

DEPRESSION AS A SERIOUS HUMAN DILEMMA IN THE NOVEL "MOTH SMOKE" BY MOHSIN HAMID

Maria Ayaz^{1*}, Muhammad Numan²

^{1,2}Indonesian International Islamic University

E-mail: ¹⁾maria.ayaz@uiii.ac.id, ²⁾mnuman.14@gmail.com

Abstract

Depression is a severe dilemma in our society, a sense of bleakness, confusion, and overthinking. Due to this dilemma, many unruly arise in human life, and humans face many consequences; many people die due to this dilemma in the world. Nobody understands the seriousness of this dilemma, and no one even understands the psyche of depressed people, and cannot understand their feelings and emotions and consider them as a psycho person. The primary purpose of this research is to show the severity of this dilemma that how this dilemma brings disasters in human life, ruins the personality of a normal person, and makes them psycho in the eyes of society. We must highlight the seriousness of this dilemma to achieve better results and peace of mind and create a better society. So, this research explores the seriousness of this dilemma that destroys many people, and their lives become a sea of sadness, tension, and empty feelings. This study seeks to answer research questions that how does the severe dilemma of depression affects the people of the world. The goal is to analyze the demographics of this dilemma of depression and determine how we can get relief from this dilemma or how we can overcome the destruction of this dilemma.

Keywords: Psychology, Depression, Human Dilemma, Moth Smoke Textual Analysis

1. INTRODUCTION

This study aims to explore depression as a solemn dilemma in all ages and all worlds, which primes human life to decay. A dilemma is a trying situation or problem. It means hard choices; none of them are easy. A sticky situation where two keys to a given problem both have attractive, desirable consequences, and it is difficult or even impossible to decide which one is more desirable. It is just like when you hunger to like a status you discovered that was posted over two years ago. The dilemma is when there is no simple optimal between right and wrong. It means no key is correct.

First proved in 1523, "*dilemma*" comes from Greek. "*Di*" means "two or twice," and "*lemma*" means "hypothesis or evidence." A dilemma is a choice between two undesirable options. Today, a dilemma is generally a 'difficult situation or problem.' Historically, however, a dilemma named a much more specific challenge. In the early 1500s, English borrowed "*dilemma*" from Late Latin, which, in turn, borrowed the word from Greek, meaning a 'double proposition,' literally 'that which is taken up.'

A dilemma's 'double proposition' has technical meanings in rhetoric and logic. In rhetoric, a dilemma is an argument that forces a person to choose between two undesirable alternatives. In formal logic, a dilemma features two conditions that imply the same conclusion, often, though not necessarily, unfavorable in nature. It is a type of syllogism of the form "if A is true then B is true; if C is true then D is true; either A or C is true; therefore, either B or D is true." For example, in the story of Odysseus, the ship captain faced a dilemma when he was forced to choose between confronting one of two dangerous sea monsters, Scylla or Charybdis, leading to the phrase "*between Scylla and Charybdis*."

To express being in a dilemma, we can say, "I am in a pickle," "I am in a jam," and "I am stuck between a rock and a hard place." The dilemma is a state of anxiety and uncertainty. There are many dilemmas, such as the politician dilemma, the horns of a dilemma, the moral dilemma, the ethical dilemma, the dilemma of true love, and the dilemma of learning.

"Life is a constant oscillation between the sharp horns of dilemmas" by H.L. Mencken.

In this research, the central dilemma highlighted is depression, a condition that can bring significant disruption to human life. But what is depression? Depression is a feeling of worthlessness. It is a common but severe mental disorder characterized by persistent feelings of sadness, fatigue, irritability, difficulty concentrating, loss of interest or pleasure, a negative outlook, feelings of guilt, excessive sleeping or insomnia. It feels like living in a body that struggles to survive while the mind fights to die. It is a state where nothing seems to matter, a sense of dying while everyone else around you is living. Overthinking is a major component of depression.

Rumi says that *"your depression is connected to your rudeness and negation to admiration. Whoever textures himself walking on the trail and refuses to praise that man or woman snips from others daily is a mugger! The sun became full of light when it got clutch of itself. Angles only began shining when they attained correction. The sun goes out whenever the cloud of not-praising comes. The moment that foolish Angel felt disrespectful, he perceived the door close"*.

Dorothy Rowe says, *"Depression is a jail where you are both suffering jailbird and the harsh jailor."*

Sylvia Plath says, *"If there is no thinking in life, so I was very happy throughout my life."*

Rollo May says that *"depression is the helplessness to concept an upcoming."*

In *Romeo and Juliet*, Shakespeare says, *"What sentence is there than lifecycle when you have vanished everything that made it price alive"?*

Atticus says, *"Depression has no sense of standards, it's colorblind, but it nonstop voiced us that how lively and colorful the world is."*

Depression is a severe mental health disorder. It is foreseen that by the year 2020, depression will be the second most important cause of disability and ranks as the fourth cause of disease in terms of years of life lost (YLL) in the world.

According to the World Health Organization, 300 million people battle with it. Depression globally, while 800,000 pledge suicide. Society desires to change its attitude toward depression. There shouldn't be any shame attached to it.

The demise of a precious one, damage to a job, or the conclusion of a relationship are problematic practices for a person to undertake. Those feeling loss often might describe themselves as being "depressed". For some people, the death of a loved one can bring on major depression. Losing a job or being a victim of a physical attack or a foremost tragedy can lead to depression for some people.

Depression is an actual illness and empty feelings. It can distress anyone—even someone who appears to live in reasonably supreme surroundings. Numerous influences can drama a role in depression, including changes in certain chemicals in the brain that may contribute to symptoms of depression; depression can occur in families, people with low self-image, who are easily stunned by stress, or who are generally pessimistic appear

to be more likely to practice depression and nonstop experience to violence, desertion, abuse or poverty may make some people more helpless to depression.

