

Crisis and Self-Realization in Jack Hunt's Novel Phobia and Anxiety

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Abstract

This paper contends that the investigation of psychoanalysis of characters during the pandemic significant piece of artistic examination. The world has seen various plagues and pandemics at various times. The pandemics have presumably made a tremendous effect on the social, social, and monetary fields, getting a change in human existence. Journalists and writers from different countries and societies have answered the pandemics, planning the times that they have seen and remarking on their unsafe encounters. Numerous fundamental books are composed on the difficult stretches of sicknesses and pandemics in which in some cases even fifty percent of a country or a city is crushed. The current world is gigantically impacted by COVID-19, which is a lethal infection supposedly spreading from China. The infection is killing a large number of individuals consistently, contaminating millions and seriously endangering the entire world. The essayists and artists of the contemporary world are likewise composing superb fiction and verse, answering the emergency and looking for approaches to mending and making due. Drawing on the extraordinary works created by the effects of the pandemic in various seasons of history, the paper investigates how people make due in the midst of such pandemics, look for ways of mending themselves, and study writing during the pandemic. The main purpose of this paper is to momentarily explain and remark on how the characters experienced the situation of the pandemic called Agora Virus in Jack Hunt's novel Phobia and Anxiety and how they struggled to survive during the worse situation and how they realised themselves during the crisis. By the end, every one realised who they are and what they mean to society.

Keywords: pandemic, character, virus, fear, human behaviour

1. Introduction

A pandemic is an epidemic of an unstoppable illness that has spread across a vast area, such as various continents or the entire world, affecting a sizable number of people. A widespread endemic illness with a consistent population of infected persons is most definitely not a pandemic. Continuous endemic diseases that have a high prevalence of infected individuals, such as sporadic flu recurrences, are generally forbidden because they occur continuously in vast regions of the world rather than being transmitted globally.

There have been several pandemics of infections like smallpox throughout humanity's history. The Black Death, also known as The Plague, which is believed to have killed between 75 and 200 million people in the fourteenth century, was the most deadly epidemic in recorded history. Although it wasn't used back then, the phrase was later used for other calamities, such as the Spanish influenza, which is more commonly known as the 1918 flu pandemic.

Current pandemics include those for TB, HIV/AIDS, COVID-19, Russian, Spanish, Asian, cholera, and Hong Kong influenzas.

2. On Apocalyptic Approach

Apocalyptic events can be climatic, like rapid climate change, natural, like an impact event, man-made, like the nuclear holocaust, medical, like a pandemic or virus, whether natural or man-made, or imaginative, like a zombie apocalypse or extra-terrestrial invasion. The plot may centre on efforts to avert a catastrophic catastrophe, deal with the effects and repercussions of the actual event, or be post-apocalyptic and take place after it. It may take place soon after the disaster, concentrating on the struggles or psychology of survivors, and how to keep the human race alive and united, or it may take place much later, frequently with the concept that pre-catastrophe civilization's existence has been forgotten (or mythologized). The future world in post-apocalyptic fiction frequently lacks technology or has only a few stray remnants of culture and technology.

Over sixty of Jack Hunt's works have achieved international bestseller status. Numerous books have debuted at number one in the categories of science fiction, men's adventure, action & adventure, post-apocalyptic, and pulp thrillers. His work includes the Amazon top-selling Days of Panic, All That Remains, Rules of Survival, Phobia, and Escape the Breakdown. His latest is called When the World Turns Dark.

Post-apocalyptic fiction takes advantage of the most profound springs of old and developed feelings, however, it is tracked down in

innovation especially neighbourly social biology and an especially open crowd. One could argue that a biocultural logical framework is crucial to understanding post-apocalyptic literature in English language sci-fi and repulsiveness writing from the Cold War era. Readers may cognitively and honestly simulate the feeling of living through the worst in post-apocalyptic fiction works, and the genre encourages them to contemplate the relevance of a presence that is always dependent upon radical change.

