

Navigating Selfhood: The Quest for Self-Actualisation in Abdulrazak Gurnah'S *The Last Gift*

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## ABSTRACT

The paper titled Navigating Selfhood: The Quest for Self-Actualisation in Abdulrazak Gurnah's *The Last Gift* journeys into the theme of selfhood and the complex journey toward self-actualisation in Abdulrazak Gurnah's novel *The Last Gift*. It pivots around the protagonist and also explores how personal, history, memory and emotional reconciliation play a significant role in shaping one's identity. The paper brings attention to the psychological and emotional turmoil caused by displacement, colonial legacies and cultural alienation. It also asserts that self-actualisation is not a singular event but a continual multifaceted process that requires confronting suppressed emotions acknowledging trauma and embracing the complexities of identity. Through the journey of Nur, the paper exhibits broader themes of migration, memory and the postcolonial experience, illustrating how individuals can move toward healing and wholeness by accepting their fragmented selves. The works of Gurnah suggest that understanding one's personal and historical narratives is essential for achieving a coherent and authentic sense of self.

Keywords: Self-actualisation, Identity, Memory, Colonialism, Psychological struggle.

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