

ABSTRACT

This thesis demonstrates an observation of how writing can become therapeutic through the analysis of Sylvia Plath's works of writing, i.e. *The Unabridged Journals of Sylvia Plath* and *The Bell Jar*. Based primarily on the psychoanalytical approach, the examples of Plath's writing can be seen as signifying a strong relationship between psychoanalysis and her works. Throughout the course of this study, examples of Plath's constructive writing are frequently cited in order to reinforce the idea of the therapeutic benefits of writing.

A detailed analysis of Plath's texts allows us to speak of the problem of depression, which implies a dualistic role. On the one hand, depression creates a mental conflict and a great deal of anxiety to the conscious awareness, as well as negativity in the unconscious region. On the other hand, depression encourages Plath to develop disciplined writing as a part of her daily routine in order to seek an identity and use it as a source of information for commercial publication. The relationship between Plath's life in reality and fantasy reflected through her personal journal and her published novel improves her understanding of her motivation to write. A critical survey of examples taken from her texts also highlights Plath's mental development and illustrates how this development can be transformed into the transcendence of the self or self-actualization.