In literature, depression as a dilemma plays a very central part because, in English literature or Urdu literature, it's a firm dilemma in many works of literature and is also a significant theme in prose, poetry, dramas, and novels. So, in this research, the researcher studies depression as a solemn dilemma in the light of *The Moth Smoke*, written by Pakistani writer Mohsin Hamid. He is the best-known playwright, novelist, and essayist in Pakistan. He has been called a water lily for how he's floated from place to place. *Moth Smoke* was published in 2000. It voices the tale of Darashikoh Shehzad or Daru, a banker in Lahore, Pakistan, who loses his job, falls in love with his best friend's wife, and plunges into a life of drugs and crime. It uses the historical trial of the liberal Mughal prince Darashikoh by his brother Aurangzeb as an allegory for the state of Pakistan at the time of the 1998 nuclear tests.

It is a challenging novel, the theme of which is mirrored in Hamid's line, "*People don't believe in consequences anymore.*" It is a sharp and charming likeness of the youth and their displeased lives in 20th-century Pakistan. Hamid writes with a life-threatening irony, which is full of fun and has a self-lacerating tone of its own.

The scenery is Lahore in summer in the year 1998 when Pakistan led its first nuclear tests. Hamid precisely arrests the social, political, and economic stuff of the country through the eyes of his characters. Structurally, the novel is a minute insecure in its story, and the plot is sometimes irregular. Despite the faults, Hamid successfully depicts a conclusive and lastingly faithful picture of Pakistan at the spell.

"*Moth Smoke*" represents the dilemma of depression because the Moth signifies the persons who love the unachievable things and are always in misperception and keep spinning around the candle and finally tingle, and only Smoke is seen. Smoke also helps to find one's reality behind the screen, and when we hide our own reality, it means we are depressed in our lives; we are not satisfied with our lives, so our lives become a sea of destruction.

Smoke also imitates the death of wishes, which everyone perceives. Still, no one upkeep for Smoke shows a person's ruined life, which is of no reputation because when someone's life is meaningless, their life is entirely muddled, and they become the target of this dilemma of depression. In this novel, the same case with Daru's protagonist, Moth, symbolizes Daru Jobless but demands all bonuses like Ozi Acts as a moth by loving Mumtaz, but she proves to be a boiling candle. Daru verifies his impossible love and circles around Mumtaz as Moth around the candle. He associates himself with Moth and says that I and Mumtaz were both spinning around the candle's light.

Additionally, the heroine, the most significant vital character, Mumtaz, indicates that Moth falls in love with Daru and becomes his candle because she is also the victim of this dilemma.

"Daru says, *"She's drawn to me just as I'm drawn to her. She can't stay away. She circles, forced to keep her distance, scared of leaving her husband and, flat more, her son for too long. But she keeps pending like a moth to my candle, keeping on extended as she could, departure late for dinners and birthday parties, burning her wings. She is exposing her marriage, family, and reputation for me. And I, the Moth, circling her candle, realize that she's not just a candle. She's a moth as well, circling me"*. (203-204 Page)

Ozi is also a candle, as his candle-like personality is described as Aurangzeb is the best friend of Daru, faultless, dishonest, very modern, unfair, and so sensual. The most

crucial argument in the investigation of the title is the association between Moth and Smoke. Mutual purpose among them is candle Moth, Smoke, and Candle brand, a trio-like love triangle composed of three characters Daru, Ozi, and Mumtaz.

Mahatma Gandhi said, "*A man is but the invention of his judgments, what he thinks, he becomes*" (The Story of My Experiment with Truth).

In accordance with this, the intellect is very important in one's life succeeding. Thinking one can transfer forward in their life in this novel, the circumstances were distressed due to the socio-psycho issues such as violence, aggression, discrimination, clashes of identity like self-identity and social identity, group behavior, and personal relationship can be travelled. Mohsin Hamid begins the novel by saying, "*My cell is full of shadows*." Suddenly, he writes, "*My inside is burning*", so he highlights the evils such as corruption, racial discrimination, and corrupting, violence and social misuse that have demolished the lives of common citizens and these all roots of depression, which is a solemn dilemma which is the main drive of this investigation. So, in this novel, depression is portrayed as a solemn dilemma, and Daru and Mumtaz are the victims of depression. This study deals with the study of the theme of depression from the lens of the hopelessness theory of depression, and the methodology is created on the textual analysis of nominated passages that display depression as a solemn human dilemma.

Depression is a severe world dilemma. It is very common in all the people of societies in the world. A lot of people died because of this dilemma, and at the end of the 21st century, it is the most dangerous disease in the world. The Moth Smoke by Mohsin Hamid has been discussed from different perspectives by many researchers in many fields, but no work has been done on how depression sidetracks a person such as Daru and Mumtaz. Depression is a critical element of all society. So, we must concentrate on this issue and know about the gravity of this issue, and find out some secrets to crack this matter. Although history has marked the records of human success, the human mind is still lost. The more modern man moves ahead in science and technology, the more he goes away from a peaceful life. This study aims to highlight depression as a severe human dilemma by focusing on the reasons that cause it and which question human existence.

2. LITERATURE REVIEW

Depression is an ancient and modern dilemma, and many people come under this dilemma even in Literature. Most of the works represent this dilemma; the novel Moth Smoke, written by Mohsin Hamid, is the story of Darahikoh Shehzad, a banker in Lahore, Pakistan, who drops his job, falls in love with his best friend's wife, and dives into a life of drugs and crime. Moth Smoke glossily stages the mix-up and alarm of the modern man, tangled between class orders, and is a kin person. The novel is sensitively a negative one. It reveals the dark side of Pakistani society and how they are jumbled in everything. They have no idea what is going on because they are in anguish from this dilemma of depression, so they are not sure about it whatsoever.

