

“The Women Psychology and Short Stories of Mumtaz Mufti”

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Abstract

The most difficult task in the world is to understand the psychology of any soul. It varies from person to person. It depends on sufferings, actions emotions and attitudes. These problems are of two types firstly self-inflicted, secondly due to environment and personal life. The psychology of women is quite different from psychology of men the reason for this statement is that she is sensitive by nature as compared to men therefore she cannot express her inner feelings openly due to shyness and her femininity. In Order to understand the nature of women it is necessary to study her personality and character deeply. Thus, many writers of Urdu literature have written on the psychology of women. Mumtaz Mufti has different ideology in this regard. An attempt was made in his fiction to interrupt the thought. Formed in conscious and subconscious of women. In this paper the interpretations and Understandings of his fiction will be written in the context of women psychology with arguments. In this regard it is possible to explain the psychology of women.

Key words: feminist, Conscious, Subconscious environment, interpretation

Introduction:

Gone are the days when people thought that women were only for hearth. She was considered inferior to men. She was thought to be his subordinate. She had to shower her affections upon others. As a girl she had always to endure the preference given to her brother. As a wife she was to be slave of her husband who maltreated her. As a mother she had to make sacrifices for the sake of her children. But new times brought new changes the literature of twenty first century made her conscious of her duties and privileges. It is only modern education due to which the old outlook underwent a dynamic change .In the present age she is no more slave of men .She is aware of her worth.

Women Psychology and its characteristics

Women psychology refers to the branch of psychology that focuses on understanding the thoughts, emotions, behavior, and mental processes of women. It explores how gender and socialization influence women's psychological development and experiences. While there are many similarities between men and women in terms of psychological processes, women's psychology also acknowledges the unique challenges, experiences, and perspectives that women may face due to societal expectations, cultural influences, and biological factors.

Here are a few key areas that are often explored within women psychology:

Gender Identity

Women psychology examines how women develop and express their gender identity, including the influence of societal expectations and cultural norms. It explores how women's understanding of themselves as women shapes their self-concept and behaviors.

Gender role and Socialization

: This area explores how society and culture influence the roles and expectations placed on women. It looks at how women are socialized to adopt certain gender roles, such as caregiving and nurturing, and how these roles can impact their psychological well-being.

Body images and Self Esteem

: Women psychology often examines the impact of societal beauty standards and media portrayals of women on body image and self-esteem. It explores how women perceive and feel about their bodies and the psychological consequences of societal pressures related to appearance.

Mental Health:

Women psychology recognizes that women may face unique mental health challenges, such as depression, anxiety, eating disorders, and postpartum depression. It explores the factors that contribute to these mental health issues, including hormonal changes, life transitions, and gender-related stressors.

Relationship and intimacy: This area examines women's experiences in various types of relationships, including friendships, romantic relationships, and family dynamics. It explores topics such as communication styles, power dynamics, and the impact of gender roles on relationship satisfaction.

Conclusion:

It is important to note that women psychology does not assume that all women have the same experiences or characteristics. There is diversity among women in terms of race, ethnicity, culture, socioeconomic status, sexual orientation, and more, which can significantly influence their psychological experiences. Women psychology aims to understand and appreciate this diversity while exploring common themes and experiences that may be relevant to women's lives.

Thoughts of famous writer about women:

The topic of psychology of is not new in urdu literature. Many famous writers and poets of urdu literature

Wrote many ideas and theories about women's.

1. "The empowered woman is powerful beyond measure and beautiful beyond description."
- Steve (Maraboli)(1)
2. "The best protection any woman can have is courage."
(Elizabeth Cady Stanton)(2)
3. "The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a woman is seen in her eyes because that is the doorway to her heart, the place where love resides."

(Audrey Hepburn)(3)

4."Womens are like teabags. You never know how strong they are until by output them in hot water"

(Eleanor Roosevelt)(4)

5."When a women speaks it is to say nothing, so when doesn't say anything. She is talking"

(George Feydeus)(5)

Allama Muhammad Iqbal, a renowned philosopher, poet, and political leader, expressed various thoughts about women throughout his works. It is important to note that Iqbal's views on women evolved over time, and some of his ideas may reflect the social and cultural context of his era. Here are some general observations regarding Iqbal's thoughts on women:

Recognition of Women's Potential

: Iqbal acknowledged the significance of women's contribution to society and emphasized the need to recognize their intellectual and creative abilities. He believed that women had immense potential to play an active role in various spheres of life.

Education and Empowerment

t: Iqbal emphasized the importance of education for women, advocating for their empowerment through knowledge and skills. He believed that educated and empowered women could positively impact society and contribute to its progress.

Equality and Justice:

Iqbal expressed the need for gender equality and justice, advocating for women's rights and their fair treatment within society. He believed in providing women with equal opportunities and removing societal barriers that hindered their progress.

Role in Family and Society

: While Iqbal emphasized the importance of women's roles within the family, he also recognized their potential for broader societal contributions. He encouraged women to strike a balance between their responsibilities within the family and their aspirations in other domains.

