

Psychological Dimensions of Hybridity in Postcolonial Literature: A DSM-5 Analysis of Changez in "The Reluctant Fundamentalist" and Feroza in "An American Brat"

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Abstract

This study utilizes the DSM-5 analysis of Changez's character in *The Reluctant Fundamentalist* written by Mohsin Hamid and Feroza in *An American Brat* written by Bapsi Sidhwa to elaborate on the psychological dimensions of hybridity in postcolonial literature. Based on systemic functional linguistics and Homi Bhabha's ideas, this research examines how they discuss about themselves in intricate societies. The study employs DSM-5 standards in examining issues of identity confusion and cultural estrangement, thereby illustrating their psychological responses to a cross-cultural life style. Consequently, hybrids are fashioned in the existing world milieu whereby the relationship between individual self (personal) and external socio political powers is complex.

1. Introduction

After colonialism, literature has become a complex tapestry that shows the challenges faced by people from two cultures who are trying to form themselves by looking at their colonial past. In Mohsin Hamid's *"The Reluctant Fundamentalist"* and Bapsi Sidhwa's *"An American Brat"*, this paper delves into the dimension of hybridity as assessed by the Diagnostic Statistical Manual of Mental Disorders (DSM-5) making Changez's and Feroza's character the centre of focus.

The aim of this study is to present the psychological dimensions of hybridity in postcolonial literature by analyzing the characters of Changez in *"The Reluctant Fundamentalist"* by Mohsin Hamid and Feroza in *"An American Brat"* by Bapsi Sidhwa using DSM-5 criteria. This research seeks to uncover how identity disturbance and cultural bereavement manifest in these characters, revealing the complexities and emotional resilience required to navigate multiple cultural identities. By integrating psychological analysis with literary critique, this study aims to understand better the internal conflicts and coping mechanisms associated with hybrid identities in a postcolonial context.

1.1 Brief Overview of Hybridity in Postcolonial Literature:

Hybridity in postcolonial literature is the mix of cultural ethos that arises from colonialism and the general association between invaders and the settled groups. Homi Bhabha is the source of the concept (Trivedi, H., 2021). He believes fractured personalities subvert colonial stories, transforming them into zones that resist or oppose them. It is very important to view it as such in order to see how it is relevant, especially in literature where characters can easily shift from one culture to another while remaining the same mentally torn individual (Kuortti, J., eds., 2007).

1.2 Introduction to DSM-5 and Its Applicability to Literary Analysis:

DSM-5, published by the American Psychiatric Association, aims to provide a consistent way of classifying mental disorders that, since its inception, has been chiefly useful in clinical settings, but it acts as an orderly framework by which the characters' actions, emotions, and self-representations are analyzed in literary works. An analysis of psychological phenomena within fictional narratives becomes very nuanced with the help of DSM-5 criteria. Consequently, the result is that deeper insights into the inner conflicts and developmental paths can be got concerning the personalities this way (Regier, D.A., 2013).

1.3 Purpose of the Study:

This research article aims to investigate the psychological manifestation of hybrid identities in postcolonial literature using DSM 5 by looking at *The Reluctant Fundamentalist's* Changez and *An American Brat's* Feroza as examples. The objective of the study is to delve into the psychological consequences of cultural syncretism, such as loss of self-identity, cultural disparity, and coping mechanisms that adapt to cultural variety based on the DSM-5 guidelines for analyzing their stories.

2. Theoretical Framework

This study employs the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) as its primary theoretical framework. DSM-5 provides a structured approach to diagnosing and understanding mental disorders, which is adapted here to analyze literary characters. Additionally, the study draws on Homi Bhabha's concept of hybridity, which explores the mix of cultural identities and the psychological tensions that arise from colonial and postcolonial interactions. Combining DSM-5's clinical criteria with Bhabha's postcolonial theory, this research aims to elucidate the psychological complexities of cultural hybridity in literary narratives.