In current research, the title of this novel, "Moth Smoke," embodies the dilemma of depression because Moth represents the persons who love unattainable things and are always confused and keep circling the candle and finally burn, and only Smoke is seen. It does not make a difference to a candle which keeps on burning and is as bright as before. It shows emptiness, dreams, imaginary world, expectations, and hopes that never come true and end in Smoke, which primes to the dilemma of depression.

Many people labour on this novel from different outlooks, such as Marxist analysis of *Moth Smoke* in which the modifications between classes were coloured, Such as the difference between Daru (Darashikoh Shehzad) and Ozi (Aurangzeb). Daru fits the middle class, while Ozi fits the elite class. The rivalry between Ozi and Daru may also stand for the one between Pakistan and India. Daru represents present-day Pakistan, that is always in one or the other battle with India. This characteristic is also evident from Daru's words when he says, "*The police don't stop us on our drive home. We are in a Pajero after all.*" (34). One day, Ozi comes to see Daru at his house, but there is no electricity there due to the load-shedding. He feels hot and cannot resist saying to Daru: "*You need a generator.... How can you survive without one?*" Daru tells him, "*Ah, Ozi. You just can't resist; can you? You know I can't afford a generator*" (91). For people like Ozi, living without generators and air-conditioning is incredible in Pakistan, but this luxurious life is unbearable for people experiencing poverty here.

Some people operated on this novel from a psychological standpoint of how people were woe from mental disorders. In this story, we come to know that whatever his present situation may be, Darashikoh is not some idiot, an uneducated farmer from some isolated village. Still, he was at one time chasing his Ph.D. and was esteemed by his professor. But he has tumbled victim to the uncertainty that has long been a critical feature of Pakistani society, making from the shortage of employment prospects and even these rare opportunities being provided on positions regardless of merit. To survive in such a society, one must have solid willpower. He loses his job, and is depressed about the requirements of life and becomes the victim of intellectual disorder.

Other perceptions, such as *Post-Colonial Pakistani Fiction in English: A Socio-Political Study* with a focus on the *Moth Smoke* Mohsin Hamid's tactic to Pakistan's postcolonial hitches are also secondary for which he has laboring satirical literary devices, like irony, dryness and indecisive/untrustworthy storyteller. His introduction novel *Moth Smoke* (Mohsin, 2000) was established in the 1990s, a time in Pakistan's history when its social, political, and economic problems multiplied due to a misleading system. The post-independence society described in *Moth Smoke* looks to be cruel, wicked, and driven by lust for money. As Pande also mentions: "No reader can afford to be unmoved by the strong symbolic tones that inspire Hamid's cleverly fashioned book. Yield the names Darashikoh, Aurangzeb, Mumtaz -- Mughal names all, accompanying with the highest fictions of medieval love and tragedy, and suggestive with ferocity and majesty".

Sana Nasir's effort on this novel from a feministic point of view, "*Feminist Autonomy as a Syndrome for Pakistani Culture: A Liberal Feminist Study of Mohsin Hamid's 'Moth Smoke'*" on 11-04-2016 but in this research, the researcher painted the solemn dilemma depression that how this dilemma pampers the character of Daru and Mumtaz and how they are jumbled about everything in their lifetime.

The hopelessness theory of depression (Abramson et al., 1989) tells us about the dilemma of depression. This theory pronounces that due to negative events in life and undesirable and panic situations prime a person into the world of hopelessness, and then they become dejected due to their hopelessness. And this is the focal reason for the dilemma of depression that we become hopeless, and we skipped into the darkness of life. We just see the gloomy picture of life because we are ill-fated.

In other works, in English Literature, such as the character of Heathcliff in the novel *Wuthering Heights*, (Bronte, 1847), also parades how he was tortured a lot from his depression when he lost his love Catherine When he says to Nelly.

"I cannot look down to this floor, but her features are shaped on the flags! In every cloud, in every tree filling the air at night, and caught by glimpses in every object by day... my own features mock me with a resemblance. The entire world is a dreadful collection of memoranda that she did exist, and that I have lost her." (33.62)

This acknowledgment is one of the novel's most famed lines because it so heartwarmingly expresses the nature of Heathcliff and Catherine's love: This love is not the material of Valentine's Day cards. It's beyond the physical, surpassing all else.

Similarly, the character of Marry in the drama *Long Day's Journey into Night* (O'Neill, Gladstone, 2001) also spectacles the dilemma of depression. In this drama, Mary opens by saying she faults only herself and then proximately blames not just James but also little Jamie. She fantasizes about being all noble, declaring that she was in charge for Eugene's death, but she reflects James ruined her skill to be a good mother, while Jamie definite to murder his little brother at the age of seven. So, all over the drama, her character was disorganized because she was suffering from depression and became hooked.

This dilemma of depression is also painted in the novels such as: *My Heart and the other black holes* by (Warga, 2015).

"Depression is alike a mass that you can't ever discharge. It affections down on you, manufacture even the least things like lashing your shoes or chomping on bread appear like a twenty-mile climb demanding. Depression is a slice of you; it's in your skeletons and your life blood" (Ford, 2008).

"I swear, occasionally it textures like there's monkey in my head who runs around turning the buttons and changing channels on me. One minute I'm sitting around eating chocolate chip cookies and then all of a sudden I'm thinking about bears." (Plath, 1963) and many other novels.

Quote: *The silence depressed me. It wasn't the silence of silence. It was my own silence* (2.37).

2.1. Theoretical Concept

Authors has selected the theory "Hopelessness of Depression" which was published by Abramson in 1989. Initially termed a reformulation of the theory of learned helplessness, Abramson and colleagues (1978) drew on attribution theory to address this issue. They proposed that the causal attribution formed by individuals in response to an undesirable life incident impacts their risk of becoming depressed. It was hypothesized that individuals form causal attributions along three different dimensions, from internal to external, stable to unstable, and from global to specific. According to this reformulated theory, those who attribute a negative event to internal, stable, and global causes have a greater chance of developing depression. This theory would forecast, for example, that an individual who has a fight with an associate is more likely to become depressed if they understand this event as an invention of their poor personal ability (internal), which they believe will never change (stable) and will negatively inspiration all their other social connections (global). In divergence, the distinct is at lower risk for depression if they trait the same event to the associate's touchiness (external), carried about by having a bad day (unstable), and be certain of this is unexpected of their other social communications (specific).

