

PSYCHOLOGICAL PROBLEM IN MITCH ALBOM'S *THE FIVE PEOPLE YOU MEET IN HEAVEN*

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Abstract

This Paper focuses on Psychological Problem by American Author Mitch Albom's *The Five People you Meet In Heaven*. It is about the characterization of Eddie, he is an Eighty three years old man. He is the main character in the novel who lives his life with full of Psychological Problems. After his death he meet five different people in heaven, it seems as a way to Eddie to solve all the problems he has. By Employing Sigmund Freud's Psychological approach on the Psychological problems that are most relevant to the characteristics of Eddie in this novel. He had bad perception in his Former life. He thinks his life is meaningless. After his death the journey in Heaven shows him that his life is meaningful. Eddie's character seems to be kind, brave, skillful and loving. The background chapters of the Novel is to understand the roots of Eddie's Psychological problems. His Journey in heaven is viewed as the method of curing all those problems. It shows how the person can have hidden positive lessons through physical and mental changes.

Keywords: Identity, Personality, Psychoanalysis, Sacrifices, and Forgiveness.

Psychological Problem in Mitch Albom's *The Five People you Meet In Heaven*

Mitchell David Albom born on May23,1958. He is an American Author, Journalist and Musician. His books have sold over 39 millions copies worldwide. He achieved national recognition for sports writing in his early career. In 2010, he was named the recipient of the Red Smith Award for Lifetime achievement by the associated Press sports Editors. His notable works Tuesdays with Morrie (1997) , Have a little faith, For one more day. After the success of Tuesdays with Morrie, Albom turned to fiction and wrote *The Five People You Meet In Heaven* 2003 which sold 10 Million copies and become a Tv movie as well.

This research focuses on the character of Eddie. Eddie is an old man who has lived an uninspired life. His job is fixing ride at a seaside amusement park. On his 83rd birthday, a tragic accident kills him, as he tries to save a little girl from a falling cart. In his life he has been facing psychological Anxieties. He thinks his life meaningless and failure. Eddie has never found any Peace throughout his life. After his death only he attain the peace at Heaven by meeting five different kind of people that he has meet in Heaven. He learns that heaven is not a destination, it is a place where the life is explained to Eddie through five people. One by one, from childhood to soldier to old age, Eddie revisit their connections to him on Earth. It illuminates the mysteries of his "Meaningless" Life and revealing the secret behind why he was in Heaven.

As a Fictional character Eddie act as an Individual suffers from Mental issues in real Life. This novel defines Heaven as a Journey of meeting the people as a lesson to the character of Eddie about the interconnectedness of the world that may not aware to Eddie. By meeting those people in Heaven he understand the fact of his life is not miserable. It help him to come out from the anxiety that he gone through his life.

The Concept of Heaven Portrayed by Mitch Albom is similar to the method of Sigmund Freud Psychoanalytic study. Psychoanalysis means to be treating mental disorders which emphasizes unconscious mental process. Freud's The book Introduction to Psychoanalysis is currently one of the most used on the Human Psyche. Freud gives a concise description to the audience about his discovery of the unconscious. Likewise *The Five people you Meet in Heaven* is similar as they help them to Eddie Psychologically. It helps to change the Perception of Eddie's former life. The five people influence him to change his perception.

This Story also deals with the flashback. It begins with the last few hours of the character Eddie that he has going to dead. It is written from the point to the moment he dies and moved to Heaven. The flashback shows about the childhood characterization of Eddie took an responsibilities to make an every ride in a good condition to be safety ridden by the visitors. One day one of the ride is strucked, passengers threatened to be thrown out. Eddie and other workers manage to save the Passengers but the right below the falling ride. Eddie runs towards

the little girl and pushes her away. The girl is saved by Eddie, but unfortunately the car hits hard and he dies. Then only he wakes up and realises that he was in Heaven.

The first person Eddie meets in Heaven is 'The Blue Man'. Before that Eddie thinks that his life is solitary. He feels no connection to others who live around him especially his wife's death. Then he meets 'The Blue Man' who tells him that their lives connect each other. The Blue Man explains about how they are connected. He is an colleague of Eddie's father in the working place. After that he explains about his death. One day Eddie and his friends were playing a baseball. Eddie fails to catch the ball which he flies out into the street. He chases it in front of a car. The driver of the car manages to survive from the accident. But unfortunately he gets shocked at the moment and died by heart attack. The person is none other than that it is the Blue Man. This explains that people are related to each other. The Blue Man's death and his explanation about the life cycle make Eddie realize that all lives intersect including his life. The concept of Heaven is used as a tool to analyze Eddie's unconsciousness. Commonly we think Heaven as a Paradise, but through this novel we could understand it is also the place to realise what happened in our life. Likewise the same thing happened to Eddie in Heaven. Each person whom Eddie meets in Heaven shares a history of Eddie during his life time. These things were expressed in the lines.

