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## The Key to the Ornate Lock: An Attempt of Dispossessing the Psyche of an Insecure Childhood with Ganga in *Manichitrataazhu*

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### Abstract:

The paper, entitled *The Key to the Ornate Lock: An Attempt of Dispossessing the Psyche*, puts in perspective how John Bowlby's and Mary Ainsworth's Attachment Theory that could dispossess the psyche of a person, who had no secure base in his/her childhood. Through the analysis of the central character in the National Award winning Malayalam movie, *Manichitrataazhu [The Ornate Lock]*, directed by renowned Malayalam film director Fazil, a girl child's personality development, the care and love that children should get at the right time in life, the problems he/she faces due to the bitter childhood days' experiences are all shown. Ganga, the central character in the film, is the victim of the lack of care and love from her parents and failure of the attachment formation. As a result, she unknowingly became possessed with a certain psychological state. This finds clear cut evidence of how perfectly the theory can be applied to a person's life. The Attachment Theory, with all its principles, observations and conclusions finds all the answers regarding the application level possible for the theory in the character Ganga, in the movie and also to each and every person in the world. Adults navigate the world but children make the world. So, if we can't give birth to a better generation with healthy minds, we will witness the birth of a stunted society. So, we should take care of the youngest generation before letting the whole society ruin.

### Introduction

In the society that always looks up to the biggest and highest of everything, the smallest and the simplest things are considered a speck. When media focuses on the lives of the wealthiest, the endeavours of the famous and the powers of the strongest personalities in the world, we do forget to build a strong base for our future generation, our children. The strongest foundation upon which all these greatest, highest and strongest things should be built is nothing other than the mental strength of children in our families. But unfortunately, we don't find time to secure the base of our own existence. This will soon become the greatest menace that the world is going to face. Here is the importance of a study that should bring to the forefront, the need to provide a secure base for the coming generation. This secure base has nothing to do with the financial security, about which the modern parents are more worried. It is something more important and something more dangerous.

It is a project to find out what the younger generation lacks and what we should provide them to make their lives more secure. It is an endeavour to find, examine and treat the roots of their psyche before it is too late. One big uprooted tree can cause a great loss. So, tiny roots of sprouting plants should be checked and treated. A stable and nurturing childhood is essential for the healthy psycho- emotional and spiritual development of a human being.

We may understand what is supposed to happen to us physically, but we often fail to understand what is happening to our children mentally, emotionally and spiritually due to the families into which they are born. Childhood is the future of the child. It is in the childhood days that a person's basic character is formed. That is why childhood psychology should be considered with greater importance these days. An adult, who is psychologically disturbed, is often treated by a psychoanalyst by analysing his/her past childhood days and experiences. That is why child psychological studies and researches have been gaining momentum these days. Adult psychology is thus highly depending upon various theories formulated in child psychology.

Separation from parents (due to death or divorce of parents), bitter childhood experiences like physical and mental tortures, affectionless parents, lack of communication among family members, extremely controlling guardians are all certain important factors that could pluck out the growing roots of the child's personality in younger ages. For the perfect and natural development of children's personality, the atmosphere that the parents, guardians, teachers or even acquaintances provide them should be healthy and pleasant. If it is not positive, it will affect the child's personality that may result in personality disorders of child. Children who are raised under stressful and abusive conditions have more chances to become mentally unstable. There are genetic reasons as well, that can remodel children's personality. If the genetic and environmental situations come together in a particular combination, child who is within the circle of this combination may later develop a personality disorder. If those children are not properly treated, they may become too fragile to live their life ahead. But, if what they didn't receive from their primary caregivers can be provided by secondary caregivers like grandparents, teachers or even neighbours, these abused or stressed children tend to have better outcomes. They can turn themselves into promising young generation.