2.1 Overview of DSM-5

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is used by the American Psychiatric Association as a primary resource for diagnosing mental disorders globally. It offers an extensive classification system that describes the criteria for diagnosis, as well as clinical descriptions and differential diagnoses for different forms of mental disorder (Wakefield, J.C., 2013). The DSM-5 is widely used in clinical practice to standardize diagnostic processes, increase communication among clinicians, and plan treatment in accordance with research findings and empirical evidence (American Psychiatric Association, 2013) (Hopwood, C.J., 2012)

2.1.1 Identity Disturbance and Cultural Bereavement

According to DSM-5, identity disturbance is influential because it concerns disruptions in how someone sees themselves as a complete entity. Its expression includes doubt concerning who you are, your functions, important values, and what you believe in. Humans usually get confused at such moments due to memorable experiences, changing phases, or when they undergo psychological stress (Hopwood, C.J., 2012). The identities of hybrid subjects in postcolonial literature introduce a stage that in turn serves as a point of view from which actors in these texts negotiate the complexities of more than one cultural attachment. These people move between traditions dictated by their societies of origin and those they live in (American Psychiatric Association, 2013) (Wright, A.G., 2012).

Another crucial concept in the DSM-5 is cultural bereavement, whereby the effects of losing one's cultural identity or heritage due to migration, acculturation or cultural displacement are well outlined. It recognizes the mourning, sorrow and emotional torment that individuals may face upon being detached from their familiar cultural context, social supportive networks, and traditions (Volkmar, J.C., 2014). The loss of cultural continuity in the context of cultural transition is an imponderable and profound situation that demands recognition and support for those experiencing it (American Psychiatric Association, 2013).

2.2 Relevance Of DSM-5 To Understanding Psychological Responses To Hybridity

In postcolonial literature, depiction of psychological reactions towards hybridity can be better comprehended through a systematic way according to DSM-V. Through a clinical approach, researchers can scrutinize cultural hybridity in fictional characters' emotional and behavioural responses using DSM-V criteria (Kriegler, S.E., 2014). In order to make literary analysis more profound, one needs to consider the fact that there are inner conflicts, confusion concerning oneself and coping mechanisms that numerous individuals use so as to manage being in between different cultures (Lewis-Fernández, R., 2014).

The psychological complexities of hybridity are exemplified by characters such as Changez in "The Reluctant Fundamentalist" by Mohsin Hamid and Feroza in "An American Brat" by Bap Sidhwa. Pakistani character living in

America Chris deals with the shifting nature of his identity and with the traumatic events of 9/11 that had happened. As described in Hamid's narrative (2007), there is a struggle within immigrant individuals who belong both within their native ethnic group but also into other societies such as the United States; thus they form hybrid personalities resulting from globalization.

Similarly, in Sidhwa's narrative, Feroza's case (as a Parsi woman brought up in America) involves itself in self-discovery and a critical cultural aspect. Here is a story that brings into light issues such as cultural alienation, assimilation, and authenticity as she seeks to reconcile the two cultures – the Parsi one, with her parentage, and the American one. Feroza's psychological reactions to hybridity exemplify the emotional resistance and active strategies individuals use to balance competing cultural forces and achieve personal integrity. (Sidhwa, 1993). By utilizing DSM-5 vocabularies such as identity diffusion and cultural bereavement, academicians can elaborate on how figures like Changez and Feroza struggle with their multidimensional selves when reacting to outside forces, internal conflicts and socio cultural expectations. When literature presents hybridity and critiques the psychological dimensions of it, our understanding gains from using this analysis, enabling us to understand the difficulties involved in creating cultural identity and building individuals' resistance capacity in different cultural surroundings.

3. Methodology

Selection of Key Narratives and Actions from "The Reluctant Fundamentalist" and "An American Brat".

This research paper will look at different stories and actions in the two books "The reluctant fundamentalist" by Mohsin Hamid and "An American Brat" by Bapsi Sidhwa. These are being analyzed because they talk about hybrid identities as well as psychological problems of their characters such as Changez and Feroza.