People think of Heaven as a Paradise Garden, a place where they can float on clouds and laze in rivers and mountains. But scenery without solace is meaningless. This is the greatest gift God can give you: To understand what happened in your life. To have it explained. It is the peace you have been searching for. (37)

The psychological problem of Eddie specifically we may say Depressive disorder. This is a very specific symptom found in Eddie. It has been seen in the war happened in Philippines to Eddie. Eddie's feeling of being burdened seems as depressive disorder. Along his life, Eddie keeps anger upon his wounded leg takes away his life. The second person he meets in Heaven is The Captain. The Captain starts to revealing that he is the person who shot his leg. By knowing this he got angry. Then the Captain says the reason why he shot his leg. By saving Eddie in the war, the Captain shot his legs. He saved Eddie's life and he died. The Captain gives up his life for him and other soldiers. He sacrifices his life. "sometimes When you sacrifice something precious, you're not really losing it. You're just passing it on to someone else" (98).

The family is important in psychoanalytic theory. Because each of us is a product of role in the family. Eddie's family plays a huge role in determining his characteristics even he becomes an old man. His father always been very harsh on Eddie. It seems like his father hates him. His father's hatred makes Eddie as a tough teenager. He always tries to avoid his father's hate. This is said to be one type of defense mechanism that a person with psychological problem uses is avoidance. Eddie had a bad perception about his father, they not even talk to each other. He thinks that his father is dead because of drinking habit. But by meeting the third person called Ruby in Heaven, he came to know about the truth of his father's death. His father jumps into the water to save his friend Mickey Shaw. He works hard to pull him out of the water which makes him sick and finally he died.

Even though his friend made a mistake but he put effort and drowned. Mickey has helped his father a lot. So far that his father loyal to Mickey and saves his stay in the hospital. His father does enormous efforts to express his feeling to talk for the names of his beloved people. Throughout this Eddie realizes that his father is not bad, he has goodness inside him and he has love for Eddie. He understands little about his father's behaviour and it helps him to forgive his father.

Marguerite is a wife of Eddie. Not only his wife, she is the fourth person that Eddie meets in Heaven after death. She is introduced in the flashback chapters of Eddie's birthday and the night before that day he meets Marguerite. He falls in love with her at the first sight. She is wearing yellow dress and pink barette. Eddie couldn't speak, he talks a little. Every time he reminds of Marguerite, he always recalls his memory of his first meet. He always feels enormous feeling of love for her, but he feels hard to spell it out. But Marguerite understands Eddie's feeling to her. She says to him you do not need to ask me to wait. This words makes him to love her more.

"You don't have to ask me to wait," Marguerite says suddenly.

Eddie swallows.

"I don't?"

She shakes her head. Eddie smiles. Saved from a question that has caught in his throat all night, he feels as if a string had just from his heart and looped around her shoulders, pulling her close, making her his. He loves her more in this moment than he thought he ever could ever love anyone. (82)

Eddie slowly tries to get out of his depression and he gets married Marguerite. Then the things in his life started better as he married to the woman who loves him more. It is understood that with Marguerite, Eddie

want to be as happy as he could. With the presence of Marguerite he wants to forget the darkness that has been haunting him inside. It is related to D.H. Lawrence's work *Psychoanalytic and the unconscious* (1921) which is initially in response to psychoanalytic criticism of his novel *Son and lovers*. They soon developed more generally to propose an alternative to what Lawrence perceived as the Freudian Psychoanalytic theory of the unconscious and the incest motive. The Absolute need one has for some sort of satisfactory mental attitude towards oneself.

After a few days, Marguerite is affected with a tumor. The worst about Eddie's dream is the darkness comes out when he is in a happy situation. He always hides his darkness when he is with Marguerite. Sigmund Freud suggests that a dream is a symbolism over some depressed experience or emotion. Carl Jung, a Swiss psychiatrist and founder of Analytical Psychology, his work *Memories, Dreams, and Reflections* is about Jung's childhood, his personal life and exploration into the psyche. Jung also attempts to find meaning in his own life, "meaninglessness inhibits fullness of life and is equivalent to illness". Likewise the character in the novel Eddie is affected with one type of defense mechanism that a mind has regression who suffers from psychological problems to relieve their experiences. The roots of the disorder in Eddie's life that has given in this novel. At last by means of regression, the five people which Eddie had met in heaven help him to find his own peace and solve the disorders that he has in his life.

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