So, depression is an ancient and modern dilemma because this dilemma destructs the life of dissimilar people in all ages of literature. Researchers linked this theory with the solemn dilemma of depression in the novel *Moth Smoke* because, in this novel, the author embodies the unhappy situations of Pakistan. This book represents much of what is up-to-the-minute in Pakistan: Corruption, unemployment, favoritism, class differentiation, and every other problem arising from these. Need to know how Pakistan is doing these days? This book was about the harsh reality of the problems faced by Pakistan. *Moth Smoke* is a conceived work by Mohsin Hamid about the contemporary society of Lahore, one of Pakistan's larger cities, where socioeconomic factors have a major bearing on people. The novel displays the power and pleasure of the rich and how these shadow over the poor. Hamid shows a society that is corrupt and overrun by crime and drugs. The novel also depicts the beauty of friendships and love, as well as the horror of unfaithfulness, addiction, falseness and lies amidst economic disorder in Pakistan.

Dreams see no limits, ecstasies have no walls, spirits are not to limit, and we are left dog-tired in the heat of our own passions and unsaid illusions we so love to live in as life goes on. We are choked in the grave of our own hopeless state, we are choked by the hands of uncontrollable demons of dark desires, and we are dropped deep into wintry black waters of keen sensations that leave us only to float. We keep burning day in and day out in passion, and at the end, the circle ends, and we crash into fire unshakably.

As a moth turns to smoke, this is what the researcher understood from the title, and these are unhappy situations. Negative events in life which lead us to hopelessness, darkness, and sadness, and we become the victim of this dilemma of depression. And this is what message the author wants to convey from his novel through his characters Daru and Mumtaz that, how they become hopeless and confused in their lives and it is all about when people do not believe in outcomes, they just do the wrongdoings, things begin to change in a strange negative way, and once you are into it, there is no ways out. And they get into the fate of destruction.

However, the main concern of this research is with the dilemma of depression, so this research does not intensely struggle with the theory of hopelessness of depression but is quite related to this theory and many other theories of depression.

3. RESEARCH METHODS

As per the requirements of the study, Qualitative research method is opted for the novel under study has been textually analyzed to answer the question and to achieve the objective of the study. The primary source of this study is the text of the *Moth Smoke*. The secondary sources are based on research articles, relevant books, critical comments, and reviews that have been accessed through the Internet on Google. This study is qualitative in nature. Moreover, the work novel has been textually analyzed to answer the research questions under study.

Qualitative Research is mostly investigative research. It is used to gain an understanding of motives, views, and inspirations. It delivers perceptions into the tricky or helps to progress ideas or hypotheses for possible quantitative research. Qualitative Research is also used to picture trends in thought and opinions and dump deeper into the problem. Qualitative data collection methods contrast using unstructured or semi-structured systems. Some common methods include emphasis groups (group

discussions), individual interviews, and participation/observations. The sample size is classically small, and respondents are nominated to comprehend a given share.

The study has used the qualitative methodology for collecting the data and acceptable evidence about the topic. Minichiello and Kottler said, "*Qualitative research is well-known in social and human sciences as a response to the interpretation that human beings can be studied in the same way objects are studied*" (2013).

Author: Alan McKee, in his book *A Beginner Guide* (2001), (McKee, 2001), delivers a crucial basic introduction to textual analysis. He starts from the most basic philosophical fundamentals that motivate the practice and explains why texts are significant and what they tell us about the world they signify. Textual Analysis guides students away from finding the 'correct' interpretation of a text and explains why we can't simply ask audiences about the understandings they make of texts. Textual Analysis: - points to the standing of context, genre and modality - uses admirable examples drawn from general culture - offers students with solid training on many of the important concepts underlying media and cultural studies. Written in a handy and frank style. Whenever anyone dues that a specific text is 'accurate' or 'truthful' or 'reflects reality' – what they are really saying is, 'I agree with what this text is saying about the world's there is no single, accurate representation of the world - and we can prove that – we still we all get on with our lives pretty well.

We all make sense of the world we live in; we all use language, and we reach an agreement of understanding about the society that we share. And this, in the end, is the process that we investigate and describe in textual analysis: how do we make and share intellect about the world we live in? So, textual analysis means to determine the objective and meaning of a text and analyze the text from the reader's perspective.

4. RESULTS AND DISCUSSION

In the beginning of the novel, the author describes the story of the Mughal Empire Shah Jahan. When he was curious and uncertain who the next Emperor was. So, from the beginning of the novel, the situation is not okay. Everything seems confusing.

"When the uncertain future becomes the past, the past in turn becomes uncertain." (Page 4).

So, there is uncertainty. When life is meaningless, everything seems meaningless so, from the beginning, the author starts from messy situations.

"My cell is full of shadows" (chapter 1, page 5).

In the first chapter, the authors describe the situation of the hero of the story, Darashikoh Shezad. He was in jail, and he described the situation of his life that his life is in darkness and shadows surround his life because he was in jail in a murder case, which he may have committed or not. He was totally disturbed.

"Then a pause, a silence. All eyes turn to the door. He enters. The accused: Darashikoh Shezad. A hardman with shadowed eyes, manacled, cuffed, disheveled, proud, erect. A man capable of anything and afraid of nothing. Two guards accompany him, and yes, they are brutes, but they would offer scant reassurance if this man were not

chained. He is the terrible almost-hero of a great story: powerful, tragic, and dangerous. He alone meets your eyes." (Chapter 2, page 6).