Cultural and Moral Values:

Iqbal believed in preserving cultural and moral values, and he expressed concern about the impact of Western influences on society. Some of his writings reflected conservative views on women's roles and emphasized the significance of upholding traditional values. It's essential to approach Iqbal's thoughts about women with an understanding of the historical context in which he lived. While he recognized the potential and rights of women, his ideas may not align with contemporary perspectives on gender equality and famines. Mirza Ghalib, the renowned Urdu poet of the 19th century, had a complex and multifaceted perspective on women. His poetry reflects a combination of admiration, longing, and contemplation about women and their roles in society. Ghalib's thoughts about women can be gleaned from his verses and letters. However, it is important to note that Ghalib lived in a different era with its own cultural and social norms, and his views may not align with contemporary notions of gender equality. Ghalib often expressed his fascination and admiration for women's beauty and charm. His poetry is filled with imagery and

metaphors that celebrate the allure and grace of women. He recognized their captivating presence and the profound impact they can have on one's emotions. Ghalib's verses often depict women as symbols of love, desire, and the source of inspiration.

At the same time, Ghalib's writings also reflect a sense of longing and melancholy in his relationships with women. His poetry often conveys a yearning for connection and intimacy, while acknowledging the complexities and challenges that can arise in romantic relationships. Ghalib's verses explore themes of separation, unrequited love, and the pain of lost or unattainable affection. Ghalib's thoughts on women were not limited to romantic or emotional aspects alone. In his letters, he often discussed the social and cultural roles of women in his time. He acknowledged the constraints and limitations placed upon women in a patriarchal society, expressing sympathy for their plight. At the same time, he recognized the strength, resilience, and intelligence of women, acknowledging their potential for greatness and intellectual pursuits. It is important to interpret Ghalib's thoughts on women within the context of his time and cultural milieu. His poetry and writings provide insights into his personal experiences, emotions, and reflections on women, but they do not represent a comprehensive or universally applicable view.

These above mentioned views are the thoughts and ideology about women. Of famous writers and philosophers. Some consider her personality as a reward by nature and Some said that she is a true blessing to earth By The Almighty Allah. These above mentioned quotes and sayings are some views of the Western philosophers. When we study the Eastern writers and Philosophers we came to know that the topic of psychology of is not new in Urdu literature. Many famous writers and poets of urdu literature. Wrote many ideas and theories to understand women. From Asadullah Ghalib to Doctor Allama Muhammad Iqbal and from Nazir Ahmed to Quratul-Ain Haider. Each person shed light on the strong mindset and deskbound power of women .Not only novels there are Short stories which are written to change the concept.

Mumtaz Mufti And His Famous Writings:

Mumtaz Mufti belongs to Halka Arbaby Zouq. When he start writing he has many School of thoughts in front of him but his individuality among lies in in a truth that he is the writer of psychological issues and mental illness and disorder of women. In his all books he emphasizes that women are equal to men so they have all rights to open up about their each and every issue to the society. He wrote pros and short stories in meaningful way to share his views for women rights and their role in society. Some of his notable writings are Chup ,Ghama Ghami,Samay ka bandhan,Kahi Nab Jayee, Ankahi,AapaETC. The coceptaal of women freedom and role in eastern countries is far different from west. In the subcontinent women are symbol of respect, and pride for the whole family. She cannot wear what she wants, she should remain silent, she should averting the eyes with shame, and many writers work to break this society standard. There is no need to adopt the western thoughts and ideologies. The writer is so sensitive by Nature his thoughts are far different from society. He observe inner feelings and norms of the society very keenly and therefore he tries to bring changes in the society by his writings. Mum taz Mufti wrote many notable topic regarding women problems. These include fight for identity.lack of

confidence, health and mental issue, carelessness, beaten by husband, age gender crises and his most favorite topic among all these is desire of women for sex and her inner feelings regarding sex issues.

Dr Fikr Tousavi once wrote:

I see many flaws in Mumtaz Mufti personality raters then its short stories. He considered the topics of sex and psychology as a boundary to maintain his individuality.”(6)

Examples of Mumtaz Mufti’s concepts of psychological Crises of Women:

When the Hindus and Muslims lives in subcontinent there is brotherhood peace and harmony among them. But women of the subcontinent despite all the happiness and peace face serious issue regarding her identity. One of tea major issue is acceptance and decision making in house hold matters .Mumtaz Mufti see all these a matter with an open eye and wrote his beautiful story which bears the concept of identity.”Aapa” it’s a story of a girl who remain silent from start to end. She is shy and her eyes remains down .She has duties which she performed in a perfect manner .Her name i Sajada. She is an example of perfect girl. She has eyes full of dreams heart fill with love and kindness. Her body is use to do work and from dawn to dusk. The other female example of the story is Jehnia .She is bold and Confident .She hates society its standers, and cultural differences of her house from the beginning of story. She often asks her mother that:

1. Why we are not changing are ourselves?
2. Why elder sister (Aapa) remains Silent?
3. Why there is no change in our attributes of living?