John Bowlby, who was a psychoanalyst, believed that mental health and behavioural problems could be attributed to early childhood. Bowlby's evolutionary theory of attachment suggests that children come into the world biologically pre-programmed to form attachments with others, because this will help them to survive. According to Bowlby, attachment behaviours are instinctive and such behaviours will be activated in conditions that seem to threaten the achievement of proximity such as separation, insecurity and fear. Bowlby hypothesized that, for the properly perform the function of their roles, both infants and mothers have evolved a biological need to stay in contact with each other. An influential way of thinking about personality disorders stems from attachment theory.

Attachment Theory is so close to each and every human being's psyche and therefore its application is possible in living examples. As films are the most popular entertainment media nowadays, better analysis of the theory is possible in films. Surveys and studies have proved that a visual media can influence the human mind, more than any other forms of media. They have evolved with the psyche of the society and evolved the psyche of the society. If we can prove the theory and its application using a character in a popular movie, it will make people think and act more swiftly. For that very purpose, I have chosen a National Award winning Malayalam movie that showed the game between a girl's childhood days and her adulthood experiences and psychic changes.

## The Key to the Ornate Lock

The Attachment theory is credited to John Bowlby and Mary Ainsworth. The theory was not framed based on any kind of hypothesis. It was the result of a lot of practical and theoretical analysis of the behaviours of children. Melanie Klein was one of the major influences at the time of the studies of Bowlby. She found out that children tend to develop emotional and psychological problems in their childhood because of the tug of war between the internal conflict and libidinal drives. The fancies developed as a result will make their minds unstable. She completely omitted the influence of external incidents and factors on the psyche of children. The Security Theory of W. Blatz had great influence upon Mary Ainsworth. “ One of the major tenets of Security Theory is that infants and young children need to develop a secure dependence on parents before launching out into unfamiliar situations” (Blatz 123).

Bowlby actually contradicted the ideas of Klein. That attempt is evident in an early theoretical paper (1940) in which he proposed that, “like nurserymen, psychoanalysts should study the nature of the organism, the properties of the soil, and their interaction” (Bowlby 23). He goes on to suggest that, for mothers with parenting difficulties,

a weekly interview in which their problems are approached analytically and traced back to childhood has sometimes been remarkably effective. Having once been helped to recognize and recapture the feelings which she herself had as a child and to find that they are accepted tolerantly and understandingly, a mother will become increasingly sympathetic and tolerant toward the same things in her child. (Bowlby 23)

Bowlby found out that early researches and studies were done without giving much importance to the child’s interaction with parents and were based on the Kleinian orientation. This disappointment of Bowlby led him to the foundation of his own research unit which focused on parents’ interaction with children and concepts like mother-child separation. He truly believed in the influence of external incidents in the awareness of children. That is why he undertook a novel way to analyse the children’s relationship with their parents, family and the situations in which they sprout out.

Mary Ainsworth (nee Salter) who finished graduation at the University of Toronto had introduced her security theory, which both reformulated and challenged Freudian ideas.

One of the major tenets of security theory is that infants should develop a secure dependence on parents before launching out into unfamiliar situations. In her dissertation, entitled “An Evaluation of Adjustment Based upon the Concept of Security,” Mary Salter (1940) states it this way:

Familial security in the early stages is of a dependent type and forms a basis from which the individual can work out gradually, forming new skills and

interests in other fields. Where familial security is lacking, the individual is handicapped by the lack of what might be called a secure base italics added from which to work. (45)

In 1950, Mary Salter married Leonard Ainsworth and accompanied him to London and later joined in Bowlby's research unit which reset the whole direction of her professional career.

In Bowlby's view, excessive separation anxiety is due to adverse family experiences—such as repeated threats of abandonment or rejection by parents—or to a parent's or sibling's illness or death for which the child feels responsible. Attachment Theory proposes that people develop internal representations with early caregivers. These internal working models of relationships influence personality development, social interaction tendencies, expectations of the world and of other people and strategies for regulating emotions. Attachment Theory proposes that children's early relationships with caregivers that occur in the childhood days should ideally give rise to a secure attachment that can only be formed by the provision of a secure base from which children can safely explore the world. Trusted caregivers become a sort of 'home base' or safe harbour from which children can safely venture out into their surrounding environment. When feeling anxious, unsafe, and in need of comforting, they will return to their home base as needed, if it is warm enough. When children are upset, they are biologically programmed to seek protection and comfort from caregivers. Caregivers who meet children's needs for protection and comfort do so by providing effective and appropriate soothing responses.

