

# Narratives Beyond the Page: A Thematic Analysis of Literature through Interdisciplinary Lenses

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**Abstract**—Literature has always stood as the interpretive lens through which human experiences are understood and mirrored in an age of complex technical, social, cultural, environmental, and political challenges. The study seeks to observe the thematic operation of literary narratives as they engage with interdisciplinary concerns. Despite many discourses on individual themes in literature, the existing scholarship often situates these in disciplinary isolation, thus constituting a gap in understanding how interconnected literary representation exists across multiple domains—identity, power, gender, trauma, ecology, and migration. This thesis seeks to address the said gap by focusing on six major themes: identity and self-construction, power and resistance, gender and hence representation, trauma and memory, nature as a human relation, and cultural displacement studied within a qualitative research design. Applying thematic analysis means that the research operates within the interpretivism paradigm to identify patterns across different categories of texts and situate those within wider theoretical and social considerations. Findings show that it is now understood that literature is not only a representation of social realities but also a transformative medium that can enable debate on psychological healing, ecological consciousness, social justice, and cultural integration. Interdisciplinary citations justify literature's usefulness in other fields, such as sustainability, diversity, and organisation strategy. The study finally suggests that literary narratives are crucial in promoting inclusive, ethical, and sustainable thinking, with practical applications for educators, policymakers, and interdisciplinary researchers.

**Index Terms**—Identity Construction, Power and Resistance, Gender Representation, Trauma and Memory, Human–Nature Relationships, Thematic Analysis, Interdisciplinary Literature, Cultural and Environmental Discourse, Identity and Representation

## I. INTRODUCTION

The intersection of literature and interdisciplinary research has become an ever-growing scholarly interest. Narratives; whether fictional, autobiographical, or ethnographic—create, construct, and function as lenses for individual and collective experiences to be remembered and reimagined (Shyshkin, 2024; Alahou, 2023). The realm of literature is broad and can cut across various disciplines. One way literature speaks to the pressing problems confronted by identity politics, social justice, environmental sustainability, and cultural hybridity. Though research exists on narrative manners and critical literary concepts, it is still

unclear how literary narratives perform reflection, refutation, and metamorphosis of interdisciplinary concerns using systematic thematic analyses. Thus, this study aims to fill the gap and undertakes a thematic analysis of a few selected texts that address six dominant themes—identity and self-construction, power and resistance, gender representation, trauma and memory, human-nature relationships, and cultural displacement—that reflect social and environmental phenomena on a broader scale.

The research originates from the assumption that literature reflects society and is instrumental in treating discourse in other fields such as psychology, postcolonial studies, gender theory, environmental humanities, and diaspora studies (Aquino & Salvador, 2024; Rishma & Gill, 2024; Holmes, 2023). For instance, Sriratana (2008) identified literature as a cognitive laboratory for processing trauma and identity, whereas Lanser (2016) and Lewińska (2024) argued about the role of gendered narrative structures in the formation of social meaning. Furthermore, as presented by Dorias (2024), some narratives situated

in indigenous knowledge systems may offer a myriad of epistemologies challenging dominant Western environmental discourse. The studies further argue for an extreme urgency to rethink the limits of literary analysis and to consider an integrative approach that will incorporate many theoretical viewpoints.

Despite this trajectory, the research attempt did not evolve into a systematic integration of literary thematic analysis with interdisciplinary frameworks on some thematic concerns cutting across disciplines. Previous studies either remained anchored in one theoretical perspective or looked at themes in isolation, thereby missing the linkages among them. This study remedies this by way of a thematic analysis on literature that exposes patterning and shared meanings across texts (Alahou, 2023; Loyola et al., 2023). In doing so, it shows the relevance of literature to real-world issues, including sustainability (Ayyoob & Sajeev, 2024a; 2024c), diversity (Ayyoob & Sajeev, 2024b), and innovation (Ayyoob & Sajeev, 2025).

The central questions that guide this study are: How do literary narratives represent and negotiate interdisciplinary themes on identity, power, gender, trauma, environment, and cultural displacement? How can an interdisciplinary thematic study of literary texts offer a deeper understanding of contemporary social and environmental matters? To answer these questions, the study will: (1) identify and interpret recurring thematic patterns in selected literary texts, (2) analyse the ways these thematic patterns intersect with concerns of various disciplines, and (3) assess the ramifications of such narratives in practical matters of climate action, inclusion, and justice.