3. Literature Review

Through early nineteenth-century worries about plagues and revolutions, fin-de-siècle angst and the destruction of the First World War, the post-apocalyptic turn in the cultural imagination after the Second World War, the atomic bombs, and the Holocaust, and so on, the cultural history of the genre can be traced. A never-miss hold on the image may be found in apocalyptic tales about the end of civilization. Such stories have been particularly ample in English language sci-fi of the Cold War time. Why have we been so interested in the end times and their repercussions? In attempting to respond to that inquiry, I will coordinate thoughts regarding developed mental manners with the generally unambiguous social examination — a sort of scholarly scrutinization that is frequently portrayed as "biocultural" (Boyd: 2009; Carroll: 2012). Our species is perhaps the best life form on earth. We have colonized all environment zones and flourished all over the place — and oddly thus, since we are powerless and practically helpless, contrasted with other medium-sized warm-blooded creatures. We come up short on the speed and strength of the catlike hunters. We are a lot more vulnerable than our primate cousins. We have neither teeth nor hooks. Be that as it may, we track down security and strength in sociality. Also, exceptionally to our species, we have advanced remarkable abilities of creative mind that permit us to gauge risk, to display potential situations, and hence to design ahead of time (Dutton: 2010) — and we utilize the creative mind to foster social propensities and advances that assist us with getting by in unfriendly natural surroundings and that assist us with combatting those perils that we estimate. A disadvantage of this innovative capacity is that we are exceptionally apprehensive (Dozier: 1998). We dread genuine as well as potential and stunningly improbable dangers. Our minds are populated with horrendous beasts, dangerous possibilities, and dreams of the end of the world. Whatever dreams are formalized in scholarly stories, the class of post-apocalyptic fiction. This type covers tragic fiction (a few post-apocalyptic fictions, however not all, are tragic; a few oppressed worlds, yet not all, are post-apocalyptic fiction). A few post-apocalyptic fictions are justified and seemingly science fictitious, others set powerful mediation as the reason for the end of the world and ostensibly have a place with the dream sort. Some are expressly strict and portray the approaching Rapture, for instance, the top-rated book series *Left Behind* (LaHaye and Jenkins: 1995-2007). Some incorporate beasts and sickening occasions and apparently have a place with the loathsomeness class. Normal to post-apocalyptic fiction is that they portray the repercussions of a worldwide or close worldwide fiasco, and that they are interestingly prepared to serve explicit mental capabilities.

Our reactions to post-apocalyptic fiction tap into developed mental components for adapting to calamity, particularly a propensity toward most pessimistic scenario speculative reasoning. As fiction, post-apocalyptic fiction stories rely upon mental limits, for example, mental time travel and counterfactual situations. Practicing these mental limits in any event, for fictitious catastrophes, for example, a zombie end of the world might assist us with adapting to nerves about genuine potential debacles like the atomic holocaust, plague illness, and natural disturbance. The class serves as a psychological testing ground where we may realistically and rationally simulate the experience of going through something truly awful. It encourages us to consider the importance of a presence that is always dependent upon radical change and offers a deeper look at existential questions. The massive-scale disasters shown in the class jeopardize individual lives and even certain societal orders. They undermine the physical and social atmosphere overall in a way that no other sort does. In this basic approach, post-apocalyptic literature raises existential themes more clearly and compellingly than some other well-known categorizations. What kind of relevance may existence ever have, supposing that the whole environment that makes normal life possible is destroyed? In reality, the class frequently provides a charming solution to important problems in complex, high-level development. It invites readers to participate virtually in a simpler, riskier, more emotive, but also more "genuine" presence. Its subject, which emphasizes naturally significant topics like endurance, multiplication, social collusions, profound quality (e.g., the struggle between great and fiendishness), and the pursuit of significance, is inherently alluring, whether it be compromising, charming, or both on the double. Stories concerning the destruction of the world are out-of-date, harkening back to stringent early speculations about the end of the world. Post-apocalyptic literature taps into the deepest wells of tribal emotions, but it also discovered in innovation an exceptionally warm social setting and an especially receptive populace.

