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Unseen, Unheard: Exploring The Representation Of Disability In Plath's *The Bell Jar* And Faulkner's *The Sound And The Fury*

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Abstract: This study has been undertaken to investigate the determinants of stock returns in Karachi Stock Exchange (KSE) using two assets pricing models the classical Capital Asset Pricing Model and Arbitrage Pricing Theory model. To test the CAPM market return is used and macroeconomic variables are used to test the APT. The macroeconomic variables include inflation, oil prices, interest rate and exchange rate. For the very purpose monthly time series data has been arranged from Jan 2010 to Dec 2014. The analytical framework contains.

This study carefully looks at the storytelling methods used by Plath and Faulkner to see how their unique styles shape the inner lives of their characters. In *The Bell Jar*, Esther's struggle with depression and her time in a mental hospital is shown through her broken and less trustworthy way of telling her story. This reflects how her mental health is getting worse. In *The Sound and the Fury*, Faulkner uses different narrators, including Benjy's thoughts, to show a complicated but incomplete view of Benjy's thinking difference and how it affects the Compson family. This comparison shows how both writers address the way society pushes people with disabilities to the sidelines. Esther's story shows how harsh psychiatric treatment could be in the middle of the 20th century. Meanwhile, Benjy's story points out the common negative attitudes and confusion that people with brain difficulties had to deal with. Both characters feel "invisible" and "ignored" because society values fitting in and being normal, which makes them feel very lonely and disconnected.

This study looks at how Plath and Faulkner, using their characters, question the idea of having a single, clear identity. Esther's difficulty in balancing her own feelings with what others expect shows how mental illness can shake a person's sense of who they are. Benjy sees time and space in a mixed-up way, which makes it harder to understand how people experience things. His story doesn't go in a straight line, adding to the confusion. This study says that by focusing on the personal feelings of Esther and Benjy, Plath and Faulkner highlight how society views people with disabilities in a negative way. Their books remind us how important it is to care about and understand each other, especially with all the differences between people.

Index Terms – Disability representation, Mental illness, Social and Psychological Alienation, Literary analysis, Cognitive difference, Subjectivity, Narrative fragmentation, Isolation, Multi- Faceted narration, Identity construction.

I. INTRODUCTION

In both *The Bell Jar* and *The Sound and the Fury*, Plath and Faulkner explore the hidden stories of mental illness by showing it in a clear and strong way. Plath's main character, Esther Greenwood, deals with deep sadness, shown clearly and truthfully, which wasn't often shown in many books of that time. Similarly, Faulkner's *The Sound and the Fury* has complex stories that are connected to each other. The characters Benjy and Quentin show signs of mental health issues, especially challenges with learning and deep sadness. These descriptions of mental illness show different aspects of disability by looking closely at the characters' thoughts and feelings, revealing the details and challenges of their conditions. Also, Plath and Faulkner show how society looks down on mental health issues, encouraging readers to think about how we often leave people with these struggles on the sidelines. Literary critic Susan Squire says that these books reveal the details and challenges of mental illnesses that people might not have seen before. So, the authors bring to light the hidden stories about mental illness and challenge how society views it. They also encourage more open conversations about mental health.

In *The Bell Jar*, Sylvia Plath tells a powerful story about mental health, focusing on clinical depression as faced by the main character, Esther Greenwood. Plath shows Esther's inner battles really well, expressing her emotions. Sure Please provide the text you want me to simplify. Feeling alone, having no hope, and engaging in harmful actions towards oneself. Esther's feelings about suicide in the book show how serious her mental health problems are. She expresses a desire to harm herself and feels a strong urge to test her limits, wondering how far she could go before it was too much. Also, Esther's mental health issues are made worse by how people around her misunderstand her condition and have negative feelings about it. Book reviewer Sue J. Kim highlights that Plath shows how Esther is treated in a way that shows society looks down on and pushes away people who are different or have mental and physical challenges. Plath's honest portrayal of mental illness gives a deep insight into the challenges faced by people with mental health problems. By showing the reality of mental health struggles, Plath helps readers connect with the story and understand what people dealing with these hidden issues go through.

