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# WAR AND HUMAN PSYCHOLOGY IN TWENTIETH-CENTURY LITERATURE

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**Abstract**

This article analyzes the impact of war on human psychology in twentieth-century literature from the perspective of comparative literature and psychological realism. The works of Ernest Hemingway, Erich Maria Remarque, and O'tkir Hoshimov are examined in terms of fear, loneliness, spiritual crisis, and psychological trauma caused by war. The study employs comparative-typological methodology, psychological analysis, discourse analysis, and conceptual approaches. The research proves that war in twentieth-century realism is interpreted as a destructive socio-philosophical phenomenon that destroys human spirituality and psychological stability.

**Keywords:** war, human psychology, psychological realism, Hemingway, Remarque, O'tkir Hashimov, trauma, realism, existentialism.

The psychological and philosophical essence of the phenomenon of war in 20th century realism

In the world literature of the 20th century, the theme of war appeared as one of the most complex and tragic phenomena in human thought. In particular, the First and Second World Wars caused not only political or economic crises in the history of mankind, but also a huge spiritual and psychological decline. As a result, literature sought to portray war not as a simple historical reality, but as a complex socio-philosophical phenomenon that destroys the spiritual world of a person and creates deep traumas in his mind. Therefore, in 20th century realism, the phenomenon of war was formed in close connection with psychological realism and existential thinking. One of the main principles of realistic literature is to truthfully reveal the complex relationships between man and society. And war, as a historical reality that demonstrates the sharp crisis of these relationships, became the focus of writers' attention. War changes the spiritual image of a person, disrupts his spiritual balance, and erodes his faith in life. In this regard, in 20th-century realism, the impact of war on human psychology became a more important artistic object than its external appearance.

Psychological realism is manifested in works on the theme of war through a person's inner monologue, mental anguish, fear and loneliness. Freud's psychoanalytic views also had a strong influence on revealing the hidden layers of human consciousness in 20th-century literature. Freud interprets the concepts of trauma and repression as important components of the human psyche. In works on the theme of war, it is precisely these traumatic situations that occupy a central place in the spiritual world of the heroes. Writers reveal the true essence of war by describing the wounds left by these horrors in the human mind, rather than the horrors of the battlefield. According to M.M. Bakhtin's theory of dialogism, in a literary text, different layers of human consciousness enter into a complex relationship. In works on the theme of war, a sharp contrast arises between the hero's inner "I" and external reality. Therefore, war disintegrates the inner spiritual world of a person, leading him to spiritual isolation. Lukács, on the other hand, interprets realism as a holistic

artistic expression of historical reality, showing war as a tragic crisis of social totality. These theoretical views constitute the methodological foundations of the issue of war and human psychology in 20th-century realism. The impact of war on the human psyche is often manifested through fear, spiritual emptiness, existential depression and loneliness. Since a person lives under constant threat of death, complex questions about the meaning of life arise in his mind. Therefore, in 20th-century literature, war is often combined with the philosophy of existentialism. A person begins to deeply feel his weakness, loneliness and the instability of life. As a result, in the poetics of realism, war is interpreted as a common spiritual tragedy of humanity.

**War and existential psychology in the work of Ernest Hemingway**

Ernest Hemingway is one of the writers who deeply covered the impact of war on human psychology in 20th-century American realism. His novel “A Farewell to Arms” is dedicated to describing the spiritual disintegration and existential crisis in the human psyche against the backdrop of World War I. Hemingway interprets war not as a heroic or romantic ideal, but as a meaningless and tragic disintegration of human life. The hero of the novel, Frederic Henry, initially perceives war as an ordinary historical reality. However, over time, he begins to understand the true nature of war. Facing death, the senseless death of people, and constant danger create a deep void in the hero’s spiritual world. Hemingway expresses the hero’s spiritual suffering not through lofty descriptions, but through inner silence, short dialogues, and psychological details. Therefore, the writer’s realism has an incredibly impressive psychological power. Hemingway's "iceberg theory" method serves as an important aesthetic tool in revealing the hidden psychological layers of war. Although the outer part of the text describes simple events, complex suffering in the human psyche is hidden beneath it. The reader feels how war is destroying the human psyche from the hero's silence, short answers, and internal indifference.

The image of Catherine Barkley in the work appears as a symbol of an attempt to preserve humanity and love in a war environment. However, war is interpreted as a force that destroys even the purest human feelings. Catherine's tragic death means that war takes away not only life from humanity, but also hope and spiritual support. In this regard, Hemingway's realism interprets war as a common existential tragedy of humanity. Fear and loneliness become central psychological components in the writer's works. Although the heroes appear strong externally, they live in a state of spiritual crisis internally. This is one of the important artistic trends in 20th-century realism, revealing the spiritual weakness and spiritual disintegration of man.