4. Methodology

Freud suggested that the human body has a number of guard systems. These protective component arrangements take place to enable one to perceive themselves favourably or favourably. (Cherry:1997,1998).For instance, Freud stated that it is crucial for the self to have a mechanism to defend itself against a certain case when an event arises that disregard one's preferred perspective on oneself; this is known as guard components. Freud's research on defense mechanisms focused on how the self-image protects itself from internal circumstances or motivations that are perceived as being inappropriate for one's inner self. These guard devices are used to resolve conflicts between the superego, the id, and the self-image.

Freud observed that one of people's main motivations is to relieve stress, and that worry was the main cause of stress. He distinguished between three different types of anxiety: reality unease, psychotic tension, and moral anxiety. The most fundamental kind of stress is real anxiety, which is influenced by one's self-perception. It is frequently based on a sense of dread toward both actual and hypothetical events, such as getting bit by a dog or falling off a roof.(Boyer:2008).The source of hypochondriac stress is an unconscious fear that the core drives would seize control of the person, possibly leading to punishment for expressing those drives. The superego causes moral unease. It

manifests as a fear of disobeying moral standards or principles as well as feelings of guilt or shame.

When anxiety strikes, the mind's most enduring response is to seek calm ways to escape the situation by enhancing critical thinking activities, and a variety of guard mechanisms may be activated. These are the strategies the self-image develops to help control the id and the superego. Guard tools frequently appear unintentionally and will often misshape or distort reality.(Barg:2008).When reality bends, there is a corresponding adjustment in perception that takes into account a drop in unease, resulting in a reduction in stress.(Freud:1911).Sigmund Freud identified different self-image defenses throughout his work, but his daughter, Anna Freud, developed and elaborated on them. The following are the protective measures: 1) Accepting that what is true is false is denial 2) Displacement is the act of projecting motivations onto a less destabilizing goal. 3) Intellectualization means avoiding inappropriate emotions by focusing on academic perspectives. 4) Projection is attributing uncomfortable feelings to others. 5) Rationalization is the creation of false yet plausible justifications 6) Reaction Formation is adopting the opposing conviction since the actual conviction makes one uneasy. 7) Regression is going back to a previous transformational stage. 8) Repression pushes uncomfortable thoughts away from attentive awareness. 9) Suppression is the purposeful exclusion of unfavourable thoughts from our awareness. 10) The sublimation of "bad" passions into socially acceptable activity. These defences are not within our conscious control, and the unaware will employ at least one of them to protect themselves from uncomfortable situations. They are common and expected, and without them, depressive symptoms like anxiety, obsessions, or mania might worsen.

According to psychoanalytic philosophy, personality traits interact to explain human behaviour. The originator of this school of thinking was Sigmund Freud. The term "psychodynamics" was coined by Freud using the physics of the time.(Freud:1973). He claimed that cerebral energy may be transformed into behaviour on the basis of the notion of transforming heat into mechanical energy. In Freud's view, dynamic, unconscious psychological conflicts are of utmost importance.

The id, ego, and superego are the three main parts of the human psyche according to Freud. The ego must then appear in order to realistically fulfil the desires and demands of the id in accordance with the outside world, adhering to the reality principle. The id acts in accordance with the pleasure principle, demanding immediate gratification of its needs regardless of the external environment. Finally, the superego (conscience) imbues the ego with moral judgement and society norms, compelling the demands to be satisfied morally in addition to factually.(Freud:1970) The superego represents the societal and parental standards formed throughout childhood and is the last aspect of the psyche to mature. Freud postulated that these three elements interact dynamically to form personality.

Psychoanalysis is connected with the story of Jack Hunt's novel *The Agora Virus* mainly through the protagonist Frank Talbot who was in his cottage in one of the islands of St. Lawrence River in the summer season. Frank found out that he had OCD at the age of fifteen, which made him to keeping everything clean. His clean behaviour is given as follows,

