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**A LITERARY RECONSTRUCTION OF MENTAL HEALTH AS PORTRAYED IN  
AYÒBÁMI ADÉBÁYÒ'S *STAY WITH ME* AND REDI TLHABI'S *KHWEZI- THE  
REMARKABLE STORY OF FEZEKILE NTSUKELA KUZWAYO.***

***BY***

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**31 JANUARY 2023**

## Declaration of original work

I, FREDDY SHUUDENI NATANGWE SHEETEKELA, hereby declare that the work contained in the thesis, entitled "A LITERARY RECONSTRUCTION OF MENTAL HEALTH AS PORTRAYED IN [AYÒBÁMI ADÉBÁYÒ](#), *S STAY WITH ME* AND REDI TLHABI'S *KHWEZI- THE REMARKABLE STORY OF FEZEKILE NTSUKELA KUZWAYO.*, is my own original work and that I have not previously in its entirety or in part submitted it at any university or other higher education institution for the award of a degree.

Signature: 

Date: 31 JANUARY 2022

Supervisor's name: Professor Sarala Krishnamurthy

Signature: Saralak

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## **Abstract**

The purpose of the study is to reconstruct mental health in literary studies or literature. It argues to strengthen, highlight and encourage the representation of mental health in literary works. In so doing, authors of novels, biographies and any other written work are reminded and urged to consider human emotions, feelings and address a wide range of mental health challenges experienced in the world by almost every individual.

Being a literary study, the selected texts in their story lines encompass a good embodiment of ranges of emotions and reactions in different settings which reflects a true existence form and lived experiences most people go through in today's world. The two texts have exemplary and exceptionally addressed the events that are affecting societies today, such as; rape, abandonment, rejection, alienation, marriage and divorce, fertility, injustice treatment, negative effects of cultural/traditional practices versus modern practices, religion, political impartations, beliefs, suicide, degradation, financial difficulties and so many more. With our communities, in the Namibian context, these are the notable afflictions people go through. It is only human to feel stressed, develop anxieties or get depressed when encountered with one of the aforesaid problems.

The Trauma and Resilience theories were used in this analysis to provide a perspective and spectrum through which the established conditions could be assessed and understood. Further, with the trauma models, the trauma theory serves and provides great guiding tools in analysing the selected texts for the fulfilment of the study objectives.

Mental health is a perennial problem in our societies and its impact manifests through so many dimensions. An attentive and collective response in addressing it and compacting its effect needs to be enforced in different paradigms and disciplines. The study analysed the selected texts to assess how they have delivered and addressed the phenomenon. *Stay With Me* by Adebayo is a poignant book which richly touched on many elements of life and hardships that people go through such as; deception, faith fear, murder, religion, sickle cell anaemia, death, lust, love, impotence, fertility, tragedy, forgiveness, anger, politics, polygamy and a whole lot of uncertainties. It mirrors the horrors of the life that one could go through and the trajectory to how slowly one problem leads to another. The book has substantially responded to the objectives of the study. It highlighted events which most studies agreed with to be possible causes of mental health issues. Further, the characters portrayed resilience in a very genuine way. It could be traced how they were really affected by their conditions without denial or extreme fixation yet bounced back nobly with courage as if to showcase a map road on how one should deal with the given situations. The way Adebayo's characters respond to their problems makes one live in the moment which makes it easier to relate or understand.

Relatively, in Thlabi's novel, the study notes how she constructively advocated for the wellness of others with an ultimate care on how they are feeling, treated and supported when dealing with certain situations. Her area of focus was much placed on the effect of rape, the failing justice system, unfair treatment for low class citizens, gender inequalities, the silenced voices and the victims of political affiliations. The book being a non-fiction, it erases the thoughts of fantasies from the minds of the readers with its sensitive content, however these are the very incidents worth documenting where civilians will affirm the cruelty of those in powerful positions when they have no or minimal interests in the welfare of their subordinates. Thlabi took us through different stages of life with all elements of suffering experienced by Kwezi. Creatively enough, she did not only expose the ill acts, she also guided Kwezi to support systems and gained her positive communities of sympathisers who fought and stood with her through the process. She discouraged the blind loyalty that certain public individuals give to their political allies at the expense of others and with her acts managed to convince a group of women that gathered at the court on the day of the judgement. Despite the trauma, Kwezi felt heard, supported and cared for with these people. Her suffering was minimised and self-love rekindled. She however remained strong in her own capacity and courageous to the end in standing her ground of claiming honesty.

Conclusively, the study has successfully attained its objectives in the selected texts. They are notable to be identified as models in the cry for reconstructing mental health in literary works. Both authors wrote consciously addressing the sufferings of the society and indirectly discourages such conducts within societies as they fully highlight the effect it has on those affected. The texts are exceptional.

## **Dedication**

This study is dedicated to all those who struggled with mental health challenges and suffered in silence. Those whose cries are not heard and those who hardly knew what they were dealing with because of the limited knowledge in the phenomenon of mental health. It offers support and relativity to those who feel the world is only against them and provides escape ways with the given recommendation when one finds him/herself dealing with mental health challenges. My message to you, it is never permanent, it is just a moment of overwhelming thoughts which you should not give power to control you because the decision lies entirely with you. It's unfortunate how these thoughts manifest in our most vulnerable areas but like Cohen says; "There is a crack in everything, that's how the light gets in." When the season ends, your strength will prevail and your story will be an inspiring one to save and help another. Keep strong.

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## Chapter one: Introduction and background

### 1.1 The background of the study

Mental health is a perennial problem that surrounds emotional, psychological and the social wellbeing of humans. It affects how people think, feel, act and strongly determines how they relate and react to others or make healthy or poor choices and critical or life changing decisions. Traditional and cultural beliefs have Africans believe mental health is, but a mere taboo and unrealistic. Peeking in, *Nervous conditions*, Nyasha in Dangarembga's is taken to a psychologist and her parents are told that black people do not suffer from such diseases. Richmond (2014), states an estimation of 2.4 million teenagers in the United States, have mental health challenges. Ascribable to lack of resources, facilities, financial means and equitable education, the Namibian statistic in this regard cannot be fully accounted for, hence many goes through these conditions unnoticed or recognised. The South African context establishes an alarming statistic, upon which we could base our need assessment and also the ground which strongly calls for urgency in addressing and attending to mental health calamities in our communities with all possible modalities applicable as a contribution to existing methods meant to alleviate the detrimental effects which could be yielded by the negligence and ignorant act of undermining and identifying mental health as a slight problem.

Recently, the endemic situation of Covid-19 and the complex nature of mental health with its negative impact on community and individual development has hit our communities and societies hard. The loss of hope and livelihood amongst others have the world turned upside down with no exact direction to follow nor idea of what happens next or what the future holds. The nature of literary communication is one among the most recently developed forms of communication which proves to be a useful tool to educate, navigate and share information which could be vital for the development of individuals and nations at large in regards to development and growth. Petrona (2017) states that literary communication is the transmission of written or spoken text between sender and receiver. She perceives the interaction between reader and author as a creative act of conveying a message according to the reader's unique circumstances. Therefore, in this study, we used literary texts to examine the beliefs of the psychological and spiritual challenges faced by the protagonists of the selected texts.

This study investigated mental health issues in three selected Kwezi texts. The amazing story of Stay with Me by Fezekile Ntsukela Kuzwayo and Ayobami Adebayo by Redi Tlhabi, portraying and portraying the incidents that led to mental health problems in the two texts, how the characters were involved and thereby avoided are analysed, investigated, and clarified by examining these dire

situations. In Ayobami's fictional novel *Stay with Me*, the main character, Yejide, is ridiculed for being unable to have children.

Relatively, *Khwezi*: Fezekile Nutskela Kuzwayo's astonishing story reveals the pain and emotional torture Kwezi experienced over his claim to have been raped by an "uncle" during South Africa's liberation struggle and subsequently to become President of South Africa. It reflects the true story of Jacob Zuma.

An analysis of the narratives will show how literature is used as a communication platform to raise awareness on issues of mental health, their causes, effects and possible solutions with close reference to the selected stories. The study will also investigate the incidences in the selected texts in which characters have positively or negatively handled their challenges and later on provide general recommendations based on the textual contexts on how the characters should have resolved or handled the identified situations.

## **1.2 Problem statement**

The focus of this study was to examine mental health as a gruelling condition which broadly affects people's mental functions, needs to be addressed from all human perspectives and learning disciplines. Its detrimental effects are known to bring immense and undeniable damage to societies through different functional bodies. More awareness therefore needs to be practiced and carried out for the purpose of educating, directing and availing resources to the people who are in need of skills and knowledge on mental health related topics. The selected novels have documented explosive incidents or situations which mimic real life issues that lead to possible challenges of mental health and therefore proved to encompass much of what we deal with on an everyday basis in our societies. Relatively, it is vital to use these stately texts, given their embodiment of the content they carry which is rich in educating people about mental health by abridging the intersection between mental health and literature using these selected texts. As argued before, Literature is one among many platforms for communication which can serve as a vehicle to carry out this noble cause of educating the public on general issues which in this case is mental health. Further, the selected novels have quite an intricate content which has not been thoroughly researched or analysed in the perspective of mental health as this study aims to seek.

### **1.3 Research objectives**

The main purpose of this research is to reconstruct mental health in literature as a matter that needs to be prioritised, focused on the selected texts. It therefore seeks to:

- Investigate the events that will be identified as challenges for mental health in real life in the selected texts;
- analyse the effectiveness for the actions taken by the characters in the given stories in overcoming their possible mental health challenges; and
- evaluate the actions or possible options which seemed considerable in handling conditions and situations which relate to mental health in the identified texts.

### **1.4 The importance of the research**

Literature serves as a true reflection of human experiences. It documents the emotions, the experiences and the imaginary thoughts that humans have in either a fiction or nonfiction way. It is true that our fantasies are limited to what we know, thus what we write in our literary works carries our dreams, aspirations and voices on how we want to transform the world we live in or simply to be heard. This being a literary study, the conclusion drawn from the explored stories or novels serves as reference upon which future victims can base their decision by deriving knowledge and applying the same recommendable mechanisms and skills utilized by the actors in their different situational experiences. It also aids in advancing better by reducing reluctance in not taking relevant actions as the characters in the read stories might have done.

The study has further exposed the danger in not acting upon situations that are likely to result in mental illnesses and the damage that happens when one chooses to neglect and ignore their emotions, an understanding that could benefit the entire public.

Other scholars who are going to explore the same area in the same novels or others may use the results of this study as reference or resource material in their studies or related presentations.

### **1.5 Limitations of research**

The objectives of the study have been carried out in investigating the three selected African novels which have documented elements of abuse, nepotism, abandonment, alienation and all other closely related mental health issues. The selected novels however still have many themes and areas which

means, the research will focus only on selected novel themes that meet the stated goals if they are far removed from the research objectives and contribute little or nothing to the research objectives.

### **1.6 Definition of technical terms**

**Mental health** – It is defined by WHO as a state of complete physical, mental and social well-being as well as the absence of disease or illness (WHO, 2001, P1).

**Mental illnesses** - The Australian Government Department of Health defines them as a group of diseases and disorders that affect how a person feels, thinks, behaves, perceives and interacts with others.

**Psychiatry** – It is called the study and treatment of psychiatric disorders, affective disorders, and abnormal behaviour.

**Psychotic issues** – Mental problems diagnosed by mental health professionals.

**Suicide** – The act of one taking their own life.

**Portray** - A representation or depiction of something.

### **1.7 Ratiocination**

This section was the introductory chapter of a research study aimed at literary reconstruction of mental health in selected texts. The subchapters contained in the chapter span research background, problems, desired goals, research significance, research boundaries, and defined technical terms used in follow-up courses.

## **Chapter two: Related literature review**

### **2.1 Introduction**

The first chapter focused entirely on areas mentioned in the concluding paragraph above which absorbs us in this section. This chapter engages, explores and analyses related literature review of the study. Subsections for conformance purposes in this area are: Mental health as a general topic, factors affecting mental health, importance of mental health, mental health in perception, lack of literature research on mental health, depiction of mental health challenges in 3 selected novels and how characters dealt with mental health issues, and these critiques of mental health, research employed the trauma theory.

The chosen theory to be used in contextualising the study, the identified research gap and the employed coherent theoretical framework. Briefly, the chapter will document tenets of trauma, what it entails, its models as well as how it could be used to assess and aid in the fulfilment of the objectives of the study as previously put.

This chapter provides a background to the complexities of mental health as described above and the loss of research within the topic of mental health. Briefly put, the terminology or rather statement 'mental health' is commonly associated with anxiety, depressions, different kinds of disorders, stress and its related coping mechanisms, certain body changes and others related. We however cannot desist nor deny the fact that the combination or collective individual existence of all the conditions stated above and those left undocumented are part and whole of what we identify and describe as mental health which therefore makes Mental health in this area an overarching terminology which encompasses and accommodates all the sicknesses and conditions associated with thoughts, emotions, feelings and all that has to do with the human consciousness and subconscious mind from which we yield our logical, synthesised mobility and base our view of individuality, uniqueness and that of the world we live in and those we interact with within our societies and communities.