Changez, a young Pakistani man living and working in the United States, goes a major transformation after the events of September 11, 2001 in the non-fiction book "The Reluctant Fundamentalist". The whole story is narrated as a monologue by Changez to an American he meets in a café. It is a description of his escape from "American dream" and transformation into a man of Pakistani identity as the anti-Muslim sentiments grew day by day. Key activities and stories for discussion include Changez's first excitement about success in America, his increasing loss of belief in western capitalism and his eventual return to Pakistan, where he wrestles with emotions of alienation and cultural dispossession (Hamid, 2007).

"An American Brat" investigates the life of Feroza who is a Parsi female brought up and born in the US in a community that remains deeply rooted to its Indian and Persian past. Furthermore, Feroza tells the story of her journey to find equilibrium between two different worlds of cultures, one of which has a patriarchal trait and the other pushes her self mercilessly towards loss of identity. Considerations concerning Feroza's feelings about her heritage, efforts to harmonize Parsi ancestry with the American way of life and the voyage of self-knowledge as she tries to find out her place in the middle of multiculturalism serve as the key narratives and actions for analysis (Sidhwa, 1993).

3.1 Analytical Focus On Identifying Symptoms And Behaviors Related To DSM-5 Criteria

The theme of this study is identifying symptoms and behaviors that Changez and Feroza exhibit in accordance with DSM-5 criteria, concentrating more specifically on concepts like identity disturbance among other things.

Identity Disturbance: Identity disturbance, as set out by DSM-5 refers to disruptions in a person's perception of who he or she is; this may take the form of perplexedness, choicelessness, or contradiction in relation to one's own individuality, principles, or responsibilities. In "The Reluctant Fundamentalist", Changez undergoes a deep identity crisis as he shifts from a self-assured, driven young man striving for the American dream to a pessimistic foreigner coming to terms with his Pakistani background. According to the American Psychiatric Association (2013), shifting attitudes about America and Pakistan, conflict between career and relationships and internal struggles around cultural loyalty and belonging are the examples of Identity Disturbance symptoms.

In 'An American Brat', Feroza has an identity exploration experience influenced by her origin of having two parents and the cultural roles set by her family and the general society in which she lives. Her story shows us when she was in doubt or US influence was at odds with her Parsi culture. What is demonstrated here is an identity disturbance where we see Feroza in emotional turmoil, engaged in internal dialogues and attempting to reconcile conflicting cultural values. This involves working endlessly to form a sense of oneself among such common cultural features (APA, 2013).

When interpreting cultural bereavement from the standpoint of DSM-5, the analysis brings out another important component that looks at the psychological impact that comes with losing one's distinct identity or culture. It is seen through Changez's feeling of estrangement and disillusion consequent to the anti-Muslim feelings in post nine-eleven America. His sense of loss regarding his earlier dreams and the break in his sense of belonging portray the emotional damage due to loss of culture and the mourning of cultural loss as pointed out by American Psychiatric Association (2013).

In navigating through American culture while preserving her Parsi heritage, Feroza in “An American Brat” experiences cultural bereavement. She exemplifies the mourning and loss that comes with cultural bereavement in terms of cultural adaptation challenges, isolation within one’s community, as well as emotional distress from losing touch with one’s own culture. In the novel’s narration, we see an examination of how one survives cultural shifts psychologically as well as how they cope with the concomitant task of upholding their own culture amidst diversity, as the American Psychiatric Association put it forth in 2013.

4. Overview of Previous Studies

4.1 "The Reluctant Fundamentalist" by Mohsin Hamid

Mohsin Hamid's *The Reluctant Fundamentalist* has come under years of immense critical analysis, especially amidst the post-9/11 exoticization narrative as well as its regards to identity politics that reside in cultural juxtaposition and psychological transformation. This part will give a deep and what we may call microscopic dive into the research previously conducted concerning identity crisis, cultural conflict, and psychological ad-mixture of two worlds based on this novel.

The political climate post 9/11 leads the protagonist Changez into an identity crisis, which is at one of the core themes in "The Reluctant Fundamentalist". Mwangi (2012) stresses that the novel's opening chapter is symbolic in many ways, reflecting a deep conflict between Changez Pakistani identity and his attraction to the American dream. The book shows his initial infatuation with American culture, then follows him through Princeton and finally into Underwood Samson — everything he does is either overt or covert ways to enter and be one of Western society. Yet the terrorist attacks of 9/11 and associated rally in anti-Muslim racism force him to reconsider his sense of self.

