes.

In addition to, our ability to understand and manage emotions is like a skill that plays an important role in decision making process. Thus, our emotional expressions provide a social communion to those who are around us. It connects to another for the development of

relationship and helps to respond appropriately. Pi says: “If he died I would be left alone with despair, a foe even, more formidable than a tiger (164)”. This emotional state displays could also play a significant role in protection and survival. It creates interdependency between Pi and Richard Parker. Pi says:

When I turned away, Richard Parker was still looking in its direction. After a few seconds he turned away too and our gazes briefly met. My eyes expressed longing, hurt, anguish, and loneliness. All he was aware of was that something stressful and momentous had happened, something beyond the outer limits of his understanding. He did not see that it was salvation barely missed. He only saw that the alpha here, this odd, unpredictable tiger, had been very excited. He settled down to another nap. His sole comment on the event was a cranky meow. "I love you!" (160)

The given statement reveals the psychological condition of the protagonist. Here, Pi attributes the will to live and did not want Richard Parker to die because Richard Parker is considered to be his only companion in the Pacific Ocean. Pi has overcome his fear of tiger and moves towards love and affection. He realizes that he is in love with Richard Parker. To Peter Kropotkin, such altruism is favoured. In this regard he says that, “Those animals which acquire habits of mutual aid are undoubtedly the fittest. They attain in their respective classes, the highest development of intelligence and bodily organization” (*Mutual Aid*, 411). Pi learns that he must overcome his fear of superior forces and face adversity with positivity. This mutuality helps both the survivor to overcome all the topsy-turvy of the wild ferocious nature throughout their journey.

Now, last but not the least, the *The Will to Power* by Friedrich Nietzsche is used in order to support the issue raised in this research work. This concept of Will to Power was introduced in 1883. This concept is applied in practical life that provides a feeling of self-overcoming by a

procreative will of life. Nietzsche says that the connection between the inorganic and the organic must lie in the repelling force exercised by every atom of force. "Life" would be defined as an enduring form of processes of the establishment of force, in which the different contenders grow unequally. To what extent resistance is present even in obedience; individual power is by no means surrendered. In the same way, there is in commanding an admission that the absolute power of the opponent has not been vanquished, incorporated, disintegrated. "Obedience" and "commanding" are forms of struggle (342). Where there is life, there is will to power that helps every individual to cope successfully in the time of survival. The doctrine of Will to Power is a psychological insight that sets a self-realization of power. Nietzsche's this concept directs people when they turn their will power internally and overcomes their problematic situations by self-masterly and self control. The theory of Friedrich Nietzsche also used as a supportive theory to analyze the text. Here, Pi follows a doctrine of will to power which is a kind of psychological insight. Pi realizes his basic drive for power in the time of independence and dominance. He turns his will power when he turns the power internally and pursue self-mastery by gaining profound self-control and spiritual depth through refining the form of power. Pi uses his will to power in order to survive by controlling the wild beast, Richard Parker through different strategies. He shows his happiness when he wins the control over Richard Parker. Pi states:

You may be astonished that in such a short period of time I could go from weeping over the muffled killing of a flying fish to gleefully bludgeoning to death a Dorado. I could explain it by arguing that profiting from a pitiful flying fish's navigational mistake made me shy and sorrowful, while the excitement of actively capturing a great Dorado made me sanguinary and self-assured. But in point of fact the explanation lies elsewhere. It is simple and brutal: a person can get used to anything, even to killing. (128)

This given passage gives a glimpse of the battle that Pi has to win and ultimately he wins the battle by overcoming fear of losing. Therefore, he starts by not giving up easily and he makes count of everything which he could do. He killed flying fish to Dorado. He learns quickly from his mistake and eliminates the feeling of being defeated. This self-assurance and sanguinary makes him simply powerful as well as brutal that made him to kill anything that could block his way to success.

Furthermore, the will to power explores the basic and changing aspect of reality. Nietzsche shows life from a different point of view, he says that everything is in flux and not stable. So, all the ideas, knowledge, truth and everything else keep on changing. Thus, the will to power is the basic element of change. Nietzsche asserts:

The measure of failure and fatality must grow with the resistance a force seeks to master; and as a force can expend itself only on what resists it, there is necessarily an ingredient of displeasure in every action. But this displeasure acts as a lure of life and strengthens the will to power! (369)

This statement by Nietzsche shows a clear description of will to power that comes with the mastery of skills with resistance. There is a saying that necessity is the mother of invention, here Nietzsche is also pointing to the demand of time that when there is necessary of using power then we must use them in order to overcome problems and for survival.