It is therefore not commendable to associate this term 'mental health' with only the given denotations or connotations, understandings, views or description limited to one idea which we see fit as per our need or limited perception. This practice will cripple and build a dismantling general view of what the terminology and phenomenon 'Mental health' actually entails. It further robs those with interest in the area and future scholars the permission and right to exercise their views on the matter if there is no common ground of understanding and description as well as room for expansion of the term and that everyone associates it with that which they feel and think is correct to them.

The study will then explore this phenomenon extensively, reviewing and tapping into the studies related to it and discuss, engage them in this chapter to absorb their view points and apply the relevant required understanding which could be used to reconstruct mental health in Literature as it is the main objective for which the study seeks to fulfil.

These thoughts are also to be explored through the literature review to see if there has been any study which in the same interest sought to find solutions to them.

## **2.2 Understanding mental health in general**

Mental health is defined as the relationship between individuals and groups in ways that promote subjective well-being, optimal development and use of cognitive, emotional and relational skills, and achievement of individual and collective goals in a coherent manner. and the ability to interact with the environment. in equity. - Dogura, 2009, page 9.

WHO broadly defines mental health as a state of well-being in which an individual can reach their potential, cope with the pressures of normal life, work productively and fruitfully, and contribute to their communities (WHO, 2012, p. 12). (WHO, 2002) states that mental health is not simply the absence of mental disorders, but is a complete and complete system that includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and perceived competence. documented to be in good condition. one's own intellectual and emotional potential.

Taylor & Brown (2009) found that more and more people are forgetting that mental health is important to their universal well-being. Scientific and spiritual versions (Keyes, 2002; Keyes, 2012). The clinical tradition, or long-standing scientific version, manipulates people's well-being and mental health through psychopathological means (eg, alcohol or substance abuse, tension, and depression). Psychological versions or traditions, on the other hand, claim to operationalize well-being and intellectual fitness in terms of subjective assessments of an individual's degree of being, enjoyment, and the presence of phantom emotions. Keyes (2002, p. 209, 2014).

The UN Journal documents the back and forth of a person's mental health in response to various stressors and situations. At the first stage of the continuum, people are doing well. Demonstrates resilience and high levels of well-being. The situation may continue to escalate to stages that are difficult for patients to cope with, increasing the severity and frequency of symptoms. At the end of the continuum, people are more likely to experience severe symptoms, It can lead to self-harm or suicide.

Furthermore, the journal continues, the concept of mental health relates to enjoyment of life, ability to cope with stress and grief, achievement of goals and possibilities, and a sense of connection with

others. As stated, mental health and mental illness cannot be fully spoken or written about without the other being present. This option solidifies and relativizes the idea that mental health is about well-being, not illness, and not just a lack of mental health.

To bring it all in context and in the essence of the study, the critical areas we are to explore are not entirely those that put a smile on our faces or those that make our hearts mumble with humour but rather those that shatters our hearts and drowns us in emotions deeply engraved in human consciousness.

There is quite a list of well identified conditions which most people associate with mental issues. However, in noting some of the common mental disorders, the study resonates with, Jackson & Nick. (2022) as they argue that general concepts of mental health and illness are being neglected. Some expand its meaning to its breaking point, some replace fine-grained ideas with broad, vague alternatives, and some distract attention from serious forms of psychiatric distress. you notice it. Some concepts of mental health and illness are overextended through a process known as conceptual creep. Terms such as “depression,” “anxiety,” and “trauma” were used primarily to refer to relatively extreme and disabling conditions and events, but they have been used by the general public and mental health professionals to, is increasingly used to refer to something less serious. phenomenon to obtain. Depression is often used today to refer to everyday sadness, anxiety is often used to refer to temporary worry, and trauma is often used as a synonym for general adversity and emotional excitement.

Jackson and Nick, (2022) further established a basis that; the expanded concept of mental illness is not confined to the mental health profession but extends to the wider community. The concept, which once had limited psychiatric meaning and was based on assessments of severity, duration, and significant impairment, has been modified in both the media and in everyday speech to refer to milder, transient phenomena. Often used loosely. This argument points to the devaluation and minimalism of the concepts used in the field of research, resulting in the public deeming the phenomenon less important.

The different approaches and complex views of scholars and academics in the discipline all opine that our thinking capacities and logical thoughts are affected when we deal with mental issues or conflicts. It might be that the degree and the severity of the condition one is dealing with is different but it could be deduced from these viewpoints that all are familiar with the conditions established and therefore need to be part and parcel of a resolute team aiming to bring about a solution to a problem that is affecting humanity.

The American Psychiatric Association (2000) documents mental health issues relevant to humanity, including: stress, anxiety disorders, behavioural and emotional disorders, bipolar affective disorder, depression, dissociative and dissociative disorders, eating disorders, obsessive-compulsive disorders, paranoia, post-traumatic stress disorder, psychosis, schizophrenia, etc. as some of the most commonly experienced difficulties in our society.

Given the complexity of the mental health field and the disorders identified, research is limited to a few selected and highlighted disorders such as: stress, anxiety, depression. The following conditions are the conditions referenced and searched to achieve the research objectives presented in the previous chapter, and the results established in those investigations are also films that provide a temporary roadmap for understanding. The necessity and importance of considering to a different extent all other conditions related to mental health.

### **2.2.1 Stress**

As George (2010) states: "Stress has different meanings for different people in different situations." The first and most popular definition of stress was proposed by Hans Selye, where he argued that: "Stress is the body's non-specific response to any demand." Other definitions have evolved to accommodate different situations, experiences, and conditions. Due to the above discussion, this study examines several academic definitions of the term and matches them with the specific definitions referenced in defining and understanding the term stress throughout the study.

Selye (1948) defines stress as the body's non-specific response to specific demands. he made it even clearer. Stress is our body's response to changes, threats, or pressures from external or internal forces, and during these encounters our body regains its normal state and protects itself from potential harm. The preposterous conflict between and the interactive process felt within is then what we identify and claim as stress. Selye being recognized as the father and first researcher of the phenomenon, most meaning and collective definitions of the phenomenon are absorbed or derived from his findings.

Obigaeli and Christian (2019) similarly argue that: The term "stress" is a highly subjective phenomenon and very difficult to define. They say that people have used it to describe a variety of things. However, they agree with (Lehloo, 2008) that an experience of physical, mental, or emotional distress in response to real or imaginary stimuli. In it they claim: It can be understood as a state of tension experienced by individuals faced with extraordinary demands, limitations, or opportunities. Experiencing tension or stress can be of a physical or psychological nature.

From the two given perspectives which are closely similar, the study finds a link between the arguments tabled that stress in its nature is a body's response or reactive energy towards a certain event. It is established that there are two deviating categories, good stress and bad stress. The study however, is pursuing the bad stress branch with its impacts and exposing how it reflects in the given selected text books.

In understanding what the phenomenon stress entails, one needs to know how it presents itself, the impact it brings and whether there are treatments or mechanisms to cope with it when one realises, they might be dealing with stress. Stress affects everyone differently. Excessive stress in one person may not have the same effect on another.

Stress can be caused by many things. Here are some examples from the UK Journal on Mental Health. Exams, problems at school or work, sexual, physical or emotional abuse, relationships, new responsibilities, moving to a new place, death of loved ones, new or chronic illness or disability, death of peers, traumatic event, pressure, bullying, unrealistic expectations of self, family, friends, culture, taking on too many activities, excessive expectations, etc. Given our different strengths and experiences, people differ on how they respond to different occasions but with some, one situation alone can be overwhelming to some.

Praveena, et al. (2019) opines that; Unresolved and persistent stress can lead to a condition called distress. They believe that this is a negative stress response that disrupts the body's internal balance or equilibrium, causing physical problems such as headaches, upset stomachs, elevated blood pressure, chest pain, sexual dysfunction, sleep disturbances, and emotional problems that lead to panic. Aggression and other conditions; worse, stress is also the leading cause of death from related medical conditions such as:

Heart disease, cancer, lung disease, obesity, diabetes, Alzheimer's disease and even premature death of babies.

In understanding the consequential effects of unattended stress, it is highly commendable that one seeks help as soon as they realize they have symptoms of stress of some kind. The Health Communities journal stipulates the following regarding the treatment of stress.

- With a trained professional, Cognitive Behavioral Therapy (CBT) can be used to manage stress, understand thought patterns, identify trigger points, and identify positive behaviors.

- Mindfulness:

Based Stress Reduction (MBSR) combines mindfulness, meditation and yoga with a particular focus on stress reduction. The active ingredient, Celexacitalopram, is an antidepressant in the class of selective serotonin reuptake inhibitors. This drug helps restore the balance of a certain natural substance (serotonin) in the brain. Prozac Fluoxetine is used to treat depression, panic attacks, and obsessive-compulsive disorder.

- Herbal medicine:

Passion Flower - A folk remedy for anxiety and insomnia comparable to the benzodiazepine class used to treat stress. Lavender essential oil:

Lavender oil helps reduce anxiety and stress by exerting a calming effect on the central nervous system. Cinnamon essential oil: It has anti-inflammatory properties, relieves muscle pain and has a calming effect.

Ashwagandha: It is a traditional medicinal herb with many health benefits. It reduces anxiety and stress, fights depression and improves fertility. The medicinal part is the root. It disrupts hormonal balance and impairs brain function.

Tulsi or basil leaves: It is a powerful antioxidant and works by suppressing central nervous system activity, which is paramount for stress reduction and relaxation.

- Ecotherapy:

Spending time in nature is one way to improve your health and self-esteem. This may include exercising in the countryside and participating in gardening and conservation projects. Free therapy yoga, meditation, exercise, sleep, acupuncture, aromatherapy massage.

- Non-drug therapy:

Massage; used to loosen tight muscles, relieve pain, and improve blood circulation. Meditation; A little rest during the day can help manage and relieve stress. Exercise; works similarly to meditation because it gives you time to be with yourself to calm your spinning thoughts while releasing endorphins into your brain and improving mood and blood flow. Organize your life:

The organization gives you a sense of control and peace of mind that improves your quality of life by setting the right schedule. Eat healthy; junk food has been shown to make us depressed.

Restrict mobile phone and internet usage: You can block at least some of the channels that stress you out by turning off the internet and your cell phone. It is especially important to stop using electronic devices before bed. This can help alleviate insomnia problems.

Vitamin B: These are known to promote proper functioning of the brain and nervous system and aid in relaxation.

The information above has engaged the phenomenon of stress as a mental condition, one among the selected ones to be analysed in the selected text books. It defined what it entails, gave us the causes, the effects and lastly the possible treatment options available to those who will experience the given symptoms. The study will show how these findings will reflect in the selected books.

### **2.2.2 Anxiety**

Anxiety is an unpleasant feeling caused by anxiety or stress. This is a very common feeling that everyone experiences from time to time. It is also a normal emotional reaction to stressful situations. Scaring one person does not necessarily provoke the same reaction in another. Here's a working example: Some people find meeting new people stressful, while others enjoy the opportunity. Mind you, (2021) means this. Anxiety is what we feel when we are particularly worried, tense, or worried about what is going to happen or what may happen in the future. It is most often identified as overwhelming fear, the natural human response when threatened. The mind determines that it is experienced through our thoughts, emotions and bodily sensations. It has been argued that when it interferes with your ability to live your life the way you want it, affecting your choices and sometimes important decisions about your life, it becomes a mental health issue.

Fear, like anger, sadness, disgust, and perhaps others, can be argued to be a negative emotion. Fear, on the other hand, corresponds to a state of uncertainty. Fear is often future-oriented as well. Likewise, it involves concern about the disasters that may await the person, such as the various unpleasant consequences of unemployment. Future disasters can be overwhelming and seem beyond human control.

Anxiety disorders are the most common or most common mental disorders. (Munir et al., 2019). You further stated: These disorders constitute a group of conditions that share extreme or pathological anxiety as a major disorder of mood and affect. Anxiety can be understood as the pathological counterpart of ordinary anxiety, manifesting itself as a disturbance of mood, thinking, behaviour, and physiological activity.

They argue that anxiety disorders bring with affright disorder which could be interpreted as fear or flight of some kind. However, Diana, (2011) argues that fear is a universal emotion which makes it difficult to discern the point at which "normal" fear becomes pathological and at what point it is appropriate to diagnose an anxiety disorder. In her view, she indirectly highlights that, human beings are allowed to feel fear as a natural reaction towards a certain situation and not necessarily associate it with anxiety, however the point remains that, when it surpasses normal behaviour, it needs to be assessed and be matched with its possible relevance of being an anxiety attack.

Azab. and others. (2019) concluded that anxiety is characterized by disturbances in mood, thinking, behavior, physiological activity, and associated sleep disturbances, the development of phobias, the onset of concentration, social, and/or professional functioning. In the case, distinguish between normal anxiety and anxiety. Anxiety disorders are associated with restlessness, nervousness or irritability, fatigability, difficulty concentrating or feeling empty-headed, muscle tension and irritability. you document it. The etymology of anxiety includes stress, diabetes, genetic and environmental factors.

Radhika (2021) describes the types of fear as: Generalized anxiety disorder (GAD), social anxiety, specific phobias, panic disorder, obsessive-compulsive disorder (OCD), and post-traumatic stress disorder (PTSD) (Types of Anxiety, 2020).

