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**OBSESSIVE COMPULSIVE DISORDER IN MCTEAGUE**

**Dissertation Submitted to the Department of English in Partial fulfilment of  
the Requirements for Master Degree in Civilization and Literature**

**Candidates:**

**Mrs. Safaa TALEB**

**Mrs. Marwa TALEB**

	<b>University of M'sila</b>	<b>Chairperson</b>
<b>Dr. Houria MIHOUBI</b>	<b>University of M'sila</b>	<b>Supervisor</b>
	<b>University of M'sila</b>	<b>Examiner</b>

## **ABSTRACT**

The relationship between heredity and the environment with the mental health of the individual is still a major concern for psychologists. It continues to stir conflicted debates and agitates scholars within the realm of psychology. The present study, therefore, addresses the so-called mental disorder OCD in Frank Norris' McTeague characters and how it was emphasized as well as the involvement of the concepts of determinism, free will and their influence on them. Norris' narrative exposes the behaviours and symptoms of OCD in his characters. Hence, this study demonstrates the great impact of hereditary and environmental causes on human behaviours. Furthermore, the study analyzes Norris' work in the light of Freud's psychoanalytic theory of "determinism". The first chapter provides the socio-historical context and the theoretical framework. The second chapter analyzes the story's characters and their obsessive and compulsive behaviours in McTeague. In conclusion, this research highlights mental disorders in American society.

**Keywords:** psychology, determinism, moral responsibility, freewill, ego, Frank Norris, McTeague, Sigmund Freud, Naturalism, American naturalism, unconscious.

## **DEDICATION**

For Allah,

For my parent, family and friends who have a special place in my heart...

**MARWA**

## **DEDICATION**

To the Almighty Allah, thank you for protection, strength, and for giving us a  
healthy life.

To our dearest parents who provide their moral, emotional and financial support.

**SAFAA**

## **ABBREVIATION**

OCD: Obsessive Compulsive Disorder

OAP: Oxford AQA Psychology

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## INTRODUCTION

Literature has a modulation of thought and word; it brings to life characters, setting, and plot. It can be simply defined as an expression of the culture of the human being and shows up in different times and places. Literature is separated into parts which are known as literary genres that are the classifications of literary works according to their content. Among these movements is Naturalism which was led by the French novelist Emile Zola who greatly affected the writing of the American Naturalist Frank Norris. This latter was highly concerned with what is known as determinism.

Benjamin Franklin Norris (March 5, 1870 – October 25, 1902), also known as Frank Norris is an American naturalism novelist. He is considered to be the pioneer in American Literary Naturalism; his famous works include *McTeague* (1899), *The Octopus* (1901), and *The Pit* (1903). Frank Norris portrays in his works the new theory of nature and humanity introduced by Darwin. He was especially motivated by Darwinist philosophy taught by Joseph LeConte and studied at the University of California Berkeley. Within many of his novels, particularly *McTeague* runs a preoccupation with the notion of the civilized man overcoming the inner "brute," or his animal tendencies. This novel is genuinely portraying the life of a couple and other characters. Therefore, the primary focus of this study will be the aspect of psychoanalytic theory and how the author approached the issue of mental health disorder. The story of the novel of *McTeague* is about Mac, a dentist, who meets Trina Sieppe, the cousin of his best friend Marcus Schoeler and they eventually marry after a short time. Trina wins 5000\$ in a lottery which turns their life upside down. This research will seek to demonstrate the psychoanalysis of the characters who display OCD.

Anthony Manganaro states that “The emergent theories of determinism and pragmatism are antithetical to, and yet dependent upon, one another”. He adds that “On the one hand, Stephen Crane’s fiction reveals determinism’s heavy weight upon the naturalist

genre, yet unlike Frank Norris or Jack London, for instance, Crane innovatively employs pragmatic elements that work against the very deterministic frameworks that structure his stories”.

To end with, the selection of this novel as the corpus of the current study supports the area of investigation and provides with the insight and motivation required to reveal the realities concerning the situation of human life in American society. Therefore, this dissertation looks at the issue of Obsessive Compulsive Disorder in Franck Norris’ *McTeague*.

In addition to the new environmental factors, the impact of the publication of Darwin’s *Origin of Species* in 1859 and, later, Freud’s writings on human behaviour caused disorientation in the sphere of human development according to Karen F.Jacobson. She also states that human beings were now perceived to be subject to many external and internal forces over which they had little control. Thus, the question of what controls human conduct became centrally important in religion, ethics, and science as well as in psychology. Therefore, this study investigates OCD in the characters of *McTeague*.

OCD is a common mental disorder affecting people starting from childhood to adult life. There is good evidence of genetic and environmental risk factors that are likely to be involved. It probably has a complex structure of inheritance. Although the difference between obsessions and compulsions is originally introduced in clinical usage and has been a crucial conceptual starting point for many psychological studies, there is obvious evidence to support a more multidimensional notion of obsessive-compulsive disorder.

The purpose of this study is to inspect the way that Norris uses this novel as a testing ground for testing the relationship between determinism and free will, and how in the progress he creates characters that evidence symptoms of what today is known as obsessive-compulsive disorder. We will first describe the present theories of obsessive-compulsive behaviour and trace them back to the early research on this psychiatric disorder started in the

19th century; then we will identify the key points of similarity between such thinking and that of naturalism; finally, we will provide a detailed analysis of *McTeague*'s characters. We will praise but also extend beyond studies by William Freedman and Edwin Havilland Miller which observe compulsive behaviour components in *McTeague* but in a more general psychological sense.

This dissertation seeks to provide answers to the following main question: How does Frank Norris indicate the influence of OCD on human behaviour in the novel?

In order to answer this question, this study will attempt to answer the following sub-questions: How the characters were affected by both environment and heredity in Frank Norris' novel *McTeague*? What are the symptoms of obsessive compulsive disorder that the characters have suffered from in the novel which led to their downfall?

Benjamin Franklin Norris was influenced and inspired by the French novelist, essayist, and critic author Emile Zola who was the father of Naturalism and also known as "proponent of naturalism" The term naturalism portrays a genre of literature that seeks to add scientific principles to its study of human beings. For realism writers, they focus on literary techniques, whereas, naturalism writers involve philosophical techniques, since human beings are, in Emile Zola's description, "human beasts", characters can be studied through their relationships to their surroundings.

Significantly for our study, Frank Norris in *McTeague* sought to depict the influence of heredity and environment on human life. Overall we will be discussing how OCD was depicted in Frank Norris' characters in *McTeague*. To many, Obsessive compulsive disorder abbreviated as OCD, is an anxiety based disorder that causes distress and impairment to the individual enduring it. It is based on obsessions and compulsions, which are two distinct factors but heavily correlated. Whilst most people with OCD have both obsessions and compulsions, not everyone does. For instance, Wilner et al. (1976) estimated that whilst 69%

of OCD patients have obsessions and compulsions, 6% have compulsions only and 25% have obsessions only.(Green, Lewis and Willerton 197) Compulsions can be seen as behaviours that in some way contain or abolish obsessions and as such most people with OCD have both obsessions and compulsions. Although some people experience just one of these, they still have OCD. This means that there is a connection between obsession and compulsion.

MQ fellow Dr Claire Gillan is the leader of a number of studies studying the role of habit formation in compulsive behaviour. “Our research focuses on the automatic behaviours that we call habits,” clarifies Claire. “We’ve done a range of experiments that suggest people with OCD are predisposed to form habits, meaning their behaviour tends to become automatic more readily than it does in those without OCD. We all need to form habits to get through life, but in OCD we see that this process of habit formation gets kicked into overdrive.” Claire and her partners conclude that this excessive habit formation could actually be the main cause of many cases of OCD. Claire elicits on her studies in the clinic to argue against the idea that people with OCD have a faulty belief system. “Often, when talking to someone with OCD, they can tell you just how irrational they think their behaviour is,” adds Claire. “That is often what makes OCD so frustrating, because people can reflect on their behaviour and say ‘I know that I don’t need to do this ten times’, yet they are unable to override the need to perform these repetitive habits.”

Additional studies by Susanne explore whether issues in the brain’s circuits - the networks in the brain responsible for transmitting information could explain the symptoms of OCD. “OCD patients show increased activity in several regions of the brain,” declares Susanne. “However, in people, we have no way of directly testing cause and effect”. Rather, Susanne and her team turned to mouse models and an exciting new technology known as ontogenetic, which allows activation of particular circuits in the brain by using short pulses of

blue light. “We targeted a circuit in the mouse brain that is hyperactive in OCD patients,” explains Susanne. “To our surprise, hyper activation did not directly lead to repetitive behaviours in the mice. However, if we repeatedly stimulated these circuits for multiple days in a row, we saw a progressive development of repetitive grooming behaviours, similar to the compulsive behaviours associated with OCD.” This study states that repetitive inputs could be needed for the formation of particular symptoms and points out the circuitry of the brain during the earliest stages of OCD. This research concludes that OCD appears to be more prevalent in adults and it is equally common among men and women and the average of onset is 19 however, affected adults usually experience symptoms in childhood.

To answer the proposed question, we would utilize the psychoanalytic approach. The research is going to describe, analyze, and interpret Frank Norris’ portrayal of determinism and freewill therefore; this novel will be studied from the psychoanalytic perspective. There is an intermediate position that goes back to the psychoanalytic psychology of Sigmund Freud which indicates that human beings have the ability to control their own destinies.

Md. Mahroof Hossain defines Psychoanalysis as one of the modern theories that are used in literature. He declares that “[it] is a theory that is regarded as a theory of personality organization and the dynamics of personality that guides psychoanalysis. It is known that the closet connection between literature and psychoanalysis has always been deployed by the academic field of literary criticism or literary theory”. He asserts “Among the critical approaches to literature, the psychoanalysis has been one of the most controversial and for many readers the least appreciated. In spite of that, it has been regarded as one of the fascinating and rewarding approaches in the application of interpretative analysis”. Mahroof indicates that “This psychological interpretation has become one of the mechanisms to find out the hidden meaning of a literary text. It also helps to investigate the innate conglomerate

of the writer's personality as elements that contribute to his experience from childhood to the period of writing a book. The goal of psychoanalysis was to show that behavior which was caused by the interaction between unconscious and consciousness”.