Ultimately, there is a will to power that force an individual to move forward. Pi shows a power to withstand and fight back against those odd environments by holding his positive will against and control it respectively. So, he controls his own will positively that helps him to natural impulses, he has been able to forge civilization, develop knowledge, and strengthen him to gain self mastery. He acclaims:

While you hold one lion in the thrall of your gaze, another will come up to you from behind). For two, perhaps three seconds, a terrific battle of minds for status and authority was waged between a boy and a tiger. He needed to make only the shortest of lunges to be on top of me. But I held my stare... From that day onwards I felt my mastery was no longer in question, and I began to spend progressively more time on the lifeboat, first at the bow, then, as I gained confidence, on the more comfortable tarpaulin. (151)

This statement presents a confirmation about the overall mastery for Pi who acclaims his full authority over Richard Parker. Pi progressively gains confidence throughout his journey by doing everything he was once scared of. This situation shows the time has come where he needs to forth right and stake his territory and assert his powerful authority as the top of the tiger by imposing himself upon Richard Parker. He gains control on Richard Parker by staring at him.

These things show that one can hold his authority over another by the use of his will to power. This power helps to control anything that creates obstacle in your path. Therefore, the will to power acts as a procreative will of life that helps in their survival journey. It gives a self-realization psychological insight that directs people when they turn their will to power internally and overcomes the problems by gaining self-mastery and controlling power.

Yann Martel experiments with the idea of adaptability and developing the ability to fight back against odd situation through continuous process and resiliency. Through the representation of the main character Pi, a teen-aged Indian middle classed Hindu boy shows his religious belief that provides him emotional as well as physical strength that helps him to cope with harsh situation. By developing his internal and external will to adapt with situation makes him resilient and thus develops his resilience skills for survival.

This research work projects the light upon the role of existing knowledge (his belief) and his real experiences (his reality) helps him in his personal growth and adaptability throughout the journey. This process of knowing that and knowing how creates a kind of psychological transformation that makes him resilient enough to balance between his existing knowledge and to use his practical wisdom. Pi faces many challenges in the wild nature and is unaware of those harsh realities he faces after the shipwreck. He uses his religious belief for the survival but soon realizes that along with religious belief he needs to be practical because only having faith in God does not make you successful. So, it is also necessary to develop himself strong and learn different skills for the survival. Pi's psychological growth unravels the fact that resiliency is not a quality of a person rather it is a skill that is gained that is gained through continuous effort and experiences.

Since, Pi possesses religious belief and follows different religions that provides him ground to cope with the situations. But only religious beliefs does not work in all situations so being practical and enhancing his skills also helps in his survival journey. Pi uses his religious skill of comforting his thoughts and wishful thinking that makes able to develop his resilience in order to survive. Pi's active addressing of the problems is analyzed deeply and then resolved with his learned and improvised skill of learning. Both Pi and Richard Parker helps each other in the expressions of emotion that helps Pi to resolve those problems that can lead to frustration, tension and aggression. This ability Pi helps him to respond to a stressful situation is not only determined by the nature of the problem but by one's coping strategy that helps him personal growth and positive adaptation. Those all precarious world of nature forces Pi to use his practical wisdom to overcome all the hurdles at the Pacific Ocean. He manages to listen to his internal

positive voice that made his will strong and did not let him to vie up easily. This psychological and emotional state provided him a gateway to choose his life over death.

Similarly, *Life of Pi* exhibits the communal social relationship between Pi and Richard Parker where they create a beautiful and strange relationship between a human being and an animal. Pi trains the tiger with various signs and signals in order to make their survival easier and thus he makes a strong bond with Richard that helps him as his survival mates. Both of them learn to adapt and learn as per the demand of the time.

Likewise, Pi has also used his will to power over Richard Parker in order to control him because of his small appearance that is nothing in front of a wild beast. This will to power helps Pi to explore his procreative will to life by self-overcoming that helps him to cope successfully in the time of survival. Pi turns his power internally and overcomes the problems raised by Richard Parker through self-mastery and self-control that motivates Pi's psychological insight and self-realization.

Therefore, this research concludes Martel's novel that creates harmonious balance between the existing knowledge and his real experiences by developing psychological resiliency through learned and improvised skills of coping in the harsh situations. This psychological insight is gained through his adaptive nature and personal growth that unravels the fact that resiliency is not a trait but rather a skill that is achieved through continuous effort and experiences. Hence, the religious belief that results in resilience is a kind of coping mechanism process to overcome problem. As a result, this effective management of skills and implementation of the wisdom practically helps to make an individual to survive and thrive with success. Thus, the role of religious beliefs can help contribute to the knowledge and decision making practically. The religious insight that helps in perception of truth which contributes to

practical knowledge. The cognitive knowledge, behavioral efforts and wishful thinking help in problem solving.

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