What started as cleaning the same spot on a table soon turned into a compulsion, a deep inner urge to wipe a second, third, fourth, even a fifth time, followed by cleaning his hands with hot water and ample amounts of soap before drying off with an untouched towel. By the time he was thirteen, his OCD about germs and clutter had spilled over into his relationships with others. Visiting homes for sleepovers was unheard of, not because his parents prevented him. No, it was because he chose not to go. He couldn't bear to step into a stranger's home, even though most of his friends' houses were spotless. In his mind, it was like walking through a minefield. Soon, friends no longer asked him, so his mother would encourage him to invite them to his home. But that was even worse. It meant they would have to sleep in his room, use his family's bedding and share the home's only bathroom. His mind couldn't process sharing it with anyone else except his own family, and even that he had a hard time with. (*Phobia*, 17)

He met his wife Kate while he was working in military. But because of his OCD, Kate and Frank separated after twenty-one years of marriage. Kate was now working for CDC. Sal Hudson was the psychologist of Frank who came for Frank's treatment. Kate informed Frank about Ebola, the Zika virus which had flu like symptoms and it had few death cases in Atlanta, North Carolina and Manhattan.

Again psychoanalysis is brought up through the character Frank by his nervous nature and fear about the huge pandemic and about his daughter Ella. He called his daughter but Ella was not ready to listen him. The virus was spreading through saliva, semen, sweat, blood or mucus. The symptoms were fever, sniffles, sore throat and stomach pain which is portrayed as,

"Jesse, good afternoon. Hospital officials have told us that when Stephanie was treating those exhibiting signs of the Agora virus, she was wearing a gown, gloves, a mask and a shield and yet she still ended up infected with Agora. They are still trying to determine how that is possible as from what we know, the virus can only be transferred through fluids like saliva, semen, sweat, blood or mucus. No one is exactly sure how she contracted it but everyone wants answers this afternoon including the neighbors who received information today from the CDC in their mailbox."(*Phobia*, 41)

Atlanta is the first place that the virus had affected most. Stephanie Wilcox, a nurse was the first person who died of the virus. The roads were shut down and people had been isolated. It is given as,

Ella concentrated on what she was seeing as the news began displaying images of the apartment block. People were standing outside as a truck with CDC symbols on the side pulled up. A team in yellow biohazard suits began rolling in large bins to collect and decontaminate personal items belonging to Stephanie. Police had cordoned off the apartment

block and were trying to answer questions. (Phobia, 41)

Frank and Sal went to Clayton to buy the necessities. Psychologically they are fearing as they can't get the basic things in the future and so then they met Butch Guthrie who was running a hardware and camping store in Clayton. Frank didn't get a good impression at Butch. It is shown as,

The last stop on their list was at gun store across the road. He wanted to pick up a handgun, and get some more ammo. If the shit did hit the fan, this was one place that was going to be wiped out immediately. The bell above the door let out a shrill as they entered. Jim Eckard was tending to a customer from behind a large glass counter that stretched the full length of the room. Inside were all types of handguns, while along the back wall were rifles and shotguns. (Phobia,67)

It was so suspicious to Frank that he encountered Butch when he and Sal got out from the gun store. Back in Atlanta the CDC had meeting about the pandemic situation. They found out that the patients showing symptoms within fourteen hours. In the seventeenth hour the symptoms got severe and death around nineteen hours which is shown in,

“Quiet down, everyone. As you know, patients are showing symptoms that are usually equated with the flu within the first fourteen hours after onset. By seventeen hours the mental state of the patient appears to have been altered, and the symptoms escalate to blood coming from the mouth and eyes. This is then followed by excruciating pain, seizures and then death around nineteen hours. We appear to have traced those who came in contact with patient zero but its unknown at this time who they have come in contact with.” (Phobia,70)

The Agora Virus was first found in the plane of two hundred people from China to New York. Frank with drawn all money from his bank account. He returned home and arranged everything in its place. He checked his mobile for any news from Ella but he got nothing.

