

Trauma, Voice and Psychological Resistance in *When I Hit You*

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ABSTRACT

This paper analyses trauma, voice, and psychological resistance in Meena Kandasamy's *When I Hit You: Or, A Portrait of the Writer as a Young Wife*. The novel depicts the psychological consequences of marital abuse on a young writer whose identity and creativity are systematically suppressed by her husband. The study investigates the effects of trauma on the narrator's psyche, resulting in fear, fragmentation, and emotional isolation. Silence is employed as a mechanism of patriarchal control, limiting her voice and Self-expression. Nevertheless, the act of narration becomes a form of resistance. Through fragmented storytelling and heightened emotional expression, the protagonist reconstructs memory and reclaims her identity. Writing serves as both a therapeutic and empowering practice, converting personal suffering into political resistance. This paper argues that the novel demonstrates how literature can serve as a medium for psychological survival and feminist assertion. By reclaiming her voice through narration, the protagonist confronts systems of control and emerges as a resilient subject. The study positions the novel

within the frameworks of feminist psychology and trauma theory, emphasizing the cathartic and transformative potential of storytelling.

Keywords: Trauma, Voice, Psychological resistance, Feminist psychology, Narrative identity.

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