In these lines, the author describes the personality of Daru, that he was a strong man and full of strength and so proud that he was never afraid from anything. On one side, he was powerful, but on the other side, he was tragic because he was depressed and confused due to the harsh reality of life.

"We sit down on a set of low-slung sofas like black-cushioned metal spiders. Mumtaz is watching me and I look away because she's beautiful and I don't want to stare. I haven't seen her since the wedding, and I must have been drunk than I thought because I don't remember thinking then that Ozi was such a lucky bastard." (Chapter 3, page 11).

This passage explains that what the thinking of Daru is thinking when he goes to the house of his best friend, Ozi. And meet with his family. He belongs to the rich class, while Daru belongs to the middle class; he lives with his family, a beautiful wife and a son, Muzzam, while Daru lives alone because he was an orphan and has no family. He was so jealous from his friends, from his class and from his lifestyle and due to all these perceptions, he became the victim of depression.

"You know you're in trouble when you can't meet a woman's eye, particularly if the woman happens to be your best friend's wife. So, I'm in trouble because I keep looking at Mumtaz and jerking my gaze away whenever she looks at me. I hope she doesn't notice, but she probably does. Then again, maybe I'm thinking too much. Stoner's paranoia." (Chapter 3, page 13).

Daru was so confused in his life. When he meets with his best friend's wife, Mumtaz, a beautiful lady, he gets in trouble, and the sufferings in his life start from that point.

Reference 6: *"She's finished her cigarette but hasn't put it out properly, so it's still smoking in the ashtray. I crush mine into it, grinding until both stop burning. 'I never lie,' I lie".* (Chapter 3, page 16).

When Daru was in Ozi's house so, they all smoke together, and it's the fact that the elite class suffered so much suffered by drugs. Ozi's wife, Mumtaz, was also the victim of drugs. They were talking with each other and smoking. Daru was completely drunk and could not understand his situation. And he was so much confused that he says I never lie, but at the same time, he also says I lie so it shows his depressed character. He does not understand that he was suffering from the dilemma of depression and that he was at the place of too much thinking.

"The first mustache leads me a short distance away from the others. 'This is a very serious crime,' he says, 'but I see that you're sorry for what you've done. Give me two thousand, and I'll convince them to let you go.'

'I don't have two thousand,' I say, relieved that we've started haggling. 'How much do you have?'

I take out my wallet and shuffle through the notes. 'Seven hundred and eighty-three.' Give it to me.'

'I'm very low on petrol. Let me keep the eighty-three.' 'Fine.'" (Chapter 3, page 18).

When Daru was returning from his friend's house, so this accident takes place, and this passage shows the corrupt people in our society. Hamid shows the picture of corrupt people very nicely in this novel. Daru belongs to the middle class, and when this negative event takes place with a middle-class person, so he feels hopeless and, distressed, and so much depressed.

“I drive off in a state of drunken emptiness that I know will give way to anger because I can’t afford to throw away seven hundred rupees like that. But for now, I’m still buzzing, so I take swoopy turns with a grin that’s so separate from my eyes it feels like my face belongs to two people. If there’s a camera filming my life it moves up, higher and higher, until I’m just a pair of headlights winding my way home”. (Chapter 3, page 19).

This passage sounds to me just like when you have no money for normal survival, and due to negative events, you lose much of your needy money. The same is the case with Daru when he was going to home and was drunk and mustache stops him and to solve the case, he demands for money and Daru does not have much money, so he was just trapped up from the situations of double-faced society. And he blames himself.

“You have a serious psychological problem, Mr. Shezad. Your severance pay will be sent to your home by registered post. You need to stop crying, collect your personal items, and go home. I’m going to my room, shutting the door, locking it, pulling the curtains, taking off my clothes, crawling under the sheets, and curling up in the dark” (Page 26).

These lines show how he was hopeless in his life and became the victim of depression. He was so much depressed in his daily life routine that he was fired from his job due to his misbehavior and negative attitude. And when you are hopeless and depressed in your life, and there is a conflict between your mind and heart, so you have no inner peace and then life becomes a dark shadow. And you would never understand that what is happening in your life.

“Sit in the back of Ozi’s Pajero. I’ve never been in a Pajero before. Costs more than my house and moves like a bull, powerful and single-minded. Ozi drives by pointing it in one direction and stepping on the gas, trusting that everyone will get out of our way” (Page 28).

Daru was one day going on a party with Ozi and Mumtaz. They were sitting in the Ozi’s Pajero. So here, the major point is the class difference which exists between the two friends, and this difference makes Daru so much disappointed; although they are best friends but, due to the class difference, there is a big gap between them.

“I’m in no mood to dance, and there are too many people at the bar, so I wander through the house and out to the back lawn. Finding a wrought-iron bench, I sit down to watch the party out of the darkness” (Page 32).

When everyone enjoyed the party, everyone was dancing, but Daru wanted to be alone, and he felt peace in darkness because his life was disturbed, and he was depressed. When someone loses hope in their lives, so nothing seems enjoyable for them.

"I love her voice. It has the soul of a whisper, meant only for the person she's speaking to, even when she isn't speaking softly". (Page 34)

These lines seem to be very interesting because Daru falls in love with Mumtaz, and that love ruined his life. He was hopeless in his life and became the victim of depression, so he felt some inner peace with Mumtaz.

"I've given quite a bit of thought to that question. It can be analyzed using a three-dimensional matrix. On the X axis, that is, the horizontal axis, is the accused. On the vertical axis, Y is the crime. And on the Z axis, rising up off the page, is the defense. And this situation is clearly in the ... I can see I'm losing you. ZM: I'm afraid so.

JS: Well ... let's use a box instead of a matrix. The case is a box. In this situation, the accused is bright, well-educated, and charismatic. An orphan. Extremely sympathetic. So, the box is wide.

The crime is violent and despicable: the needless killing of a boy. So the box is long. And the defense invokes a grand conspiracy, corruption, which is particularly resonant these days. So, the box is tall.