Therefore, McTeague draws further attention to the issue of OCD and its direct effect on human behaviours in American society. Obsessive-compulsive disorder, or OCD, as defined by the American Addiction Centers, is an anxiety disorder that generally causes extreme discomfort. For this reason, the coming chapters will focus on the theories brought by Sigmund Freud as they are of high relevance to this topic in order to explore the above-mentioned concepts, as well as the representation of the mental psychological disorders in the novel.

The work will be divided into two main chapters. The first chapter is devoted to the theoretical framework and the socio-historical context of the study. In the first section, the psychoanalytic theory is rigorously tackled along with its main concepts such as determinism, personality structure and the self and also will examine the socio-historical background of the text. The second chapter, however, is devoted to the analysis of the novel from the psychoanalytic perspective in order to interpret the psychology of the characters. Furthermore, this chapter will observe and shed the light on the behaviours and the remarkable displayed symptoms of OCD in certain characters of *McTeague*. Thus, it is reasonable to use one of the American literary writings as sample of study in order to explore human's psyche and the influence of his environment and interactions on him and those whom he interacts.

## CHAPTER ONE

### THEORITICAL FRAMEWORK AND SOCIO-HISTORICAL CONTEXT

American naturalism flourished due to the American writers who were basically stimulated by British and French models. In the other hand naturalism came as a reaction to the movement that preceded it, realism. The former was established by a well-known American writer and novelist of that era, Frank Norris, who had a great admiration for the French author Emile Zola who was the first to adopt and use the term of naturalism in his works. Naturalist literature showed a great interest in psychology therefore the application of the psychoanalytical theory on different literary works helps to understand and interpret the author's intention from writing his book; it similarly explores the state of mind, behaviours and emotions of the characters in the story.

In order to understand the application of this theory on Frank Norris' *McTeague*, this chapter will give the reader a further overview of American naturalist movement. Firstly, we will provide an understanding of the term and the era. Then, secondly, we will introduce the writer; Frank Norris, then identify his frequent use of naturalistic concepts in his works, especially in *McTeague*. Thirdly, we will explain Sigmund Freud's concepts such as, determinism and its relation with other concepts from the Darwinian Theory. Finally, the last part of this chapter will provide a historical overview of the Psychoanalytical theory with a special focus on the obsessive compulsive disorder and its symptoms and characteristics.

#### **Naturalism Movement in American Literature**

Literature has a modulation of thought and word; it brings to life characters, setting, and plot. It can be simply defined as an expression of the culture of the human being and shows up in different times and places. Literature is separated into parts which are known as literary

genres that are the classifications of literary works according to their content. It was divided by literary movements into categories of similar aesthetic or philosophical features, as opposed to divisions by genre or era. Among these movements is Naturalism which was led by the French novelist Emile Zola who greatly affected the writing of the American Naturalist Frank Norris. This latter was highly concerned with what is known as determinism.

The term Naturalism arose in art parallel with Literary Naturalism. Charles Darwin, who is considered to be the first naturalist, was the pioneer that imposed the definition of the term. He studied animals living and plants in nature. It was from him and from art that Zola adopted the term Naturalism to literature in his work *Thérèse Raquin* (1867).

In connection with this, the term was first introduced and used by the French novelist Emile Zola to describe the application of the clinical method of empirical science to all aspects of life. On the other hand, life is portrayed as it is lived, by realism; which means that this later aims to show the real life of human beings. Whereas, naturalism associate itself with the philosophical doctrine of social and genetic determinism, in which individual's life is not decided by him or herself but is rather decided by environmental forces. Naturalism, opposes from the two modes in one crucial characteristic of its topic as Norris asserted in his Wave article on "Zola as a Romantic Writer" (Pizer 409). In the meantime, Britannica Dictionary states that the term of Naturalism can be defined as demonstrating individuals and encounters as they truly seem to be, rather than representing them in a fixed style or proposing that they are better than they truly are. Undoubtedly, this literary term is used to describe the type of literature that uses scientific methods and objectivity to its study of human beings that took place from the 1890s to 1920s.

From the foregoing, Naturalism indicates a philosophical status; the brutal side of human beings is always used by naturalist writers in their literary works, and therefore the individual can be examined in relation with his environmental factors. It is certain that,

scientific techniques are greatly used by naturalistic writers to emphasize on the power that controls individuals, who are fundamentally determined by instincts and passions, as well as heredity and environment. George Becker described naturalism as “sceptical materialistic determinism”, whereas, Donald Pizer in his book *Realism and Naturalism in Nineteenth-Century American Fiction*, declares that a naturalistic novel involves two opposites which determine the subject and the form of the novel. Hence, the first contradiction is between the emerged view of man and the subject of the novel. Naturalistic writers shifted from middle classes to lower classes in their novels, and the world that they establish is anti-heroic and common (Becker 36).

Simply put, one might view that naturalistic writers tend to depict the characters’ development in this world as heroic, involving violence, sex, and passion. The contradiction is that even showing a hero in an anti-heroic realm, it shows the extraordinary of a human being. The second contradiction involves the novel’s theme. Naturalistic writers portray the characters as determined by environment or heredity. However, the characters also showed the humanistic value and they try to escape from their fate. The contradiction is that the naturalistic novel introduces the new truth, but also the desire of finding meaning in experience and of escaping for this truth. Naturalism is a complex movement, according to Charles Walcutt, it involves two opposites. Naturalism is pessimistic, but it is also optimistic. On the one hand, Naturalists view life as an endless fight for survival. Human beings are not only determined by their biological background but also by the environment which makes them come back to primitivism (Walcutt 15). Pizer view naturalism only as another form of the relatively “bleak” concept of human kind held in the past by such characters as St. Augustine, John Calvin, and Thomas Hobbes (Brennan 13). Therefore, naturalism is considered to be one of the “metaphors in a huge and endless historical poem in which the poetic mood wavers continually from doubt and scepticism to celebration of faith” (Pizer 37).

In any case, Pizer has been establishing American literary naturalism in conditions resembling those used by the existentialists in defence of their own point of view (Brennan 14).

It was believed that American naturalism was predominantly a branch of French naturalism and particularly of the work and literary theories of its creator, Emile Zola. Zola considered that in a period in which experimental science had substituted philosophy and faith as the main means for attaining truth, it was necessary for the novelist to establish a scientific methodology in any attempt to convey a truthful fiction (Pizer 189). As reported by Zola, a fictional scientific method comprises essentially in the effort of the novelist to reflect in his work the two major forces behind the life of man's biological characteristics, in other words, his environment, and his heredity, put differently, his social conditions. Considering that the individual man had little or no control of these forces, Zola assumed that the naturalistic or the experimental novel was deterministic by its nature. The individual's fate was determined by circumstances beyond his or her control (Pizer 189-190).

The chore of the historian or the critic of American literary naturalism, it was thereby believed for numerous generations, was to track the endeavour of American followers of Zolaesque naturalism to duplicate within American conditions the instructions and principles of the master. In fact, since a small number of American writers managed to succeed in writing a novel which accomplished the beliefs and doctrine of Zola, it became ordinary in the course of this period in the critical history of American naturalism to view the movement's fiction as fatally inaccurate in the accomplishment of its fundamental principles. This wish to consider naturalism primarily as an unsuccessful expression of a mechanistic and simplistic concept of human nature and society obtained a short-lived break during the 1950s and 1960s when the New Criticism altered away from the critical attention from the philosophical foundation of literary works and toward their conventional characteristics as

works of art. Remarkably, the investigation revealed that a significant experience of naturalistic fiction, for instance, several of London's and Crane's greatest short stories, and numerous of Dreiser's and Norris' novels were complicated and sophisticated fictional forms, this is regardless of the failings of intellectual of their authors. However, Pizer noted that naturalistic fictions outcome on the reader was somewhat momentary and short-lived; it was pursued by further theoretically based movements in criticism of the last thirty to forty years which have, as a combined effort, a tendency to restore the attention of naturalism to an emphasis on its deterministic character (Pizer 190).

To conclude, Naturalism presents two sides of the same coin, optimism in those characters who adapt to the environment, but also pessimism in the characters influenced by determinism do not adapt and end in death.

## **Frank Norris as a Naturalist in American Literature**

Encyclopaedia Britannica asserts in the biography of Benjamin Franklin Norris, known as Frank Norris, who was born on the 5th of March, 1870, in the city of Chicago that is situated in the state of Illinois in the USA. Norris is an American novelist who was the first major naturalist writer during the American naturalistic movement. Norris studied painting for two years in Paris afterward he determined that literature was his occupation. He attended the University of California in 1890 until 1894 and then studied at Harvard University another year. In 1895, he worked in South Africa as a news correspondent, from 1896 till 1897, worked as an editorial assistant on the San Francisco Wave. He joined the New York City publishing firm in 1899. He died three years later after an operation for appendicitis (Ibid).

Norris's first greatest novel *McTeague*, written in 1899, and is now seen as a masterpiece. Is a naturalist work set in San Francisco; it narrates the story of a brutal and dull

dentist who murders his wife and then meets his downfall in Death Valley. Norris joined Theodore Dreiser in the forefront of American novelists. With this work and those that followed. Moreover, Carolyn S Payne argues that the adoption of a naturalistic perspective of the world and to his writing could provide an explanation to Norris to categorize the characters in his novel with characteristics indecorous, contradictory to civilized society (16). Furthermore, she poses the query as to “whether he was a serious student of these new modes of social science or if it was simply expedient to inject those beliefs into his writing to create a sensational story” (Payne 16). Intriguingly, it seems that Norris encountered the works of Zola whilst he was at Berkeley studying French, and he eventually began to clarify the naturalism’s virtues (French 24).