Generalized anxiety disorder (GAD) is defined as a disorder characterized by persistent and excessive worrying about many things at once (Legg, 2020). Throughout life, people depend on many things, including: health and wellbeing, family, relationships, education, extracurricular and creative participation, employment opportunities, other housework and activities, housework.

Radhika (2021) further engaged the **social anxiety disorder** which she described as a situation or unfavourable feeling experienced by the individuals with this condition when they go out in public places and engage with other people outside their comfort zone or familiar circles. It could be neighbours, friends, instructors, supervisors, employers, colleagues, classmates and so forth or even at major interactive functions like, meetings, religious functions, conferences and so on. People with social phobia can hardly engage with others and find it overwhelmingly uncomfortable when put in such situations.

Post-demanding pressure disorder (PTSD) is a intellectual contamination induced with the aid of using scary activities or situations (What are the Five Major Types of Anxiety Disorders? 2014). A factor that may lead to increased occurrences of PTSD could be family history of PTSD, lived experiences and events that have the potential to lead to PTSD, death or serious illness of a close family member or

friend, sexual assault, physical abuse, serious injury, misfortune, etc. Symptoms are said to include nightmares, intrusive thoughts or images, severe distress, panic attacks, and other types of health problems or illnesses. Adding on the said effects; Some of the factors that state how PTSD has unfavourable effects upon the lives of the individuals are, residing in seclusion, problems in enhancing personality traits, occurrence of barriers within the course of career growth prospects and challenges in bringing about improvements in their overall quality of lives.

The most established commonly known causes of anxiety are such as: stressful events, physical health conditions, financial problems, substance abuse, alcohol, medical side effects, change or movements, lifestyle habits, genetic type, excess consumption of unhealthy food or drinks, uncontrolled fear, unyielded childhood trauma, abuse and neglect etc.

### **2.2.3 Depression**

Everyone gets sad or sad from time to time, but these feelings are usually fleeting and go away within a few days. When a person suffers from a depressive disorder, depression, like other mental health problems, interferes with daily life and normal functioning and causes pain for both the person with the disorder and those who care for them. Depression is a common but serious illness and most patients require treatment to recover. Many people with depressive disorders do not seek treatment. However, the majority of people with even the most severe depression can recover with treatment. Extensive research into the disease has led to the development of drugs, psychotherapy, and other methods to treat people with this disorder.

For better understanding, Mind (2019) describes depression as a long-lasting depression that interferes with daily life. Health magazine claims: Depression, at its mildest, means a bad mood. It doesn't stop you from living a normal life, but everything seems more difficult and unsatisfying. It's dark and isolated and chokes me at every turn," said another. These depictions provide practical examples of lived experience from a real-world perspective, greatly expanding our understanding of phenomena. It is now common for all of us to feel depressed from time to time and feel sad and miserable about life. It is a sign that you may be suffering from

The National Alliance Mental Health Institute (NAMI) (2015) documents the most common symptoms associated with depression. However, they showed that these symptoms were inconsistent and could change in everyday life. Symptoms therefore include, but are not limited to: Sleep disturbances, appetite changes, poor concentration, loss of energy, apathy, low self-esteem, feelings of hopelessness, movement disorders, physical distress.

These are most often confirmed by a medical professional or confirmed by their frequency of occurrence and growth patterns during their occurrence.

Depression can be a devastating illness, but it often responds to treatment. A specific evaluation and treatment plan is important. NAMI, (2015) recommends the most commonly used methods or practices to treat or alleviate depression. Treatment may include any or a combination of the following: medications, such as antidepressants, mood stabilizers, and antipsychotics; psychotherapy, such as cognitive-behavioral therapy, family-centered therapy, and interpersonal therapy; Alternative therapies such as electroconvulsive therapy (ECT) and repetitive transcranial magnetic stimulation (rTMS) stimulation therapy, light boxes for exposing a person to full-spectrum light, conditioning, exercise, acupuncture, meditation, nutrition, self-management strategies, and education Such as brain, meditation, faith, prayer and so on. For those who believe in the mind/body/spirit hormone melatonin, an approximation. National Institute of Mental Health, Namibia (2007). p. 3. Document some forms of depressive disorders. The most common are major depressive disorder and dysthymic disorder. Major depression, also known as major depression, is characterized by a combination of symptoms that affect a person's ability to work, sleep, study, eat, and enjoy previously pleasurable activities. Major depression is disabling and interferes with normal functioning. Major depressive episodes occur only once in a person's lifetime, but they are more likely to recur throughout life. It is characterized by fewer severe symptoms and does not disable a person, but prevents them from functioning normally or feeling well. People with dysthymia have lifelong major depression. An episode he may experience more than once. Bipolar disorder, also known as manic depression, is less common than major depression and dysthymia. Bipolar disorder is characterized by cyclical mood swings ranging from extreme elation (mania-like) to extreme depression (depression-like).

Some depressive disorders have slightly different characteristics than those listed above or develop in certain circumstances. However, not all scientists agree on how to characterize and define these forms of depression. They include: psychotic depression. It occurs when major depressive disorder is accompanied by some form of psychosis. B. Loss of reality, hallucinations, delusions. Postpartum depression is diagnosed when a young mother develops a major depressive episode within a month of giving birth. It is estimated that 10-15% of women experience postpartum depression. Depression usually resolves in the spring and summer.

However, despite the diagnosis. There is no one assigned cause for these disorders, rather, it is a combination of genetic, biochemical, environmental, and psychological factors. Other contributing factors could be that of family histories, losses and difficulty coping in life and relationships could be

reasons for depression. In the same sense, treatment for these varieties also differs, at times even on the gender or persona. Much could be discussed in the discussion chapter and conclusion.

### **2.3 History of mental health**

Many cultures view people with mental disorders and illnesses as insane and associate them with spiritual punishment and demonic possession. In historical Egyptian, Indian, Greek, and Roman writings, spiritual contagion is valued as a spiritual or personal problem. Eliminated and pioneered the healing of intellectual infections. Instead, he focused on altering the madman's environment and occupation, or administering certain substances as medicine, a negative attitude toward intellectual contagion that continued into his 18th century in the United States. rice field. This was due to the stigma surrounding intellectual contagion and unsanitary housing for the mentally ill (Timeline, 2012).

Ferraris, 2022; states that; references to mental health are determined at some point in history. However, the onset of psychiatric infection becomes neither linear nor progressive, however cyclical. Whether a conduct is ordinary or odd relies upon at the occasions surrounding it and consequently varies as a feature of precise time and lifestyle. Historically, deviant behaviour, or behaviour that deviates from the sociocultural norms and expectations of a particular lifestyle or era, has been used to silence or control certain individuals or groups, and to posed a danger to others. Painting or disturbing relationships with family and friends.

She further notes that; Throughout history, there had been three popular theories of the etymology of mental illness. Supernatural, physical, psychogenic. Supernatural theories characteristic insanity to ownership through demons or demonic spirits, displeasure of the gods, sun eclipses, planetary gravity, curses, and sin. Somatogenic concept identifies problems of physical features due to disease, genetic inheritance, or mind harm or imbalance. Psychogenic theories consciousness on trauma and distressing experiences, maladaptive mastering institutions and cognition, or distorted perceptions. The etymology of psychosis courses the care and remedy of humans with psychosis. As proven below, the ones believed to be possessed through demons are visible and dealt with in a different way than the ones believed to be tormented.

Mental health and mental illness are neither new nor newly discovered. Over time, anomalous conduct has grown to be a part of the human experience. Conflicting ideals approximately demonic possession, the gods, ` punishment for sinners, state of mind, and mind defects recur. Doctors absolutely understood human anatomy and attempted to deal with a hollow it has made in someone's cranium in order that the demon can escape.

Alternatively, the response to the trouble conduct turned into bodily imprisonment, expulsion or even death. Prisons have traditionally been dumping grounds for undesirable human beings. At certain points, some nationalities have skyrocketed in records that witnessed mass incarceration of mentally sick sufferers. Disability has been disrupted with the aid of using reformers looking for extra humane options.

## **2.4 Factors influencing mental health**

Piet (2021) and Kazem et al. (2009) share the common ground in establishing a list of common factors observed in human behaviours which could be believed to be the influencers of mental health. They documented items such as: childhood abuse, trauma or neglect, social isolation or loneliness, racism, social disadvantage, poverty or debt relief, severe or prolonged stress, long-term physical health, unemployment or unemployment, homelessness or poor housing Discrimination and stigma, including long-term caregiving, drug or alcohol abuse, domestic violence, bullying and other forms of abuse, serious adult trauma such as victims of violent crimes, physical causes such as head injuries, Or neurological conditions such as epilepsy can affect your behaviour and mood.

Added to them is the social cognitive theory of Bandura (1977), which claims that all people have something called self-esteem. Or emerge to complete and assess tasks.

Empirical studies show that self-esteem is an important psychological factor that contributes to the quality of life, physical health, and mental health of all people. (Evans, 2007). Self-esteem has often been shown to be an important predictor of well-being. Indeed, low self-esteem leads to dissatisfaction and maladaptation, whereas positive self-esteem leads to claims and internal standards that make a positive contribution to health (Erol & Orth 2011; Glick & Ziggler, 1992). Self-esteem is therefore an important part of adolescent mental health. (Schnck & Zimmermann, 2012)

Dale & Zimmerman, (2012) identify three distinct clusters of negative outcomes resulting from low self-esteem.

(a) self-harm, anxiety, depression, and suicidal ideation; (b) poor psychosocial outcomes with externalizing features such as violence and aggressive behaviour, educational failure and exclusion; (c) risky health behaviours, such as drug or alcohol abuse.

There are however new developing areas and trends which are strongly equally believed to contribute immensely to the escalating mental health challenges experienced in the world today. These areas have however been in existence since the beginning of time, it is only given the technology, education and change in different beliefs and cultural practices have made things rather more difficult for those who find themselves in one of the categories identified. They are such; gender difference, hybrid

identity, race and ethnicities, sexual orientation, romantic relationships and inferiority complexities. These factors are most prevalent and observed in the millennial and Gen-z generations.

## **2.5 The importance of mental health**

Uzma (2021) says: Good mental health is fundamental to a general sense of health and well-being and influences social and economic outcomes throughout an individual's lifetime. Poor mental health is associated with health and psychosocial issues such as: poor academic performance, low self-efficacy, and alcohol and substance abuse increase the risk of psychiatric and other disorders in later adulthood. Interventions that promote positive mental health provide people with the life, skills, support and resources they need to reach their potential and overcome adversity (Jenkins, Baingana, Ahmad, McDaid, & Atun, 2011).

Research documents a variety of areas that are beneficial for all. The Plan Street (2021) blog site explains some of the reasons why mental health is so important. They are:

### **2.5.1 Mental health plays an important role in relationships.**

The link between mental health and relationships is one of the most compelling reasons for its importance. Mental illness can affect relationships with friends and family. Mental illness often leads to passive aggression, hostility, and an inability to participate in social activities. This can lead to conflicts with friends and family. Mental illness can sometimes force us to bring down loved ones for no apparent reason. Mental self-care and medication when appropriate can help maintain an emotionally stable existence while maintaining a relationship.

### **2.5.2 Mental health effects physical health**

There is a connection between our mental health and physical health. Mental illness can cause stress and compromise the immune system. This can affect the body's ability to deal with illness. Mental illness can lead to anxiety and sadness, making it difficult to stay active and active. The mind-body connection is well established, so mental health awareness is very important.

### **2.5.3 Mental health in relation to emotional well-being**

How you feel in your daily life is just as important as your physical health. Mental health advice shows how negative thoughts can make you depressed, frustrated and confused. We can be productive and effective. You can seek advice from friends, family and mental health professionals to monitor your emotional and general health. Mental health awareness helps curb suicide rates

#### **2.5.4 Mental health helps in curbing suicide**

A study by the National Alliance on Mental Health (NAMI) found that 46% of those who commit suicide have a recognized mental illness. Another study conducted by the U.S. Department of Health and Human Services found that about 60% of those who commit suicide have a definite medical condition, such as major depression, bipolar disorder, or dysthymia. This shows the link between mental health and suicide and how early medical intervention and self-care can help minimize suicide deaths. Handing out is important.

#### **2.5.5 Mental Health connection to Crime and Victimization**

As per some studies, poor mental health puts one at an increased risk of committing violent crimes. It also leads to self-victimization and abuse. This risk is further substantiated if the individual consumes drugs and alcohol and is averse to taking medication. In most cases, crimes by mentally unfit persons are committed against family members or those within their close circles. Seeking tips for mental health from a medical professional and understanding why mental health is important can help in avoiding such scenarios.

#### **2.5.6 Mental Health's connection to Productivity and Financial Stability**

One of the many reasons mental health care is so important is that it improves overall productivity and financial security. A study published in the American Journal of Psychiatry found that people with severe mental illness earn 40% less than people who are mentally healthy. According to the World Health Organization, nearly 200 million workdays are lost each year from depression alone. It is well known that poor mental health leads to decreased productivity and impacts financial stability. It is important to take appropriate mental health measures to ensure strong job performance and financial security.