When caregivers model these effective soothing responses, this enables children to learn how to claim and soothe themselves. Children's positive experiences of safety and comfort shape their psyche and thus they learn to see the mirror image of their own mental representation and pictorial illustration of the personality representation of other people too. This will enable them to create a sense of self-worth and trust in other people. These healthy representations are characterized by a basic sense of self-worth and of trust in other people. Over time, through the trusted caregiver's constant behaviour, children learn to regulate their own effect. They learn to internalize a self-soothing, comforting coping strategy that previously took place in the space between caregiver and child. The most important tenet of Attachment Theory is that, an infant needs to develop a relationship with at least one primary caregiver for the child's successful social and emotional development and in particular for learning how to effectively regulate their feelings.

Attachment between infants and caregivers forms even if this caregiver is not sensitive and responsive in social interactions with them. This has important implications. Infants cannot exit unpredictable or insensitive care giving relationships. Instead, they must manage themselves as they can within such relationships. Research by Mary Ainsworth, in the 1960s and 1970s found that children would have different patterns of attachment depending primarily on how they experienced their early care giving environment. Early patterns of attachment, in turn, shape but do not determine the individual's expectations in later relationships.

Four different attachment classifications such as secure attachment, anxious-ambivalent attachment, insecure attachment and disorganized attachment are identified in children. Attachment theory has become the dominant theory used today in the study of infant toddler behaviour and in the fields of infant mental health, treatment of children and related fields. Secure attachment is considered to be the best attachment style. Secure attachment is when children feel secure in the presence of their caregivers. When the care giver leaves the infant alone, the infant feels separation anxiety. This separation anxiety paves the way to insecure attachment. Separation anxiety can cause anxious-ambivalent attachment when separated from his/her caregiver and does not feel reassured when the caregiver returns to the infant. Anxious-avoidant state occurs when the infant avoids the parents. Disorganized attachment happens to children when there is a lack of attachment behaviour.

Internal working model of social relationships is the basic system upon which the attachment theory is built. This system of thoughts, memories, beliefs, expectations, emotions and behaviours about the self and the others is developed from early experiences with the caregivers. As the physical features of a child develop with age, his/her internal working model also develops. Its development is not actually related to physical development, but is based on the environmental changes on self and the attachment figure. The past events and experiences in a person's life will be recorded in his/her psyche. The internal models help the person to look back and reflect the already recorded history and also enable the person to form a communication between the self and the history. This system plays an important role in framing the child into an adult. It aids the stages of development from childhood to adulthood by giving proper instructions to child to handle new phase of life including the physical, environmental and mental changes.

It helps a child to go through phases of life like friendship, love, marriage, parenthood and all the different behaviours and feelings associated with that. So, if the pre-recorded history in a child's psyche is not strong enough to make the engine of internal working model run, the child's upcoming phases of life would be a mess, like a blind man driving a car in a busy street. It can kill not only the driver but also the passengers nearing the blind man's car. According to Bowlby, successful parenting is a principal key to the mental health of next generation. He says in his work, *A Secure Base: Parent-child Attachment and Healthy:* "The theme is a huge one and all I can do in this contribution is to sketch the approach that I myself adopt in thinking about these issues. That approach is an ethological one" (370).

Human Development Killing a child's mental stability is like destroying an entire generation, because, by such a murder 'history' kills the 'future'.

