



Psychological Exploration of Inner Violence and the Ruptured Psyche in the Redrum of Stephen King's "The Shining"

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Abstract

The study investigates the principle characters in Stephen King's novel entitled "The Shining". The novel weaves a stream of conscious of psychosomatic experiences of childhood trauma, the destabilizing effects of isolation and the destructive patterns of family dysfunction into a narrative. Childhood Trauma unfolds psychological impulse and derives experiences from past events. Isolation and psychological breakdown are related overlapping psychological experiences when a lack or loss of social interaction and a lack or loss of emotional support leads to a deterioration of mental functioning. Family dysfunction is a persistent form of unhealthy relationships and interactions that interrupts emotional care, safety and well-being within the family unit. Power is a multifaceted and destructive power dynamic that shows itself in interpersonal control, family structures and the supernatural powers. Stephen King's novel entitled "The Shining" is a clear example of such themes. The novel functions as a grim tale of the human mind under extreme stress. It weaves together the supernatural and the sociopolitical perspectives of life. Stephen King portrays the most terrifying 'ghosts' are not those that haunt the hallways of a hotel, but that reside within the memory of a dysfunctional family. The state of isolation, trauma, and power haunt the characters and systematically deconstruct every notion of the 'self,' by leaving behind a ruptured psyche where the boundaries between past, present and future, and reality and hallucination cease to exist. Thus, the novel "The Shining" is viewed as an exploration of how inherited trauma, poisonous relationships and the isolating power of environment may converge to deconstruct the human psyche.

Keywords: Childhood Trauma, Isolation, Family Dysfunction, Madness, Power Dynamics.

Introduction

The novel "The Shining" by Stephen King is not merely an engaging piece of literature presenting the reader with a haunted house or a supernatural horror narrative, as has been suggested by some critics. It is actually an exciting psychological character study of madness and alienation. Really, this is a novel about the combination of isolation, addiction and eventually a man's disintegrating ability to handle trauma and it is presented clear and loud in the horrifying symbolism of "Redrum". Jack Torrance, the protagonist of *The Shining* is a struggling writer who has worked hard to overcome alcoholism and face the psychological challenges associated with the concept of isolation and dependency upon alcohol. In *The Shining*, Jack Torrance is employed as the winter caretaker of the distant Overlook Hotel along with his wife and son, who has a special talent for perceiving thoughts and feelings of other people – Danny's "Shining". As the winter months lay obstacle against



their ability to escape, the family becomes prisoners in the castle the Overlook has become as Jack grows increasingly unaware of the disintegration of his rationality. While it may appear Jack is forced into his violent metamorphosis by the ghosts or perhaps the supernatural beings of the hotel, it is largely his internal conflict that precipitates his violence. The symbolism associated with “Redrum”, which is first uttered by Danny as he falls into a trance does not simply represent a supernatural indication of blood, but reflects a psychological construction that embodies Jack’s internalized rage and thus Danny’s psychic awareness of impending danger.

Madness and Mental Deterioration

Madness and mental deterioration denote the psychological breakdown of a person and usually include symptoms of delusions, emotional dysfunction, irrational actions and the inability to distinguish self and reality. As it applies to literature and psychology, madness can represent the collapse of a mind due to traumatic intrusion, guilt, or internal conflict. Mental deterioration specifically refers to a slow and gradual decline in cognitive and emotional functioning usually exhibited by confusion, lack of reasoning and disorientation, which in extent erodes and sometimes disconnects the individual’s personal identity. Mental deterioration and madness together also may signify a catastrophic failure of the human psyche, so it is not surprising to find these conditions both as implicit and explicit meanings in literature .Especially as a reflection of the unintended consequences of addiction, isolation and undefined psychological wounds and legacies. *The Shining* by Stephen King has made many contributions along this path in terms of its character Jack Torrance as he moves from a delicately functional human subject with dormant rage and alcoholism to violence and madness given the horrific isolation of the Overlook Hotel and the personal demons he repressed resulting in drastic consequences both internally and externally for the main character and his family.