Many studies conducted reflected that his transformation is just because of this incident that happened on 9/11. Academic Mir S. Ahmad (2010) refers to the trauma of these attacks as leading Changez further astray from American values and pulling him back towards Pakistan. It has been said that this period represents an ideological turning point for him, emphasizing the mental damage of cultural dislocation and political abandonment. Presented as a Monologue to an American Visitor, this narrative structure speaks for itself about Changez's introspective search within himself and his complicated state of a hybrid identity.

The notion of hybridity defined by Homi Bhabha is important while discussing Changez. Bhabha also describes the concept of 'third space' in exploring multiple cultural identities. Changez finds himself in flux between his Pakistani background and America on this territory. Trivedi (2021) analyses Changez's fractured identity with feelings of inner battle, cultural nostalgia, and longing for the re-connecting process to his past necessarily Pakistani origins.

Many literary critics have pursued psychoanalytic readings of Changez's psychological state. More, e.g., Morey (2011) deals with Changez in terms of identity and difficulty uncannily from a Freudian perspective. This analysis exposes Changez inner conflict and how it affects his self-encounter, attempting to reconcile two very different places of belonging. For postcolonial theorists, Changez can also be seen as a useful case study in the kind of psychological processes which years of colonial and neo-colonial rule have come to impose upon individual identity.

Regier et al. Teruel & Gair (2013) refer to cultural bereavement as pivotal to Changez's psychological transformation. The novel explores how post 9/11 America impacts the protagonist's own understanding of where he belongs. A lack of cultural continuity further an emotional heartbreak tied to displacement also defines much of his character's arc. Young's formulation is consistent with the DSM-5 approach to examining in terms of psychological impact around cultural bereavement and identity disturbance -- assess..

This expansion of Changez's psychological dimensions, in addition to his other respondents (more on that), is made possible by the narrative techniques employed by Hamid. Readers can gain insight into Changez's psychological state of mind and emotions through his introspective reflections, which belong to a dramatic monologue style. It makes sense that Kriegler (2014) recognized this narrative style as a means of providing the character with more psychological realism, and thus audience members can relate to his experiences in a much deeper level.

4.2 "An American Brat" by Bapsi Sidhwa

An American Brat: the quite hilarious travails of one Feroza Ginwalla, a young girl from an orthodox Parsi household in Pakistan who is sent to America by her worried family because she's taking too much interest in radical Islam(Grid)#HipsterHarbourStory The novel investigates cultural assimilation, identity crisis and the psychological nuances of a hybrid society. In this section previous works that have discussed these themes regarding Feroza's experiences are explained with details.

Feroza, the protagonist in “An American Brat” finds herself facing a cultural accommodation, and-as-a-result an identity crisis is one of its main themes. As Ali (2015) puts it: “Feroza represents the classic counterpoint of

traditional Parsism sweltering under novel American freedom. If her escape to America was meant originally as a liberation from the belly of conservative influence, then this journey through two different worlds expresses much more than that.

A good amount of research has dealt with the diaspora and how this affects gender norms. Parikh, 2014 explains how the migration of Feroza to America confronts her with new gender norms and compels a reexamination of what and who she is as a woman- both in relation through Parsi society but also now American one. The novel explores the cultural clash that ensues, as Feroza is made to confront and reconcile conservative gender norms she has been taught since childhood with more progressive ideas which are an integral part of contemporary America.

Hybridity is the key to unlocking Feroza's psychological journey. Feroza illustrates a dual identity, which alludes to Bhabha's (1994) theory of the "third space". Kuortti (2007) points out that Feroza embodies the existential ambivalence of hybrid identity, resulting in her internal split up and cultural dislocation. This research offers an intrapersonal cost of having more cultural allegiances that the person in question must attend, hence making it harder for this individual to not only internalize but project image or define oneself.