But she get no answer from her mother and her elder sister. The other character of the story is **Mother**. Who is responsible for all the house hold activities .She is a sensible lady .She used to scold her husband remains silent at some point but she is confident about her daughter (sajaada) way of life. There is side heroine character in this Story her name is **Sajju**. She is attractive, active, smiling and cheerful girl. She is the cousin of these to above characters. She came to live in there in there house and observe all the circumstances, that are faced by the girl. She has cunning nature. **Jehnia is so impressed by her**. The other female characters are **Sahira and Suraya**. These girls are full of life they are charming attractive and they live in near the house of **Sajaada”JehniaLoves there company and she wants to live with them**. All the females of this story face issue regarding identity, the main Character Sajada is pressurized her mother sister Jehnia is pressurized by her .the other females don’t bother the society that’s why they remain happy. The male character of the story are **Tasaduq .Father and Chotu**.

Father Used to read Newspaper often cough and scold her elder daughter and wife. She allows her sister son Tasaduq to stay in his house .because he wants to make him his son of law **Tasaduq. Is the hero of the story?** He is the center of attraction. He plays musical instrument, use to laugh with **Chotu**. Play with **Jehnia .and** reason for smile in this house. **Sajaada** do all is work silently .make food for her. Prepare her clothes deep inside she feels that she love him. **CHOTU is the other character of this story .He is a young boy love to play**. He speak with his heart. He loves young and active girl .He hates his elder sister silence. The story has turning point

when Saju came to live in there house .she take all the importance of Tasaduq.in such a wise manner that He compels to marry her. After marriage tier life is full of melo drama they both gate each other. Because deep inside Tasudaq has a soft corner and love for Sajada. At the end when many years pass Tasaduq came to meet her aunt and uncle. He see Sajada as same .He said something very heartbreaking .Which is the main purpose of the story if you wabt somethind or someone in your life then you should speak up for yourself.

InamulHaq said that:

His individuality among all writers of his era is due to the reason that he highlights the hide stimulations in women’s subconscious which barely seen in others.”(7) **Samay ka Bandhan**” is another story which is related to prostitutes but this story tells that a kind and beautiful soul always remain same profession does’ not matter. The story "Sammay Ka Bandhan" is based on the sexual theories of a prominent scholar, but it is presented in a symbolic manner. This story revolves around four main characters: Appi, Sonehri, Pili, and Ropah. Appi, who is the eldest sister, takes care of the upbringing of all three girls. The upbringing primarily focuses on their manners, etiquette, and teaching them the ways of modesty. In their upbringing, there is a balance between religious teachings and worldly knowledge. Appi guides them in their search for true love. Whenever Sonehri hands herself over to any man, she always gives her advice. Ropah, on the other hand, advises her to surrender her body but not her soul. This mindset reflects her Sufi mentality. Although Sonehri has settled in her home, she has lost herself in the process due to her forgetfulness. This story is essentially an interpretation of the emerging theories in the mind of Mr. Mumtaz, where women are associated with prostitution. In this context, one must realize the importance of time love affection and care in life.

Dr Khwaja zikriya Thoughts about Mumtaz Mufti:

In His (Muftis)Style there is no candidness nor attractions. In his stories he had forgotten unconsciousness of men. So that we as a reader forgot completely and satisfied until or unless “We found ourselves in some sort of trouble. He write by himself that “to expressing subconsciousness is the justification and main cause of becoming half of me.”(8)

Sundarta ka Rakhshash " is essentially a story revolving around two girls, exploring the concept of love between men and women and the search for personal love. If one wants to truly understand themselves. in the context of truth, they must first understand love as a metaphorical concept. In this pursuit, they enter the shelter of a sage. Unable to meet the sage in person, they seek answers from his disciples, questioning how real love can be found within the confines of human existence. These disciples explain through the story of a hunter sitting at a cliff. Whenever a woman confesses her love for him, he waits in anticipation for her to throw herself off the cliff. And when the woman finally jumps, everything ends, and the man's interest in her disappears. This tale portrays the intricacies of lust and love. According to Mr. Mumtaz, women desire intensity in love more than men and wish for men to have the ability to reciprocate their love both physically and spiritually. However, their nature is always in search of that very thing. Therefore, Feel (the protagonist) maintains a balanced approach in expectations and preferences.

Conclusion:

Men and women both are important part of nature.

Women has melt dimensional personality.

Her thoughts are neglected by decades .Her acceptance in the society is never included. In order to create better world for living one must realize that the society should not be gender based or biased.

Mufti Sahab belongs to Halka Arbaby zouq he wrote short stories about women's health and sexual issues.

He is kind hearted person .He raise his voice about women's identity at many forums .His stories are full meaningful thought's and logical ideas in order to understand the problem. If a person knows about women psychology he knows every single aspects about her behaviour. So Be gentle to women because without her the tasks of world is impossible.

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