This article is divided into six chapters. After this introductory chapter, Chapter 2 offers a review of the literature and theoretical underpinnings, employing commentaries from narrative theory, ecocriticism, feminist criticism, and postcolonial studies. Chapter 3, methodological framework, justifies the choice of thematic analysis and details the data collection and coding phases. Chapter 4 presents the thematic results, grouped under the six major themes. Chapter 5 is dedicated to an in-depth discussion of the findings while paying special attention to their interdisciplinary implications. Finally, Chapter 6 concludes the study by highlighting key insights, offering practical recommendations, and suggesting avenues for future research.

## II. LITERATURE REVIEW AND RESEARCH GAP

Literature has always been a viable medium for the narration, preservation, and reinterpretation of individual and collective experiences. In modern-day scholarship, the interdisciplinary significance of literary narratives has increasingly been emphasized in psychology, sociology, political science, gender studies, environmental humanities, and diaspora studies (Shyshkin 2024; Alahou 2023). Thematic analysis, as a qualitative method, has emerged as a fitting tool to interrogate these interdisciplinary linkages in narrative research. It helps scholars identify patterns, categorize themes, and interpret meanings that go beyond literary aesthetics to allow a deeper understanding of how literature reflects and affects social realities (Loyola et al., 2023; Alahou, 2023).

One way society has widely conceived the role of narratives in identity formation is in the gamut of literary and psychological studies. Hogan (2019) states that literature constitutes a cognitive and emotional landscape wherein characters would draw readers into the exploration of issues relating to personal and collective identity. Sayuti (2020) continues to clarify that literary texts hold the values and cultural codes of societies and thus become important sites for identity-making. Aquino and Salvador (2024) agree to say that literature produces empathy and inclusiveness and influences the perceptions of self and others in readers. Sriratana (2008) regards literature as a sort of laboratory wherein internal conflicts are negotiated, especially concerning memory and trauma. Holmes's (2023) viewpoint on narrative identity development through storied exchanges and contextual engagements for identity itself lays out another dimension to this.

Power, oppression, and resistance are focal points within postcolonial and political literary theory. Mahmoud (2019) interrogates how Wild Thorns by Sahar Khalifeh portrays resistance against Israeli occupation and colonial hegemony through a profound socio-cultural perspective. Saxena (2023) similarly reads Abdulrazak Gurnah's *Afterlives*, placing the colonial violence in the long shadow over postcolonial societies. Nguyễn (2023) attacks the exclusionary nature of mainstream feminism and calls for a broadened understanding of resistance. Indirectly, these studies establish the capacity of literature to

question hegemonic power structures and to explore resistance, whether blatant or subtle.

Explorations of gender were central to feminist and queer theory. Lanser (2016) introduced feminist narratology to explicate how gender operates in narrative structures and authorial approaches. Lewińska (2024) stresses the importance of queer and feminist readings to the revelation of marginalized identities that traditional literary analysis might gloss over. Sachar (2024) analyses media in terms of its role in constructing and sustaining gender norms, stressing that these gender norms intersect with race, class, and sexuality. On these accounts, the idea of gendered narratives needs to be broadly understood: free from binary constraint and in fluid, intersectional terms.

Theories of memory and trauma continue to haunt psychological and literary studies. One of Freud's first studies of trauma served as a basis for the current framework of PTSD, which views traumatic memory as fragmented and often subject to dissociation (Jović & Varvin, 2022). Literary texts often dramatize the fragmentation on both the surface and structural levels. Kazuo Ishiguro and Patrick Modiano utilize disrupted chronology and unreliable narrators, among other narrative devices, to represent the devastation caused by trauma on the psyche (Waham, 2023; Amir, 2024). Crespo and Fernández-Lansac (2016) demonstrate that literature describes trauma in terms of nonlinear patterns, sensuality, and the rise of intense emotions in memory. These representations in literature enable readers to identify with the long-term impact of trauma on identity and social functioning (Amir, 2024).

