

Tribhuvan University

Esther's Existential Struggle in Plath's *The Bell Jar*

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

By

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**Letter of Recommendation**

Samana Mishra has completed her thesis entitled “Esther's Existential Struggle in Plath’s *The Bell Jar*” under my supervision. She carried out her research from December 2016 to April 2017. I hereby recommend her thesis to be submitted for viva.

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**Letter of Approval**

This thesis entitled “Esther's Existential Struggle in Plath’s *The Bell Jar*”  
submitted to the Central Department of English, Tribhuvan University, by  
SamanaMishra has been approved by the undersigned members of the Research  
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## Abstracts

The present research on Sylvia Plath's *The Bell Jar* attempts to examine the existential feministic aptitude of the protagonist Esther in terms of her uncommon coming of age activities. Esther starts her journey in the realm of extreme patriarchy initially as an intern and later having an exclusive life. Esther separates herself from every relations and bonds; including the family bonds. She also negates every relations with her male complements as well. This research through the light of Simone de Beauvoir's existential theory from *The Second Sex* shades light on some of the existential themes like, anxiety, anguish, alienation and self-estrangement. This project also presents Esther as the fictional inference to the author Sylvia Plath and her life at her contemporary period. However, as Esther relies upon suicide as one of the emancipation options, this research concludes the existential theme as the most effective implication in the novel.

Keywords: Existentialism, Anxiety, Struggle, Alienation, Self-estrangement, Suicide

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