ZM: Criminal, crime, and conspiracy. That's why everyone is talking about it?

JS: One more thing: sex, which is purple. This box is covered with it. Painted. Smeared. Naturally, if there is a big purple box lying around, people will stare. That's why everyone is talking about it" (Page 45).

This passage is very thinkable; it is the conversation between Zulfikar Manto and Julius Superb about the hero of the novel and his life in a very interesting and attractive manner was, the professor of Daru while ZM was a journalist. She was asking questions about Daru's JS and said his life is just like a box. In this box, the life of Daru was seen, but the harsh situations of life so much surrounded him. Still, he was also shining just like a star, a well-educated orphan and extremely innocent. Still, the situation in his life the murder of a boy totally bound him to darkness and other situations in his life, such as corruption, class difference, conspiracy, crime and one more important thing, and the box is purple color, which shows that throughout his life, he is in with affair (bad relation) with his best friend wife, Mumtaz. So, all these conditions ruined the lives of innocent Daru and became a question mark for the people. But no one understands how he was suffered throughout his life.

I want the pleasures of the afterlife. Charas is a gray area, but alcohol is explicitly forbidden.' 'Some men drink the blood of other men; all I drink is wine, 'I quote. 'Saqia aur pila. Wonderful qawwali. But I think the verse refers to the wine of faith, my friend' (Page 50).

When Daru is out of everything, so he meets with Murad Badshah, a friend of Daru who supplies him with drugs and corrupts him to not only become a drug dealer but also get him into crimes such as theft.

So, he enters in a life of crime and drugs, the end of which is destruction. The situations in the novel were very corrupt at that time, so Daru says that I just drink wine, but the people in the society everyday drink the blood of other people. And due to the harsh reality of society, he selected a fate of destruction.

"Secrets make life more interesting. You can be in a crowded room with someone and touch them without touching, just with a look, because they know a part of you no

one else knows. And whenever you're with them, the two of you are alone, because the you they see no one else can see" (page 54).

Look at this passage and how the author used so many magical words to show the reality of the world. This is a conversation between Daru and Mumtaz. As her life is also stuck up in darkness, and she lives a double life because she was also suffering from the dilemma of depression and so much in depression that she never sees the right path. She says that secrets make our lives so much more interesting; no one knows our reality.

'So, who is Zulfikar Manto?' I ask. She laughs. 'Me.' 'You?' 'Me. I am Zulfikar Manto.' I start to laugh, too. 'But why? Why don't you just write the articles under your own name?' 'That's a little complicated. Anyway, life is much easier if I'm not working as a journalist and Zulfikar Manto is' (Page 55).

Mumtaz kept her identity as a secret because, from her point of view, secrets make life very adorable; she was working as a journalist named Zulfikar Manto, and she shared this secret with Daru because she was so much comfortable in the company of Daru. She was not satisfied with her life with Ozi. She was a woman of strength, courage and a very powerful lady and in her works, she talks about those women who were not on the screen, and it's a very typical job, but on the other side, she was also suffering from the dilemma of depression and due to this dilemma, she takes wrong decisions in her life and destructs her own life.

"She's silent for a moment. 'I don't know,' she says finally. 'It felt good to tell you, but I'm a little uncertain about how I feel just now'" (Page 56).

Mumtaz was also undefined about herself. She tells her top secret to Daru and touches good but also indeterminate about herself that I am deceitful my own self and I have no inner satisfaction. When you are depressed and hopeless in your life, your life becomes a sea of uncertainty, and nothing give you happiness in your life until you are certain and satisfied in your life.

"On Sunday, I go to the weekly family luncheon. I tend to avoid these things because they depress me. But I made an exception today because I'm bored and a little lonely, and I don't feel like sitting around the house by myself with nothing to do. Besides, my cash is running low, and I could use a free meal" (Page 65).

The life of Daru is so much harsh because he was deprived from the basic needs of life, and he was passing through difficult conditions. On one Sunday, he goes for a family lunch where he sees the care and love of his relatives with one another and this feels very inside in him because he was living alone and out of everything. So, these all rough situations in his life make him become a patient of depression.

'So, champ,' Fatty Chacha says, 'how are things?' 'Fatty Chacha, I'm not having any luck' (Page 69).

When he was on a visit to his uncle's house, so he asked how life is going so Daru replied I am out of everything; I have no luck; I have no destiny of a peaceful life because he was so much depressed and hopeless in his life that he sees no star of light in his fate. And he says that, and I'm single, with no job and no money, and no real hope of picking up anyone.

“And I run through a world that is rotating, conscious of the earth’s spin, of our planet twirling as it careens through nothingness, of the stars spiraling above, of the uncertainty of everything, even ground, even sky.

Mumtaz never calls out, although a thousand and one voices scream in my mind, sing, whisper, taunt me with madness” (Page 103).

Daru was so much the victim of depression that he takes so much drugs of every type. And one day, at the party in the company of Mumtaz, he takes so much drugs that he was out of his mind and the mental disorder so much surrounds him that he loses his consciousness and everything, even the earth and the sky, seems uncertain to him and many voices running in his head and move forward him to the path of madness.

"Nothing like nuclear escalation to make people forget their problems" (Page 110).

This a very nice line by the author to highlights the facts in the world; Daru says that the boom of nuclear things was so much destructive, but due to this destruction, the suffered people cannot forget the suffering and problems of their lives.

“Yes, and no stuff how important air-conditioning was to Mumtaz, to Aurangzeb and Murad Badshah and Professor Superb, it was more central to Darashikoh Shezad, for it took his mother from him and pushed him inevitably toward a life of crime. Darashikoh would think of having a cup of hot tea with her before lying down on his charpoy, his arms crossed under his head, staring up at the stars. He fell into a deep sleep, so deep that he never heard the firing of the bullet that would claim his mother’s life” (Page 127).

