



Elements of Self-Examination Found in Kamala Das's Poetry

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Abstract

It is safe to say that Kamala das is one of the most famous and prominent figures in Indian literature's history. Several significant works have been attributed to Kamala das. She draws from her personal experiences and observations in life, and she writes in the potent style of confessional poetry to share her ideas. Poetry like this has the potential to provide therapeutic advantages of consolation to the writer. The poet's approach to exploring the emotions and experiences unique to her marriage is the primary focus of this analysis. It also sheds light on the fact that women have an uphill battle in the typical conventional culture due to the patriarchal structure of most communities and environments.

Keywords: Emotions, maltreatment, frank, relationship, confessional.

Introduction

The fact that Kamala Das was previously recognized as a writer who writes in a manner that can be categorized as confessional is without a shadow of a doubt. There is not the tiniest grain of doubt in this assertion. The confessional mode of poetry provides the poet with the chance to freely and honestly communicate with the reader his or her own personal experiences, emotions, and ideas via the use of the poetic form. Insofar as Kamala Das's poems are concerned, there is not the tiniest grain of doubt that they address and engage with the author's self-analysis, in addition to atoning for honesty, and this is the case with every single one of them. This is the case regardless of the context. What is important to a poet who is honest about their work is the physiological equivalent of their own mental state. "These are the kind of psychological comparisons that may be drawn from Kamala Das's poetry, which we can consider about. The works of devotional poets like as Robert Lowell, Sylvia Plath, and Anne Saxton are excellent models to use while attempting to characterize her writing style.

The fact that Kamala Das's poetry often tackles personal humiliations and sufferings—subjects that are commonplace in poems—is a well-established fact that is well acknowledged. One of the reasons why the above given information is common knowledge is because of this. This is one of the distinguishing features of her art that stands out to me. In her work, Kamala Das explores some of life's most personal situations, yet she does so without showing any evidence of emotion or presenting any indications of being unhappy. The core of confessional poetry, in



addition to the themes that it investigates, are perfectly represented in her frank admission as well as her honest depiction of personal life. This is true both for the poetry itself and for the themes that it investigates.

There is no doubt that the majority of Kamala Das's poetry focuses on herself in the character of a victim. This assertion is without dispute. Her life is largely predicated on the sexual assaults and abuses that she has had to endure. She has a lot to reveal in her poetry, and despite the fact that she is constrained in many ways, she tries to do it in the most straightforward and truthful way she possibly can. The confessions that Kamala Das has made are relevant to all of her roles, including those of mother, wife, and mistress to a variety of different men. Her poems are a confessional of her interactions with her husband as well as her sexual experiences with other individuals outside of their marriage. Her relationships with other people outside of their marriage are also detailed in her poetry. She devotes the majority of her time and energy to writing on relationships, particularly romantic ones like love and marriage. When she addresses these things, she does not hide anything from the audience, and a reader who sticks to conventional reading practices might accuse Kamala Das of being shameless in the way that she utilizes the language since it is how she reveals the specifics of her personal life.

It is generally agreed that *The Freaks* is Kamala Das's most notable collection of poetry. She describes having a sexual experience as well as the feelings that follow it in this piece of writing. She was having a lot of mixed thoughts and feelings as she was in bed with the man. She had a conflicted feeling. She was able to have her sexual needs met, but she was left feeling dejected since she could see that he did not love her from the core of his being even though she was able to see that he did not love her. She was aware of his fingers moving over her body expertly plenty of times, but not with an intensity that would make her want an emotional connection with him more than she already did.

Her collection of poems titled *The Sunshine Cat* is a striking illustration of her honesty about her feelings and ideas in the form of poetry. It takes the form of a quarrel, in which she expresses the great pain and mental suffering that were inflicted to her not only by her husband but also by a large number of other guys, while she was having sexual relationships with these males. She claims that this was caused to her when she was having sexual connections with these males. At first, it was her spouse who was the source of this suffering, and subsequently it was a number of other men. She alleges that her husband is vain and a coward, and that he has never loved her or made proper use of her in any way. She also claims that he has never been faithful to her. Even as she was having sexual contact with other men, he was a merciless



viewer of her sexual activities with other men. He watched her have sexual intercourse with other men. She had done all in her power to make her sexual partner happy by hanging on to their hairy chests, but they had all told her that they could only satisfy her sexual demands and not love her". She had done everything in her power to make her sexual partner happy by clinging on to their hairy chests. By doing so, she demonstrated that she had made a sincere effort to fulfill the desires of her sexual partner.

The poet makes a compelling investigation of the fact that her partner, who was most likely her husband, used to participate in sexual activity with her in a casual way in her poem named *The Invitation*. This is a poem that the poet titled *The Invitation*. During the breaks in the course of his working at the headquarters, he would go to her, have the sexual experience with her, and then depart. She did find that participating in sexual activities brought her a certain level of joy, and for her, the bed is transformed into a paradise while she is doing so. However, the fact that her lover had abandoned her led her to feel dejected, and she felt the want to end her life by drowning herself in the ocean, which seemed to be calling her to descend into its depths and perish there. "However, she resisted this temptation because she was afraid of what others would think of her.

In the poem named *The Looking Glass*, the poet recounts a sexual meeting via the use of vocabulary that indicates a loving relationship. This poem is an example of an open and honest presentation of the poet's sentiments, which can be seen in other poems by the poet as well. When it comes time for women to engage in sexual activity with their partners, Kamala Das advises them to put aside emotions of fear and shyness and go for it. She gives them the instruction to undress all the way down to their underwear and stand barefoot at the side of their spouse. A second piece of advice that she provides to the women is to talk in advance with their partners what it is that they anticipate getting from them when they are in the bedroom together. This is the second piece of advise that she delivers to the females. In addition to this, she urges that the women provide the men everything about themselves that constitutes their femininity.

The poetry's tendency toward introspection as a literary device *The Old Playhouse* elevates it above other examples of the genre it belongs to. According to what is portrayed in the poems, Kamala Das felt as like she was drowning inside her husband's home due to her egotism and her excessive desire for wealth. The monotony of Kamala Das's living as a housewife with her hubby, together with his dispassionate execution of the sexual act, pushed her to the verge of desperation. It also left her with the sensation that her thoughts had become a run-down theater



that was no longer being actively utilized.

Because of her work as an introspective writer, Kamala Das had done a great service to the female sexual experience by bringing women's dormant sexual desires to their conscious notice, which was a significant advantage to the female sexual experience. The therapeutic effect that the poet, herself, goes through when she writes her honest poetry is transferred to the readers of her work, who benefit from the same effect. Poets who are struggling under the weight of their own personal responsibilities sometimes resort to writing confessional poetry as a way to get their feelings out". If the poet is open and forthright about the struggles they have had, then other people will be able to empathize with them and provide support.

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