Some literary critics have even used psychoanalytic frameworks in analyzing Feroza's mental state. The experience of Feroza is analyzed using concepts from the DSM-5, such as identity disturbance and cultural bereavement (Eisenbruch 1991). Such an approach lays bare the fears, insecurities and heartache of navigating America while clinging to her Parsi roots.

Cultural bereavement applies well to Feroza. As is in Feroza she faintly understands how Alienating her new environment truly means (Sidhwa 1994-III) The guilt only adds to the heartache she faces due to her nostalgia for representing our culture. Volkmar and McPartland (2014) observed that many studies illuminate the psychological vulnerabilities of individuals on the spectrum living in a world where they experience I feel like this is, among other places me.

The narrative techniques employed by Sidhwa is functioned to intensify the emotional depth of Feroza's character. The intimate first-person perspective of the novel is an excellent way to explore Feroza's character even further. Hopwood et al. Narrative technique and point of view Bhongodi informs that this novel uses a narrative style, which shows the psycho development of Feroza in its parts. Hopwood et al. (2012) argue that this narrative style provides a nuanced portrayal of Feroza's psychological development, making her journey relatable and compelling.

5. Contributions of DSM-5 Analysis

DSM-5 criteria incorporated into literary characters can provide a systematic and clinical perspective on their psychological aspects. By utilizing DSM-5 criteria, they investigate the character's mental health part to examine their inner struggles and ways of managing stress in doing so.

Identity frulling is one of the significant contributions in DSM-5 analysis, it recognizes and expand identity disturbance. Identity disturbance - a noticeably unstable self-image or sense of identity, as described in the DSM-5. In the practice of postcolonial writing, such as that hybrid identities often struggle with conflicting cultural values and self-perceptions.

This fundamental oscillation further exacerbates his profound identity disturbance in *The Reluctant Fundamentalist*, where Changez teeters between the Pakistani heritage he has left behind and increasingly conflicted American aspirations. The socio-political atmosphere after September 11th only fuels this battle within. Applying DSM-5 criteria, researchers could then methodically examine the transformation in Changez's self-conception and its concomitant psychological distress. However, the way in which Changez becomes disillusioned with American ideology and ultimately repatriates to Pakistan illustrates both confusing aspects of identity issues (American Psychiatric Association 2013) & and instability within an individual's concept of who they are.

In "An American Brat," Feroza straddles the Parsi roots she is supposed to embrace, and cultures further afield that are just as much part of her. The DSM-5 format helps us see the flawed logic and self-doubt that Feroza encounters. Any Parsi who has ever grappled with balancing traditional Parsi expectations and liberal ideas inherited from the US will recognize such a struggle as canonical identity disturbance. The DSM-5 outlines structured questions to consider Feroza's emotional and psychological responses toward these cultural conflicts (American Psychiatric Association, 2013).

Cultural bereavement is another area of great contribution to the DSM-5 analysis. Cultural bereavement refers to people's emotional pain when they become cut off from or lose aspects of their cultural identity and heritage. That would help us to understand how hybridity affects the human psyche, an indispensable aspect in studying one of its academic spin-offs: literary fiction.

In "The Reluctant Fundamentalist," the loss of his sense of self as a Pakistani man in exchange for nomenclature such as "terrorist" and "fundamental Muslim," becomes apparent to Changez, inspiring an ever deeper feeling of disillusionment with America. Not only with the increase of Islamophobia after 9/11; his subsequent separation from American mainstream society takes its toll and makes him long for Pakistan, that land

he left behind. The DSM-5 manual is a tool that explains the magnitude in emotional and psychological ramifications due to this cultural loss, which means isolation, remorse (sadness) (Volkmar & McPartland 2014).

Feroza's experience in *An American Brat* also proves cultural bereavement. The flux of her emotional ordeal and the regret she experiences for having neglected her roots are primal elements that contribute to constructing her experience as a Parsi woman. By matching her experience to the DSM-5 criteria, we can illustrate how Feroza troubled with cultural adaptation and experienced emotional distress related to forming a unique dual-ethnic identity. This structural analysis reveals how much she tries to resist in her chemical way while still holding onto traditions within the abstract notion that there could be a transition between two versions of herself (Eisenbruch 1991).