Ella called Frank and informed him that she met with an accident while returning to the home and was admitted in the hospital at Queens. She was saved by Gabriel whose parents were in West Manhattan. He decided to drop Ella in her home. Gabriel introduced his friend Tyrell to Ella. In the meantime Gloria wife of Sal and his two kids were moved in with Frank. Frank made the wore disposable covers, masks and made them to stay in the backside of the house for twenty four hours to make sure that they were not affected by any virus. Ella told her father that she was going to take a trip with stranger but Frank cared more about the germs that Ella may affected by the strangers. FEMA sets quarantine centres and working with the vaccine. It is describes as follows,

THE SITUATION HAD BECOME CRITICAL. Even with FEMA setting up quarantine centres, and doctors working all hours to come up with a vaccine, they were making little progress. “How many got out?”(Phobia,114)

Gloria was not happy about how Frank treated them. She called and informed this to Kate, but Kate tells that it was safe for them to stay with Frank. Gabriel, Tyrell and Ella were ready to begin their journey. So they went to Tyrell's university to get his belongings. But the university was fully guarded by the securities so they entered there secretly. Frank saw that Butch and his two brothers were arrived at the island. But they told that they came neighbourly. Frank decided to fence the whole island.

Noah who was one of the students entered into the residence with heavy sneezing, bloodshot eyes and a running nose where Gabriel, Tyrell and Ella were. They tried to escape from him but got locked up in another room. Security had locked the residence that one of the students died of the virus and Ella and his friends were taken to the quarantine centre by the soldiers.

Ella informed everything to Frank and he decided to pick up her. On their way they had huge struggle to get fuels and had fight with Chester for fuel. Frank and Sal were taking rest at night in the roadside when some men came and pointed gun at Frank's head and they burned everything including their truck given as,

Bobby tossed Frank back down and they began walking back to their trucks. Chester stopped and looked back at Frank. “You know what, Frank. I said I would leave you the truck, and I will but I'm going to go the extra mile for you. Just to demonstrate what a real neighbor is, I'm going to leave you some gas, something to help you on your way. Bobby!” He put his hand out and kept his eyes on Frank who was sneering back at him. Bobby handed him one of the gasoline canisters, he undid the top and walked over to Frank's truck and began shaking the contents out all over the top of the truck and inside the cab until gas trickled to the ground. The smell of it filled the air. He then returned to the fire pit, pulled out the stick he'd thrown in and returned to the vehicle. He touched the inside of the truck, all the while staring at Frank with a smirk on his face. The instant it touched, the insides of the truck went up in flames. He then tossed the stick in the back and it caught fire too. Flames licked up the sides, and Chester walked away.(Phobia,200)

The men were Chester and his cousin Bobby. Frank and Sal got lift from a truck driver and he dropped them in a village and Sal asked Gloria for money to rent new truck. In the meantime Tom whom Kate had a relationship died because of the virus. Frank and Sal were arrested by the local police for having guns and they found out that Chester was the chief police officer. He freed them by taking some of their money. Ella and her friends were freed from the quarantine centre after Ella told the soldiers that her mother was working in CDC. But they were again chased by the military because of some other students. Zach, and Hailey came along with them. They escaped from the soldiers after many struggles. Zack killed a soldier to escape. Frank and Sal took an SUV and were twenty -five mins away from Ella that she and her friends were taking a rest in a coffee shop. Kate informed Frank about Ella's location and at last, Frank finally met her daughter and took all Ella's friends with them. The novel ends with a note that "the challenges for these survivors had only just begun".

SAL STOOD by the idling SUV. "Sal," Frank called out to him and he shut the engine off and came over. Frank was hesitant to get too close to the rest of them, even though he had hugged his daughter. As she was introducing them he kind of figured what she was going to ask. Frank nodded. "Pleased to meet you." "Dad, I was wondering if we could give them a ride." "My family is in Watertown," Tyrell said. "And yours?" Frank asked the others. "They're going to stay with me," Tyrell added. Frank stepped back a few feet and turned slightly. "Ella, can I speak with you for a second?"(Phobia,261)

All the characters encounter fear in their life and we could analyze it when we go through the book. *AgoraVirus Part Two Anxiety* novel was written by Jack Hunt. In this novel part two, the author talks of how the people suffer to live due to the virus. And also he added how the people fought for food even some died during the fight.