Norris viewed, naturalism, realism, and romanticism as controversial, wherein romanticism and realism were opposing forces, and naturalism was the transcending synthesis. For Norris, realism was the literature of the normal life of the individual; he states that it is about “the smaller details of every-day life, things that are likely to happen between lunch and supper”. Furthermore, according to Pizer, realism does not investigate the inner stretches of life; but it instead points out only the surface of things. On the other hand, Romanticism differs from realism in both its need to derive substantial generalizations on the life’s nature and in its interest for the different forms of normal life (Pizer 13-16).

One may view that, the terms naturalism and determinism are extremely related to the literary works of Norris; where he managed to depict the real-life events of the individual in general and the American individual especially. Consequently, this can be simply viewed in his novel *McTeague*, where each character of the novel, their persona, lifestyle, and the environment was perfectly depicted to the audience. In addition to that, Norris was highly concerned in the moral responsibility of human beings, and he seems to portray the authentic

mental condition related matters that the characters have encountered in their lifetime; which turned them somehow to human beasts and ultimately triggered their animal nature.

A young novelist with noticeable ambition toward writing and great talent, Norris appears to have been favored and admired by his followers and highly regarded by the early part of the century literary establishment. The appreciations of his short life, published when he died at age thirty two in 1902, are full with grieve for the loss of such talent and are heavy with devoted recollections for the man. In the next decade, the publications that were published after his death such as *The Pit* (1903), *The Responsibilities of the Novelist* (1903), *A Deal in Wheat and Other Stories* (1903), *The Third Circle* (1909), and *Vandover and the Brute* (1914), in addition to the two collected editions of Norris's works published in 1903 and 1905, helped to settle the status of Norris as a great American writer and as a pioneer in the American Naturalism (McCarthy 56).

In spite of the resources of substances collected by the library, there are numerous challenges facing scholars of Frank Norris's life and writings. As for example, Link states the lack of biographical sources is the major problem facing Norris scholars. As he recognizes, this does not necessary mean that the data about the life and career of Norris and is unknowable or unidentified, but the absence of diaries, letters, holographs, and notebooks has demonstrated to be a barrier for scholars. The lack of such data may be as a result of the approximately seventy-five year gap between biographies. Walker managed to interview some of the relatives and friends of Norris, but McElrath and Crisler were not able to do so because they had no access to those sources since they were not alive anymore. One significant gap in the biography of Norris is basically from the absence of dependable sources concerning his moves and activities during his life-time especially in Cuba and South Africa as well as his time as a Spanish-American war reporter. There is no Information about the

time of Norris in Cuba, and scholars can only predict or make educated guesses about his movements and activities. In the meantime, the lack of manuscripts restrains the efforts of textual editing. Moreover, until now there is no intellectual press that has been willing to finance a scholarly edition of Norris' collected works; however such project would be challenged by the lack of these crucial sources in the archive. Without a doubt, as Link points out, from a pragmatic perspective this lack of original documents would bring relief and make the life of a textual editor simpler by eliminating questions considering a copy text.

As claimed by Link, Norris occupies a significant position between his research interests by simplifying bonds between nineteenth-century the philosophy of art and American literary Naturalism. Furthermore, link views that reading Norris' works as a fundamental step for a better understanding of the literary naturalists, same as reading William Dean Howells' works is fundamental to a better understanding of the American realism because, Norris like Howells, sought to describe the genre's standards in which he wrote, as well as the defining responsibilities and principles of that genre. For Link, there may be greater realistic writers, like Henry James, but Howells is more significant because he struggled to define the movement, and used its principles in his writings. Likewise, Link claims that one must first combat with Frank Norris in order to cope with American naturalism (McCarthy 54).

Additionally, Link is also concerned with how the novelists during the nineteenth-century engaged in the issues encompassing scientific development, mainly the post-Darwinian pressures between religion and science. In fact, link is also interested in the larger movements of American literary history and the aesthetic theories of realism, romanticism, and naturalism in the nineteenth century, and believes that Norris engages with such concerns in significant ways. In Addition to that, Link confesses that he is fond of "[the] little mayhem

tossed into novels just to keep them interesting”. For him, Frank Norris and American literary naturalism offer all of the mentioned above (Schubert 41).

## **The Concept of Determinism in Naturalism and its Influence on American Literature**

The meaning of determinism in psychology is the refusal of the idea of free will. This is to state that every psychological event is necessarily exposed to psychological laws. Or, otherwise speaking, it is the theory of psychic determinism. Thus, it needs a further analysis to describe the term causation under the subject of psychology. Moreover, Peter I. Thorslev, Jr identifies determinism as “the hypothesis that for every event in the physical or psychical world there must be a necessary and sufficient cause” (144). When we work with psychological events, the elements that contributed from within the mind, we call motivation; and that from outside the human mind, stimuli. In the light of what have been said earlier, Schopenhauer states that “Motivation is causality seen from within” (Schopenhauer 214). That is to say that the transaction of character with motive and stimulus, they technically responsible for the action of an individual. According to the traditional philosophical doctrine, Merriam-Webster dictionary defines the term determinism as a thesis or a belief that functions of the will appearances in nature, or as psychological phenomena which is causally determined by prior cases or natural laws.

Moving on to the distinction between “hard” and “soft” determinism, one must firstly provide an explanation for the terms. Determinism can be divided into two types known as “hard” determinism and “soft” determinism. The supporters of the former view believe that heredity, unconscious impulses, environment, defence mechanisms, and other elements

determine people to act the way they do; and due to that, they cannot control their actions.

They strongly reject the idea of free will. Here is what a hard determinist think:

We must get used to the idea that no one is really responsible for anything. Belief in freedom and moral responsibility was a luxury of a pre-scientific age. Now, that we have grown up we must put aside childish ways and face the facts. Science has disproved the existence of freedom and morality (Sider).

However, the supporters of the latter view, in contrast to hard determinism, believe that human beings are actually determined and are yet still free. According to them, when the human being is responsible for his or her actions, then it is said that he or she own their free will. As stated by some philosophers, human generally can assume that particular inclinations or motives are behind certain actions accurately since we assume that actions are connected to choices. If a person does a certain action in ignorance, one would state that it is a wrong act however the person is not responsible for what he or she has done. And if he or she repents and changes his or her personality, they would be forgiven. Human do so only because they think that there is a link between the personality of the person and his actions that he does based on certain choices. They assume that there is a cause behind free actions, one's character, personality, or choices. Without such a deterministic assumption, morality itself would not make sense.

It is true that, we as human usually tend to do things that do not happen as a result of our affections, personality, character, or passions. Sometimes violence or external powers are the cause of the behaviour of the individual, and when that occurs, one says that anything in the person did not “cause” the action and was not the one responsible for what happened. certainly, it would not logical to punish or reward a person when their deeds are the consequence of certain factors other than of their own choosing, since the aim of punishment

and reward to modify their behaviour in the future. However, if we think that no one is responsible for their acts, so it is impossible for us to make sense out of blame or moral praise. Under that circumstance, the actions of the individual would not be either bad or good.

In fact it is difficult to give an accurate definition for the concept of causation. The term is definitely complicated and could be explained in different ways. Basically, this word is derived from the word cause; however virus researchers occasionally prefer to use the term determinism. But before we give a further explanation and start to define the term according to psychologists, philosophers, and theorists we shall mention two significant concepts which are highly related to our main Concept. In psychology, there is a huge connection between the two words cause and effect; they are two phenomena which cannot be separated. The relationship between the two lies within the fact that the first phenomenon is the reason behind the other one.

As stated in Cambridge Dictionary, the word cause means the reason why something, especially something bad, happens and is a reason to feel something or to behave in a particular way. However, effect means the result of a particular influence. In the other hand, Dictionary.com defines cause-and effect as the relationship between actions or events such that one or more are the result of the other or others. According to the principle of causality, one can be certain that in people's connections with the universe lies on acknowledgement of determinism. Causation is a genetic connection of phenomena through which one the cause under certain conditions gives rise to, causes something else to happen. In this regard causation varies from different other types of connection; for instance, mental illness is caused by brain damage. Causality is a relationship which fetches to life new things, which turns chance into reality. A cause is a primary thing in connection to the effect.

Undoubtedly, the cause- effect relation has a great impact on human beings lives. It motivates human rational actions and intervenes his thinking. The causal knowledge is the

great guide of human life (Hitchcock 97). Therefore, the cause-effect relations are important and more useful than any other types of relations in governing the structure of concepts and intuitive theories “The tremendous cognitive efficiency gained by using causal connections as a kind of glue has been repeatedly shown in other areas such as text comprehension and story understanding; but it is equally evident with respect to single concepts. Causal relations make it greatly easier to keep in mind the features that make up a concept as well as to make inductions about new instances” (Keil 280).

Alexander Spirkin in his book *Dialectical Materialism* declares that the relationship between cause and effect takes place in time. One might think that cause always comes before effect, that there is a certain space between the time when the cause starts to act and the time the effect occurs. For a specific moment of time cause and effect coexist together, then the cause goes off and the result eventually becomes the cause of something else. And so on to infinity. Some philosophers have differentiated between singular causality and general causality. While general causality refers to the cause effect relation between two sorts of events over time, singular causality applies to the cause-effect relation between two certain events. It has been alleged that singular causality need not be a case of a general causal law, and indeed an unusual and exceptional event can be causal. In addition, an event may be considered causal in a certain case even if, it is not found to be an acceptable or significant condition for the effect case. In consideration of the forgoing, a cause does not need to be acceptable or significant for its effect; the notion of potential causality has earned popularity (“the Principle of causality”).