Environmental issues arising in the ecocriticism and environmental humanities discourse have been appealed to since time immemorial. Rishma and Gill (2024) assert that ecocriticism works to examine the role that literature assigns to ecological concerns and raising awareness about the environment. Analysing gauged storytelling from Bukidnon, Dorias (2024) interprets alternative relationships with nature as shown in indigenous narratives. Insany et al. (2024) explicate further by showing how literary works such as *Rahasia Pelangi* act as forces of ecological awareness by showing the impact unsustainable practices have on the world. Similarly, Sheetal and Kumar (2024) analyse opposite representations of environmental degradation and coexistence in the works of J.G. Ballard and Barbara Kingsolver. These writings convey the intricate ties binding human

actions and the natural balancing act. The need for genuine environmentalist messaging was also presented by Ayyoob and Sajeev (2024a), who highlight greenwashing acts that destroy credibility and give false impressions about sustainability efforts. Displacement and the search for belonging are among the dominant themes in the literature of diaspora. Akhtar (2024) proposes that much of the transnational identity discourse Central to transnational identity discourse have been *The Namesake* by Jhumpa Lahiri and *A Fine Balance* by Rohinton Mistry. Qazi (2022) and Ray (2024) foreground a view of characters caught in a modern-traditional dialectic that advertises them as hybrid identities whose mark is tension and transformation. Dwivedi (2023) analyses Lahiri's *Whereabouts* with the view that the diasporic existence is one of consciousness moving fluidly, free of geographical limitations. Further, Ayyoob and Sajeev (2024c) bring into focus the need for inclusion and alignment with global sustainability goals as also finding expression in literature that advocates for an ethical global citizenry and cultural empathy.

Yet, the existing research reveals many gaps. Some first studies have treated these themes from disciplinary silos, neglecting their interdependence and wider importance. Thematic analysis has been done mainly on specific issues such as gender or trauma, but these themes rarely present a comparative whole. More so, while many appreciate literature from a reflective value, the implications of literature towards policy, education, and sustainability initiatives have largely been unexplored. Ayyoob and Sajeev (2024b; 2025) have shown that narratives have the potential to impact ESG work and organisational inclusivity. Still, such mutual engagements have not found space within literary studies to any significant extent.

The study conducted an investigation aiming to address these lacunae through a rigorous thematic analysis across six interconnected themes, operating from the multidisciplinary view of literature bridging narrative aesthetics and worldly concerns. As such, the research becomes an intervention into the literature, sustainability, inclusion, and social transformation discourses.

### III. RESEARCH METHODOLOGY

The study is qualitative, with thematic analysis as the major research strategy employed to emerge from literary narratives on interdisciplinary concerns such as identity, power, gender, trauma, environment, and cultural displacement. Consequently, the choice of a qualitative approach is supported by the interpretive character of the research since it seeks to ascertain how meaning is attributed to, communicated within, and interpreted in literary texts. Qualitative inquiry facilitates the process of reading texts where thematic complexities, symbolic layering, and intertextual references shape the main thrust of analysis (Alahou, 2023; Loyola et al., 2023).

Thematic analysis was chosen as the major method of data analysis because of its flexibility and its ability to identify, analyse, and report patterns within data. It works best in interpreting qualitative data in a structured yet somewhat exploratory manner. Thematic analysis in this research can act as a bridge between literary aesthetics and interdisciplinary meaning-making to allow for an in-depth study of recurrent motifs, symbolic structures, and socio-political messages present in the texts (Shyshkin, 2024). The technique lends itself to not just literary criticism but also areas in psychology, sociology, gender studies, and environmental studies, where meaning gets fragmented across narrative layers and character dynamics.

The particular choice of literary texts was purposive and dictated by the six thematic areas that were under study: identity and self-construction, power and resistance, gender and representation, trauma and memory, human–nature relationships, and cultural displacement. Texts were selected for this study based on their recognised contributions to these discourses and their consideration within scholarly discussions (e.g., Hogan, 2019; Sriratana, 2008; Dorias, 2024; Waham, 2023; Lewińska, 2024). Instead of focusing on one culture or national literature, the study was based on various literatures belonging to postcolonial, diasporic, feminist, and ecocritical traditions and thus having a transdisciplinary scope, in accord with the aims of the present article.

In other words, phases of thematic analysis ensued: firstly, reading the texts multiple times with immersion in the data and noting down initial patterns; secondly, manual coding of recurring ideas, images, metaphors,

and narrative devices relevant to six pre-established thematic categories; thirdly, grouping of codes into potential themes and cross-referencing with existing literature to ensure conceptual validity and analytical rigour; and finally, refinement, definition, and contextualisation of themes within interdisciplinary frameworks.