DSM-5 criteria allow literary characters more psychological flesh by allowing them to be seen through the clinical lens that analyzes behaviors and emotional responses. IT goes a step further than traditional literary analysis by getting inside character motivation and development.

Take Kriegler (2014), who acknowledges that post-9/11 may have added more layers of psychological complexity, as proper analysis under DSM-5 can lay this out quite intricately on account of Changez. Using a framework to systematically assess symptoms of identity disturbance and cultural bereavement may enable us as researchers, for example, in understanding his internal struggles and how he navigates through them. It is a way of representing not only his divided soul but also signaling the deeper psychological ramifications that living as one half breed human has on his physical experience, bringing him closer to our own experiences.

The character of Feroza in *An American Brat* too gets her own DSM-5 diagnosis. The criteria offer a subtle pathology of her histrionic progression through first cultural imposition to adoption and according hybridity. These researchers then provide a more holistic view of her character development through this lens and the psychological adaptability necessary when being forced to maneuver between two sets focuses in another culture (Lewis-Fernández et al., 2014).

The DSM-5 readings of various characters provide not only a different set of impressions than standard figural analysis but also have implications in terms of how we understand practices within multicultural and postcolonial mental health. The cognitive dimensions of hybridity can further direct the course to develop culturally sensitive interventions and support systems for those facing similar struggles in reality.

For example, the results from analyzing Changez and Feroza can inform mental health practices that cater to people with hybrid identities. With this awareness, mental health professionals could offer more grounded and compassionate treatment to those struggling with identity disturbance or cultural bereavement. This strategy could potentially help patients to struggle less with the complexity of their cultural adaptation and identity processes, thus improving mental health outcomes in this population (Lewis-Fernández et al., 2014).

6. Methodology and Analytical Focus

6.1 Selection of Key Narratives and Actions

"The Reluctant Fundamentalist":

Focusing on key narratives and actions in "The Reluctant Fundamentalist" by Mohsin Hamid, this methodology assumes the following steps to examine Changez: before 9/11 is one person; after 9/11 another. It marks an integral period of his life as Pruett said, "Literally from there on out he was lost to America and the consequences that would afflict him." The major themes include his early love of the American Dream, climbing at Princeton and working for Underwood Samson. This period denotes his full bathing in American culture and an awe of the efficiency and power of its economy (Hamid, 2007).

However, after 9/11, his worldview began to change drastically. You add that the sociopolitical landscape begins to become more unfavorable for Muslims in addition to those who are of Middle Easterner descent and they are focused on all the more forcefully. This change is essential to grasp his inner turmoil and where or why it dissipates. The story then chronicles Changez and his life in America moving further away from American values, until he ultimately decides to return home to Pakistan. His return is an image of his repudiation of American dreams and a reaffirmation of his Pakistani self. The study of these key moments reveals how cultural and political events effect one's sense of identity, as well as their emotional wellbeing (Hamid 2007).

"An American Brat":

An American Brat by Bapsi Sidhwa offers a methodological focus on Feroza — how she has managed to acculturate whilst simultaneously balancing her Parsi heritage and newfound 'American' values. Feroza arrived to the US in a tale that Umar began with her family sending her away because of increasing religious conservatism at home, only for him to kill himself when he found life difficult there. Her journey of maturation does not differ in structure from a typical bildungsroman, but it is her inciting incidents - the cultural shock she experiences both via its initial impact and then how they fit into place post-assimilation that intricately entwined us with Ichie's mind and heart throughout this novel. Major thematic frameworks consist in part of its themes as follows:

bicultural displacement - particularly after the migration to America; adaptation within American liberal and individualistic society strong with political, and social expectation; and internal struggles process towards conflict left by juxtaposed world between Parsi approachability and Western life practices (Sidhwa, 1993).

Another key narrative thread is Feroza's journey of self-assertion and her process to reclaim her identity. *COMING HOME* is the story of her personal growth, breaking through tradition and expectations from the two differing cultures she finds herself stranded in between. The objective is the monitoring of her problems as well as to concentrate on her emotional and mental reaction to those challenges, discovering how she stories these questions regarding duality within ethnic identity (Sidhwa 1993).