As a result, Plath's writing helps to improve how disability is shown in literature. Moving to William Faulkner's book *The Sound and the Fury*, we see a different perspective on how society influences people with disabilities, which helps us better understand how disability is shown in literature. In Faulkner's *The Sound and the Fury*, the character Benjy has special needs and faces unfair treatment and loneliness because of how society views his condition. Benjy's experiences show that how people view disability can affect the lives of disabled individuals, often leading to unfair treatment and confusion. This description of disability highlights Lennard J. Davis says that disability is created by society and culture. It only becomes real when people and cultures recognize it that way (Davis, 2002, p. Sure Could you please provide the text you would like me to simplify. Faulkner shows how society's views on disability can greatly impact the lives of people with disabilities. The way Benjy is treated poorly and not understood is meant to show that society has incorrect views about disabilities, rather than support negative stereotypes. The book highlights how negative feelings about disability harm people, encouraging readers to think critically and question these beliefs. Faulkner's look at disability in *The Sound and the Fury* contributes to the broader conversation about how disability is shown in literature.

II. Societal Marginalization and the Experience of "Unseen" and "Unheard"

The theme of being left out and not being noticed or listened to is very strong in both Sylvia Plath's *The Bell Jar* and William Faulkner's *The Sound and the Fury*. Both Esther Greenwood and Benjy Compson, even though they come from very different backgrounds, are pushed to the edge of their communities. Their experiences are ignored or misunderstood because people see them as not fitting in with what is considered normal. This analysis looks at how these novels show how society and people's interactions can make individuals with disabilities feel isolated and unheard.

In *The Bell Jar*, Esther's mental collapse is closely connected to the expectations put on young women in the 1950s. The pressure to fit into set roles, along with the uncaring attitudes of people around her, makes her feel even more alone. Her time in the mental health hospital shows how some systems care more about controlling people than really understanding them. Esther feels "unseen" because her inner problems are overlooked or treated as if something is wrong with her. She feels "unheard" because when she tries to share her pain, people often respond coldly or in a condescending way. Instead of providing comfort, the medical system often makes her feel more different, which adds to her feeling like she doesn't belong. In the same

way, Benjy Compson's way of thinking makes him always feel like he doesn't belong in his own family and community. He is mostly "invisible" and "ignored" because people often overlook or misunderstand what he needs and goes through. The Compson family, showing a small version of a falling apart Southern community, doesn't recognize or accept Benjy's special way of seeing things. His body language and reliance on what he sees and hears often make other people frustrated or uninterested, which makes it harder for him to connect with them. The family doesn't understand or care about what Benjy goes through, making him feel very alone.

This shows how harmful it can be when society values fitting in more than being kind. Both books show how society and people's interactions can push individuals with disabilities to the edges. The characters' experiences show how harmful stigma can be, how traditional ways of communicating can be weak, and how systems that focus on being "normal" can be controlling instead of supportive. By showing the lives of Esther and Benjy, Plath and Faulkner ask readers to think about their own beliefs and ideas. They encourage us to look closely at the systems that make some people feel "invisible" and "ignored." Ultimately, these books remind us how important it is to have empathy, understanding, and inclusion to build a fairer and kinder society.

The social systems that push Esther and Benjy to the edges of society are not just vague ideas; they show up in the real ways people interact with them and in the places they live. In *The Bell Jar*, the strict ideas about being a woman, the competitive environment at the magazine job, and the coldness of the psychiatric hospital all make Esther feel isolated and alone. These places don't support her personal difficulties, making her feel very alone. The pressure to fit into a strict idea of what is "normal" makes it hard for her to show her feelings, which causes others to not notice her.