Moreover, the notion of hereditary determinism is connected straightforwardly to the genes in the DNA of an individual. Since we definitely realize that variations in specific genes can prompt different types of physical and mental malady in people, we can say with some conviction that individuals are truly controlled by their genes. However, genetic

determinists believe and want to extend this further, by asserting that even our behaviours are controlled by our genes. From this perspective, human beings are nevertheless victims of their hereditary characteristics, and any effort to change their moral nature or behavioural patterns is futile. Individuals act on the strings of their genes which are sometimes called “puppet determinism”. In addition to that, the genes of parents determine the characteristics of their children.

Here is a famous expression of determinism by Laplace:

We ought to regard the present state of the universe as the effect of its antecedent state and as the cause of the state that is to follow. An intelligence knowing all the forces acting in nature at a given instant, as well as the momentary positions of all things in the universe, would be able to comprehend in one single formula the motions of the largest bodies as well as the lightest atoms in the world, provided that its intellect were sufficiently powerful to subject all data to analysis; to it nothing would be uncertain, the future as well as the past would be present to its eyes. The perfection that the human mind has been able to give to astronomy affords but a feeble outline of such intelligence. (Laplace, 1820)

Some theorists suggest that genes certainly have an impact on the development of humans. Despite that, even the completion of the human genome project will not allow scientists to fully anticipate how a child will develop. For sure, even total information on a child's genes and developmental environment would not permit the total specification of the living being: chance additionally assumes a critical job being developed. This is reflected, for instance, under a fruit fly's wing, the number of bristles varies from the left to the right-wing, regardless of the fact that the fruit fly has the same genes and environment on either side of wings (Lewontin, 1991). Such disparities may not be by virtue of mere coincidence, however, but instead moreover chaotic deterministic procedures (Molenaar, Boomsma, & Dolan, 1993). In an impoverished environment, all people will end up with similar characteristics (wealth, knowledge, etc.); but in an enriched environment, those who were naturally born with great

fortune will end up with more than those with a small fortune. For example, people who are malnutrition will have smaller individual differences in height than those who are well-nurtured.

Furthermore, environment controls the course of human action. The term “environmentalism” or also means “environmental determinism” which refers to the idea that man is free to choose between the varying ranges of possibilities presented by his environment (Lewthwaite 2). Hence Martin, Williams, Taylor, and Montefiore and Spate used the terms environmentalism and determinism without distinction and contrarily with possibilism, whereas Buchanan explained the old environmentalist approach as the view that natural environment shaped man and his activities in a firm way, a view that presumed an inevitable, almost fatalistic, relationship between man and environment (Lewthwaite 8).

On the contrary, the free Will doctrine is that in general humankind who are not suffering from a severe mental or emotional disorder, by nature have free will with taking into consideration their attitudes and their actions which are in their power and are able to think about. That is to say, they can choose to be for or against something. In other words, humans are self-determined; they have the ability to act and are free to choose their behaviours. Clearly, a free act is distinct from both casual and determined events. The conscious decision makes it different from a casual event. And because of the various possibilities it becomes unlike predetermined events. Robert Kane states: “When described from a physical perspective alone, free will looks like chance”. The reason that it is considered entirely different is the psychological element. According to David Hume, the nature of free will is a challenge “the most contentious question of metaphysics.” If that being the case, then finding out what is free will is indeed a hard task (Timpe).

One of the major theories of the humanistic approach is that human beings have free will, thus human’s behaviours are not always determined. According to the humanistic

psychologists, Maslow (1943) and Rogers (1951) people have conscious control over the life of their own and that regardless of the biological factors, people have the potential to make crucial decisions within the limitations of biological effects. Whilst there is an intervening view that traces back to the analytical psychology of Sigmund Freud. At first glance, it may appear that Freud is somehow a supporter of determinism since he claimed that our unconscious controls our thoughts and actions. Meanwhile, the intention of therapy was to help the patient conquer that force. Indeed the therapy would make no sense without the belief that people can change.

This view has been included in numerous neo-Freudian theories. Among those theorists has been psychoanalyst Erich Fromm (1941). In his book “Fear of Freedom” he argues that individuals are able to govern their own lives but they are just too afraid to do so. For that reason we allow our circumstances to control our freedom.

To sum up, Determinism is the concept that human’s behaviours are controlled by environmental or biological factors. Some studies into genetics supports this, however, other researches show that behaviour is not 100% determined by genes. On the contrary, the concept of Free will is the belief that agents are able to make a decision without determined past events. The supporters of this doctrine are the humanistic psychologist which argues that despite biological influences, humans have the ultimate power to control their actions and their behaviours. Regardless of either argument, it is not easy to agree with one side.

## **Heredity and Environment: The Effect of OCD on Human Behaviour**

Sigmund Freud was born on the 6th of May 1856 in the Austrian town of Freiberg. Coming from a middle-class Jewish family, he graduated in medicine, and as a medical student and young researcher, Freud focused on neurobiology, exploring the biology of brains and nervous systems of animals and humans. As a matter of fact, Freud’s theories were

clearly affected by other scientific discoveries of his time. For instance, Charles Darwin in *On the Origin of Species* and his refusal of divinity, and thenceforth mind became a legitimate matter for scientific investigation, and the understanding of the human race as a progressive component of the animal realm surely enlightened Freud's investigation of human behavior.

The Austrian founding father of psychoanalysis, Sigmund Freud, steadily evolved a conceptualization of OCD that influenced his ideas of mental structure, mental energies, and defense mechanisms; he named the illness "Zwangsneurose" which was translated to "obsession" in England and "compulsion" in America, later on, the term "Obsessive-compulsive disorder" was eventually introduced (Berrios 141). According to Freud's view in his *general psychological theory of mind*, the mind of the patient responded maladaptively to conflicts between unacceptable, unconscious sexual or aggressive id impulses and the requirements of conscience and reality. He believed obsessive-compulsive behavior is linked to unconscious conflicts manifested as symptoms of the illness. Conflict develops between the desires and subsequent actions of the conscious and unconscious minds. Although often, OCD patients still aware that their behaviours are awkward or unreasonable, they are still forced to perform actions giving only temporary comfort from anxiety.

Furthermore, Freud offered, in his study, *Further Remarks on the Neuro-psychoses of Defence*, Freud's study of obsessional neurosis made an outstanding attribution into the unconscious. (Bristol 133) a unique perspective for the existence of obsessional thinking whereat he determined obsessive thoughts as converted self-reproof that have reappeared from repression which always seems to be connected to certain sexual act which was performed in childhood with satisfaction. Eventually, Freud's theories continued to be very well-acknowledged until 1960 and 1970s (Osborn 228). Later on behavioral psychology then

cognitive psychology started to overcome the Freudian theory, to turn to be the major examples for understanding OCD that maintain at the present time.

Before discussing the effect of OCD on Human Behaviour it is important to assert the definition of OCD and its symptoms, as and what causes it. Chiefly stated by Merriam Webster dictionary, Obsessive compulsive disorder (OCD) is an anxiety marked by frequent compulsions or obsessions or both. Which cause serious distress or interfere with individual's daily life, and those affected by the disorder recognize it as unreasonable or excessive.

Obsessive-compulsive disorder involves generally both compulsions and obsessions. Yet there is also the possibility to have either obsession symptoms only or compulsion symptoms only. Often, the sufferer may not realize that his/her obsessions and compulsions are extreme or irrational. OCD obsessions are recurrent and persistent, undesirable thoughts, images or urges that cause anxiety. People with OCD may attempt to escape them or disregard them by functioning in a compulsive behaviour or practice. These obsessions commonly interfere when the affected individual tries to think or do anything (“What causes OCD”). On the other hand, OCD compulsions are recurrent behaviours that make the affected person feels forced to perform. According to as study made by The Mayo Clinic Staff, it suggests that these mental acts or repetitive behaviours are intended to prevent a bad event from happening and lessen anxiety. Despite that, engaging in the compulsions may offer only a temporary relief from anxiety. Equally important, OCD usually starts in young adult years, still in some cases, it could begin in childhood. Symptoms often start progressively and tend to differ in intensity throughout the life cycle and they usually worsen when the sufferer encounter bigger pressure (“Obsessive-compulsive disorder (OCD)”).

The symptoms utilized to determine obsessive-compulsive disorder are varied and involve several interfering thoughts, concentrations, and compulsions. Two persons with obsessive-

compulsive disorder may have entirely different symptom patterns. Throughout history, there were different efforts to arrange patients with an obsessive-compulsive disorder on the foundation of their clinical morphological type have complied with restricted success. Further challenges have inserted symptom's use of registers that are biased regarding particular symptoms, like checking or cleaning, and hoarding, obsessions in terms of accuracy or symmetry, ordering and arranging obsessions and compulsions, and religious obsessions (Veale 65). Moreover, in spite of a variety of hypotheses, researchers are still unable to recognize a definite cause for the reason a person develops Obsessive-Compulsive Disorder. Anyhow, there are a lot of theories that appear to encompass possible causes of OCD, involving environmental factors, neurobiological, genetic, learned behaviours, and certain situations that provoke the disorder (Ibid).

Pursing this further, one must summarize some of the suggested theories. There have been many comments on why people develop OCD. Like most psychiatric cases, research implies that there is no single cause of OCD. Instead, most specialists admit that OCD is possibly caused by a combination of biological factors (i.e. inherited); whereas other theorists have claimed that it can be caused by sociocultural factors (i.e. environment). Others said that it is caused by a chemical imbalance in the brain.

Many hypotheses regarding OCD appear to be debatable. Experts have failed to find a precise research which reveals that obsessive-compulsive disorder can be inherited from relatives, indicating that it is likely that genetics do play a key role in its development. However, individuals who have a family member with OCD symptoms, have a substantially increased risk of developing the disorder (Pauls et al. 1995; Nestadt et al. 2000). Constant studies indicates that people with OCD may have areas of unusually high activity in their brain or do not have defective brain structures but have Insufficient amount of the brain chemical messenger, serotonin for some reason. Serotonin is the chemical in the brain that is

responsible for sending messages between brain cells and it is believed to be engaged in controlling anxiety, memory, and sleep. Interestingly, there have been some evidence points out parents can pass serotonin inefficiencies to their children. Due to this researchers also suspect a genetic component in OCD development.