In beginning the protagonist Frank was staring at the dead body Bob Riley. And next Frank, Sal and the companions with were looked at the street but they can't find a human being instead they can see the bare street. They looked at the police station even there also they could not find one. So Frank and Sal went inside the station looked for the cops. At that time Frank smell abadodour. He could not what it was and where it was from. Tyrell come inside the station and found that bad odour came from change room.

They made their way through the deserted station, checking different offices, lockers, and cupboards but there was nothing. Whoever had attacked the station had made a point to strip it of anything that was of benefit. No ammo. No guns. Hell, there wasn't even any tea or coffee.(Anxiety,18)

That was a dead cop. They talked about how his body would change after days. Then Sal asked Frank about their travel to Island, which was owned by the protagonist Frank.

In the next chapter again all characters are affected psychologically by thinking that they may not get the basic necessities and so they were stepping into Sal's house in Clayton and they were thought about the food and how to go to Island. Now there were some members they were Frank, Sal, Ella, Gabriel, Zach, Tyrell, Hayley. Frank and Sal leave the house in order to search for supplies and a boat. In their way of searching, they saw a boat Frank go near to the boat but there was a trap set up by the boat owner. That was Jameson he knew Sal before. At first, he thought they were coming to steal his boat. Later only he knew that was Sal. Because Jameson was an old client of Sal. They asked Jameson to take them to Island, Jameson asked them for masks and gloves. Frank says if he takes them to Island in the sense he'll offer him what he wants. Jameson accepts and lands both Sal and Frank to Island. There Sal shout for his wife Gloria kids Aurden and Bailey. But he couldn't find them. Later he went basement and saw there Gloria and his kids. Gloria was shocked and even couldn't she speak , Sal asked her what happened she tell everything that the Guthries were the reason for everything (page 32,33). Sal got angry to try to go to Butch's place to attack them but Frank stopped him. And then later few hours Sal asked to accompany him to Clayton to pick up others too. But Sal deny to accompany him. He said that he want to take care of Gloria and the kids. Frank accept and went to pick up the others too. He got the others to Island. The Guthriestook all stuffs which Frank and others had. So Frank plans to get the supplies from them. But they have no weapons to save them so Frank plans to get some weapons. But Sal stand against this plan and said this was a bad idea. So Frank asked Sal if he has any other better idea. Sal didn't reply. after their conversation they went to sleep.

The protagonist Frank of both the plays undergoes psychological pain again and again in fear. All woke up in the next morning and Frank didn't sleep well over some days. Suddenly they all heard a boat sound.

He shook his head in bewilderment. The fact that he had been able to get this close to Tyrell without waking him meant he could have snatched that gun off the table and shot them all before they even knew he was there. Things would have to change around here if they were going to stay. Frank gave a quick check to make sure the magazine was loaded and he bolted out the front door. He dropped to one knee on the porch and waited for them to show their faces. He could hear boots trudging up along the small paved pathway. When the figure came around the corner he lowered his gun, and breathed a sigh of relief.(Anxiety,48)

All of them were afraid by the sound of the boat. Later only they realize that was Jameson. They all relief and sigh. Jameson got them some food. They all had their breakfast. Next author talks about the Guthries lead by Butch , already this man suffer six families. And now he came here to suffer and steal supplies from Tom Hannigan. He threatened them so hard, and steal the stuff from them even though they try hard to stop him. And Butch warns Tom to attend the meeting which was held by Butch in Dodge Hall. Butch reaches his place and thinksof himself as a King. And he remembered how he threatened Gloria and steal their supplies. Suddenly Bret, Butch's brother came and talk to Butch. And next Frank and Jameson to their way to Clayton in order to search for Firearms. Along the way, they talked about their personalities. They finally reach Abner Rooney lived at the end of a gravel driveway just off Cottage Road, in the north end of Clayton. There they try to go into his house to talk about weapons. But Abner thinks that they might have the virus both Frank and Jameson said that they didn't have any symptoms. Later Abner allows them to his house. Frank told him about the weapons. Abner asks both of them to remove their clothes after a long hesitation. They removed their clothes. And then Abner asked them for huge money to get guns. So Frank and Jameson steal the guns from there. Also there they saw Butch's one of the relative men, he stays there under the control of Abner. Frank tried to save him. But unfortunately, he died. And now Abner is also dead.