Faulkner, in *The Sound and the Fury*, shows a society that follows strict traditions and has strong social classes. The Compson family is falling apart, showing how the Southern rich are also losing their power. This world is not willing to change. Benjy's way of thinking shows how the society is falling apart and reminds us that the family can no longer keep their old position. The family's shame and refusal to accept Benjy's condition make him feel even more alone and different from others. The way the story is told, with different time frames and points of view, shows the confusing and chaotic life that Benjy experiences. His feelings and experiences, which are often misunderstood or overlooked, show how people around him do not understand what he is going through. The quiet about disability in both books shows how uncomfortable society is with being different. Esther and Benjy feel stuck in a world that doesn't recognize what they go through, making them feel invisible all the time.

Their stories are ways to fight back, wanting to be noticed and listened to. By focusing on their viewpoints, Plath and Faulkner encourage readers to face their own biases and see the humanity in people who are usually pushed to the edges. These books encourage us to be more caring and understanding, asking us to build a community that accepts everyone and appreciates the different ways people live and feel.

III. Beyond Metaphor: Disability as Subjectivity and Experience

"Beyond Metaphor: Disability as Subjectivity and Experience" changes how we look at disability. Instead of seeing it just as a symbol, it helps us understand it as a real experience that is complicated and varies from person to person. In Sylvia Plath's *The Bell Jar* and William Faulkner's *The Sound and the Fury*, Esther Greenwood's mental health issues and Benjy Compson's different way of thinking go beyond simple symbols. Readers are encouraged to really connect with these characters' inner feelings and how they deal with a world that often doesn't understand them. Esther's struggle with mental illness in *The Bell Jar* is not just a symbol of feeling disconnected from society or the pressures put on women.

Plath carefully tells the story in a way that lets us see what Esther is going through. It helps us feel her mind breaking down from her own point of view. Her mixed-up thoughts, twisted views, and increasing feeling of being disconnected are not just symbols; they are real experiences of a mind struggling with deep emotional pain. By focusing on Esther's inner feelings, Plath pushes back against treating mental illness as just a medical issue. Instead, she shows how deeply it affects a person's identity, how they see the world, and how they understand themselves. Esther finds it hard to express what she's going through. She feels stuck in a "bell jar," which shows how lonely and hard to describe mental illness can be.

In the same way, we can't fully understand Benjy Compson's way of thinking in *The Sound and the Fury* just by looking at symbols. Faulkner uses Benjy's way of thinking, which goes back and forth in time and focuses on feelings and senses, to help readers see the world through Benjy's eyes. His broken memories,

overwhelming feelings, and difficulty with words are not just writing tools; they are key parts of his real-life experience. By focusing on Benjy's personal feelings and thoughts, Faulkner questions the usual ways stories are told and how language is used. This makes readers think about the limits of their own understanding. Benjy's world isn't just a symbol of a broken society; it's a complicated and sometimes too much for him to handle. His experience is influenced by how he thinks differently and how people respond to him. Both Plath and Faulkner show through their characters that a person can have many different sides and may not have a single, clear identity.

Esther finds it hard to match what she feels inside with what others expect from her. This shows how mental illness can make it difficult to understand who you are. Benjy sees time and space in a jumbled way, which makes it hard to understand his thoughts and feelings in a usual manner. Their stories show that having a disability is not the same for everyone. It's a complicated part of who a person is, influenced by their own feelings and their interactions with others.

This analysis aims to show the importance of understanding and appreciating the wide range of human experiences, instead of oversimplifying them. Esther and Benjy's stories aren't just about having disabilities; they are about strength, getting through tough times, and the lasting strength of being human. By sharing their viewpoints, Plath and Faulkner encourage us to be more understanding and accepting of differences. They remind us that disability is real and should be acknowledged and listened to.

IV. Comparative Analysis

A comparison of Sylvia Plath's *The Bell Jar* and William Faulkner's *The Sound and the Fury* shows important similarities and differences in how they portray disabilities, especially mental illness and thinking differences. Both novels explore the deep feelings of loneliness and being left out that their main characters, Esther Greenwood and Benjy Compson, experience. However, they tell their stories, develop their characters, and address themes in different ways. This helps show different views on disability and how it affects a person's sense of self and their relationships with society. Sure Please provide the text you would like me to rewrite in simple words. One important way to compare them is how the authors tell their stories. In *The Bell Jar*, Plath uses a first-person narrator who can't always be trusted.