The Shining takes madness and mental deterioration out of solely psychological themes and positions it as the most interesting and themes developed through Jack Torrance. Jack’s mental spiral is stately but unavoidable due to a perfect storm of failures, unresolved childhood trauma, alcohol and isolation in the Overlook hotel. As the plot develops, we learn more about Jack’s character but, most importantly we are able to see how he is deteriorating and becoming increasingly dominated by hallucinations, paranoia and violent wishes. “Monsters are real. Ghosts are too. They live inside of us, and sometimes, they win” (King12). The Overlook serves during the arc of the story not only as supernatural force, but also becomes symbolic part of Jack’s deteriorating mental state which worsens Jack’s demons until they override his morality and identity completely. Jack’s mental deterioration can be represented by his movement from introspection and guilt to delusion and aggression and finally attacking his family. Jack’s memories of having an abusive father, how quickly he manifests anger and violence and Jack’s lack of ability to contend with sobriety all suggest an unresolved trauma existing. The Overlook Hotel serves as an agent forcing jack even further into psychological turmoil by confronting him with apparitions of his past both in a literal and figurative sense. The visions like Lloyd the bartender and the woman in room 217, notwithstanding their supernatural status represent wishes and fears drawn from Jack’s subconscious but they render the supernatural threatening imperfectly confused to underscore that the real threat is jack’s brain. As jack’s psychological condition is more and more reshaped and affected by the Overlook’s harmful energy, he is able to transform from an irritable grumpy mood state to the profoundly delusional and violent.

At a granular level, this metamorphosis is an obsession with order and sometimes a



return of inability to control violent impulses. King is utilizing Jack's demise to demonstrate how addiction, guilt and trauma may become madness when it is examined. Through Jack's disconnect from the world, he hastens his breakdown and indicates the potential for the mind to function like a prison in the absence of sociability, purpose and emotional repair. Danny has an ability called 'Shining' where he can see the evil and mental decay of Jack due to his time in the Hotel. Danny becomes a witness to Jack's devolution and also a casualty of the emotional space that surrounds him. Danny innocently shows how children can be perpetually made to suffer because of adult madness. "I never touched him. I never have since the night I broke his arm" (King123). Danny's visions of "Redrum" and eclipse shows Jack's fall and illustrate the psychological residue of exposure to domestic violence. Danny's fear of Jack becomes the emotional reference point of Jack's weakened mind, and the emerging possibility of survival sharply juxtaposes his father's profound destruction.

Childhood Trauma and Psychic Sensitivity

Childhood trauma refers specifically to extremely distressing or shocking experiences that occur during childhood including abuse, neglect, domestic violence or experiencing something emotionally excessive. Childhood trauma can also cause persistent psychological distress including anxiety, dissociation, emotional regulation, trust and attachment and identity problems. In canonical literature, childhood trauma and psychic problems are depicted as experiences impacting not only the child's characters but also their realized world, actions and interactions and emotional responses throughout their lives. Psychical studies in literature increased perception or extrasensory ability that is capable of describing people more frequently in literature. Psychic ableness can be described using phrases often used to convey either positive or negative terms such as clear instinctive knowledge or even the idea of telepathy and are in association with the playful innocence, trauma and psychological lucidity of childhood innocence.

In *The Shining* author Stephen King illustrates the dynamics between childhood trauma and psychic sensitivity in the character of Danny Torrance and sets them up as key emotional and psychological forms of instability for the novel. Danny Torrance son of Jack and Wendy has an extraordinary gift called "the Shining", allowing him to feel emotions, see actions and connect with the souls of people all around him. This ability gives him insight into people's thoughts and feelings as well as enabling him to see spirits. "Danny had known that his father would hit him again" (King30). Danny's psychic sensitivity is not to be viewed as a powerful gift, but it certainly makes him in an emotional heaviness that is beyond his years. In the portrayal of Danny, King illustrates children as often quiet witnesses and victims of the dysfunction of adults, who must sift through fear, pain and confusion without the ability to make sense of any of it. His ability to shine is metaphorically tied to domestic disruption and emotional trauma, the crushing weight of emotional trauma is especially tied to the unpredictable intervention of his father, who he views uncomfortably as a parental figure of authority at the violent end of the spectrum of normal parental intervention. Jack is a recovering alcoholic and is trying to do better but Danny when he is sober, through unpredictable outbursts and with his mother's mounting instability in once assaulted Danny during a drunken rage. Sometimes Jack imposes emotional stress on environments when things progress quickly. Danny's psychic vulnerability also renders him especially vulnerable to the emotionally punctuated, roller coaster nature of his father's emotional being.