Frank reached the Island, where Ella was making plants. And she saw that Butch was sawed them through binoculars. She rushed and tell this Sal. They were afraid of this. Now Frank came and he hand everyone a weapon for their safety. And tell them about his plan. The two of them sneak into Butch's house to see what all he has and how many peoples were there. Before implementing this plan they need a

boat. In Butch's house, someone say him that Frank was on Island and found that there were around twenty people. They think at any time they might attack them. In other hand Jameson told Frank about he knew a guy over on Washington Island, a small island connected to the village by way of the causeway. He was adamant that the guy wouldn't have left his property and would be more than accommodating to lend them his boat in exchange for some alcohol. Frank, Jameson, Tyrell and Gabriel were about to reach that man's house along their way they saw an police man Wyatt. Tyrell argue with him. Then they move that place and discuss what if that police man was infected. Frank ask all of them to stay six feet away from him. They reach that man's house. Their silence was shattered by the sudden sound of gunfire. One single shot. All of them were afraid, and suddenly Tyrell shoot against them. They all got angry at him ask him to stay calm. They sneak into his house saw that ManRedwassleeping. So they took his boat. Then Frank says Gabriel and Tyrell were going to sneak into Butch's house. Ella did not agree to this .She asked Frank to allow her but he didn't because Butch already know Ella.

Now in Dodge Hall Butch conduct a meeting lot of the people attend with no interest. Butch talked to them about supplies there one family asked Butch about supplies and ask him to not to steal their stuff. Mitch and Karla, they are. Butch got angry so lock Karla inside the room. London family also stands against Butch. Now Frank sends Gabriel and Tyrell to that Hall. They went inside and said that they want shelter and food. Butch demands them money and also he has a doubt about them. So he asked one of his companions to keep an eye on them. Now Frank sneaks into the hall and tries to figure out the situation and tried to find the supplies. Along his way to search, he saw Karla and rescue her in his attempt. Joey came inside the room and saw Frank, then Frank attacked him.

As he stuck his head around to take a look, Frank cracked him with a right hook and he stumbled back against the wall. Before he could let out a yell, Frank grabbed him and twisted him over and put his arm around his neck in a chokehold. Pushing his feet up against the wall and leaning back against the other wall, he used all the force he had to put that guy out but he was struggling like a fish out of water. He didn't want to kill him. That wouldn't just change the dynamics of everything; it would send him on a course to becoming something he wasn't — a cold-blooded murderer. (Anxiety,164)

And then they were about to escape but Jimmy Butch's cousin found them. Frank tried to escape but somehow they get into a fight. In their fight, Joey was dead because of a gunshot. Frank didn't want to harm anyone but this happened only coincidentally. Butch's family hears the sound and comes to the place where they heard it. There Bret come and say that was Frank who did this all. Butch got angry and found Gabriel and Tyrell were the spies of Frank. He holds both of them and ask Frank to come out. Karla and Frank hide their self and he asked Karla to inform his family about the situation she left the place. Butch threatened Tyrell to tell the truth, he said all. And Butch's assistant takes Gabriel to show the boat by which they came. Along their way, Gabriel pushes them off and escapes from their sight.

Meantime Gabriel went to the London family and ask help they accepted to help him. In Frank's Island. They were worried about Frank and the remaining two. Suddenly they learn about the problem which surrounded them. They hear Gunshots. They also fought back to save themselves. In Butch Hall Frank come out and said accidentally only he killed his cousin. But Butch didn't hear him. He threatened that he going to kill Tyrell. And he asked Tyrell about where they store the supplies, guns, and ammo. Frank asked Tyrell to not to tell but Tyrell said that it was below the pool table. Frank suddenly said that he only know how to operate that. After this Butch and Frank made an agreement that Frank have to open the pool table and Butch have to rescue Tyrell because he thought Gabriel was dead already.