Daru has very few memories about his father. He was living with his mother. On a midsummer night that tracked a day when the temperatures sharp into the hundreds and teens, much of Lahore was plunged into darkness. Darashikoh's mother decided to sleep on the roof on that heartbreaking night. They both were sleeping on the roof when suddenly there was firing in the sky in Lahore, and one built to take the life of his mother. So due to the high temperature, this tragedy happened, so air conditioning is a very much important thing in Daru's life. Mumtaz could not recognize why people fired into the air as though the bullets would never come dejected again. She said, ‘People don’t have faith in penalties anymore. ‘But Darashikoh supposed in costs. He identified that his mother would not have died if the AC had been cooling her room, and when you lose your loved one so, depression attacks you and completely binds you and then life becomes meaningless for you.

“I’m a bad liar. I don’t have the memory for it. And I feel like telling her the truth. ‘I’m broke,’ I say. ‘The power’s been disconnected” (Page 133).

When Mumtaz came to his home so, there was so much heat in his room because of no electricity in his house. Daru was so much surrounded by the dilemma of depression that he was hopeless from his life.

“The Moth starts to make diving passes at the candle. ‘He’s an aggressive fellow, this moth,’ I say to Manucci. ‘Love, Saab,’ he replies. ‘I never knew you were such a romantic.’ He blushes. ‘The poets say some moths will do anything out of love for a flame” (Page 165).

Very interesting lines from the author has been used in this novel; it is a conversation between Manucci, his servant, and Daru about the Moth. He circles lower and lower, spinning around the candle in fitted uprisings, like a soap bubbles over an open drain. He knows that when I come closer to the candle, so I finish, but still, he comes closer because moths are in love with flame. Moth represents the persons who love the unattainable things and keep circling around the candle and finally burn, and only Smoke is seen, and the same is the case with Daru. He proves his unattainable love and circling around Mumtaz as Moth around the candle, but she proves to be a burning candle, and Daru ruined his life in her love; he says, "I spend most of my time smoking and thinking of Mumtaz" (Page 172).

"I Then we make love, and as my eyes follow the curve of her body above me, I see the moon, round, perfect, the colour of rust, burning like a flame to her candle. She takes me and keeps me. It's like someone's died. I hold her tight, muscles tense, pulling away from the bone. And I know she knows what I'm feeling, because the tears on her face mix with mine. Afterwards" (Page175).

This passage shows the dangerous love of Daru and Mumtaz. They both suffered in their lives, and both were the victims of depression, so they both understand the pain of each other and to get relief from this dilemma, they both love with each other because, in love, they both found pleasure for a time being.

"I started to get bored. And then I started to get frightened. Because when I looked at the little mass of flesh I'd produced, I didn't feel anything. My son, my baby, my little janoo, my one and only: I felt nothing for him. No wonder, no joy, no happiness.

Nothing. My head was full of a crazy silence, the kind that makes you think you're hearing whispers and wonder whether you're going insane" (Page 181).

When Muzzam came into the life of Mumtaz and Ozi so, she felt insecure because then Ozi did not give much time to Mumtaz, and she was so much worried about it that my love was ending in the heart of Ozi. It's the fact that a mother feels so much for her children, but as Mumtaz was suffered from depression and she was too much thinking and so worried, so the case is different with her because she feels nothing for her child even though he was part of her body. However, still she was annoyed by the little baby.

"I didn't tell Ozi why I'd cried. He didn't ask. He just hugged me. And even though I needed him to, it felt empty. Ozi had found my weak spot. He may not have understood why, but he now knew he could make me do things I didn't want to do. And that's an awful power to give one person in a relationship. It killed our marriage. I think it would kill anyone" (Page 182).

Every woman needs care from her husband, and the same is the case with Mumtaz. She sacrifices her life for her baby and her husband and does everything whatever Ozi wants, but she was so much ignored by Ozi, and he does not understand the feelings and emotions of Mumtaz; when your life partner cannot understand you so, it's a very painful moment in a relationship.

"I didn't tell anyone how I really felt. Not my best friends. Not my mother. And certainly not my husband. It was a new experience for me. I'd never been ashamed of anything I'd done in my life. But this wasn't something I'd done. This was me. Not an act

but an identity. I disappointed me, shamed me. So, I hid my secret as well as I could. And to do that, I had to hide it from myself. Perhaps the strangest thing of all was what I was writing" (Page 182).

Mumtaz was so much in the grip of depression that she didn't tell anyone how she felt and how she suffered. It was just a new experience in her life, and her life became a secret. And she also hid her identity from the world and from her own self.

"I wrote about things people didn't want seen, and my writing was noticed. Zulfikar Manto received death threats and awards. And the more I wrote, the more I loved home. I was back, I was finding myself again, and I was being honest about things I cared for passionately. Childbirth had hurt me inside, and I was finally starting to heal.

"When I met Darashikoh Shezad, I didn't know whether I was going to sleep with him, but I knew I wanted to. He seemed the perfect partner for my first extramarital affair. He was smart and sexy, and since he was one of Ozi's best friends, I knew he'd keep his mouth shut" (Page 186).

When Mumtaz realized that she was suffering from depression, she tried her best to get out of this dilemma, so she started writing about those things which other people did not write. She was blackmailed by many people, but she also received awards for her work. And the more she writes, the more she expresses her feelings and the more she gets back to her normal, happy life. She was so much hurt by the negative events in her life, but now she was entering a life of happiness. When she first time met with Daru, so she did not know what was happening, but she found a perfect man who understood her feelings and emotions and her situation. So, she falls in love with Daru for her own pleasure and for her inner satisfaction, but on the other hand, she was the tragic part for Daru and tumble-down his whole life.

"I'm always dreaming of her, or thinking of her, or fantasizing about her, or waiting for her to come or to call. Even when I'm with her I miss her" (Page 202).