Danny's psychic abilities threaten to expose his vulnerability. As the Overlook Hotel starts to manipulate Jack, it also assesses Danny identifying his sensitivity as a threat and possible means of resistance. The supernatural horrors of the hotel in the form of ghosts



visions and the Room 217 terrify Danny deeply, yet he endures them with questionable courage. What Danny possesses internally is emotional clarity and the ability to discern between what is the actual reality and what is harmful. “The world was full of monsters with sharp teeth, and they were all real” (King 89). King prioritizes Danny as the character who conveys the resilience of children, the psychological fragility of children. Through Danny’s witness, we see the emotional cost of growing up as a child in a family with silent trauma and unresolved psychological distress and violence.

King’s focus on Danny Torrance also illustrates how childhood trauma is not always a direct result of abuse especially instinctive abuse but can also arise from the psychological environment that surrounds a child, tension due to silence, emotional indifference and the fear of parental instability. Therefore, Danny’s shining can be read as representative of the emotional genius and survival reflexes that emerge from children affected by trauma. In contrast to adults in *The Shining* who often repress, rationalize or deny reality. Danny faces reality with him even when it overtakes him. Danny is able to interpret the seriousness of their situation because his psychological sensitivity enables him to assess his family’s emotional state.

Isolation and Psychological Breakdown

Isolation and psychological breakdown are related overlapping psychological experiences when a lack or loss of social interaction and a lack or loss of emotional support leads to a deterioration of mental functioning. Isolation can involve physical isolation, emotional isolation or psychological isolation and when it becomes sustained, it generally exacerbates feelings of solitude, anxiety and estrangement from reality. Psychological breakdown, mental or emotional collapse is an extreme and intense form of psychological distress in which a person cannot engage cognitively, emotionally or socially in a functional capacity through anxiety, delusions, hallucinations, disorganized thinking, convoluted thought processes or emotional instability. Combined the concepts of isolation and psychological breakdown demonstrate how much we as humans depend on connection, structure and meaning. And how these requirements are sometimes so fundamental that our identity and reasoning process disintegrate when they are removed. In literature and especially in horror and psychological fiction, isolation is often a key device in which the ‘unknown’ fears and suppressed emotions of characters emerge and either infect or instigate a breakdown character.

In “The Shining”, King demonstrates how isolating people and breaking down their mental capacity can lead to destruction, along with a deep sense of dread and horror at the Overlook Hotel that is located in the remote Rocky Mountains of Colorado, representing both a physical space for people to be isolated and a mental prison for people to endure. For the protagonist Jack Torrance on winter lockdown in the hotel, he disconnected from all romantic, professional, communal or social. What began as a self-discipline and creativity opportunity after Jack’s feet hit the ground in the hotel rapidly devolves into his psychological trap. The missing external cues of routine, social interaction and external structure creates a psychological vacuum in which as Jack’s repressed emotions such as anger, guilt and insecurity begin to rise to the surface they become a source of enormous pressure. King depicts the hotel as an environment beyond just being haunted but also as a mental crucible in which the shortened or disrupted social overview increases the negative impacts of prolonged isolation.

His apprehension of reality becomes obstinate as he perceives and interacts with supernatural beings that represent both his original and repressed desires in the form of fears.



The isolation of the hotel hastens his deterioration propelling him toward hallucinations and violent ideations. Any social feedback or grounding influence except for his weak wife and son Jack has no outside agency to engage him cognitively or supervise his thoughts. He is left repeating his own thoughts and perceptions in a semi psychotic echo chamber that is only vaguely influenced by the malignance of the Overlook. “Doc,” Jack Torrance said. “Run away. Quick. And remember how much I love you.” “No,” Danny said. “Oh Danny, for God’s sake—” “No,” Danny said. He took one of his father’s bloody hands and kissed it. “It’s almost over” (King 420). Jack’s internal narration shifts from self questioning to a delusional explanatory narration, and it is clear that Jack’s thoughts detail a gradual psychological decomposition. King illustrates Jack’s decomposition as supernatural and psychological, demonstrating how the manifestations of possession and madness are indistinct.