On Island, Ella worried about his father. She texted him but there is no reply. Later she got a message from Gabriel. He says he thinks Frank may be still alive but is not sure. And there Zach was attacked by the people. And unfortunately, Gloria and Bailey also attacked and they both died. Sal couldn't tolerate this all. He cried so loudly. Here Frank and Butch have trust issues. So they started firing. Butch started this. They all shotgun at each other. Butch got one and falls down. Butch talked to Frank before hedied. After he died, Frank left the place and he, Tyrell, and Gabriel reach their Island and they were shocked by the death of Gloria and Bailey. And tried to console Sal. At last in the ending, he finished part by saying here after they will do everything and face everything together whatever they may face.

Frank cast a glance over his shoulder to Sal. He didn't know what dangers lay ahead, or what trials and tribulations they would have to endure, but he was convinced that whatever lurked beneath the surface, whatever might steal, kill, or destroy tomorrow, they would face it together. (Anxiety ,232)

5. Conclusion

Jack Hunt has so demonstrated that a variety of things affect people's behaviour and psychology. It is an effort to separate Jack Hunt's invented characters' conscious and unconscious forces. There is no element in personality; the id, ego, and superego are interconnected. To make the ego work correctly, there must be an id and superego. For the purpose of satisfying illogical desires, dreams, sentiments, and emotions, the human psyche might select a deep or unconscious state of mind. The elements and their decisions would vary depending on the circumstance. Having distinct characters makes the plot flow much more smoothly and lets each character's personality emerge. Particularly in a post-apocalyptic novel, where the conflict frequently stems from how an individual or group of characters respond to the environment (which in most cases has a character all its own).

Continued in the sweeping post-apocalyptic saga. In Phobia, you witnessed the breakdown of civilization as a strange, extremely fatal viral epidemic wreaked havoc on the world and claimed millions of lives. Now, in order to survive, Frank must make unthinkable decisions and take every potential risk. He was sure that escaping to his island would mean safety for him and the survivors. But a dangerous adversary has other plans. Survival has just begun. Desperation breeds Anxiety. Their survival depends on fighting back -- and they're determined to survive. The main character in this novel is not only afraid of germs but he is a total jerk. Nice twist on main

character. Believable situation and following events if one likes post-apocalyptic stories. This is a more realistic end of the world scenario than some of the other novels. Jack Hunt is one of the favourite apocalyptic authors and this book did not disappoint! The main character has a mental health issue. Severe OCD when it comes to germs. Unfortunately, a virus has been unleashed that has hundred mortality rate and it kills within twenty four hours. His struggle with his disease, trying to rescue his daughter from a quarantined NYC, dealing with his therapist who's along for the ride plus a population that is already showing its survival of the fittest side, makes for a harrowing adventure. Characters are believable as are situations. The action never stops. The writer really knows how to pull all into the story, making you feel like you are the main protagonist. Our life everything as we experience it, feel everything they do.

Another preacher under the guise of being a writer. Although he's not as bad as many others who can't even pretend to write a story and just outright are writing a lecturing manual. This one is not as bad but still preachy with little actual interesting plot or characters. Everyone is incredibly one dimensional, so you don't care if anyone gets sick, hurt, or killed. Better to read a quick pamphlet than this drivel. Hell since everyone went through covid we do not even need to do that much either. Good premise, but forced. Too many coincidences and scenarios that the main character encountered were farfetched. Feels like the author is trying to make the main character a bit too righteous. At times it is a bit predictable because of the out-of-place hints about certain overly unlikely situations to occur actually happening. Thus a crisis takes place in the novels and characters are shown as realizing their self-esteemed character. One of the key requirements for achieving ultimate enlightenment and freedom is self-realization. In order to grasp one's genuine self and, by extension, the true nature of reality, self-realization entails removing created layers of one's own personality. Finally, this paper has made an effort to prove the connection between literature and psychology subsequently shown how literature employs psychoanalysis for creative purposes that enhance the quality the worth and reliability of the literary work The arts can assist us change our cognitive processes, the internal mechanisms of self and this transition are both easily comprehensible .This allows us to, in turn, engage in psychoanalytic criticism to investigate fresh options for reading, researching, and the study of literature.

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