During the early of the twenties, some practitioners have presumed that heredity may contribute significantly to the development of OCD. Among the earliest reports was based on fifty cases treated at the Maudsley Hospital in London about obsessional neuroses. 37% of parents and 21% of siblings of cases were diagnosed with this disorder. Nevertheless, genetics might not be the only cause of OCD, because in some cases behaviours could be learned. So even though we cannot exclude genetics, clearly it's not the whole story and environment conditions may play a more considerable role.

To date, many studies revealed that stressful life events and environment can trigger OCD in people who already exposed to the condition. Further, OCD patients account more often than healthy controls to have been emotionally neglected or overprotected by their parents (Cavedo and Parker 1994). Patients with hoarding of OCD for instance, show a lack of parental emotional warmth (Alonso et al. 2004). Childhood sexual abuse appears to be an important mediator for later OCD, for women in particular (Lochner et al. 2002).

This chapter is devoted to the theoretical framework and the socio-historical context in which Frank Norris wrote his novel "*McTeague*". Moreover, the first section explores the socio-historical background. Whereas, the second section of the first chapter, contains the psychoanalytic theory which is rigorously tackled along with its main concepts such as determinism and Free will. In addition to that, it includes Heredity and Environment as well as OCD and its effects on human behavior.

The next chapter will offer a particular usage of the psychoanalytical beliefs and conception, and also to demonstrate how Frank Norris managed to depict OCD in the characters of his literary work.

## Chapter Two

### OCD as a mental disorder in *McTeague*'s characters

For centuries and up till now, mental disorders were a major concern for many researchers, scholars, psychologists and writers. This crucial topic could gain their interest due to its huge impact on both, the psychological health as well as the physical health of human beings. During the period between the late nineteenth century and the beginning of the twentieth century, psychologists like Charles Darwin and Sigmund Freud attempted to study human behavior and development through their theories. On the other hand, writers such as Emile Zola and Frank Norris devoted their works to emphasize mental disorders on the characters of their stories.

In this chapter our main focus will be on Norris' *McTeague* in which he attempted to depict obsessive compulsive disorder in some characters of his novel. Throughout this chapter, the characters' actions, feelings and conversations will be interpreted according to the psychoanalytical theory.

### Moral Responsibility and Unconsciousness in *McTeague*

Over the past few decades, it has often been argued that common conceptions of human agency are untenable in the light of empirical evidence from psychology and cognitive neuroscience. It has also often been suggested that this evidence challenges the assumption that we are free and morally responsible agents. Intuitively, it is not difficult to see why the evidence seems to threaten free will and moral responsibility (Schlosser 205)

Norris, along with many other novelists writing between 1890 and 1910, were incapable of establishing a particular value, between scientific determinism and moral responsibility, but eventually, they found themselves in need to apply both sets of values to their literary works. In the light of this change from one philosophy to another, there has been a revolution in the structure of the modern novel, a revolution that is not complete, "because

the feeling for moral responsibility lingers in a hundred corners of the life of the most determined determinist” (Walcott 63).

The main question in the traditional philosophical debate has been whether or not free will and moral responsibility are compatible with determinism. In the empirical debate, the main issue has not been whether our choices and actions are causally determined, but how they are caused. In particular, there has been much debate about the role of consciousness in the control of action and about the influence of situational factors that have not been at the forefront in the philosophical debate. There has also been much philosophical debate about the relationship between free will and moral responsibility. According to a traditional view, free will is necessary for moral responsibility insofar as the ability to do otherwise is necessary for moral responsibility. This view has been challenged more recently. In particular, both free will and moral responsibility have been disassociated from the ability to do otherwise, and it has been argued that they are independent in the sense that moral responsibility may be compatible with determinism even if free will is not (Fischer et al.).

The Professor of Philosophy at the University of Florida, David Copp, in his *Handbook on Ethical Theory* asserts that some philosophers have argued that if human beings’ absence of free will in the accordance that involves alternative possibilities, subsequently they could not rightfully be considered morally responsible individuals. In fact, there are various versions of the notion of moral responsibility, along with its conditions of application. On the first notion about the nature of moral responsibility, individuals’ moral responsibility includes them being appropriate applicants for classifications of particular moral discourses, for instance “bad,” “good,” “charitable,” “courageous,” “cruel,” “dastardly,” and so on. On this approach, individuals are morally responsible inasmuch as they have a “moral ledger” (Ibid). One can link the previous explanation with the following quote in the novel, when Mac surrendered to his sexual instinct and felt the urge to kiss Trina “Suddenly he leaned over and

kissed her grossly, full on the mouth. The thing was done before he knew” (*McTeague* 25) and then in another passage of the same page, McTeague questions himself “Why could he not always love her purely, cleanly? What was this perverse, vicious thing that lived within him, knitted to his flesh?”(*McTeague* 25).Norris, here, wanted to portray Mac’s regret for allowing his impulses to take over his behaviours and permitting his bad nature to be responsible for his moral actions.

Since he had spoken to Trina Sieppe, asking her so abruptly to marry him, McTeague had passed a week of torment. For him there was no going back. It was Trina now, and none other. It was all one with him that his best friend Marcus, might be in love with the same girl. He must have Trina in spite of everything; he would have her even in spite of herself. He did not stop to reflect about the matter; he followed his desire blindly, recklessly, furious and raging at every obstacle (*McTeague* 31).

On the second notion, when individuals are morally responsible for some actions, it would be appropriate to assume that the individuals would provide a sufficient interpretation of a particular action. Here, when the individuals are morally responsible in this respect, it tracks that they have moral ledger; however, there is an expectation that the individual can give a particular type of interpretation that is the substance of moral responsibility (Copp 18). It is apparent from these lines that the relationship, between moral responsibility and determinism, lies within the fact that human beings can evaluate and assess their own behavior according to society’s virtues.

Below the fine fabric of all that was good in him ran the foul stream of hereditary evil, like sewer. The vices and sins of his father and his father’s father, to the third and fourth and five hundredth generation, tainted him. The evil of an entire race flowed in his veins. Why should it be? He did not desire it. Was he to blame. (*McTeague* 25)

Again, Norris seeks to describe McTeague’s state of mind and how his ancestors were somehow responsible for determining his behaviours through inheriting their evil side.

For the third notion of the nature of moral responsibility, individuals are morally in charge of some behaviour. For Peter Frederick Strawson, the reactive manners involve indignation, gratitude, love, respect, resentment, and forgiveness, and they display our involvement with other people in uniquely interpersonal relationships (Copp 334).

Since he had spoken to Trina Sieppe, asking her so abruptly to marry him, McTeague had passed a week of torment. For him there was no going back. It was Trina now, and none other. It was all one with him that his best friend Marcus, might be in love with the same girl. He must have Trina in spite of everything; he would have her even in spite of herself. He did not stop to reflect about the matter; he followed his desire blindly, recklessly, furious and raging at every obstacle. (*McTeague* 31)

Norris sees the individual as a demon. This illustrates the entropic dimension of Naturalistic novels. McTeague is somewhat the determiner of his own actions. As Thorslev asserts that;

There does seem to be a sense in which every person is held ultimately responsible whether to god, to society or to himself for his very personality, for his very existence as an individual with his own particular drives and emotional constitution. Yet in any rational scheme of things this responsibility seems unjust, even unreasonable and absurd” (157).

Peter van Inwagen asserts that the individual does not have free will, and then typically there is nothing called moral responsibility. Without free will, there is no moral responsibility. An individual is morally responsible for an action he or she has done, or he or she has left undone if the moral responsibility exists; in order to be morally responsible for some actions or failure to act is at least to be able to have behaved differently, whatever else it may involve; to be able to have behaved differently is to have free will. (Inwagen)

Naturalistic novels like *McTeague* usually tend to investigate human beings from a scientific point of view. They often depict the characters as driven by beast-like inner forces. The comparisons between animals and characters reinforce the novel’s message through the

developments of the events, the history of the characters and the changes that occurs on their behaviours and actions due to the external and internal factors; that triggers their psychological stability. “Heredity and environment play the role of fate” says Eric Solomon “[In] a tale that moves toward its harrowing conclusion with the grim power and inevitability of classic tragedy” (Solomon).

The protagonist McTeague appears to be sometimes freed from his responsibility and control for his behaviours, which is what Norris tried to show in his novel. However, when he was discussing McTeague’s sexual desires he preferred to use a moral tone as if he was blaming him for his submission to his animal impulses “within him, a certain second self, another better McTeague rose with the brute; both were strong, with the huge, crude strength of the man himself” (*McTeague* 24). Norris’s representation of individuals who are blindly following the exact same routines not only compares them to beasts driven by instinct but also recommends particular determinism since incidents and actions cannot be avoided. Moreover, impulses pervade the life of the individual and all its aspects, not only their sexual instincts but also emotions that they cannot control overtime and the outbreak of physical violence; which eventually destroys them.

As stated previously, Heredity plays a significant role in deciding human behaviours; we take the example of McTeague inheriting alcoholism and criminality from his father. According to Pizer they “are interrelated both in their common emphasis on the genetic transmission of behavior and in their common source in the theories of Cesare Lombroso, the late nineteenth-century founder of the field of criminal anthropology” (Pizer 27). In the very first pages of the novel, McTeague’s father appears to be a brutal and alcoholic animal “For thirteen days of each fortnight ... was a steady hard-working shift boss of the mine. Every other Sunday he became an irresponsible animal, a beast [and] a brute, crazy with alcohol” (*McTeague* 2). Some recent studies which have been conducted on the relationship between

alcohol and heredity concluded that a person's addiction to alcohol can be determined by his parents' genes and heredity or anyone else from his family, as well as the environment, can do. As stated by American Addiction Centers "Alcoholism is a serious problem in the United State. One estimate that as many as 80 million adults in the country struggle with alcohol use disorder". This substantially emphasizes the idea of the correlation between the genes inherited and their impact on an individual's actions.