### **Ganga: Where Attachment finds Life.**

The 1993 Malayalam film, *Manichitrataazhu* [The Ornate Lock] is an epic psychological thriller directed by Mr. Fazil. The film dealt with the unusual theme which was not common in Indian cinema at that time. But, it proceeded to become a high grosser at the

box office and critically acclaimed well. The film won the National award for the best popular movie providing wholesome entertainment and Shobhana, the heroine was awarded the National Award for Best Actress for her portrayal of the central character, Ganga. Though the film is focused on the multiple personality disorder of Ganga and the incidents following, the root of the problem is in the childhood of Ganga. We can see the attachment formed between a young girl of three years and her grandmother. Being separated from her parents at a very young age, Ganga began to live with her grandmother.

Saul McLeod in his article “Attachment Theory” says that;

This theory also suggests that there is a critical period for developing an attachment (about 0 -5 years). If an attachment has not developed during this period then the child will suffer from irreversible developmental consequences, such as reduced intelligence and increased aggression. (56)

For a child at such a young age, it was the time to develop a caregiver-child relationship. But for Ganga, the relation was formed between herself and her grandmother, her only caregiver. For Ganga, the caregiver or the attachment figure was her grandmother. Young Ganga never had a successful relationship with her parents. The only person to whom Ganga was psychologically attached was her grandmother. John Bowlby in his work *Maternal care and Mental health* says,

Just as children are absolutely dependent on their parents for sustenance, so in all but the most primitive communities, are parents, especially their mothers, dependent on a greater society for economic provision. If a community values its children it must cherish their parents. (84)

And also, Ganga’s personality, behaviour and beliefs were developed due to her interaction and life with her grandmother. It lasted for more than twelve years. It was such a long time for a child to develop a very deep and constant relationship with his/her caregiver. According to Attachment Theory, in the presence of a sensitive and responsive caregiver, the infant will use the caregiver as ‘safe base’ from which to explore.

Bowlby in his article entitled, *A Secure Base: Parent-child Attachment and Healthy Human Development* says; “Ethological theory regards the propensity to make strong emotional bonds to particular individuals as a basic component of human nature, already present in germinal form in the neonate and continuing through adult life into old age” (162).

The early childhood experiences with her grandmother gave rise to a system of thoughts, beliefs and memories in her. Her grandmother was a superstitious person who used to tell old stories and myths to little Ganga. These stories formed a mental framework within Ganga. Her grandmother was not only a human being who cared for her, but also an idea of certain beliefs, memories and stories all rolled up into one form. Thus, Ganga’s internal working model was a result of her close association with her grandmother, her thoughts and beliefs. According to Attachment Theory, child’s internal working model develops and

changes according to the change in surroundings and life. The internal working model once formed within the child remains there in dormant stage.

The desire to be near people we are attached to, called the Proximity Maintenance is what kept Ganga attached to her grandmother. The separation from her parents from a very young age broke her then developing internal working model. That was why she used to wait in the front porch of her grandmother's house, for her parents to come. When the hope got lost, she became completely attached to her only caregiver, her grandmother. When her parents announced their arrival to take her back, it was too late for Ganga to remodel her internal working model and that was why she got mentally depressed. The break in the child-caregiver relationship and the internal working model completely broke her mind. But later, she began a new life in Calcutta and she somehow managed her mind and personality. But when she married Nakulan and came back to his ancestral home, a mansion named Madampillil, her old memories about the superstitious stories she heard from her grandmother arouse. When she came to know about the story of the dancer Nagavalli whose spirit is locked in 'theekini' [a forbidden room in the mansion], she felt an empathy towards her which later made her Nagavalli herself.

The film *Manichitrataazhu* not only gives a case history to observe, analyse and study the Attachment Theory, but also it provides the way to see and understand how a therapist should cure the patient in the best way. Dr. Sunny, followed the exact ways that are prescribed in Attachment Theory, to handle a person who had a break in attachments in childhood and who later suffered as a result of the break. Sunny once said that he would lock Nagavalli again in 'theekini' using the 'Manichitrataazhu' [The Ornate Lock]. But actually, instead of locking Nagavalli inside the 'theekini', Sunny freed Ganga out of the clutches of Nagavalli's personality that was inscribed in her even without her knowledge. Sunny, who showed how the real therapist should treat his patient, is actually the key to unlock Ganga out of her mental agony.