#### **2.5.7 Mental health's association with social factors**

As mentioned earlier, poor mental health can lead to increased crime and violence. Adult children with mental health problems, on the other hand, are more likely to be affected by abuse, neglect, and behavioural problems. We also know that people with mental health problems are socially isolated and have difficulty maintaining a healthy social life. In summary, mental health issues can have a huge impact on society. Therefore, it is important to learn how to maintain good mental health and seek medical advice on the matter.

### **2.5.8 2.5.8 Impact of mental health on quality of life**

- 3 From the discussion above, it's clear why it's important to take care of your mental health. An unhealthy mind can cause you to lose interest in things you used to enjoy. There are ups and downs, and even the most basic tasks can become overwhelming to the point where you can't continue. It is equated with the perception of fear and loss of control. It's important to recognize these symptoms and seek mental health advice from a certified professional before it's too late.

### **2.5.9 Mental health awareness helps remove stigma**

Many people suffer from mental illness, but only a small percentage seek treatment because of the stigma associated with it. It is therefore important to raise awareness about mental health. Stigma related to mental health affects not only the number of people seeking treatment, but also the resources available for effective treatment. For those with underlying mental illness, these can be insurmountable challenges. Sharing mental health tips helps individuals recognize their symptoms, care for themselves, and seek treatment and medical support when needed.

### **2.5.10 Mental health awareness enables community building**

By being proactive about why mental health awareness is important, you can build a better mental health support organization. It has the potential to build a more tolerant and friendly global society, thereby increasing the potential for treatment of mental illness. There is an urgent need to learn about mental health and educate others. Make a difference and help heal the planet.

Finally, one of the many reasons mental health care is so important is that it improves a person's overall productivity and well-being. The Anxiety and Depression Association of America (ADAA) found that people with severe mental illness earn 40% less than people who are mentally healthy. According to the World Health Organization, nearly 200 million workdays are lost each year from depression alone. It is well known that poor mental health leads to decreased productivity and impacts financial security. It is important to take appropriate mental health measures to ensure strong job performance and financial security.

In addition to what we have discussed so far, mental health can have a significant impact on our psychological, emotional and social well-being. It directly affects how we feel and act on a daily basis. Mental health is an important factor in making difficult decisions, managing stress, and building relationships with other people in this world.

Anwar, (2021) states that mental health cannot be cured once treated. It is important in every stage of our life. she notices this. From childhood to adulthood, mental health is something that we need to be aware of and carefully manage. She also agrees and argues with Planstreet (2021). With a strong

foundation of mental health, you can develop productive and healthy relationships, manage the stresses of everyday life, develop positive self-esteem, stay motivated, and stay physically active and healthy recognize and strive to be productive at work and school, make meaningful connections, contribute to the community, and reach your full potential with a functioning mind. These attributes can also be proven when you think of yourself. Anwar's statements are everyday situations that we somehow normalize and relate to human nature.

## **2.6 Mental health perception**

Chowdhury, Mani, Ming, Khan. (2016) stated this. Mental health literacy refers to public beliefs and knowledge about mental health problems/disorders and their management. Their study further identified how the general public perceives specific disorders and treats and assesses their consequences and prognosis. They add that mental health problems can affect a person in many ways, altering patterns of functioning, behaviour, and thinking. and experience, knowledge and interactions of people with mental illness, cultural stereotypes about mental illness, media history, institutional practices, and past limitations.

The cultural context could not be left out in the discussion of mental health setting given many people derive their beliefs and traditional practices with their culture. In some studies, culture is viewed as the identity upon which we trace our origin. It makes perfect and complete sense that we incorporate it in this discussion given how it directly impacts people's lives. On the topic of mental heart, we see how in the given texts, cultural beliefs have been used as the mirror through which one should live their lives, a practice which surmounted to high expectations and cost people dearly to keep up with the established standard.

Most people were unable to voluntarily name their mental illness and used the terms insane and insane to describe this condition, indicating a high association with illness. The most common actual mental disorder cited by respondents was schizophrenia. Some respondents perceived epilepsy as a psychiatric disorder, even though it is a neurological disorder. Humans are unable to distinguish between these conditions due to overlapping symptoms and causes. This may also reflect the extent of national mental health programs that have long focused exclusively on schizophrenia and epilepsy as mental disorders. Depression is recognized as a mental illness to some extent, but anxiety disorders are rarely recognized as mental illnesses.

Deribew and Tamirat (2005) reported that people perceive only severe psychotic states as mental disorders. Similarly, behaviors such as nonsensical speech, rambling behavior, bizarre behavior, aggression, and violence were found to be the most commonly reported symptoms of mental illness.

, consistent with studies done in Africa (Kabir et al. 2004; Deribew and Tamirat 2005) suggest that attention-grabbing, socially disruptive overt psychotic behavior is associated with mental illness in all societies. These results suggest that perceptions of mental illness severity are strongly associated with perceptions of these disorders and associated symptoms, and that both are strongly influenced by lack of knowledge and awareness. In fact, thus, Jorm (2000) found that in both developing and developed countries, the general public does not adequately perceive mental disorders and do not understand the meaning of psychiatric terms. These same views have presumptively forecasted in the very selected texts where we see people reasoning based rather on their cultural perspectives or religious views on matter that relate to biology but because of the said lack of understanding a knowledge on the matter of mental health they result to their limited knowledge to give meaning to that what they observe. Not only do they have limited understanding, their deficit has also built and contributed greatly to the mental issues dealt with in the read stories which brought much damage to the victims. Had they known what they were dealing with, they perhaps would have reacted differently.

## **2.7 Lack of mental health literacy inclusion**

Ganase, Parker, Hugo, Charmaine, Stein, Dunn, Emsley, Robin, Siedat, Soraya. (2008) stated: Mental health literacy refers to knowledge and beliefs about mental disorders that help recognize, treat, and prevent mental disorders. They argue that improving the mental health literacy of primary health care professionals is essential. Lack of mental health literacy can be a barrier to providing treatment to those in need, and is of particular concern in low- and middle-income countries where mental health services are already in short supply. Ganase et al. (2008) identify strategies that they believe will help mitigate the observed deficit. Awareness campaigns, educational workshops, training courses. Mental illiteracy in developing countries may be part of the overall literacy problem, and given that literacy rates are below 50% in some developing countries, policy adoption is unlikely. suggested to be appropriate. Instead, we may need to consider comprehensive and innovative strategies that consider the challenges and opportunities of developing countries. Given the different cultural attitudes towards mental illness in developing countries, a better understanding of target groups' knowledge and belief systems will enable the development and implementation of more effective strategies. Any strategy should aim to educate and update individuals and communities about mental health, rather than deny current understanding of mental illness.

Ganases, et al. (2008) recommends therefore the following to help in the observed deficit of mental health literacy:

- Improving mental health budgets in developing countries.

- Effective use of existing mental health resources.
- Identify financial and resource barriers to mental health practice and policy.
- Mental health awareness among the general public, especially among health workers.
- Improve dissemination of health literacy information.
- Facilitate awareness campaigns such as workshops and trainings using all media.
- Integrate newly acquired knowledge into the field without rejecting traditional cultural beliefs.
- Formulate traditional healers to be educated, kept up to date and included in appropriate referral systems.
- Maximize mental health literacy by promoting Internet use

The scope of the study observes, supports and employs these recommendations. They not only fit in the African context, they also directly accommodate our narratives, cultural practices and religious beliefs which clearly needs reform and review. In the context of the selected literatures, we see how traditional healers in *Stay with me*, were the resultant option to seek help in her predicament of not conceiving. In her helplessness and vulnerability, she subjected herself to such inhuman contact and evil practices of falsehood which still could not yield her fruitful results. One could argue that if the traditional healer in *Stay with me*, was sensitized on the fertility issues, he would have advised Yejide to go for fertility diagnosis with her husband.

James. and others. (2021) documented that mental disorders are the leading cause of the global burden of disease, affecting approximately 30% of the population. Very little research has been done on mental health in Namibia to inform policies and interventions. The purpose of their review was to examine the extent to which mental disorders have been researched in the South African country.

Method:

A scoping review of research conducted in Namibia before and after independence was conducted. Electronic databases of published articles were searched for terms such as 'mental illness', 'Namibia' and 'Southwest Africa'. result: The search yielded 11,900 hits and 14 studies met the inclusion criteria. As a result, we found relatively few publications on mental health. Studies focused primarily on depression compared to other mental illnesses. They conclude that further investment in mental health research in Namibia is needed to develop appropriate evidence-based interventions to improve mental health in the population. Although Namibia is reported to have a high prevalence of psychiatric disorders in its literature and is also known to have expanded psychiatric services since its

independence, psychiatric research remains underestimated and psychiatric There is an urgent need to identify appropriate evidence-based interventions to develop the disorder.

Chipare et al. (2012) argue that mental disorders are the leading cause of the global burden of disease, affecting approximately 30% of the population. Very little research has been done on mental health in Namibia to inform policies and interventions goal. The aim of this review was to examine the extent to which mental disorders have been researched in the South African country. Method: A scoping review of research conducted in Namibia before and after independence was conducted. Electronic databases of published articles were searched for terms such as: "Insanity" "psychosis" "Namibia" "Southwest Africa". result: The search yielded 11,900 hits and 14 studies met the inclusion criteria. As a result, we found relatively few publications on mental health. They say research has focused primarily on depression compared to other mental illnesses.

To alleviate the problem of lack of research on mental health, the advice that more resources need to be devoted to mental health-focused research in the country. There is a need to intensively disseminate information on the importance of using evidence-based mental health interventions based on locally generated data. Additionally, data may be collected from existing psychiatric services available to the population. Mental health research in Namibia can be improved with increased collaboration. Researchers can collaborate at local, national and even international levels. This allows us to see how successful other researchers in other regions and countries have been. This increases the number of papers in related fields and reduces overgeneralization. Another informative but neglected opportunity in Namibia and part of the research that followed is the government's engagement to create policies that benefit mental health and shift the field to National Priority; this means that it is possible to improve budget allocation.

## **2.8 Stigmatisation around mental health**

The Canadian Journal of Psychiatry, (2012) documents Pervasive stigma for those who experience mental illness as a big problem for public health officials, social psychiatry scholars, and important practical issues for clinicians involved in community-based care for people with mental illness. In 2011, The Canadian Psychiatric Association (CPA) issued an opinion paper about stigma and discrimination against people with mental illness that gave Canadians a call to action.

Arboleda-Flórez, (2012) constitutes that, stigma is a negative emotion differentiated based on certain conditions, groups membership or position in life and that it happens when there is a power differential which can create social injustice. Goffman, (1963) contractually, conceptualized stigma as

being generated through one of three deeply discrediting conditions, all of which have been able to spoil one's social identity:

“Abominations of the body,” including bodily deformities; “tribal stigma,” including the ones stemming from ethnicity, gender, or religion; and “blemishes of character,” including unemployment, criminality, or intellectual infection. Though Goffman considered stigma as a relational construct something conferred through the social group his definition has been criticized for ensuing in an overemphasis at the attributes of folks that are stigmatized. and an underestimation of the complex electrical relationships that underlie structural injustice imposition and protection.

Three contemporary notions of stigma focus on how labels are associated with cultural stereotypes such as cognition and how they underestimate the complex electrical relationships that underlie the imposition and protection of structural inequalities. It is also rooted in spiritual concepts to consider. His three notions of contemporary stigma are how labels are attached to cultural stereotypes and how cognitive and attribution techniques work to ameliorate and protect stereotypes that are more horribly inaccurate than participation. It is also rooted in the spiritual concept that considers

Goffman (1963) argued that the stigma process alienates, disenfranchises, excludes, and denies people with mental disorders the human and social rights that others take for granted. Ideas that reflect the stigma attached to mental illness, therefore, should be carefully aligned with cutting-edge discourses of disability and attribution tactics that work to ameliorate and protect grossly inaccurate stereotypes. can be configured.

## **2.9 Coping mechanisms when dealing with mental health**

There is no one uniformed treatment method or medicine that could be used to treat all the conditions and illnesses related to mental health. Like the saying goes, there is no one shoe fits all practice given the complexity and dynamic features of mental disorders. However, clinical studies and research have researched extensively on each and every individualized and diagnosed mental condition and relevant treatment for each condition are thus recommended. In the listed conditions, the study has briefly highlighted methods that could be employed to alleviate the severity of the specific conditions.

## **2.10 Research gap**

Despite the WHO campaigning for it extensively, many people hardly get to read these journals as at times they never feel they are victims until late. Therefore, a great need to incorporate discussions of mental health in literature has to be promoted.

Many young adults, youths including students have been committing suicide lately. This is an age group that is quite involved in academics and it serves well if they could be engaged with discussions on mental health through their learning disciplines so they get to be informed on what it entails.

### **2.11 Theoretical framework**

Kuvundja, 2018 describes a theoretical framework that encompasses theories put forward by experts in the field you wish to study, and uses it to provide a theoretical hanger for data analysis and interpretation of results.

Swanson (2013, p. 122) states that a theoretical framework is a structure that summarizes concepts and theories developed from previously tested and published knowledge and serves to understand the theoretical background or foundations. You are making a slightly different claim when you say that it is a structure that composes like. Data analysis and interpretation of the implications contained in research data that explicitly claim. "A theoretical framework is a structure that can hold or support the theory of a research study".