6.2 Identifying Symptoms and Behaviors

Identity Disturbance: Identity disturbance in *Changez* and *Feroza* occurs all through this novel, however we situate it solely now analyzing moments of confusion, loss of self-control and inner struggle. Identity disturbance is defined, in the DSM-5 as a "markedly and persistently unstable self-image or sense of self". This can be seen in the oscillation of *Changez* to embrace and then reject American values after 9/11. *Shot:* With classic Capitalist pride and ambition at first, his earliest hubris wasn't the only thing slowly slipping away as a result of the aftermath in light of witnessing that all-American senseless violence fueled xenophobia (American Psychiatric Association, 2013).

For *Feroza*, identity disturbance is demonstrated in her inability to marry the more traditional expectations she was raised with (e.g. being a good Parsi girl) and what it means for her growing up — or as an adult living on your own then ultimately merging the best of both cultures together without sacrificing who you are/were brought up to be; which depending may translate into social customs among other things so forth like trying not appear weird). Her early culture shock and the subsequent back-and-forth she has with herself regarding her own identity demonstrate a deep confusion as well as significant self-doubt This is demonstrated in these moments as she tries to grow up American and come into her own while facing the conflicting ideals of how one should behave from both cultures, thus resulting in great internal struggle and self-reflection (American Psychiatric Association, 2013).

Cultural Bereavement: As described by the DSM-5, cultural bereavement is emotional distress about coping with grieving in relation to losing culturally specific contexts and employment. This is noticeably pertinent in examination of the experiences of *Changez* and *Feroza*. In the case of *Changez*, we see signs of cultural bereavement as he begins to long for Pakistan and grow disenchanted by American culture. Upon growing up in America, his emotional turmoil crescendos when he realizes how out of place and disconnected from the cultural fabric he now finds himself. The sameness of this loss collides with the political and social alienation he experiences in a post-9/11 atmosphere that prompts him to eventually leave for Pakistan so as to gain (back) his cultural identity (Hamid, 2007).

The cultural bereavement *Feroza* talks about can be seen through the lens of her guilt, nostalgia and emotional trauma experience due to negotiating with a dualistic identity. Her nostalgia for the cultural rites and social mores of her Pakistani Parsi community, this constant, silent contrast with contrasting American ones creates a pervading sense of absence. This emotional turmoil is a major part of her psychological sojourn and depicts the difficulties encountered during cultural integration; even more, it manifests an essence what happens when humans are displaced from their homeland and traditions on to shore whose they know nothing about (Sidhwa, 1993).

By looking at these core narratives as well as the symptoms and behaviors associated with identity disturbance or cultural bereavement, this methodology offers an in-depth analysis of hybridity within postcolonial literature through dimensions of a psychological perspective. Using DSM-5 criteria to frame the hikayat, a richer comprehension of *Changez* and *Feroza* couple can be formed where it becomes more tangible how they internally resolve their personal conflicts in coping with identity amid cultural layers.

7. Potential Findings and Implications

7.1 Deeper Insights into Hybrid Identities

Political and Social Dimensions reveal hybridity in families as DSM-5 criteria will explore it, deepness within psychological dimensions may focus the negotiation process between having multiple cultural identities. This research effectively illustrates the complex dynamics of identity work that people like *Changez* and *Feroza* engage in as ciphering culture-crossers. This underscores the interior turbulence, emotional struggles and coping strategies entailed with hybrid identities by looking at symptoms and behaviors like identity disturbance or cultural bereavement. The novel forces this point in that hybridity is not a sociocultural phenomena but also a profoundly psychological one where being true to oneself often requires strenuous psychic stamina. Through the characters' struggles to reconcile conflicting cultural influences, I realized this was a journey filled with difficulty and tears as they fought against themselves in search of self-acceptance. This nuanced comprehension could add

depth to the portrayal of hybrid identities in postcolonial literature, making it enlightening and a reaffirmation that fiction needs feeling for cognizance (American Psychiatric Association, 2013; Hamid, 2007; Sidhwa 1989).