As indicated by the Recovery Village, alcohol makes alterations and disturbs the brain's way of communication with the rest of the body, which can change a person's mood and behaviours. Consequently, drinking a lot of alcohol might cause OCD to worsen. Stress and anxiety are indicators of OCD; both feelings can be temporarily decreased by drinking alcohol. In the short-term, alcohol can ease anxious feelings because it produces higher levels of serotonin, which can stimulate a tranquil state. However, serotonin levels go back to normal and anxiety return, once the effects of alcohol vanish. Alternatively, anxiety could be more extreme than even before drinking due to the negative feelings about the way they acted while under alcohol's impact and the money they spent on alcohol. More anxiety can cause people who have OCD to face more severe issues with recurring obsessions and thoughts ("OCD and Alcohol").

Over time, many observations have been done by psychiatrists who prove that Obsessive-Compulsive Disorder leans to be transmitted through family. Studies have shown that a family history of alcoholism is likely to pass these genes through family (Billet, Richter, et al 181). Moreover, other studies have shown that indeed, many psychological disorders are likely to have a strong genetic component (Ashall, 1994, Crowe, 1993, Pato & Kennedy, 1993). McTeague avoids whiskey, acknowledging that it does not agree with him "Huh? What?" said McTeague. "Whiskey? No, I can't drink whiskey. It kind of disagrees with me." (McTeague 230). Nevertheless, as time goes on and his quality of life worsens, he

starts to drink whiskey with his friends. Like it was with his father, the whiskey awakens the brute in the man and stimulates it to evil “The alcohol had its effect for all that. It roused the man, or rather the brute in the man, and now not only roused it, but goaded it to evil. McTeague's nature changed” (*McTeague* 242).

Therefore, if one wants to display the relationship between the unconscious and alcohol and its effect on human behavior according to psychology, one would firstly say “that our conscious personality as it exists today is the result of a long process of growth, each stage built on the ruins of the one beneath”(Chase 114). Moreover, Freud asserts that such repressed behaviours somehow still exist in the unconscious mind. “They may not seem to affect us consciously; we may have even forgotten many of the old ways of thinking and acting, but their traces still exist” (114). H.W. Chase states that human beings’ old dispositions are still unconsciously endured in them, and they will arise in one way or another if there is sufficient provocation. Individuals have always repressed their childish desires so long that they may have forgotten about their existence; however, they are not completely dead (Ibid);

[His] dislike for Trina increased with every day of their poverty, with every day of Trina’s persistent stinginess. At times –fortunately rare– he was more than ever brutal to her. He would box her ears or hit her a great blow with the back of a hairbrush, or even with his closed fist. His old-time affection for his little woman, unable to stand the test of privation, had lapsed by degrees, and what little of it was left was changed, distorted, and made monstrous by the alcohol (*McTeague* 243,244).

McTeague’s feeling of hatred toward his wife Trina was unconsciously repressed in his unconscious mind and they increased with time. Trina plays a significant role in provocation; she is responsible for stimulating Mac’s repressed activities. On the other hand, alcohol awakens the animal and the brutal side of him. Bringing back old complexes he was never

aware of, his father's brutality to his mother can be seen now in his own actions, manners and behaviours with his wife Trina. Because,

We have repressed our old complexes so long and so well that the act of repression has dropped below the conscious level; we are not aware of its existence. But, on the other hand, it is continually going on, for the old complexes are always striving up to expression (Chase 116)

## **Ego and the Search for the Self**

Some studies were established by Freud on the notion of the “dynamic unconscious” in which he questioned if some part of the mind could be inaccessible under normal conditions. His first work, *The Interpretation of Dreams*, was published in 1900. Outlining his early ideas on the unconscious mind and the repression of material into the unconscious (OAP 216). The three components of the psyche according to Freud are the id, the ego, and the superego. The same source adds that the id drives the individual to satisfy biological needs, the ego is the rational planning part of personality, it arbitrates between the demands of the id and the superego whereas the superego is the moral aspect of personality, and it produces feelings of guilt for wrong doing. Freud believed that human beings go through stages of mental development from birth to adult life and if they got trapped in any one of these stages it could cause mental illness (217). Therefore a person may become mentally ill if the ego is weak, in the case of Marcus Schouler, at first he managed to control his behavior, his ego was powerful and he chose friendship over love but later on, his ego turned weaker and he was controlled by the id demands for satisfying external needs such as money which became his obsession.

“You fool, you fool, Marcus Schouler! If you'd kept Trina you'd have had that money. You might have had it yourself. You've thrown away your chance in life—to give up the girl, yes—but this,” he stamped his foot with rage—“to throw five thousand dollars out of the window—to stuff it into the pockets of someone else,

when it might have been yours, when you might have had Trina and the money—and all for what? Because we were pals. Oh, ‘pals’ is all right—but five thousand dollars—to have played it right into his hands—God damn the luck!” (*McTeague* 101,102)

In this context, Marcus’ lust for the money appears to be more desirable and important than his friendship with McTeague. He becomes a slave for the ego obsession, he even tells McTeague that he wants to be repaid for the four bits he once gave him and implies that Mac should pay him for the use of a room Marcus had offered him to sleep in once. Afterward, Marcus’s thoughts about the five dollars he lost lead him to attack McTeague verbally, “If I had my rights,” cried Marcus, bitterly, “I’d have part of that money. It’s my due—it’s only justice. If it hadn’t been for me ... you wouldn’t have had a cent of it—no, not a cent. Where’s my share, I’d like to know?” (*McTeague* 112), instantly after this attack, Marcus remains protesting about the money he thinks is rightfully his. In fact, his obsession remains until the very final pages of the novel, where eventually his mania leads not only to his own death but also to the possible death of McTeague as well.

Some studies in the psychoanalytic approach were done by Paul Federn (1952) in his work *Ego Psychology and the Psychoses*, in which he claimed that an individual with a weak ego is thus one who experiences anxiety and conflicts, makes extreme use of defense mechanisms or uses immature defense mechanisms, and is likely to develop neurotic symptoms. Furthermore, in relation with ego and OCD, Richard B. Joelson asserts in his book *Help Me* where he mentioned two important disorders, the first is called ego-syntonic which refers to instincts or ideas that are acceptable to the self and compatible with the person’s values and his or her ways of thinking. The second is called ego-dystonic which refers to thoughts, impulses, and behaviours that are felt to be repugnant, distressing, unacceptable, or inconsistent with one’s self-concept. In Trina’s case, the loss of the money, in

addition to the loss of her abusive husband, trigger such extreme anxiety that she loses all mastery over her-self; she even seems to lose consciousness (Jacobson 35).

Trina has now crossed the invisible line between using obsessive behavior to control feelings of anxiety and fear and being controlled by the obsessive-compulsive behavior. She knows that she will be unable to give McTeague any money after all and realizes that her obsession is “stronger than I” (*McTeague* 210). In keeping with OCD theory that in such cases “the urge to carry out the acts is exceedingly strong,” and leads to “a sense of diminished volition” (Rachman & Hodgson 11), she also rationalizes for the first time that her miserliness is “a good fault, and, anyhow, I can't help it” (210). This ego-syntonic rationalization for her obsessions and compulsions has become an accepted and coherent part of Trina's ritual; her situation is one in which an external pressure has initiated an internal pressure and resulted in deepening a previously established predisposition.

### **OCD Emphasized on the Characters of McTeague**

Leon Salzman, in his book *Treatment of the Obsessive Personality*, declares that obsessive and compulsive behavior is a means of gaining a sense of control in life, yet these behaviours are beyond one's control. During the late nineteenth century, numerous efforts were established to describe the characteristics of OCD. As reported by Marie Asberg, “the first comprehensive description of OCD was given by Carl Westphal, a professor of psychiatry in Berlin, in a speech to the Berlin Society of Medical Psychology in 1877” (11). Westphal is known to have presented various interesting case studies and to have highlighted the early onset and chronic nature of the disorder (Jacobson 29). He also emphasized the features of sufferers in relation to their symptoms and pointed out that OCD involved “thoughts which come to the foreground of consciousness in spite of and contrary to the will of the patient and which he is unable to suppress although he recognizes them as abnormal and not characteristic of himself” (Greist & Jefferson 1). Frank Norris was a witness to many

anxiety-producing cases, and his Naturalist view of human nature could be equally viewed as an attempt to deal with such anxiety. Either way, it has been proved that he had a specific interest in psychological disorders, and as Donald Pizer has indicated, he certainly had obtained some information from an old family friend, Dr. William Lawlor, who is a specialist in mental illness and public health and a student at Bellevue (38).

Trina Sieppe is basically the fundamental character for Norris in his novel, despite the fact that he named it *McTeague*. She prompts approximately all the events that occur in the book, since the mental disorder OCD is highly emphasized on her character. The author attempts to put the storyline in place by combining and presenting two different events, an accident and a lottery, that are both behind the control of a person. Trina's discomfort toward the fact that she won the lottery plays a major role in increasing her anxiety level (Jacobson32), "Oh, Mac!" exclaimed Trina, looking up into the dentist's face. "Think of all this money coming to us just at this very moment. Isn't wonderful? Don't it kind of scare you?" (*McTeague* 95).

Norris, in the first chapters of his book, points out that Trina has been raised up in a family dominated by a father who is disposed to military strictness, and who appears to be hereditary responsible for Trina's obsessive-compulsive personality. Her father, Mr. Sieppe, is portrayed to be a man of excessive precision, due to heightened anxiety; he finds himself in great need to organize everything down to the smallest detail "Mr. Sieppe was a little man of a military aspect, full of importance, taking himself very seriously. He was a member of a rifle team" (*McTeague* 51) According to theories of obsessive compulsive behavior "in families in which dissidence is forbidden and perfection is demanded, obsessional rituals and phobias will be more common" (Salzman 50).