A central claim of contemporary literary trauma theory is that trauma creates an implicit fear that divides or destroys identities. It forms the basis for a detailed discussion. However, discursive references to a single psychological theory of trauma lead to multiple representations in trauma fiction and a unified interpretation of the interplay of language, experience, memory and place. Given the diverse models of trauma and memory presented in the trauma literature, attention has been turned to the role of place in depicting the impact of trauma through metaphorical and material means. Considering the geographic location of traumatic experiences and memories places individuals in a larger cultural context that includes social values that influence event memory and self-reconstruction. Trauma fiction shows how traumatic events break ties. This study analyses two of her traumatized characters and the fictional roles of real characters in selected texts. It also discusses the impact of location on self-reformation.

## Chapter three: Theoretical framework

### 3.1 Introduction

Based on the provided interpretations and understanding of what a theoretical framework is, the study has employed the trauma and resilience theory, which is thoroughly explained in the following bulletin. Given the context and relevance regarding the topic, the literary trauma and resilience theory proves to be the most promising and thus an excellent choice for this study area. Cruth (1995) suggests that; "Trauma is an unsolvable problem of the unconscious mind that illuminates the inherent contradictions of experience and language."

### 3.2 Trauma and resilience theory

#### Trauma

The word "trauma" comes from the ancient Greek meaning "wound." Although the precise definition of the modern concept of trauma varies according to context and discipline, there is a general consensus that if trauma is a wound, it is a very peculiar kind of wound. There is no specific set of physical manifestations identifying trauma, and it almost invariably produces repeated, uncontrollable, and incalculable effects that endure long after its ostensible "precipitating cause." Marder 2006.

#### Resilience

Masten, Best, & Garnezy, 1990, p. 426, resilience is defined as "the process, ability, or outcome of adapting successfully in the face of challenging or threatening situations." They also noted that the concept of resilience provides a useful lens for considering established theoretical frameworks and critical development studies, while at the same time matching students to the strengths and potential of the people they serve. Did.

### 3.3 Trauma in a literary context

According to Murder (2006), trauma is described as a bizarre type of event that cannot be localized within the constraints of place and time.

This paper argues that trauma theory needs to address issues and concerns raised in fiction and non-fiction literary works. Cloete and Mhlambo (2006) argue that: By balancing the traumatic realities of life and how average people endure these challenges, African literature truly reflects these realities.

The study discovered that the novels *Stay with me* and *Kwezi; The Memorable Story of Fekezile Kuzwayo* successfully depict the various types of trauma experienced by the characters. The study also

showed how the characters were able to manoeuvre and cope with their traumatic experiences in a resilient manner.

### **3.4 Resilience in a literary context**

Resilience is defined as the dynamic process by which people demonstrate positive adaptation despite significant trauma and adversity. It is discussed. The term does not refer to personality traits or traits. Rather, it is a two-dimensional structure that shows exposure to adversity and the manifestation of successful coping mechanisms. (Lothar et al., 2000, p. 858).

Moore (2019) says: Life is never perfect. As long as we want things to 'work out this way', difficulties are inevitable and we all have to deal with them. This statement is a full and indirect translation of the definition of resilience theory. Ledesma (2014) says: Resilience theory assumes that what matters most is not the nature of adversity, but how we deal with it. When faced with adversity, adversity, or frustration, resilience helps us bounce back. It helps us survive, recover, and even thrive in the face of adversity.

### **3.5 Models of the trauma theory**

A model by Judith Lewis

This stage includes the three stages of remembering, processing and reconnection to everyday life. These stages mostly include stories of violence or stories told by the survivor.

The second model is developed by Carol Christ

This model includes four stages which are: nothingness, awakening, insights and new naming. The four stages will allow the reader to spot out the trauma being experienced by the character and the process until she/he gets to the last stage (new naming).

We all feel depressed at times and feel sad and miserable about life. These feelings usually pass over time, but as argued in the previous chapter, if emotions interfere with your life and do not go away after some time, it is believed that one is experiencing one of the mental health issues highly likely depression.

The trauma model emphasizes that traumatic experiences are more common and of etiological importance than is often assumed in people diagnosed with mental disorders. Such models are rooted in several psychoanalytic approaches, notably Sigmund Freud's early thoughts on childhood sexual abuse and hysteria, Pierre Janet's work on dissociation, and John Bowlby's attachment theory. rooted in There is significant research showing links between early experiences of chronic abuse and severe neglect and subsequent mental health problems.

In the 1960s, trauma models became associated with humanitarian and anti-psychiatric approaches, particularly in terms of understanding specific conditions and their impact on families. Personality disorders, particularly borderline personality disorder, have also received attention, with dissociation and the 'freeze response' (a reaction that is more extreme than fighting when frightened or traumatized) play important roles in the pathogenesis of psychiatric disorders. An extreme version of the trauma model proposes lethal environmental and birth trauma, but these are poorly supported in the academic literature and linked to memory recovery controversies.

Many people are traumatized, not just family members. For example, male victims of sexual abuse report being abused at facilities such as: Boarding schools, nursing homes, sports clubs.

The trauma model thus highlights stress and trauma factors in early attachment and mature interpersonal development. Often presented as opposing psychiatric orthodoxy, it conveys criticism of mental health research.

### **3.6 Conclusion**

Mental health is defined as the relationship between individuals and groups in ways that promote subjective well-being, optimal development and use of cognitive, emotional and relational skills, and achievement of individual and collective goals in a coherent manner. and the ability to interact with the environment. in equity. - Dogura, 2009, page 9.

In 2001, WHO also defined mental health as a state of well-being that enables people to reach their potential, cope with the normal pressures of life, work productively and successfully, and contribute to their communities. defined as

"The Role of the Literary Educator in Suicide Prevention." Fisher's approach differs from that of Monaghan and Ross by encouraging students to interact directly with the literature they read, both through their own writing and through class discussion ( Fisher 369).

Richmond also sees literary works depicting mental health issues as a means of teaching empathy. In her article "Using Literature to Confront the Stigma of Mental Illness, Teach Empathy, and Break Down Stereotypes," Richmond asked teachers to "expand the canonical literature" to bring mental health into the literary genre. Make room for more fictional works depicting the problem and inspire students to better help themselves Become more aware of the stigma attached to mental health problems (Richmond 20).

Richmond students read Jay Usher's 13 Reasons Why, a well-known book about suicide, depression, and rape, and described Usher's book as "its imagery, its thoughtful and strong character portrayals,

and its textual complexity." described as "strong" because of its "strength" (22). The protagonist/narrator's experience with illness allows the reader to draw parallels between her life experiences and those depicted in her story" (Monaghan 39).

Francis also strongly believes that writers in the young adult genre should strive to write with integrity when portraying issues related to disability and mental illness.

In this chapter, we described the theoretical background of this study. A thorough review of the literature reveals that no study has attempted to incorporate mental health discussions into literary studies, particularly in African contexts. I am aiming. It's a modest attempt. A careful review of the studies revealed many gaps in the literature. More specifically, this study aims to reconstruct mental health, focusing solely on African literature and texts selected for reference.

Through their models and mechanisms, the trauma and resilience theory have proved and provided a coherent tool suitable for evaluation, interpretation, analysing and theorising the selected texts.

## **Chapter four: Research Methodology**

### **4.1 Introduction**

This chapter describes research methodology, design, approach, procedures, data analysis, and ethical considerations.

Methodology is important because it allows researchers to focus on specific pathways during their studies. A well-defined methodology allows researchers to apply relevant techniques when interpreting data. This research draws on her three important novels by African authors, Ayobami Adebayo's *Stay with me* (2017), Mahachi-Harper's *Echoes in the shadows*, and Redi Tlhabis Khwezi-*The Remarkable Story of Fezekile Ntsukela Kuzwayo* (2017). is a literary analysis of

Literary studies are conducted in such a way that a detailed interpretation of a particular literary text is possible. The research methods used in this study are determined by the nature and theoretical framework of the study, literary trauma, and resilience theory. A theoretical framework is very important in designing research methods because it provides researchers with a structure to define their research from philosophical, epistemological, and methodological perspectives (Grant & Osanloo, 2014). Therefore, the methodology used in this study was designed to be consistent with the principles of the literature.

### **4.2 Study design**

According to Kumar (2011), "Survey design is the planning, structure, and strategy of a study. There should be answers to research questions and problems" (p.95). Kumar further states that study designs can be used to make and communicate decisions about specific study designs and data analysis methods proposed for use. Study design features relate to procedure development and logistical design. The importance of quality in the procedures required to conduct research. This phenomenological study was used as the study design.

specific group. The main goal of phenomenology is to arrive at a description of the phenomenological nature of a particular phenomenon (Cresswell, 2013).

4.3 Research paradigm  
(2016) argue that as researchers we need to understand our beliefs about the nature of reality, clarify what we can know about it, and how that knowledge can be acquired. doing. They further explain that a paradigm is a basic belief system, a theoretical framework that contains hypotheses about the ontology, epistemology, methodology, and methods used in research. In other words, it is our way of understanding and studying the reality of the world.

with Lehman et al. (2016) above, the study has employed the trauma and resilience theory to provide a spectrum through which the study will justify the findings and validate the claimed knowledge absorbed from the collective stories selected for the story as the study peruses through the diverse yet broad views given in the story lines documenting important aspects of life. The trauma and resilience theory serves as clarion criteria to assess and understand how the characters dealt with their predicaments and surfaced above the tormenting weathers.

#### 4.4 Research approach

Vijay, (2015) establishes that, choosing the right research approach is like choosing the right key to open a lock. He argues that; only by choosing the right research approach can the right methods be applied and the results be valid and reliable. He states that a concept or phenomenon may be studied by multiple researchers at different times using different approaches to cover different dimensions, a statement which he based on an argument that Knowledge cannot be perfected by any one given approach. If a theory is developed by constructivism, it needs to be verified by quantitative methods and vice versa. A study by Guba (1990) classified research approaches into different categories: Positivism, Constructivism, Transformations, Pragmatism that can seek knowledge and conduct research.

Henceforth, this study used a quantitative approach that embodies the positivist and post-positivist worldviews. The positivist approach is a guiding approach in testing research claims. It's helpful to consider the following her five features and their clue indicators.

1. Knowledge is guesswork: Knowledge is never perfect. There is always room for improvement.
2. Investigation is the process of making a claim. Research begins by testing a theory called deductive logic. Testing a theory aims to confirm its validity and reliability of application. If the application fails to prove a theory, it should be corrected, modified, or ultimately discarded.
3. Data, evidence, and rational thought form knowledge. Use valid and reliable tools to obtain information that can generate valid and reliable generalizations. Ultimately, it is human reason that distinguishes true knowledge from false knowledge.
4. Research attempts to make relevant and true statements. Research activities cannot be attributed to the creation of knowledge.
5. Objectivity is important. Objectivity is at the heart of this approach. Data collection tools, statistical methods, and researchers' own interventions must be objective.

#### **4.5 Procedure**

A procedure is a series of steps put together to achieve a desired result. A particular way of achieving something, such as an iterative approach, process, or cycle to achieve an end result. In research, it is the same unique and formal style and approach designed and recommended for usage in conducting a study that is thoroughly scrutinized and addresses all the required areas of a complete study as per the institution assessment criterion.

#### **4.6 Data analysis**

John (2022) claims that: Data analysis is defined as the process of cleaning, transforming, and modelling data in order to discover information that aids decision making. The purpose of data analysis is to extract useful information from the collected data and make decisions based on the analysis.

This study is a qualitative content analysis study. There was no field survey, only selected text was processed. Work by other literary critics from journals, the Internet, and other publications has also been referenced to build the information used to interpret the research. This study is a qualitative content analysis study. There was no field survey, only selected text was processed. Work by other literary critics from journals, the Internet, and other publications has also been referenced to build the information used to interpret the research.

#### **4.7 Ethical considerations**

The level of attention to ethical conduct has increased and expanded in response to society's expectations for greater accountability. (Haggerty, 2004; Held, 2006; Zegwaard, Campbell & Pretti, 2017).

Therefore, based on the above statement, and credibility of the study, there are no ethical issues expected to arise from the proposed research. Hence, the study complies fully with the institutional statements of academic honesty and integrity. Further, it follows and abides by all NUST ethical considerations. All sources cited in this study are acknowledged using the recommended APA reference style.

#### **4.8 Conclusion**

This chapter has documented and explained the methodologies used for the study in the pursuit of attaining its purpose and fully responding to the given objectives.

## **Chapter five: Data analysis and discussions**

### **5.1 Introduction**

The following section will analyse the data found in the given textbooks in relevance to the highlighted elements of mental health. Further, it carries the discussions as tabled by the researcher. It starts with the introduction of the textbooks selected in their individual allocation and a bit of a background on the authors. Further, the section digs deeper into the content of the books to provide answers to the contextualised questions which respond to the objectives of the study.

### **5.2 About Ayobami Adebayo**

Ayòbámi Adébáyò was born in 1988 in Lagos, Nigeria. She spent most of her childhood in Obafemi Awolowo College faculty quarters, where she studied. Ayobami holds her BA in English Literature from Obafemi Awolowo University. She also has a master's degree in Creative Writing from the University of East She's Anglia and has also received an International Creative Writing Scholarship. In 2017, she won the She Future Award Africa for Arts and Culture and has served as Editor-in-Chief of Saraba Magazine since 2009.