Wendy and Danny also endure the weight of isolation while being strong. Wendy grows not only more anxious but also more watchful. The more erratic Jack’s behaviour becomes the more vigilant Wendy gets. “I think all mothers shine a little, you know, at least until their kids grow up enough to watch out for themselves.”(King120). This same situation worsens for Danny when combined with his psychic ability to “shine” and perceive the evil in the hotel. Isolation not only exposes Danny to supernatural danger but increases the emotional impact. With Jack’s collapse he was now the emotional onlooker in his father’s drowning; no longer could Danny identify with it and had to endure the fear and confusion of a loved one going mad. “The memory of his father’s rage was something that never really went away” (King 36). King uses Danny’s perspective to point out the emotional toll of isolation and has not only the person who is experiencing psychological breakdown, but also the people around him who have to live and endure it.

The Shining presents a thoughtful argument regarding the pitfalls of isolation and the dangers of such a state in a human mind. Isolation removes distractions and buffers that allow humans to function with psychological and emotional stability. Thus, when truly isolated Jack does not only break down violently due to ghostly influences or apparitions his complete breakdown is the potential outcome of repressed emotions and traumatic experiences with which he did not deal, and the isolation only exacerbates those effects. King’s use of isolation is not limited to a necessity of plot development but as a comment on how the human brain and body actually needs other humans for connection, how ‘emotional’ repression can be dangerous, and how horrifying it can be to be isolated with our lowest selves.

Domestic Violence and Family Dysfunction

Domestic violence is a pattern of abusive behaviour that takes place in a home, usually perpetrated by one person over another in an attempt to assert power and control over the victim through either physical, emotional, verbal, psychological, sexual or economic abuse. Domestic violence is most often experienced by intimate partners or between parents and their children and can include intimidation, manipulation, coercing and physical violence. All forms of domestic violence, no matter how severe the injury, permanently alter the conditions of humanity. This mental and emotional trauma is either permanent or may cause trauma to children who witness domestic or physical violence against one or both of their parents. Family dysfunction represents a breakdown of healthy family roles, communication and systems of emotional support. In a dysfunctional family people are often struggling with unmet and conflicting emotional needs, unstable family relationships, neglect substance abuse, unresolved issues and conflicts etc. These dysfunctional dynamics create an atmosphere where abuse, denial and co-dependency can flourish and where the emotional and



psychological growth of family members especially children are obstructed. Dysfunctional dynamics often continue from generation to generation as trauma and maladaptive behaviours are passed down through families. When combined domestic violence and family dysfunction create an emotionally toxic atmosphere where an individual's emotional sense of identity, sense of safety and psychological wellness may be severely damaged. In both literature and psychology, this subject matter has often been explored to examine the origins of emotional instability, intergenerational trauma and the long lasting effects of violence in the supposed safety of the home.

Stephen King explores domestic violence and family dysfunction at a psychological and emotional level in *The Shining* as they largely constitute the driving forces in the novel and contribute to the horror of the Torrance family's isolation. Jack Torrance a man with a history of alcohol abuse and domestic violence and who wishes to write, but is unable to connect with his wife Wendy or his son Danny. Underneath supernatural fears presented by the Overlook Hotel lies the real horror of a broken and abusive family, suffering from neglect and trauma that goes unspoken. "You liar! He screamed, 'Oh, I know how you do it! I guess I know that! when I say, 'We're going to stay here and I'm going to do my job,' you say, 'Yes, dear,' and he says, 'Yes, Daddy,' and then you lay your plans. You planned to use the snow-mobile. You planned that. But I knew. I figured it out. Did you think I wouldn't figure it out? Did you think I was stupid?'" (King 409). Even prior to their arrival at the hotel, the family is marked by Jack's troublesome past and his alcohol dependency, especially regarding Jack's prior rage fuelled violence. Danny suffers the most from Jack's prior violence, especially considering the major event that Jack dislocated Danny's arm in a drunken rage that rings with terror and more importantly leads to a total mistrust of each other in the family unit due to this type of domestic violence.