The major goal of psychotherapy is to find the unidentified pricking nails of mental agony in patient's psyche by a heart to heart conversation with the therapist. The patient who is unaware of the inner problems that he/she has will try to impose their internal working model on the therapist. Here, the therapist, like an archaeologist has to dig the ground of the patient's mind to find his/her past. With a healthy and proper conversation the therapist forms a mental relationship with the patient with which the patient finds the therapist a reliable person. The relationship thus formed enables the therapist to find the past of the patient that created a hole or distortion in his/her psyche.

Attachment Theory puts forward five therapeutic tasks to help the patient. The therapist, by applying attachment theory provides suitable conditions for the patient to go back to his/her childhood to find out the reliable relationships he/she had or the concrete mental representations they keep about their attachment figure. The therapist, who finds these significant elements in the patient's psyche, will restructure them into a



healthy one with this healthy therapeutic relationship. Attachment theory provides five therapeutic ways to restructure the patient's unorganised psyche.

The first is to provide the patient with a secure base from which he can explore the various unhappy and painful aspects of his life, past and present, many of which he finds difficult or perhaps impossible to think about and reconsider without a trusted companion to provide support, encouragement, sympathy, and, on occasion, guidance. (Bowlby 140)

Dr. Sunny did the very same thing at first, by giving Ganga some more time. Ganga was provided with a trusted companion by Dr. Sunny. It was the poet, whose poems Ganga adored. The poet and the poems provided a secure base for Ganga, at that time. The poems made her remember the old days with her grandmother, with whom she had formed a secure base during childhood. Sunny allowed Ganga to go on like this for some time and by that time he tried to find out the past life of Ganga. Sunny might have known the themes of the poems that Ganga used to read and recite and from that he might have understood Ganga's longing for her past days. He thus went to the village where Ganga lived with her grandmother and found out a lot about her past. He also went to the school where Ganga studied and collected information about her manners, behaviours and all. The school authority told him how violently she ran out of the exam hall in a wild frenzy. Sunny connected all these incidents to the separation she had from her loved ones and came into the conclusion that Ganga's past was still haunting her.

A second is to assist the patient in his explorations by encouraging him to consider the ways in which he engages in relationships with significant figures in his current life, what his expectations are for his own feelings and behaviour and for those of other people, what unconscious biases he may be bringing when he selects a person with whom he hopes to make an intimate relationship and when he creates situations that go badly for him. (Bowlby 141)

Like what is said in the second therapeutic way, Sunny encouraged Ganga to find her own problem, herself. As a part of this, he told Nakulan to deny Ganga the permission to go to buy ornaments for Alli. At that moment she lost the grip of her mind and changed herself into Nagavalli. She, at the very moment, found out that she was not normal.

A particular relationship that the therapist encourages the patient to examine, and that constitutes the third task, is the relationship between the two of them. Into this the patient will import all those perceptions, constructions, and expectations of how an attachment figure is likely to feel and behave towards him that his working models of parents and self dictate. (Bowlby 142)

Dr. Sunny argued with Ganga about the authenticity of Nagavalli's ornaments and she reacted violently. That was a psychological way through which the therapist finds out the real nature of his patient's illness.

A fourth task is to encourage the patient to consider how his current perceptions and expectations and the feelings and actions to which they give rise may be the product either of the events and situations he encountered during his childhood and adolescence, especially those with his parents, or else as the products of what he may repeatedly have been told by them. This is often a painful and difficult process and not infrequently requires that the therapist sanction his patient to consider as possibilities ideas and feelings about his parents that he has hitherto regarded as unimaginable and unthinkable. In doing so a patient may find himself moved by strong emotions and urges to action, some directed towards his parents and some towards the therapist, and many of which he finds frightening and/or alien and unacceptable. It is during this phase that we saw Ganga in the most violent state. She danced like Nagavalli, talked in Tamil and showed her love towards the poet whom she misunderstood for the lover of Nagavalli, showed anger towards Nakulan[Ganga's husband], whom she misunderstood for Sankaran Thampi, the ancestor of Nakulan.