### **5.3 About Redi Tlhabi**

Redi Tlhabi, whose biography is listed on Wikipedia, is a South African journalist, producer, author and former radio host. She hosted The Redi Tlhabi Show on Radio 702 for over ten years. Africa. Tlhabi holds an honors degree in Political Economy and English Literature. She was a television and radio journalist for SABC and She eTV. After working for 702, a South African radio station, for 12 years, Tlhabi announced his retirement from the station. She was supposed to move to America to get her scholarship. She is currently postponing her move to America. In 2013, Tlhabi won the Alan Paton Award for her book *Her Endings and Beginnings*. The book details Tlhabi's relationship with a notorious gang that grew after her father's death. Tlhabi claims to have changed the character's name, but the mobster's mother of the same name claims the name is correct, but disputes some of the book's facts. Married doctor Brian Tlhabi, she is the mother of their two daughters, Khumo Tlhabi and Neo Tlhabi as well as the stepmother of comedian Resego Toravi.

### **5.4 Synopsis of *Stay With Me*,**

*Stay with me* is the heart-breaking story of Akin and Yejide's passionate and loving relationship. The stereotypes and social pressures of being childless have become and have had an aftermath of the

devastating scenes of despair, betrayal, loss, death, tragedy and grief they have to deal with on a daily basis.

Embedded in an era of socio-political turmoil, student riots, military regimes, cancelled elections, coups, armed robberies, and the menacing audacity of corrupt police officers. The novel is divided into four sections, 42 consists of chapters. In the first section, the scene begins with his December 2008 Jos and continues to 1985 Ilesha. The second section begins with scenes in Elisha in December 2008, followed by events from 1987 onwards. The fourth section takes the reader back to Ilesha in December 2008. In all four sections, the story is told from the perspective of the two main characters Yejide and Akin, or more precisely Yejide, over his 25 years in alternating chapters.

This complex plot allows Adebayo to weave complex characters well. A suspenseful love story that leaves readers anxious to respond until they suddenly and shockingly stumble upon a missing link in an unexpected flashback. There is also another part of the story that shows society's false expectations of women. Another aspect is a tale of sacrifice, resignation and wilful ignorance in the face of inevitable darkness. In particular, the depiction of deep pain and Pyrrhus' attempts to recover from it was read over and over again. Each is fighting something and no one is free. Yejide struggles with rejection, and Akin struggles to prove his manhood.

Akin and Yejide met in college and fell in love. For Akin, it's love at first sight. Their love blossomed beautifully and they were married within a year. Unfortunately, their promising and charming love life begins to fall apart when they later find themselves unable to have children and under a lot of pressure from society and family expectations. As Akin says, I loved Yejide from the beginning. No doubt about it. But there are things that even love cannot do. If the tension is too strong and lasts too long, love can break and break, but even if it's scattered at your feet, it doesn't mean it's not love anymore.

Akin and Yejide's storyline brings a sense of a familiar feeling in all the readers. It brings in emotions and practices like traditions and religious ones which most people are aware of through their own personal experiences. Their collective challenging situations are the ones that at a given point crushed them and had them do what some may identify as despicable things in order to regain the respect, rebuild their love, maintain their reputations and appear like normal people in the society. Little did

they notice that their constant trying took them off the track and their mental health became unstably questionable. Their story gives us a perfect context to use in responding to the objectives of the study.

### **5.5 Synopsis of *Kwezi: The remarkable story of Fezekile Ntskela Kuzwayo***

The book examines the life of Kwezi, whose real name was Fezekile Ntskela Kuzwayo. *Kwezi* is a poignant and substantive story about the life of an exiled girl. She faces rape, abuse and manipulative politics. She died of an HIV-related illness in 2016, shortly before the book was completed. Redi Tlhabi approached her as the author of her book and felt her moral obligation to share the story of the real woman behind her pseudonym. It is an interesting read, commenting on Fezekile's early life and her recent post-trial life up until her death. These abuse cases go unreported and go unpunished. Victims often feel guilty and receive harsh public criticism, while perpetrators receive unwavering support and support.

In this thrilling story, we read how Tlhabi documents and exposes the unfair treatment and the corrupt system which keep sucking blood in ordinary citizens simply because they do not have as much access, resources or means to afford certain privileges or basic security measures. *Kwezi's* story is one that could carry a voice for so many other victims or silenced people. It lights a sparkle of hope in those who are equally at the mercy of the very crippled system that made her a sacrificial lamb to inhuman treatment.

### **5.6 Highlighted elements of mental health challenges in the selected novels.**

The selected text novels are previewed and establish a very in-depth relational understanding and portrayal of the elements of mental health issues as the study seeks to engage and address. However, given the nature, dynamism and complexity of mental health structures, the study will only highlight and focus on the areas which depict situations and patterns which directly contribute or appear to have some consequential effects resulting in the targeted mental health challenge areas such as: stress, anxiety and depression. In reading the stories, one could pick up more of conditions which could appear and fit in other mental health conditions or situations, given the selected books have a rich content in the context of accounting for emotions and human existence but even so, those are to be left for further studies. So as put, the study in engaging, exploring and analysing the mental health tenets in the selected text books will focus on the three outstanding common mental health struggle

situations which most people suffer on a daily basis and thus are familiar with, which are, stress, anxiety and depression.

They are categorised as per their degree of severity and growth pattern which will be the same logical thought to be used in establishing how one unpleasant event in one's life could develop into subsequent negative thoughts which with time keeps conjoining and forming a heavy weight of discomfort, gives birth to phobias and at times changes in behaviours or contacts of a person to a certain degree. Now when this goes on unnoticed, we then have individuals struggling with mental health challenges. The study will use the selected texts and related stories to set a practical literary example on how this happens.

### **5.6.1 The prevalence of stress**

Lehloo (2008) defines stress as the experience of physical, mental, or emotional distress in response to real or imaginary stimuli. He claims that It can be understood as a state of tension experienced by individuals faced with extraordinary demands, limitations, or opportunities. He further states that; experienced states of such tension or stress can be physical or psychological. Stress is at most the first reaction we get when a slight or minor incident we are not in favour of happens to us. Every bigger thing started from smaller bits of its smallest version. Stress, anxiety and depression feed on each other in a way that the severity level of one condition absorbs or rather graduates into another until then the most extreme level of depression, Major depression being the worst condition that could have someone admitted for psychiatry on mental health stability assessment.

#### ***Stay with Me* by Ayobami Adebayo**

With that in mind, we engrave the twisted plot of Aoba's book, which exposes every element of stress. The British Journal of Mental Health documents most of the possible strains such as: exams, problems at school or work, sexual, physical or emotional abuse, relationships, new responsibilities, moving to a new place, death of a loved one, new or chronic illness or disability, death of a colleague, Traumatic events, pressure, bullying, unrealistic expectations of self, family, friends, culture, taking on too many activities, excessive expectations, etc.

Yejide and Akin have endured and dealt with most of the mentioned situations throughout their living. Their story speaks of how they were intimately in love and had to suffer the pain of fertility issues. They were emotionally tortured by their relatives. The society demanded and expected them to have offspring of which they could not deliver due to health or medical problems. These expectations from their relatives and traditional practices upon which they submit cost them dearly their peace, comfort,

dignity, finances and common standards. As if the thought of not being able to deliver on these expectations was not cruel enough to them, the in-law family for Yejide decided to add weight on the pain she was already carrying by bringing in another wife for her husband on the hope that, she will in some hope give them an offspring of which they will be happy to see as a grandchild hence Yejide could not give them any. It is as if one goes in the shop and orders or purchases one or rather much of a personal choice to want or not want to give birth.

Yejide saw a fair-haired pale-yellow woman sitting on the edge of Iya Martha's chair. Yezide's husband did not touch her. The people of Baba Lola and Iyya Martha say that a man has one possession and he does not get angry when it becomes two. The Yejide people believe that one child invites another into the world. p.10

The abstract above tells the story of how Yejide and Akin were troubled in their house by the family members, not only are their relatives already known for their constant visits to remind the couple on how they need to have a child, this time they have gone to the most extremist level of bringing another wife for Akin to marry, in the anticipation that Yejide is the reason that their son still has no child. As a woman, it is prevalent in Yajide's acclaim that she was shocked to the core. She was in disbelief and could not take in what she was witnessing nor believe her ears. One could imagine the level of rushing emotions that were going on in her mind at the time when her parents were telling her this deplorable news. Akin on the other side, is also said to have frozen by hearing the news. It is as if their choices in this regard no longer mattered and they could see their rights being stumbled upon on the ground as they are being given not only instructions but also a third party was fixated in their marriage. Out of respect, they sat and listened on how their parents were deciding the fate of their marriage with autonomous power and not a single consideration on how the couple might be feeling or slightest care of thought if in any way there is another possibility.

Yejide expresses his disappointment in the text below. She expresses that in the past she had been heavily exploited by traditional and religious practices and that she thought the same proposals her relatives had brought. "I was hoping to hear from a new minister who might be visiting. A new mountain I could pray to. Or maybe I should consult an old herbalist in some remote village or town." cried she. Desperately, she said, "I wish her mother-in-law was there. She was the only woman I called Moomi." This she said in the thought that her mother in-law was the only person who could understand her situation at this moment, clearly indirectly stating that of those who sat there, none could even fathom the difficulties she went through thus none could even offer her some sympathy

or wish her courage. They all demanded, they all blamed her and accounted her for this which they saw as embarrassment.

Women normally have a fear of having their husbands taken away by younger women when they seem to be coming of age. As if to harass her, the said parents even made sure the woman they brought was younger than Yejide. "Her age is not even close to yours." Reminds me, Iya Martha. As if this is not hurtful enough, Baba Lola added, "Her name is Funmilayo and we know that you will take good care of her as your younger sister." "Your friend", adds Iya Martha, "your daughter" adds Baba Lola again. One could imagine the fuelling anger that was in Yejide's heart and how like other women, her fear of having her husband taken by younger women comes to pass right in front of her eyes, enforced by those she thought carried her best interest at heart.

Anxiety being understood as a more painful experience and one that has much longer effects than stress has also prevailed in this phenomenal story. At many times people tend to develop anxiety or phobia reactions towards constant situations that they might be facing and they somehow could not heed solutions. The constant process of thinking and rewinding these thoughts in one's mind brings in a feeling of discomfort, irritation, disgust, anguish, hate or relevance pain. When one reaches this stage then when the association with a thought of some kind or engagement with something or someone gives them this feeling then we can officially denote that they have a certain phobia over that phenomenon. Phobias are mostly results of a certain category of anxiety in a more specific way. In Ayobami's story, there are a lot of occurrences that could infect one with these said conditions. Akin knowing that he is infertile would hate the thought of building families, discussions in that direction and would always react even probably irrational or radical when one brings up that discussion. Despite his own self condemnation and feeling of worthlessness, his wound of infidelity was constantly being pressured by the mother with her traditional beliefs and expectations on the thought that a married man is only fully accorded the rightful treatment and titleship of manhood when he has an offspring. It was also their belief that as a first born, it is your duty-bound responsibility to sustain, maintain, and preserve family ties. You have the first responsibility to protect and grow the family lineage by having as many children as possible. This practice was rather cruel and unjust on Akin's family hence he could not deliver on it and would feel like a failure in a way. In a sense, Yejide was also dragged along in this picasso and in fact made the prime suspect. She was called all sorts of

names and labels from her in-laws, friends, and socialites as they constantly reminded her of her predicament.

"Are you pregnant now?" she said without looking up from the peanut tray. I scratched my head. "Are you barren too, or are you deaf?" I say. The answer is yes or no. P. 47

The extract above is an episode that backs up the claim made prior that she dealt with a great ordeal of family and relatives in accounting for the fertility issue that was between her and her husband Akin. In that extract, Yejide is exchanging words with her mother-in-law at one of their encounters. There's no compassion of whatever nature, no caring, no support but rather blame and blatant accusation of one concluding fact with no proof of who really is responsible for the ordeal. She suffered the torturous thoughts of being barren and went to all great heights to alleviate the problem in thinking that perhaps she is the one responsible. In chapter six p. 49 we read on how Yejide went to an acclaimed high priest on top of said mountain. There she had to take with a white spotless goat to sacrifice and had to fast without food and water before the journey. She also is not allowed to rest on her way on top. Yejide braved all this in the hope that she would get help where she met her most despicable methods that were according to the group of men, she found there aimed to help her get pregnant. She has to breastfeed a goat. It is prevalent that her mental health was seriously in an absurd condition given how she actually believed upon leaving that she was pregnant and had to tell her husband the following day that she is expecting a child. Akin states that nothing has prepared him for Yejide who claims she got pregnant on the mountain. He called it bizarre and realised how serious his wife needed help before she lost her mind. She is told to have horned a ghost pregnancy which she was really happy about until the nurses have to tell her otherwise, such a shattering experience indeed. It was becoming quite obvious that Yejide's mental health was becoming a concern. Dr. Uche is quoted saying it out loud: "Madam, I'm sorry if I sounded patronising. I'm just worried about your mental health." P. 68. The thought of all these made Akin worry and realised he needed to come up with an immediate solution to this issue even if it meant him costing his dignity and self-respect. So, he ended up devising some dreadful schemes with his brother Dotun to help him in this regard so he saves himself and his family from shame. "I need to see Dotun about some investments." he claimed when he was planning on going to visit his brother so they could discuss. In a way, when Dotun finally came for their father's funeral, Akin had to say some unkind words to Yejide, all the more reason to leave her vulnerable in the care of Dotun while he was away and Funmi visiting the parents. This has

then provided an opportunity for Dotun to carry out the mission in the time when Yejide felt helpless. She exclaims:

“Sometimes I think my husband’s words made it easier for me to let Dotun comfort me. I think they made me weak enough to lean against him as he held me while I wept, as he kissed my earlobes and took off my clothes. It was over before I could blink, leaving me with semen and a dry ache between my thighs.” P. 110

In the abstract, we read how Yejide is narrating how she ended up sleeping with her brother-in-law out of her vulnerability. Even if she states it was fast, the act took place and in the later stage she will end up pregnant with the brother’s child. In the trembling and thought of what just happened, she knew this would repeat again. Yet, after they were done, she felt humiliated, a cheater, a home wrecker and above all disgusted. She exclaims;

“I hid in the room the whole weekend. I am sure his brethren’s hands had left prints on my skin. Prints that shone for my husband to see under the fluorescent tube that lit our room, prints that hot showers I had taken would not wash away.” P. 111

All these collective incidences carry a heavy wave of guilt, shame, disgust and all the tenets associated with personal conflict and pain. One in such a situation will constantly be thinking about how it all happened. In the thought of knowing that there is now way back and more especially that all accrued incidences happened much without choice and that one thing led to the other could drive someone insane. In this context, anxiety will become their everyday accompanying mate and every sunrise will remind them of their atrocities.