Danny? You listen to me. I'm going to talk to you about it this once and never again this same way. There's some things no six-year-old boy in the world should have to be told, but the way things should be and the way things are hardly ever get together. The world's a hard place, Danny. It don't care. It don't hate you and me, but it don't love us, either. Terrible things happen in the world, and they're things no one can explain. Good people die in bad, painful ways and leave the folks that love them all alone. Sometimes it seems like it's only the bad people who stay healthy and prosper. The world don't love you, but your momma does and so do I. You're a good boy. You grieve for your daddy, and when you feel you have to cry over what happened to him, you go into a closet or under your covers and cry until it's all out of you again. That's what a good son has to do. But see that you get on. That's your job in this hard world, to keep your love alive and see that you get on, no matter what. Pull your act together and just go on. (King 372)

King's depiction of the Torrance family reveals patterns of emotional abuse and denial that occur in toxic family dynamics. Wendy, while loving and protective, frequently downplays Jack's behaviour and has an unrealistic hope for change and displays a high level of co-dependence. Her passivity and inner turmoil represent the coping mechanisms seen in survivors of cycles of domestic abuse. Meanwhile, Jack moves from expressions of regret to resentment in which he begins to externalize blame for his personal failures and frustrations. Jack begins to identify his family exhibiting characteristics of a hindrance on his way to redemption and success rather than a source of unconditional love. This decline of family bonds corresponds with a decline in Jack's mental stability and here King uses the family's deterioration as a metaphor for the larger disfunction of the Torrance family. Danny the most



emotionally perceptive family member suffers the most with regard to this dysfunction. His psychic ability, the “shining”, enables him to sense not only the supernatural forces in the hotel but also the significant emotional turbulence of his parents. Danny is in the role of an emotional caretaker, he knows his father’s rage, he knows his mother’s fear, but he cannot stop the family collapse. The same visions, such as “REDRUM” that vividly haunt him as he rises to meet Jack’s violence, display the trauma, anxiety and safety concern Danny internalizes.

The world a hard place, Danny. It don’t care. It don’t hate you and me, but it don’t love us, either. Terrible things happen in the world, and they’re things no one can explain. Good people die in bad, painful ways and leave the folks that love them all alone. Sometimes it seems like it’s only the bad people who stay healthy and prosper. The world don’t love you, but your momma does and so do I. (King 396)

King denotes Danny through representing domestic violence and peering into a child’s perspective concerning domestic violence to illuminate the depth of psychological harm domestic violence plays on children even when it is not apparent or expressed with their emotions. “Danny had begun to understand that the hotel was bad” (King 151). As the story continues, the Overlook Hotel serves as both a literal and metaphorical extension of the family’s dysfunction. Jack’s isolation at the hotel heightens the turmoil in his psyche and allows the tensions in the family to rise. Jack’s possession by the threatening aspects of the hotel is in lockstep with Jack’s full surrender to the violent aspects of his character the rage, the feelings of inadequacy and desire for power ultimately leading him to successfully attempt to kill them. This violent climactic moment is the result of not just supernatural influences, but also years of stifled rage, anger, repression and damage. Hence, King illustrates that domestic violence or dysfunction are not always the outgrowth of some other cause; rather, they are often the result of years of emotional wounds that have gone untreated and ignored.

Power and Control

Power and control are means of establishing dominance, influence or authority over another person or group. In social psychology, there are different definitions for “power”. Power can be described as one person’s ability to influence another person’s behaviour, thoughts or emotions. The power may be displayed through use of manipulation, coercion, persuasion or force. Control is the actual use of power in order to limit, direct, or alter another person’s autonomy, choices, and decisions. Power and control are conceptual dynamics that emerge across personal relationships within institutions and in societies, with many shades and varieties of power and control from sub-textual emotionalism to straightforward physical domination. Power and control are often demonstrated in abusive relationships and dysfunctional contexts by creating or maintaining the presence of power and subservience in a social hierarchical structure. Issues such as intimidation, isolation, gas lighting, financial entrapment, and intimidation are patterns of power and control that impair an individual’s personal autonomy, purposeful self-concept, agency and overall sense of safety. Literature and film depict power and control as forms of oppression, trauma or moral dysfunction and may include aspects of domination through psychological means, physical violence or spiritual/magical possession.

Stephen King uses a psychological, familial, and supernatural approach to the theme of power and control in *The Shining*. The narrative centres on Jack Torrance a man who has lost his paternal identity, while battling addiction and feelings of failure. He increasingly descends into madness however in his work, author Stephen King provides us with



foreshadowing that the Overlook Hotel has some supernatural qualities, but it is not solely through the use of otherworldly forces that the hotel possesses. Jack as often depicted and expresses a symbolic assertion of power to attempt to regain control over his life, career and family members. By contending with linkages of Jack's ordeal with power, King has constructed Jack's struggle in two ways. Jack is struggling not only with himself and past actions of alcoholism, but he is encountering potent dark energies at the Hotel that push and manipulate Jack's long-standing suppression of anger and impulse authoritarianism.