7.2 Implications for Mental Health and Well-being

Community Health Implications: The results of this study have implications for mental health practices, particularly regarding cultural sensitivity and multicultural/postcolonial settings. Findings from this study, which identifies the mental health implications of cultural hybridity and its associated psychological distress, such as loss/bereavement induced by betwixt / between states in identity confusion, have significant clinical implications for developing culturally sensitive practices in regard to providing appropriate diagnosis however that would be. These insights can inform the development of interventions that respect and account for it, working with hybrid identities instead of against them-permitting mental health practitioners to attend more wisely to personal experiences. Hom for example, can be used to design methods that allow them to walk cultural transition paths and identity crisis avoiding ways... They learn healing lessons such as Umaiik which means (crossing with ease). - Contributing to their self-identity. A targeted understanding of the psychological implications associated with cultural loss and leaving behind culturally familiar spaces can inform how to design these supportive environments in ways that promote greater mental health outcomes. Additionally, mental health professionals need to approach their work in a more empathic and culturally informed way, which needs to be incorporated into greater practice (Lewis-Fernández et al.

7.3 Literary and Psychological Integration

As we move closer towards our aim of bridging the gap between literary and psychological scholarship, we also gain a complete understanding of what drives characters throughout their experiences. Engaging with culture studies can enrich understanding in both fields by approaching this rich nexus of cultural and psychological factors when it comes to hybrid identities. Using DSM-5 criteria for character analysis in literary studies brings subtexts to the fore and makes the psychological realism of narratives apparent, so characters such as Changez and Feroza are complex resonances. By looking into their origins, one can help understand how scholars transcend surface readings and delve deeper into various works of literature (both emotionally and psychology). Including literary examples in psychological research can similarly elucidate theoretical concepts and present case studies that offer a unique perspective on cultural identity concerns as they occur in everyday life. This study offers important reflections on how literary works reflect cultural hybridity and its psychological consequences in character development that can be useful for both practitioners working with psychotherapy patients (see e.g., Kriegler, S.E. 2014) as well as students of literature focusing on new theoretical tendencies related to pain experiences through fictionality analyses ((Wakefield, J.C.; 2013).

Overall this research intends to unveil the psychological depths of hybridity in a postcolonial world literature serving clarity into more complex practice articulating across multiple cultural identities. The results highlight the importance of tailoring mental health practices to provide culturally competent care for individuals who have been raised with mixed identities. This method combines literary analysis with psychological criteria, providing a well-rounded outlook on the experiences of literature's central characters that can enhance both fields through exceptional studies. This can help us interpret hybrid identities in literature and contribute to the development of more empathetic, culturally relevant mental health practices.

8. Conclusion

The Relations among Culturedness, Emotional Turmoil and Strength arise from Analysis of Hybridity in Postcolonial Writing via Changez in "The Reluctant Fundamentalist" as well as Feroza in "An American Brat". While moving through America's cultural landscapes, both characters cope with self-loss and cultural loss that give rise to an identity crisis in Changez after 9/11, which makes him return to Pakistan, therefore, compelling Feroza to adjust to an open-minded American environment even as she seeks to retain her Parsi roots. DSM-5s structured framework, with criteria such as identity disturbance and cultural bereavement, serves to increase the understanding of such psychological dimensions to provide insightful perspectives on their emotional trials. In multicultural settings, hybrid identities require serious ruminations on psychological issues. One can reach an adequate understanding of postcolonial literature only when adopting an inclusive methodology that facilitates the comprehension, compassion and humanization of blended characters.

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Conflict of Interest

We declare that there is no conflict of interest regarding the publication of the paper.

Author Contribution

We confirm the contribution to the paper as follows: **study conception and design:** Iqbal, J, Ahmad, F and Mohd Noor, SNF; **data collection:** Iqbal, J; **analysis and interpretation of results:** Iqbal, J and Mohd Noor, SNF ; **draft manuscript preparation:** all authors. All authors reviewed the results and approved the final version of the manuscript.

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