***Kwezi, The Remarkable story of Fezekile Kuzwayo*** by Redi Thlabi

In 2006, Jacob Zuma was tried for raping Fezekile Ntsukela Kuzwayo, better known as Khwezi. Rape in its nature is a cruel and permanent incident which could affect someone in most severity of mental health categories. Many times, it changes someone fully to the extent that they view the world differently or destroy their sexual preferences to a certain extent. Kwezi in her interview with Thlabi describes it with the following words; “I wish I had lost a limb. Rape is like death.” P. 13. In as much as

it may enormously contribute and put someone in an anxiety condition, the study will reserve this element for the depression analysis given the nature and extent it affects victims.

After the trial in which Zuma was acquitted, Kwezi was vilified by many of his supporters and forced to seek refuge outside of South Africa. Kwezi passed away ten years after her, but thankfully not before she retired to South Africa and collaborated with Redi Tlhabi on a book about her life.

The battle to save Zuma from a rape conviction and thereby secure his political career survival was a slap in the face of the justice system critic which arguably is fought with every conceivable tactic both inside and outside the courtroom by his followers at the expense of Kwezi's peace, dignity and self-worth. It was a question of desperation in deliberating whether the justice system could deliver on their mandate in reviewing the case independent of political affiliations and influence in serving the society. However, the verdict delivered by the judge has resulted in an uproar, rising controversy in the society and greater, the larger globe since the world looked and followed Kwezi's story as a standard to assess the transparency of the South African justice system.

Kwezi is said to be the daughter of an exiled friend of Zuma's and also a friend of his daughter. We put on our shirts and gathered outside the courthouse. As if their mobilization was humiliating enough, they burned pictures of Kwezi, shouted "Burn her bitch", and threw her belongings when she appeared in court. Quite controversial, Zuma clearly has no remorse or friendly thoughts about how this incident is affecting poor Kwezi.

A judge allowed Kwezi's sexual history to be used as evidence in court. Inhuman acts that infringe upon Kwezi's legitimate privacy. Feminist activists have tried to prevent this in such cases for years. Ms. Kwezi has been raped before, it happened in an asylum camp, and she is not allowed to engage in consensual sex and consent. Assuming that she was a "serial rapist" who could not distinguish between unfounded sex, Zuma took advantage of the allegation against her. Cultural defenses that justify her bigotry are not uncommon. Traditional South African leaders have tolerated and unwittingly justified the rape of women for centuries. Their practices refer to culture and inherited ancient customs. They further argue that the punishment of women by beating is part of the culture and has nothing to do with women's constitutional rights. Kwezi, who claimed to have "entered the kral" (meaning he didn't use a condom), was killed by HIV/AIDS. All these events, insults, ridicule, bullying,

public humiliation are traits that you never want to deal with, and when faced with them, the stress quickly consumes you more and more harmful serious conditions may lead to toxic thoughts.

### **5.6.2 The prevalence of Anxiety**

Mind, (2021) means this. Anxiety is what you feel when you are particularly worried, tense, or worried about something that is about to happen or could happen in the future. The mind determines that it is experienced through our thoughts, emotions and bodily sensations. It has been argued that when it interferes with your ability to live your life the way you want it, affecting your choices and sometimes important decisions about your life, it becomes a mental health issue.

With the established understanding given above in Mind's (2021) view. We find similar patterns and occurrences in the texts we selected for this study. Many times, there is a close link or rather bridge between the incidences that cause stress as of those that causes anxiety. The belief is that in most cases, these conditions feed each other and that a minor stressful incident with consistent occurrences may easily develop into a major impactful mental problem for someone on a later stage. The situations such as; stressful events, physical health conditions, financial problems, substance abuse, alcohol, medical side effects, change or movements, lifestyle habits, genetic type, excess consumption of unhealthy food or drinks, uncontrolled fear, unyielded childhood trauma, abuse and neglect etc., noted in chapter two to be possible causes of anxiety reflect their prevalence in the given texts outstandingly. The following part will therefore explore these tenets in the said books.

#### ***Stay with me***

The story of Adebayo is so thrilling in nature that it puts the reader in a curious position with its explosive unexpected reveals. Just when you think you have dealt with the worst-case scenario, then another bomb is shattered. It is fortunately the same development that keeps uprising and developing into new heightened twists. Very few new storylines that come in with the story unravelling.

With every stage, we see the scaffoldings taking place, anxiety elements pop their heads out here and there. The secrets cheating and infidelity kept in between partners in the story could ruin and destroy their peace in the house. Akin in knowing his story did not care as much to share with his wife. He in fact left her to be a victim of all the foul language from the in-laws and suffers the social pressure. Him knowing fully, he is responsible. Equally guilty, Yejide sleeps with Akins brother and chooses not to disclose any details to him even if he seemingly was aware of the whole process. These all build a strong stem of deception that is not conducive for a married couple given the possible catastrophe it will bring to the household. Expectation and reality are two bodies from different plates. However, we

suffer more in expecting certain things and wanting to achieve certain standards which in the end puts us at pressure if we realise that we cannot deliver on those merits we envisioned.

A common saying goes; "He who has health, has wealth." The issue of health is such sensitive that it worries one on everyday basis if they feel they are not well. It could be in any capacity for that matter, physical, mental or in any possible way one is not feeling quite good. These tenets have provocatively roused in the novel in cycles. We read how Akin knew he had a condition of infidelity. One can imagine how often he goes to bed and pursues such thoughts, feeling weak, feeling like a failure, feeling impotent and worse than a man. The pressure he was equally getting in delivering on these expectations is as tantamount confliction to his personal afflictions. Yejide can also be said to have suffered her fair share of emotional imbalance and difficulties chased with worries and concerns on what problem could she have in her inability to conceive. All these details will place one in an anxiety condition susceptible.

The relationship between two individuals can also take much of a toll on someone's mental health. Be it a friendship, family or romantic one, they all require a certain level of commitment and responsibility. The challenges experienced within such relationships in maintaining them are such as toleration, enormous compromise on one's ethics, principles and values, sacrifice and more. All these, even though doable, costs a piece of one's mind or personal peace. In the given story, Akin and Dotun have the responsibility to maintain the brotherhood even though there is quite a huge elephant of disappointment between them. Equally, Yjide and Akin have to deal with the fact that they cheated on each other and still have the responsibility to protect the best interest of each other at heart.

### ***Kwezi: The Remarkable story of Fezekile Ntsukela Kuzwayo***

The story of Kwezi is also not indicative of anxiety stimulant elements. In it being a non-fiction, one could even pity the fact that one in Kwezi's place has dealt with such atrocious incidents in her life.

It perpetuates a heart-breaking story of a young woman who suffers malalignment and the injustice treatment from her very people. In it, we feel a smearing wave of alienation and dissonance. The sense of hopelessness, subjectivism, vulnerability and loneliness is felt in her own words as she exclaims that there is no one to fight for her. she said: "I had to fight back. I never fought for myself. If I didn't fight back, this would happen to me again and again. I have never once regretted fighting for myself." When one feels overwhelmed and suffocated by the crumpling world, the best gift they will appreciate is an extended hand of support, a calm voice, an assurance and recognition. From Kwezi's own words, one

could tell of how all these were only dreams she wished could manifest and miracles she hoped manifested in her life during her turmoil time so she could get some relief.

The components of anxiety such as uncertainty, constant worry, negative problem orientation, and cognitive avoidance have been all the emotions and feelings that Kwezi woke up to everyday. The severity of them pushed her into a mental state of at times shock, disbelief, disgust and discomfort. It is a common practice for people experiencing or dealing with anxieties to blame themselves or try within their reasonings to find an answer as to why they are victims of what they may be experiencing. In the case of Kwezi; she experienced her trauma after talking to her friend Kimmy who they have spent so much time together in exile, but even though this may have helped where it did, she still blamed herself for being in a wrong place, being too accessible and she claims she learnt a lesson.

In response to that; Thlabi writes: I cannot see what lesson that life, God, providence or fate wishes to teach through rape. Why this lesson cannot be learnt without sexual violence and phallic victories, I will never know. I will never accept that our hearts, genitals and being need to be battered in the service of some celestial lesson. That is a lesson that our brains and souls cannot grasp without this brutal violation. P.73

From her argument point of view, one could deduce that she felt the anguish and pain which she could not justify with the relevance it is normally accorded with by many victims. She feels they need to account for the infliction that happened unto them rather than blaming themselves for what happened unto them. Unfortunately, this is the case that when victims or anxiety have reached a certain point, they keep needing answers to soothe their constant worry and at most times, they make themselves their own enemies.

The most disheartening story in Kwezi remains, rape, injustice and unfair treatment by the justice system, war memories, distrust, betrayal, abuse, malignment, health complications and public humiliations. All these cruelties leave an unhealthy mental picture in someone's mind that keeps replaying and awaking with every reminder. Fezekile has dealt a great deal with most of these components and they have affected her greatly to the extent her view and perception of life are limited to the experienced and lived pain throughout her life. Thlabi says, at times you will be talking to her and then she just blocks out, it will be like she is in a different world or totally forgets someone is talking to her. These are all signals of someone who strongly needs help and assessment for their mental health. However, in the content given, this part has been minimally addressed even though we respect the part that Fezi was seeing a therapist who Thlabi also states were probably impatient.

### **5.6.3 The prevalence of depression**

In Chapter 2 of this study, Mind (2019) describes depression as a low mood, noting that it is long lasting and impacts daily life. The National Alliance Mental Health Institute (NAMI) (2015) identified the most commonly anticipated changes in sleep patterns, appetite changes, poor concentration, loss of energy, apathy, low self-esteem, feelings of hopelessness, and mood changes. I am writing about my symptoms. Movement, body pain. These are most often confirmed by a medical professional or confirmed by their frequency of occurrence and growth patterns during their occurrence.

Deriving from the definition provided herein by Mind, (2019), the obvious prevalence is so much exposed in the selected texts within the behaviours and conducts of the characters portrayed. The argument that a normally low mood should be extended further to include severe disorders of anxiety which are major depressive thoughts. These disorders however remain viewed and reduced to mood swings and mild conditions. It's unfortunate how people limit their understanding to the basic knowledge they have in any given area in this context, Mental health conditions. Many people with a depressive illness never seek treatment as this happens in the times when they are at their lowest. They struggle with self-assessment and fail to identify or realize that they are dealing with a mental condition that needs help. In that mental setting, when one is unable to give meaning to what and how they are feeling, it is thus difficult to seek relevant help. However, the majority of people with even the most severe depression can recover with treatment and other methods have been developed. The following then will be assorted deliberations on the phenomena of depression in the individualised texts.

#### ***Stay with me***

The prevalence of depression in this phenomenal novel is quite showcasing in different thin and expanded painful experiences felt by the characters especially, Akin and Yejide. As described in chapter two, everyone occasionally feels unwell, uncertain or troubled. These feelings are usually fleeting and disappear within a few days. When a person suffers from a depressive disorder, depression, like other mental health problems, interferes with daily life and normal functioning and causes pain for both the person with the disorder and those who care for them. Depression is a common but serious illness and most patients require treatment to recover.

Many times, the traced patterns of depression stems from minor conditions and experiences which usually manifests in disruptive or absurd behaviour. When we constantly process a certain uncomfortable thought to the extent it worries us most of the time, we invest so much personal energy and focus on this thought at the expense of other many meaningful and productive areas we

need to attend to in our lives. It thus becomes so overwhelming that we lose ourselves in the process and we are blind to exit routes or other possibilities of greatness.