**Artistic expression of war trauma in the works of Erich Maria Remarque**

In the work of Erich Maria Remarque, the impact of war on human psychology takes on a more acute and tragic character. The novel “All Quiet on the Western Front” is one of the most important works that reveals how the war destabilized the psyche of the younger generation. Remarque describes the war as the most terrible spiritual catastrophe in the history of mankind. The hero of the novel, Paul Bäumer, as a direct witness to the war, expresses fear, depression and spiritual emptiness in the human psyche. War creates a permanent traumatic state in the hero's mind. Scenes of death, the horrors of the battlefield and the senseless death of people leave a deep mark on the hero's psychology. As a result, he begins to lose faith in life.

In Remarque's realism, naturalistic images are combined with psychological analysis. The bloody events on the battlefield are not just an aesthetic detail, but serve as a means of revealing the destructive impact of war on the human psyche. In particular, the emotional coldness of soldiers, the fact that they begin to accept death as a normal state, clearly demonstrates the inhuman nature of war. The phenomenon of the “lost generation” becomes a central artistic idea in Remarque’s works. The war destroys the future, dreams and spiritual balance of young people. Even after

returning from the war, they cannot adapt to ordinary life. Because the war leaves permanent traumatic memories in their minds. In this regard, the writer deeply analyzes the long-term psychological consequences of war. Through the image of Paul Bäumer, the writer reveals the spiritual loneliness of man. The hero feels himself cut off from society, a person trapped in an inner void. This situation is reflected in the realism of the 20th century as one of the most important psychological consequences of war.

**National-psychological interpretation of war in the works of Otkir Hoshimov**

Otkir Hoshimov is one of the major writers who, in Uzbek realism, covered the impact of war on the human psyche on the basis of national mentality and spiritual values. In his novels “Between Two Doors” and “Lifes Passed in a Dream”, war is interpreted as a spiritual tragedy aimed at the human heart. In the novel “Between Two Doors”, the main tragedy of war is manifested in the fate of people in the rear rather than in the battles at the front. In particular, the suffering of mothers, the loneliness of women and the tragedy of orphanhood of children are described by the writer on an extremely deep psychological basis. War disrupts the ordinary life of people, disrupts their spiritual balance and turns spiritual pain into an integral part of everyday life. In Hoshimov's realism, the national spirit and humanity are the central aesthetic principles. The writer shows the horror of war not through political slogans, but through the pain and suffering in the hearts of ordinary people. Therefore, the psychological analysis in the work is extremely natural and touching.

In the novel "Lives in a Dream", the psychological trauma associated with the Afghan war occupies a central place. The writer illuminates the inner loneliness, depression, and inability to adapt to society of people returning from the war on the basis of deep psychological realism. The inner suffering of the heroes reveals the wounds left by the war in the human mind. In Hoshimov's works, war is interpreted as a force that destroys the spiritual world of man. However, the writer opposes humanity, kindness, and patience to war. Therefore, in his realism, spiritual values are manifested as the main support that preserves the human psyche.

**Comparative-typological analysis**

A comparative-typological analysis of the works of Hemingway, Remarque, and Otkir Hoshimov shows that in 20th-century realism, war is interpreted as the main socio-philosophical phenomenon that destroys human psychology. However, the artistic expression of this interpretation is formed on the basis of different national and aesthetic views. Hemingway describes the war in connection with existential emptiness and internal spiritual crisis. Remarque emphasizes the transformation of war into a social and generational tragedy. In the realism of Otkir Hoshimov, the family, national and spiritual consequences of war are central. For all three writers, war appears as a destructive force that disrupts the natural spiritual balance of man, erodes his faith in life. In this regard, 20th-century realism performed an important aesthetic and philosophical task in revealing the true essence of war.

**Conclusion**

In the literature of the 20th century, the issue of war and human psychology has become one of the most important topics of realist poetics. In the works of Hemingway, Remarque and Otkir Hoshimov, war is depicted as a socio-philosophical phenomenon that destroys the human psyche, undermines spiritual values and creates an existential void. Comparative-typological analysis has shown that, although the artistic interpretation of war in different national literatures is different, its destructive effect on human psychology has a common semantic essence. This study shows that psychological analysis has an important aesthetic and methodological significance in realist poetics. It has also been scientifically substantiated that the problem of war and human psychology is one of the relevant scientific directions of modern comparative literary studies.

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