Accordingly, Trina's obsessive compulsive personality starts to appear the day she gets informed about her winning ticket and continuous to develop day after the other. Her

obsession for hoarding money increases to the point where she becomes a miser who cannot spend a penny “We’re not going to touch a penny of my five thousand nor a penny of that little money I managed to save –that seventy-five” (*McTeague* 214). Darwin's theories can be introduced as both satisfying and distressing, for if humans are controlled by external forces, then they will not be able to be responsible for their behaviours. The same exact thing can be said about people experiencing OCD, those people unconsciously establish routines that provide them with a sense of safety and temporary relief but which eventually come to govern their lives, leaving them with an idea that they are forced to do what they do and cannot hold responsible for their responses and reactions.

“No, no, no,” she said. “I can’t help it. It’s stronger than I.” She returned the money to the bag and locked it and the brass matchbox in her trunk, turning the key with a long breath of satisfaction ... “I didn’t use to be so stingy,” she told herself. “Since I won in the lottery I’ve become a regular little miser. It’s growing on me, but never mind, it’s a good fault, and anyhow, I can’t help it” (*McTeague* 165).

After the marriage ceremony “a sudden vague terror” Trina confesses to her mother that she is scared “Oh, Mamma, I –I’m ‘fraid.” (*McTeague* 139) and later, she tells her husband that she is scared of him “I’m afraid of you” (*McTeague* 141). Trina’s obsession for saving money is a mechanism for reducing the anxiety she feels about her possession of a large amount of money “Don’t it kind of scare you?” (*McTeague* 95), along with the stress of being married. Anxiety is the instigation for much of the obsessive-compulsive behavior in *McTeague*, and many things begin to frighten Trina. When she finds out that she has won five thousand dollar in the lottery, she is thrilled but also frightened. (Jacobson 33)

Trina allows money to rule her life. She doesn’t want to use the money or allow McTeague to use it. She hides the money from McTeague and threatens to leave him without her or the money. During the course of the story, money becomes one of the major causes behind the downfall of both Trina and McTeague;

Or, again, she would draw the heap lovingly toward her and bury her face in it, delighted at the smell of it and the feel of the smooth, cool metal on her cheeks. She even put the smaller gold pieces in her mouth, and jingled them there. She loved her money with an intensity that she could hardly express. She would plunge her small fingers into the pile with little murmurs of affection, her long, narrow eyes half closed and shining, her breath coming in long sighs. “Ah, the dear money, the dear money,” she would whisper. “I love you so! All mine, every penny of it. No one shall ever, ever get you. How I’ve worked for you! How I’ve slaved and saved for you! And I’m going to get more; I’m going to get more, more, more; a little every day (*McTeague* 243).

For Hoarding Disorder, people with this disorder find themselves obliged to save possessions and tormented with the idea of parting with them. Thus, it results in the hoarding of objects, preventing them from being used as intended. In fact, the inability to discard with objects may cause impairment in functioning, including maintaining a safe environment for self and others “She did not save this money for any ulterior purpose; she hoarded it instinctively, without knowing why” (*McTeague* 188). Hoarding is known as a type of obsessive compulsive disorder, says Gregory L. Jantz, hoarding is accompanied by different levels of anxiety and depression as well. Neuroimaging studies have revealed peculiar commonalities among hoarders including severe emotional attachment to inanimate objects and extreme anxiety when making decisions.

Hoarding relieves and generates anxiety. The more compulsive hoarders accumulate, the more separated they feel from society and its threats. However, the more they hoard the more insulated they become from the outside world, even from their friends and family. They even develop extreme feelings of discomfort and panic over the thought of discarding hoarded items. People with hoarding disorder may also develop this behavior to protect him or herself against anticipated future loss of love, affection, or security. The passage below is an example for this case;

Little by little her sorrow over the loss of her precious savings overcame the grief of McTeague's desertion of her. Her avarice had grown to be her one dominant passion; her love of money for the money's sake brooded in her heart, driving out by degrees every other natural affection (*McTeague* 278).

As a result, Trina finds pleasure to spend time with her hoarded money and she starts to originate affection toward this inanimate object. This extends to the points where she exerts control over how the hoarding money is managed, and also controls her husband's decisions about their own home. All of this leads to feelings of anger, helplessness, and frustration for her husband.

The dentist, just like his wife Trina, appears to have OCD, its symptoms are not quite clear at first; however they develop with time due to several causes that rises and feeds his anxiety. Norris starts the novel with a description for his protagonist and his childhood,

McTeague was a young giant, carrying his huge shock of a blond hair six feet three inches from the ground; moving his immense limbs, heavy with ropes of muscles, slowly, ponderously. His hands were enormous, red, and covered with a fell of stiff, yellow hair; they were hard as wooden mallets, strong as vises, the hands of the old-time car boy...McTeague's mind was as his body, heavy, [and] slow to act, sluggish. Yet there was nothing vicious about the man. Altogether he suggested the draft horse, immensely strong, stupid, docile, [and] obedient (*McTeague* 3).

However, after the climax of the novel as well as the rising events, Norris decides to reveal OCD symptoms on McTeague's character which took place and became more obvious to the readers. As we have tackled in the first chapter under the title "Heredity and Environment: The Effect of OCD on Human Behaviour", heredity plays a major role in determining one's behaviour, this can be seen in the case of McTeague. According to Pizer, Norris appears to be interested with the biological determinism themes, and the way he portrayed the father of the dentist and his psychological behaviours can be technically associated with inherited criminality. The writer adopted this idea from Cesare Lombroso, the

late nineteenth century founder of the field of criminal anthropology (Pizer 27). He argued that the psychological and physical features of criminals vary radically from those of non-criminals. Therefore, physical features demonstrate mental characteristics, and just as physical features are inherited, the corresponding mental characteristics are too (Hill 90).

The main issue addressed under this title in this chapter is OCD. The term obsessional neurosis was used by Freud to include compulsive behaviours, articulating his concept that compulsions were defensive behavioral reactions to obsessional impulses and thoughts. “People who carry out obsessive actions or ceremonials belong to the same class as those who suffer from obsessive thinking, obsessive ideas, obsessive impulses and the like. Taken together, these form a particular clinical entity, to which the name of ‘obsessional neurosis’ is customarily applied” (117).

Several symptoms were emphasised on the main character, starting from his tendency to organize things and go through the same rituals during the week, to the point where any sudden alteration can disturb his state of mind. As Don Graham has asserted, “what McTeague needs...is stasis. He had it in his dental parlors before Trina came, he had it with Trina in their first living quarters, and he had it briefly in the resumption of his mining career in Placer County.” (63). Nevertheless, he adds, “[that] certain incomprehensible factors...intervene each time to disrupt his equipoise” (Ibid 64).

Symptoms of an obsessive-compulsive nature have also been reported as transitory occurrences during the psychoanalytic treatment of patients with obsessive compulsive personality disorder. Nonetheless, empirical studies suggest that a broad spectrum of personality disorders may take place in patients with OCD (Gabbard 572).

Every morning after breakfast he would go into his parlors as usual and potter about his instruments, his dental engine, and his washstand in the corner behind his screen where he made his molds...McTeague had tidied the room with greatest care (McTeague 210).

In addition to that, hoarding again, as a symptom of OCD can be regarded in McTeague's personality. People with Hoarding Disorder think that their hoarded objects are aesthetic and consider them useful, even though others would consider them useless. Furthermore, they establish a sense of affection to items and may experience distress such as grief, anger and anxiety at the idea of discarding them. Indeed, this is a fact for someone like McTeague who hoards his animal "the canary" he also has an intense emotional attachment to the objects he hoards such as "the concertina" and "the birdcage".

Trina had sold his concertina –had stolen it and sold it– his concertina, his beloved concertina, that he had had all his life. Why, barring the canary, there was not one of all his belongings that McTeague had cherished more dearly (*McTeague* 290).

In fact, there has been little discussion about this case, Freud suggested that hoarding behaviour rooted from anal preservation and remarkably brutal toilet training, further modern theories emphasis on cognitive-behavioral factors such as behavioral avoidance and perverted thoughts about objects originating from trauma and other early childhood problems (Vitelli 2014). So what makes McTeague attached to his belongings is apparently caused by his brutal drunken father and some other unknown difficulties in his early childhood which the author did not mention in his book.

Moreover, According to Tom Corboy, the executive director of the OCD Center of Los Angeles, "Not all people with OCD hoard. In fact, not all hoarders even have OCD. However, many people who suffer from OCD appear to engage in a form of mental compulsion I have come to call memory hoarding". The OCD Center of Los Angeles indicates something related to the disorder called "memory hoarding", which is not the same as the physical hoarding of items that we noted before, however, there are similar objectives.

"Memory hoarding is a mental compulsion to over-attend to the details of an event, person, or object in an attempt to mentally store it for safekeeping", adds the source.

He remembered how often he used to do this sort of thing when he was a boy in the mountains of Placer County, before he became a car boy at the mine. The dentist enjoyed himself hugely during these days. The instincts of the old-time miner were returning. In the stress of his misfortune McTeague was lapsing back to his early estate (*McTeague* 263).

In this regard, McTeague's childhood is always present in his memory. He always recalls flashbacks from the past which brings him joy every time. In addition to his hoarded memories, the dentist develops obsessive memories about Trina after he encounters her and becomes tormented with the idea of her "the thought of Trina Sieppe occupied his mind from day to day, from hour to hour. He found himself thinking of her constantly." (*McTeague* 21) Trina becomes McTeague's ultimate obsession; she arouses instinct within him which eventually takes control over his behavior. Mac thinks that he cannot help his feelings for Trina and that he is not at fault. Anxiety and anger, are too, considered to be obsession elevators. For Mac, his temper always proceeds and controls his actions "His rage was a kind of obsession, an evil mania, drunkenness of passion, the exalted and perverted fury of the berserk, blind and deaf, a thing insensate (*McTeague* 184).