Daru was so much fall in love with Mumtaz that every time he felt her around him and missed her every time, even when Mumtaz was with him. He was so much out of his mind that he did not understand what sin he had done in his life which was unforbidden.

"I don't understand Mumtaz's relationship with her son. Sometimes, she does so much for him, too much, everything he asks, from the time he wakes until the time he goes to bed. But she never seems to do it because she wants to, only because it upsets her when he gets angry with her. And sometimes she won't do anything for him, leaving him at home with his nanny all day" (Page 204).

Daru says that I never understood the psyche of Mumtaz because her relationship with her son was so mysterious that sometimes she loved her son and did everything for him, but sometimes she was just fed up with him. One day, she was so much crying. Daru asks what happened and says that Muzzam hates me because I am a bad mother. So, she blames himself and feels guilty in her life because of her own actions. Mumtaz was so much confused that she never understood what she wanted to do and what not.

"She's quiet for a moment. 'I don't think I should be married to Ozi. But not because of him. Because of me. I'm really not all that nice. I don't think I'm the sort who should marry at all.' 'That isn't true.' She smiles. 'You don't know me that well. I'm a bad wife.

And I'm a worse mother.' I put my arm around her, and she presses against my side. 'You're just stuck in a bad situation' (Page 236).

Ozi knows about the relationship between Daru and Mumtaz, but she loves Mumtaz so much. So, he becomes silent because he knows that Daru, her wife, has left him. Mumtaz realizes what she has done with her life, and she accepts that I did wrong with Ozi; he was so nice, but I am a bad wife and a bad mother, but Daru says no, you are not; you were just stuck up in bad situations.

"Suddenly, I think I'm about to understand. She's drawn to me just as I'm drawn to her. She can't keep away. She circles, forced to keep her distance, afraid of abandoning her husband and, even more, her son for too long. But she keeps coming, like a moth to my candle, staying longer than she should, leaving late for dinners and birthday parties, singeing her wings. She's risking her marriage for me, her family, and her reputation. And I, the Moth circling her candle, realize that she's not just a candle. She's a moth as well, circling me. I look at her and see myself reflected, my feelings, my desires. And she, looking at me, must see herself. And which of us is Moth and which is candle hardly seems to matter. We're both the same. That's the secret" (Page 240).

Finally, Daru understands the relationship with Mumtaz. He says that our relationship was going on because we were both drawn to each other. She was just like a moth coming to me, and I am a candle, and the same is the case with me. We were suffered from the same dilemma of depression, and we both were the same. And that's the secret of our lives that we both need ourselves.

"Sometimes hairy kills my appetite; the other thing hairy kills is time, and that's good" (Page 257).

Daru was so much addicted to drugs that even he did not understand what he was doing with his life; when Mumtaz left him so, he was under so much stress that he did not understand what was going on in his life.

"It's me again: Mumtaz. Now commonly called 'the monster'. Sometimes even to my face. Which makes my story, I suppose, a kind of monster story. With Daru among my victims" (Page 283).

In the end, Mumtaz blames her own self for everything, and she says, my story is a kind of monster story that destroys everything. She says that I ruined the life of Daru. As soon as she heard, Daru had been arrested for killing a boy in a car accident. She told Ozi. Ozi smiled, and that's when she realized that Ozi knew about our affair. He'd never said anything to her. But something in his expression left no doubt in my mind. She felt sick. She was sorry for all her actions, but then she decided to leave her home because she was so much depressed due to her own wrong acts of her life. And in the end, she knows that a Pajero killed a boy, not a Suzuki.

That's all about discussion and analysis when we suffer a lot in our lives, so we become the victims of depression, and we are hopeless in our lives, and we cannot satisfy our minds and hearts.

So, from all these discussions and passages, the researcher analyzed that the theory of hopelessness of depression is quietly related to this research because of all these dark aspects of life, such as class differences, there is a conflict between internal and external

expressions or a conflict between heart and mind. Hence, a person becomes the victim of the dilemma of depression and ruins their life.

5. CONCLUSION

So, depression is a very serious dilemma, and Daru and Mumtaz were the victims of depression, and they ruined their lives. They make wrong decisions in their lives, and in the end, they face harsh consequences. Mohsin Hamid highlights the dilemma of depression through his characters in the novel very nicely, and he gives a message to all of us that depressed people make wrong decisions in their lives because of the negative aspects of life, and throughout the life, they suffer a lot, and due to all these dark aspects, they lost their sense of mind, and they were so much hopeless in their life that they see no single light in their lives.

We must concentrate on this dilemma because when something destroys the whole life of a person, it's a very big issue, and awareness of this dilemma is very important. We must treat depressed people with love and care, and we must give them the most important thing: to give them time and to understand their feelings and emotions. We must lessen their sufferings and help them in finding a solution from this darkness.

Abramson also formulated the theory of hopelessness of depression to show the seriousness of this dilemma, and he highlighted that due to too much suffering and unhappy situations in life make a person depressed. In this research, the main goal is to bring awareness about the dilemma of depression. Much work has been done on depression in the field of science and psychology. Still, in many works of literature, the dilemma of depression is shown by many writers from different angles. However, very little work has been done by researchers on this dilemma, so we must concentrate on the dilemma of depression in literature because literature talks about life, and this dilemma destroys life.

The best solution to the dilemma of depression is the remembrance of ALLAH and reciting the Holy Quran.

"A Muslim will never feel depressed. Why? Because "Verily in the remembrance of ALLAH do hearts find rest" (Al Quran)

Prophet Mohammad (SAWW) said that:

"I have left behind two things. If you cling to them, you will never go astray. They are the Book of ALLAH and My Sunnah"(Al-Hakim).

For future research, we suggest a deeper study of the dilemma of depression, which is leading Pakistani society and the whole world towards distortion and destruction. Further, we must have brought awareness of this solemn dilemma. We need to demonstrate that. This is a big issue for the whole world, and we must look for its solution because this dilemma destroys the lives of many people.

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