The therapist's fifth task is to enable his patient to recognize that his images (models) of himself and of others, derived either from past painful experiences or from misleading messages emanating from a parent, but all too often in the literature mislabelled as 'fantasies', may or may not be appropriate to his present and future; or, indeed, may never have been justified. (Bowlby 143)

Ganga had the superstitious beliefs, fantasies and religious ideas inscribed within her. She got all these from her close association with her grandmother. So, in order to heal her, or to pluck Nagavalli completely from Ganga, they have to provide the atmosphere of religious ritual, sorcery and all in the presence of a real sorceress. That was why Sunny, along with the help of the poet and Nakulan made an atmosphere with the presence of Brahmadattan Namboothiripad, a famous Hindu sorcerer. It worked well and Nagavalli's personality flew out of Ganga. By these means the therapist hopes to enable his patient to cease being a slave to old and unconscious stereotypes and to feel, to think, and to act in new ways.

All these tasks of the therapeutic ways will become possible only if the patient is provided with a secure base that the patient didn't possess in his/her past. If we can provide our children with a strong and healthy secure base from their day of birth onwards, we could give birth to an entire healthy generation.

Mary Ainsworth in her work *Models of Attachment* says that, "an infant whose responsiveness helps him to achieve his ends develops confidence in his own ability to control what happens to him" (45).

But, according to the Attachment Theory, the internal working model made up of one's childhood experiences and beliefs that the child acquired during the childhood days remain dormant, but will come out in later life. That is what we see when Ganga returns to her homeland and to her husband's ancestral home. Like her childhood memories with her grandmother, Ganga began to hear superstitious stories regarding the huge ancestral home. Those stories brought her back to her childhood and made her remember her days of mental

breakdown. Those dark memories came back to her. The relevance of Attachment theory in the film is so clearly visible. More than all, as Bowlby says in his work *Attachment and Loss*, it is a “lasting psychological connectedness” (119).

## Conclusion

Sigmund Freud once said; “a thing which has not been understood inevitably reappears; like an unladen ghost, it cannot rest until the mystery has been resolved and the spell broken (Analysis 120). The study was conducted to break the spell of unidentified moments in the life of Ganga.

*Manichitrataazhu* showed before us the life of a young girl and her experiences in childhood, her formation into a woman, her psychic problems and the solution for her problems, in the best way. The film is still relevant due to the nature of the character, Ganga, which can happen to any person in the world. The character Ganga is universal. That was why we were able to apply Attachment Theory completely into Ganga, with each and every aspect of the same theory visible in the personality of Ganga. George Santayana once said that; “those who cannot remember the past are condemned to repeat it” (1905). So, like Ganga, each person with a bitter childhood and mental agony can should find out their past and by that way they find their own essence and can become mentally healthy after proper therapy. Attachment Theory is a proper device for all that.

We have heard a lot about children who suffer post traumatic problems. If we can see our own children in the position of Ganga, the central character in *Manichitrataazhu*, we will take a decision not to leave our children alone, denying the care and support they should get during the time of their personality development. And if we find out that the film that showed the life of a girl child is not a mere story, but a real proof of the studies that had taken place in the field of child psychology, we will definitely give more importance to it. In a world which is becoming more rational than emotional, a scientific analysis can provide more authenticity to even the rules of parenting than mere orientation classes. That is why, taking the support of a well studied and proven theory called Attachment Theory, that I’m asking the busy running modern parents to take care of their children’s life more than material life and its benefits. Give them the feeling of a secure base in their childhood days. Give them the love and care that only parents, the real caregivers, can give. And don’t blame them or yourselves if they go out of your lives, to unknown places and even dark woods to seek the love and care that you should give. Let the love, care and support of the parents be the real key to the ornate lock of the psyche of their children.

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