This lets readers see Esther's struggle with mental illness through her confusing and changing viewpoint. This storytelling choice helps the reader understand what it's like to have mental illness. It shows the inner struggle and changing sense of self that come with these challenges. On the other hand, Faulkner uses several different stories in *The Sound and the Fury*. One of these is Benjy's way of thinking, which jumps around and focuses on what he senses. This way gives us a broken and complex view of Benjy's way of thinking, highlighting how language and regular storytelling can't fully show his unique perspective. Of course Please provide the text you'd like me to rewrite in simpler words. Both authors use new storytelling methods to question how people's experiences and feelings are usually shown.

Plath's broken writing shows Esther's troubled mind, and Faulkner's story that jumps around matches Benjy's confused sense of time and place. Plath mainly shows what it's like to deal with mental illness from a personal view, while Faulkner looks at how mental differences affect families and society as a whole. The Compson family represents a small version of a declining Southern society, showing how society's expectations and family problems hurt Benjy's well-being. Sure Please provide the text you would like me to rewrite in simple words. Looking at how society pushes some people to the side shows both things that are the same and things that are different. Esther and Benjy feel ignored and overlooked by the people around them. Their experiences are not understood or are dismissed because they don't fit what is considered normal. But the way they are treated unfairly is different. Esther's experiences show how harsh psychiatric treatment was in the mid-20th century.

Meanwhile, Benjy's story emphasizes the common shame and confusion that people with cognitive disabilities often faced. Plath talks about the pressure on women and how mental hospitals can be very harsh. Faulkner highlights the harmful impacts of bad family relationships and how society often ignores these problems. Also, both stories question the idea that a person has a single, clear identity. Esther has a hard time matching her feelings inside with what people expect from her outside. This shows how mental illness can make a person feel unsure about who they are. Meanwhile, Benjy views time and space in a confusing way, which makes it difficult to understand his point of view. Esther's story shows how she slowly loses her mind and then tries to get better. In contrast, Benjy always thinks differently, which shows how his condition affects him all the time. In the end, both *The Bell Jar* and *The Sound and the Fury* strongly criticize how society

views disability. They encourage readers to think about their ideas of what is normal and to develop a more accepting and caring understanding of people's differences. Even though the way they tell their stories and what they focus on is different, both novels remind us how important it is to notice and appreciate the wide range of human experiences that need to be heard.

V. Conclusion

In wrapping up our look at how disability is shown in Plath's *The Bell Jar* and Faulkner's *The Sound and the Fury*, it's clear that both books are more than just stories; they give strong insights into how society treats people who are seen as "different." By focusing on the personal experiences of Esther Greenwood and Benjy Compson, these writers push readers to rethink their usual ideas and develop a kinder view of disability. Plath shows Esther's mental breakdown in a very honest way, while Faulkner creatively depicts Benjy's different way of thinking. Both highlight how strong the effects of social expectations and family problems can be on people who don't fit into what is considered normal.

Both books show how harmful stigma can be, the problems with language, and how systems that value sameness over kindness can be oppressive. The analysis shows that even though Plath and Faulkner use different storytelling methods and explore different themes, they both aim to highlight the experiences of those who are often ignored. By focusing on the inner feelings of their main characters, they push back against the idea that disability is just a symbol, showing instead that it is complicated and diverse.

In the end, these novels remind us how important it is to see and appreciate the different experiences people have. They encourage us to build a society that welcomes everyone and celebrates what makes each person unique. The stories of Esther and Benjy, even though they are made up, relate to the real challenges that many people deal with because they are treated unfairly because of their disabilities.

By sharing these often unheard experiences, Plath and Faulkner help people talk more about understanding, respect, and fairness in society. Their books help raise awareness and encourage a fair and inclusive society, where everyone is appreciated and respected for what they bring. In the end, these stories help us pay better attention, see things more clearly, and appreciate the variety of different people and cultures.

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