

Tribhuvan University

Detrimental Impact of Digital Technology in Helen Schulman's *This Beautiful  
Life*

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

By

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April 2017

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Letter of Recommendation

Durga Khadka has completed her thesis entitled “Detrimental Impact of Digital Technology in Helen Schulman’s *This Beautiful Life*” under my supervision. She carried out her research from 2072 B.S. to 2073/12/05 B.S. I hereby recommend her thesis be submitted for viva voce.

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Approval Letter

This thesis entitled “Detrimental Impact of Digital Technology in Helen Schulman’s *This Beautiful Life*” submitted to the Central Department of English, Tribhuvan University by Durga Khadka has been approved by the undersigned members of the Research Committee.

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## **Acknowledgements**

I would like to express my profound gratitude to lecturer Hem Lal Pandey for making constant supervision and guiding me with regular inspiration, encouragement, and insightful suggestion throughout the study. His vigorous efforts made me present this research work in this form. I am also indebted to the Head of the Central department of English Prof. Dr. Amma Raj Joshi for the valuable directions in conducting the research.

I would like to extend sincere acknowledgement to the entire group of Professors, Readers, Lecturers, and the Teaching Assistants of the Department for their valued inspiration. I would like to express my sincere thanks to my colleagues and all my well-wishers who directly and indirectly helped me to complete this work.

April 2017

Durga Khadka

## Abstract

This thesis aims at exposing the detrimental effect of excessive reliance on digital technology in Helen Schulman's *This Beautiful Life*. The harsh psychological effect of digital technology is examined in relation to *This Beautiful Life*. Any idea of clinging to the normal, the normative and the moderate is nauseous to Jake and Daisy. He does not see the boundary between the normal and the abnormal. Sodomy, homosexuality, masturbatory practice and various other peripheral sexualities can be found in Jake's search for new sexuality which ultimately puts his life to a disastrous end. Extreme dissatisfaction and inherent inability compel him to dissimulate his innermost foibles and shortcomings. Inwardly he is trapped in the rigid confines of life on cyber space. To come out of his arid mercantile life, he concocts violent fantasies. They are separated apart when Jake wakes up one morning after an unattended party and finds an email in his in-box from an eighth-grade admirer. Attached is a sexually explicit video she has made for him. She forwards the video to a friend, who then forwards it to a friend. Within hours, it's gone viral, all over the school, the city, the world.

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