In Ayobami's story, we read how lack of education, traditional and cultural practices and myths associated with gender have gradually driven the couple into depression. A mere fact of fertility diagnosis which needed to be carried out, led the whole community astray and destroyed the unity between relatives as well as destroyed the foundation of a well-rounded love that was between the couple. Yejide's inability to conceive has become her torment though. In all she does, at all places she visits and whoever she encounters, she is reminded of her duty to deliver, to have an offspring, to give the husband's family an heir. As a woman in her culture, it is not only embarrassing, it is also an act of failure in your role as a married woman if you could not conceive. It is unfortunate that this is however just limited to the women in their culture as if it all were up to a woman to make a baby. In as much as at first, she was hopeful, she waited and looked forwards to a day of bliss, she soon started realising that things were taking longer than expected. One could understand, at first it was not much of a troubling thought, until the relatives and community members started asking questions and harassing her in a way. The gradual development and pressing of the society and her community to deliver on what she too could not live without put her in a state of panic, she went through extreme anxiety episodes until she hit rock bottom, when she was fully depressed. We read how she would lock herself in the room and not talk to anyone for three days, she lost track of her plans and abandoned all her goals and ambitions and the career to give room and succumb to her depression. In her own capacity, she has never mentioned or identified herself as depressed, yet all her action leading to the end of the fertility dogma where she later fell pregnant for Dotun expresses a good track record of growth distress behaviour.

As argued before, when one is depressed, it not only affects them but those around them too. Yejide, the most humble and principled woman known for her utmost respect towards her mother-in-law and affectionate love towards her husband has lost it in the course of her suffering. She disrespected her mother-in-law, discarded, cheated and insulted her husband, and even slept with his husband's brother. All these came into play when her mind reached the pivotal point where she felt her options were limited or rather helpless. In the rivalry of a second wife coming to their house, one could imagine the shun Yejide felt, one that she had no one equally understanding to share it with since the husband, the only one she confided in, was implicated in the whole trouble. The collective of these incidents could outweigh the human capacity of strength. One could be strong but only to a certain

extent. Like most people Yejide and Akin have experienced the wave and taste of death which is well known for leaving permanent traumatic emotions or feelings.

## **5.7 Resilience as a coping mechanism in the selected texts**

As declared in Chapter 3, resilience is defined as a dynamic process by which people exhibit positive adaptive behaviours when faced with significant trauma or adversity. The above unfolds in many scenarios in selected texts, so it's exciting to highlight and take notes.

Through good times and bad, build strong and positive relationships with family and friends, participate in activities in which you feel successful, achieve purposeful and achievable goals, draw on past knowledge, and learn from previous encounters. We encourage learning to find the support, direction and acceptance you need. Reduce fear to anticipate change, adapt, face new challenges, respect your own needs and feelings, participate in pursuits and interests that make you feel comfortable, rest, and eat nutritious meals. . Also, use stress relief and relaxation techniques such as yoga, guided imagery, meditation, deep breathing, and prayer. These are just some of the many ways in which strategies can be developed or devised to overcome difficulties and challenges.

### **5.7.1 Resilience in *Stay with Me***

In this tale Adebayo alternately tells the memories from the views of Yejide and Akin. Yejide turned into a lonely infant who turned into raised in a big, polygamous own circle of relatives. She is averted via way of means of her father's different better halves and their youngsters due to the fact she is the only infant of a lady who died giving birth. Every time she receives in trouble, her stepmothers threaten to hit or punish her despite the fact that they by no means truly did. Ultimately, they were not involved with how she turned into developing. Yejide speedily grasped the truth that handiest she had manipulate over her future. She recollects spending each night out of doors the doorways of the alternative mothers, paying attention to them examine fairy testimonies to their youngsters however the truth that spying on different own circle of relatives factions is a punishable offense. Yejide is depicted as a younger woman listening from in the back of closed doorways and mentally rewriting the legends she hears, which foreshadows her later lifestyles and had a large impact on her choices as an adult. Feeling disregarded and lonely, she made a promise to have her personal youngsters in order that she will in the future be the only telling the testimonies. She conflates being a mom with being a

person. However, on a later stage, own circle of relatives secrets, jealousy, and betrayal will sooner or later break up her circle of relatives apart.

In the strange hierarchy of African households, the motherless mom is the handiest role below the motherless infant. Yejide has the unlucky difference of getting been each for a even as. Her marriage, which she commenced after falling in love, begins offevolved off nicely sufficient together along with her a success banker husband, Akin. Despite their shared unhappiness over their infertility and dismiss for Akin's own circle of relatives's intrusive suggestions, each have persisted their personal personal suffering. Funmi, the younger lady whom Moomi and Akin have selected to be Akin's 2d spouse, is introduced, and her presence alters their lives forever. Yejide, who's certainly extraordinarily harm via way of means of her husband and mom-in-law's plot in opposition to her, feels extra betrayed. In Moomi's opinion, Yejide's infertility has stripped her of each her gender and her reputation as Akin's spouse. "Women produce youngsters, and in case you can't, you are only a man," she says.

Yejide intensifies her tries to get pregnant due to the fact she believes that Funmi will vanish if she succeeds. Yejide isn't always one for superstitions normally, however on the recommendation of an expectant customer at her salon, she travels to the Mountain of Jaw-Dropping Miracles to fulfil a person named Prophet Josiah. Yejide ascends the mountain even as being led via way of means of a manual and a white goat. Yejide feeds the goat from her breast throughout the delirious rite on the summit. She departs positive that she is watching for which made her react angrily whilst numerous clinical specialists inform her that she isn't wearing a infant. When Akin's tries to endorse the spouse to searching for expert assist failed, he too made a thorough and covert desire in which he conspired together along with his brother to sleep together along with his spouse. Yejide truly turns into pregnant quickly after and that they named the child, Olamide. Although loads display up for the event, the dying of Funmi casts a shadow over Olamide's child naming rite. The rite is a turning point, and Olamide passes away quickly after. Thankfully, Yejide receives pregnant again.

Yejide's career as a hairdresser favours her in presenting her a platform in which she holds sway each day in a place this is generally ruled via way of means of girls. The girls who congregate in her salon proportion recommendation on infertility and breastfeeding, however in a scene that speaks volumes approximately the power and vulnerability of being a lady, additionally they speak approximately the way to fend off.

Paradoxically these were Yejides most cruel times which, even though they were of such hardships enough to destroy or make an effect on someone's mental health, Yejide has always managed to prevail and surface on top of her problems. Not having friends, her work place gave her the support

and advice needed to forge ahead. Through it all, she refused to surrender and submit to her ordeals. Her resilience has outweighed the volume of immeasurable incidents, betrayal, dubious sexual encounters and many things humanly unacceptable.

Admittedly, her story is one in the African context that is culturally relatable especially in the Nigerian practices. Most women suffer shame and humiliation on the basis of their inability to conceive. Many a times, it is not even their fault or ailment but that of their husbands, only the gender aspect and the traditions that are followed view women as producers of babies and that they were responsible to affect pregnancies, a clear indication that education and proper medical systems were still inaccessible and thus disadvantaged those in situations like Yejide.

### **5.7.2 Resilience in *Kwezi; The remarkable story of Fezekile Ntsukela Kuzwayo***

The story of Fez is indeed remarkable as put by the author. It speaks volume on the mal-administration and injustice system of the Republic of South Africa in addressing issues pertaining women welfare and basic human rights. Fezekile had to start her life over. She resided in various registers and nations. She served as an inspiration to many women. They drew strength from her bravery and gave her their own bravery to eat. They were free to observe Zuma, and they vowed never to forget.

The book's goal is deftly framed in the title. The book's dual focus on a remarkable woman named Fezekile Kuzwayo and a formidable activist named Khwezi is immediately apparent. Judson and Beauty Kuzwayo's daughter Fezeka was born in exile, according to Thlabi, who tells her story. Judson was a supporter of many political leaders, including Jacob Zuma, and a member of the African National Congress. Fezekile grew up primarily in Swaziland and Zimbabwe. When she was only nine, Judson perished in a car accident. Her life was changed henceforth. Despite their precarious security and tragic lives, she and her mother remained connected to the ANC communities in the countries in which they lived.

Fezekile was raped three times, once when she was five, once when she was twelve, and once more when she was thirty. It was obvious that neither support nor anyone to look out for her existed. In this tale, the elders who were present had mannerisms and supported men more often than women, but only if they belonged to a particular class, to which Fezekile and her mother did not belong. According to Thlabi, unless it was predatory, Beauty and Fezekile would not have mattered to anyone. The claimed comrades would have had less and less reason to interact with Beauty or her daughter after their comrade Judson had perished. The neighbourhood would have come together to support Judson

if Beauty had perished. While he was indispensable, she was not. Fezekile might have been a much more significant child had he lived and she passed away.

Tlhabi creates a picture of a young child and her mother who were left behind but weren't quite aware of it. Beauty may have been aware of her position in the community's eyes, but she most definitely wasn't aware of it, in her mind, she believed that all of the exiled relatives cared. She believed that the police were concerned. She believed she was loved. This was unmistakably a coping mechanism, a way to manage trauma and betrayal. Even though it confused those around her, it was helpful to her.

Tlhabi's trademark condor and sensitivity are also displayed in the book's chapter on the rape trial. She combines Kwezi the parody and Fezekile the real person. She describes the unfairness of how she was treated by the police, the courts, and the party. She portrays Fezekile's perspective on the situation as being almost childlike. Many of her actions from the past, which may have seemed puzzling to onlookers unfamiliar with her background or personality, are now explained. Tlhabi offers an alternative narrative that helps readers better comprehend the woman who became entangled in a whirlwind that they hadn't fully anticipated. She lists all the various ways that patriarchy and the legal system fail to fully understand women.

The strength of Kwezi is one that is commendable. In a politically influenced world, most people suffer at the hands of systems meant to protect them. It depicts the inequality treatment amongst people of different societal classes. South Africa is well remembered for the crucial apartheid that they suffered at the hands of the white monopoly during the colonial era. It would have been a breath of relief now that they have all in their own hands yet now and again, they have failed in applying and delivering justice to themselves as it is with most nationalities in Africa. The cultural beliefs of women versus men still impacts justice greatly and thus gives room to these occurrences to happen.

Through all these atrocities and tumultuous experiences, we read on how Kwezi continued to love. She smiled and welcomed all those who needed her support. She refused to succumb to her pain and feeling of abuse. She used her story to inspire others and voice out the realities of what the justice system of their country failed to deliver upon. She embraced support from sympathizers who later on after the story broke offered her caring. She did not let her spirit break, even though clearly, she suffered the most inhumane treatment, especially to those she trusted to be her allies and protectors. Her courage tells and breathes hope to those dealing with the same afflictions. It further opened doors and paved a way for future victims to open up and speak up against wrong leadership and injustice treatment. Kwezi goes down as an exploited icon, who chose to speak up and refused to be silenced

by public dismay and political humiliations. Her resilience will always be referenced as strength when women's welfare is concerned.

## **Chapter six: Research findings, Recommendations and conclusions**

### **6.1 Introduction**

This section of the study addresses the compiled findings, recommendations and finally conclusion. It responds critically to the objectives of the study as established in chapter one bearing account on how they are engaged and discussed through the paper.

The established objectives of this study are as follows:

- Investigate the events that will be identified as challenges for mental health in real life in the selected texts.
- It will analyse the effectiveness for the actions taken by the characters in the given stories in overcoming their possible mental health challenges.
- To evaluate the actions or possible options which seemed considerable in handling conditions and situations which relate to mental health in the selected texts.

### **6.2 Summary on the findings of the study**

A through and depth analysis is made in the selected texts in regards to the phenomenon in question. It is notable to claim that events which contribute to mental health challenges are undoubtedly enormous that one could not possibly finish or box them all in one document. However, there are most prevalent common things which most people are familiar with and also of which more emphasis needs to be applied upon. The study has identified these and explored their nature and how they develop into different conditions.

Throughout the study, critical analysis was made to assess how the characters in the story have in their individual capacities dealt with their unique challenges. Their strategic methods and practices they employed have forged great affirmations and inspiration to many who are to find themselves in similar settings or situations. The resilience portrayed in both stories is so phenomenal and packable in a way that it is worth enumerating and indeed commendable. Both characters Yejide and Kwezi displayed worthy conducts and gave life and proof of existing literature with mental health awareness encompassed. The two authors truly set a goal to inspire other writers to equally write with human

emotions and contemporary issues at heart more as in a way to provide literary solutions to problems affecting the society today such as mental health.

### **6.3 Conclusions of the study**

This chapter has briefly highlighted the findings of the study in a limited overview. It reflected on the issues addressed by the objectives of the study and placed pointers on key areas that the study sought to find solutions to. The recommendations of the study therefore are placed below.

### **6.4 Recommendations of the study.**

Here are the recommendations derived from the study findings:

- African authors, in their literary works should seek to address contemporary issues that are affecting the society.
- After the post Covid-19 era, it is important that literature educates people on mental health awareness and provides as much relatable information that could guide the society on how to deal with mental health challenges.
- Literary platforms should form part of the network that aims to strengthen people on matters pertaining growth and development.
- Mental health should be prioritized and more awareness needs to be raised given the difficult times and prevalence being experienced now in the world.

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