Jack's relationship with his wife and son serves as an example of the problems associated with domestic power imbalance. Jack's vulnerability is exemplified in his masculinity and male self-worth is threatened by his failure to provide and protect, that translates into a need for domination. "Terrible things happen in the world, and they're things no one can explain. Good people die in bad, painful ways and leave the folks that love them all alone" (King 365). Jack's eventual frustrations propel him towards finding authority within familial spaces, first through verbal intimidation and finally through physical violence. This shows that toxic control can emerge through vulnerability and that a desire for control can often emerge out of fear of inadequacy. Wendy who initially plays the role of the passive and submissive wife emerges as a figure of resistance and emotional fortitude. The family dynamic in the novel reveals how the control is negotiated by which it is resisted and in Jack's case enforced in a violent manner. Danny is just a kid but he represents the opposing power: psychic sensitivity as he demonstrates with his supernatural ability which King refers to as "the shining". Danny's supernatural capability "the shining" is not a mode of power for domination, but rather for perception and connection. Danny's power is non-violent and intuitive, and stands in complete opposition to Jack's will full and aggressive assertion of his dominance as a father and husband. Indeed through Danny, King indicates that there is an alternative to patriarchal power: one of emotional awareness, empathy, and spiritual connection. The struggle between Jack and Danny then is the battle of destructive control versus protective sensitivity.

The Shining is more than simply a horror story; it is a psychological narrative that deals with many aspects of humanity. That consciousness means, how people's identity can be unwittingly fragile, and how trauma can be deadly for a person who represses it. The Overlook Hotel represents a wider view of many issues faced by people throughout the ages, where personal fears, unsolved matters, and historical trauma confront madness. Jack Torrance the subject of this change is not merely a victim of external agency and supernatural forces. He is a man weak and burdened by his own tendencies his addiction, abuse, previous failures, and chance personality, which become intensified by the deadly nature of the hotel. Power and control lie at the heart of a psychological breakdown present in the narrative. Jack's desire to control his family to assert authority as head of the household spirals into a compulsive and destructive need for dominance. Jack's violence is not initiated at the hotel but triggered and intensified by it. This psychologically rendered downward spiral shows how catastrophic damnation can occur from an unchecked craving for control and power, specifically in the context of the domestic space. Through Jack's descent into psychological harm, King shows how masculinity, based upon insecurity and anger, renders a person unpredictable. Wendy and Danny in contrast represent emotional fortitude and intuited strength these qualities often uncelebrated, but crucial to resisting both psychological and supernatural oppression. Danny's psychic phenomena are accordance with the perspective of "the shining". Danny's supernatural gift is more than a defined, controlled phenomenon; "the shining" is based more upon the concept of emotional truth and buried trauma communicated



through heightened sensitivities. Danny carries evidence of generational trauma, he both witness and cargo of trauma borne from things passed on through his father's volatility as he is also the product of a hotel steeped in suffering and horror. Danny emerges however as a bearer of hope. Danny's ability to identify danger to assess fear and to survive indicates that a combination of awareness and emotional connection reclaim as an effective weapon against destruction. In this case, King situates the child as an alternative to a passive victim. The family is physically isolated in the Overlook and Jack is emotionally and mentally separated from his family and the rest of reality. The hotel represents a pressure cooker of unresolved trauma and past abuse, all of which aggravate the psychological fragmentation of the occupants of the hotel. This situation of confinement and isolation echoes real life interactions where isolation can worsen mental health, particularly in conjunction with addiction and family systems.

Conclusion

To conclude, *The Shining* is a frightening examination of madness, dominion, and the ghosts that live not only in spaces, but in people themselves. Jack's psychological disintegration Danny's psychic and intuitive abilities, and Wendy's drive for survival provides Stephen King with an opportunity to exhibit how trauma can repeat through generations as we see with the Torrance family and how the quest for power may result in violence. The terror of the text is realized through not just its supernatural aspects but the more real interpretation of a family on the brink, a mind disintegrating, and a child forced to negotiate a world created through fear. As a result, *The Shining* continues to stand the test of time as a psychological horror that speaks to the most shadowy periods of the human experience.

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