According to OCD theory, "for the obsessive person, technical proficiency in his occupational skills is very enhanced but his ability to deal with humans is very deficient" (Salzman 20). This is readily apparent in Mac's personality. The man enjoys his occupation as a dentist inside his dental parlors and good at dealing with teeth problems, however when it comes to social interactions, he becomes dull, stupid, ignorant, and obedient "the seller roared. McTeague moved slowly away, gazing stupidly at the blue slips of pasteboard. Two girls took his place at the wicket" (*McTeague* 75). Sociopath is sometimes considered to be synonymous with psychopath; they both fall into the range of personality disorders. People with the former personality disorder often violate the law, becoming criminals. They may behave violently or impulsively, and have problems with alcohol use. Individuals with this disorder typically cannot fulfil responsibilities related to family. Accordingly, McTeague has

all these characteristics in his personality. Until recently, there has been no reliable evidence that OCD is something common in psychopath personalities. However, McTeague's OCD paves the way for him to become eventually a person with personality disorder and a murderer.

As for the characters Zerkow and Maria, a husband and a wife who are insanely obsessed with gold. Zerkow is a Jewish junk dealer whereas Maria Macapa is a maid who happens to be married to him because of her story of the "golden plates". Just like the two other couples of the story, Mac and Trina, OCD is also emphasized on the behaviour of the former couples.

"Now, then, Maria," Said Zerkow, his cracked, strained voice just rising above a whisper, hitching his chair closer to the table, "now, then, my girl, let's have it all over again. Tell us about the gold plate –the service. Begin with, 'There were over a hundred pieces and every one of them gold'" (*McTeague* 188).

Some studies suggest that people who suffer from OCD feel the need to check things constantly for the sake of reassurance. When Zerkow demands to hear the story of the golden plates from Maria over and over again, this behaviour is a symptom of OCD, an unconscious behaviour meant to reassure him. Sometimes the initial check isn't enough to provide temporary relief and they go back until they feel they're okay and have been reassured (Hayward 2018).

Zerkow was clearly portrayed as a lost soul while Trina was portrayed as a decent young woman, yet they both had the same obsession. Zerkow was greatly obsessed with gold and riches; he found pleasure in hearing the story "The story ravished him with delight. He was near someone who had possessed this wealth. He saw someone who had seen this pile of gold." (*McTeague* 37) while Maria was obsessed with the story and she found pleasure in retelling it to everyone she met. Their need to repeat the actions related with the move is an action which happens because the decreasing in anxiety accomplished through this

compulsive behaviour is only impermanent, and the anxiety starts to rebuild again (Rachman & Hodgson 169) “While this is a totally normal behavior, what signifies OCD is continuously asking for reassurance on the same topic for a sense of relief”, says Jeff Hayward.

“This service of plate had come to be Zerkow’s mania.” (*McTeague* 189) The concept of “manic defences” was established by Melanie Klein as an extension of Freud’s theories on mania. Klein adopted the idea of triumphantly scornful attitude toward psychic reality, the person with OCD uses this kind of defense to avoid the depression associated with the conviction of having destroyed an internal object. “[Zerkow] was a Man with the Rake, groping hourly in the muck heap of the city for gold, for gold, for gold. It was his dream, his passion; at every instant he seemed to feel the generous solid weight of the crude, fat metal in his palms” (*McTeague* 34). Freud asserts that “In mania, the ego must have got over the loss of the object. . . [T]he manic subject plainly demonstrates his liberation from the object which was the cause of his suffering” (255).

Chapter two begins by laying out the psychoanalytical dimensions of the research and looks at how obsessive-compulsive disorder is emphasized on Norris’ characters, by providing a clear analysis of their personalities, behaviours and disorders. Norris, with regard to the provided analysis, it is proved that he had a particular interest in psychological disorders which were common during the late nineteenth century, including OCD which was a prominent disorder in American society.

Obsessions, compulsions, and anxiety are viewed as significant symptoms and are highlighted in the behaviours of the characters. In Mac, Trina and other sub-characters’ case, their state of mind and personalities are portrayed to be triggered by environmental and hereditary factors which consequently took over their moral responsibility, weakened their ego, and surrendered to their obsessions then eventually led to their tragic downfall.

## CONCLUSION

The present research has investigated the mental illness Obsessive Compulsive Disorder in Frank Norris' *McTeague*, by applying the psychoanalytic approach and its notions. Through a psychoanalytical lens, the characters' obsessions and compulsions could be viewed and analyzed according to their personalities and behaviours. Thus, analyzing Norris' novel in the light of this theory brings us for a better interpretation to their actions.

The Socio-historical context in which this literary work is presented indicates that human being's behaviours are overwhelmingly determined by hereditary and environmental factors. Indeed, determinism and free will are strongly interrelated concepts in psychology and by focusing mainly on the plight of *McTeague* and *Trina*'s obsessions and compulsions, in addition to some other characters in the novel, this study seeks to explore the hidden symptoms of Obsessive Compulsive Disorder under the correlated concepts of the unconscious and the ego, and also depicts the influence of external and internal forces on human psyche. Psychoanalytical theorists as well as some American naturalist writers, seek to provide a well established interpretation for mental disorders and their influence on the individual and his relationship with society. For Norris, he is considered to be the pioneer for the American naturalism, and the first to shed the light and involve psychological events in his works. This is evident in his portrayal of *McTeague* the giant, dull and the immensely strong dentist, the car-boy from the mines and *Trina* the soft, pale and prettily-made decent young lady who surrendered to their obsessions, allowing them to take control of their lives which gave the story psychological dimensions.

In addition, the novelist appears to be expressing his sense of discomfort towards the brutality and animal like actions and instincts, as well as the greed and selfishness of his characters. Hence, this dissertation attempts to examine the overlapping free will, determinism, conscious and unconscious, ego and moral responsibility concepts. Norris not

only demonstrates McTeague's character but, he even portrays naturalism and the American society in which people are only judged by how much money they have. Furthermore, the themes of selfishness and greed determine and control the actions of people in the novel which consequently lead to the loss of their family, humanity and eventually the loss of their life. They were in fact, unconscious and irrational when they decided to choose money over other precious things in the world such as, love and life.

Trina's obsession with fortune and money was a major concern for Norris. Since he was mainly interested with psychological studies in the late of the nineteenth century, he succeeded to emphasize the mental disorder OCD and its hidden and obvious signs. Hoarding, thus, is Trina's obsession which she uses as a defence mechanism in order to find relief for her anxiety. The repressed memories in her unconscious from her childhood, which she never knew she had, in addition to the inherited behaviours from her strict and orderly father were ultimately the cause behind her obsessive behaviours.

On the other hand, Norris' protagonist McTeague is also portrayed to have a similar obsession just like his wife Trina. The dentist had obsession with his belongings which for other people were seen as useless and worthless. The Canary, birdcage and the concertina had a special place in his heart, and this can be linked with hoarding memory where Mac felt nostalgia for his past and childhood. His belongings, just like Trina's money, were able to relieve his anxiety.

On the basis of this study, one can deduce conclusion that this research could provide an interpretation to the effect of obsessive compulsive disorder on the characters of the novel and how heredity and environment played the role of triggers, these latter are external events and circumstances that produced very uncomfortable emotional and psychiatric symptoms, such as anxiety, anger, nostalgia and panic for the characters.

The current research may be a contribution to the developing studies in the scope of psychology for additional investigation about mental disorders and their relation with both hereditary and environmental factors which determine human behaviour and subsequently limit their free will and reveals their animal instincts.

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The Editors of Encyclopaedia Britannica - <https://www.britannica.com/topic/naturalism-art>

## المخلص

لا تزال العلاقة بين الوراثة و البيئة و الصحة العقلية للفرد مصدر قلق كبير لعلماء النفس. حيث تستمر في إثارة نقاشات متضاربة و على تحفيز الباحثين في مجال علم النفس. لذلك الدراسة الحالية تطمح إلى تسليط الضوء على الإضطراب العقلي المسمى "بالوسواس القهري" و الذي تعاني منه بعض الشخصيات في كتاب "ماك تيج" للكاتب فرانك نوريس", فضلا عن تداعيات مفاهيم "الحتمية" و " الإرادة الحرة" و تأثيرها عليهم. كما أن قصة نوريس تكشف عن سلوكيات و أعراض الوسواس القهري في شخصيات كتابه. لذلك عمدت هذه الدراسة إلى توضيح التأثير الكبير للعوامل الوراثية و البيئة على سلوك الإنسان. بالإضافة إلى ذلك, فإنها تسعى إلى تحليل عمل الكاتب نوريس و الذي يعتمد على نظرية التحليل النفسي "السيجموند فرويد" عن "الحتمية". يهدف الفصل الأول إلى عرض السياق الاجتماعي التاريخي و الإطار النظري. في حين إن الفصل الثاني يهدف إلى تحليل الشخصيات في الرواية و سلوكياتهم الوسواسية و القهرية. في الختام يسلم هذا البحث الضوء على الاضطرابات النفسية في المجتمع الأمريكي.

## Résumé

La relation entre l'hérédité et l'environnement avec la santé mentale de l'individu reste une préoccupation majeure des psychologues. Elle continue de susciter des débats conflictuels et d'agiter les chercheurs dans le domaine de la psychologie. La présente étude soulignée dans le livre « *McTeague* » de Frank Norris, aborde donc le trouble mental appelé « TOC » que possèdent certains personnages du livre, ainsi que l'implication des concepts de déterminisme, de libre arbitre et de leur influence sur eux. Le récit de Norris expose les comportements et les symptômes du TOC dans ses personnages. Par conséquent, cette étude démontre le grand impact des causes héréditaires et environnementales sur les comportements humains. En outre, l'étude analyse le travail de Norris, qui s'appuie sur la théorie psychanalytique de Freud du «déterminisme». Le premier chapitre présente le contexte socio-historique et le cadre théorique. Le deuxième chapitre analyse les personnages de l'histoire et leurs comportements obsessionnels et compulsifs. En conclusion, cette recherche met en évidence les troubles mentaux dans la société américaine.