The research stands on constructivist epistemology, in which knowledge arises from the interaction between the text and the reader. Interpretation, a process crucial in literary and interdisciplinary inquiry, makes meaning actively generated rather than passively received. This philosophical disposition marks the view that interpretive methodology is possible, with thematic analysis constituting a viable tool to uncover social, cultural, and psychological considerations inherent in literature. At the same time, the consideration of ethical matters was minimal due to the very nature of the data being textual and secondary. There was, however, an insistence on academic integrity: proper citation, inclusion of diverse positions throughout, and a reliance on peer-reviewed academic resources, among them Ayyoob and Sajeev (2024a, 2024b, 2024c, 2025), whose research on sustainability, social equity, and ethical communication echoes the thematic concerns of this study. Using this methodology, the study examines literature as an interdisciplinary locus from which new ideas are generated to benefit both literary scholarship and the larger discussion on issues of sustainability, equity, and global consciousness.

### IV. THEMATIC ANALYSIS

This section deals with the thematic analysis of selected literary narratives through an interdisciplinary perspective. Using the lens of psychology, postcolonialism, gender studies, ecocriticism, and diaspora studies, the construction of the themes depended on recurrent patterns that exist in classical and contemporary works alike. Each theme reflects concerns present in literature and points to significant social, cultural, and environmental dynamics. The analysis shows how narratives become sites where identity, power, memory, ecology, and cultural hybridity are contested. Through thematic analysis, we are able to investigate the way literature echoes and interrogates the complexities of human lived

experiences while undertaking constructive synthesis, drawing on insights from across disciplines.

#### 4.1 Identity and Self-Construction

The theme of identity and self-construction remains central in literature and is a reflection of the fluid and ever-changing nature of individual and collective identities. Literary texts become mirrors that enable persons and communities to examine and creatively redefine their being. Hogan (2019) emphasizes that readers undergo deep cognitive and emotional engagement with characters, forming identities through literature. Sayuti (2020) furthers this accentuation in adding that texts represent cultural narratives in the formation of collective identities. According to Aquino and Salvador (2024), literature tries to create empathy, building or erasing certain voices while upholding or breaking down norms of a society. According to Sriratana (2008), literature becomes "a laboratory for the workings of the mind"; meanwhile, Holmes (2023) describes narrative identity as a storied, constructivist process. These scholars extend ideas about identity in literature: identity in literature is never fixed and operates in relation, memory, and representation, many times conditioned by social and historical factors. It is the understanding of these processes that makes the influence of literature on self-perception and cultural transmission a fertile field.

#### 4.2 Power, Oppression, and Resistance

It is an old tradition wherein literature has been used to attack the system; hence it is a mode of resistance. This idea welled up in postcolonial theory, political science, and sociology because texts have come to embody struggles against colonialism, dictatorship, and systemic marginalisation. That is to say, Jorge de Sena offers an allegorical critique of the Portuguese and Brazilian dictatorships about how discourse is weaponised for power. According to Saxena (2023), Gurnah's *Afterlives* presents the aftermaths of colonialism wherein the characters negotiate with the trauma that lingers due to occupation. Correspondingly, Mahmoud (2019) interprets Khalifeh's *Wild Thorns* as a story of Palestinian resistance to both colonial dominance and socio-economic oppression. Nguyễn (2023) remains critical of mainstream feminism's exclusionary practices and calls for a more inclusive redefinition of liberation.

These narratives neither simply tell of resistance nor answer for the resistance; rather, they interrogate resistance's contradictions, complexities, and unforeseen effects. From this perspective, literature stands as a chronicle and re-creation of how power functions and how those deprived respond to it, furnishing readers a critical lens that can be applied in the understanding of socio-political struggles across contexts.

#### 4.3 Gender and Representation

Over the last decades, gender and representation in literature have become an increasingly growing area of study within feminist theory and queer theory, which seek to expose the constructed nature of gender identities and of stories that either bolster or subvert them. As Sachar (2024) demonstrates, media continues to set societal standards that more often than not stereotype one in terms of gender. Simultaneously, feminist and queer theorists urge the recognition of non-binary and non-heteronormative experiences. Lewińska (2024) asserts a case for more intersectional reading of gendered identities in texts. Lanser (2016) officially institutes feminist narratology, which considers gender as one of the most important determiners of narrative structure, voice, and point of view. In contrast to focusing on content alone, this approach considers how the stories are told. Literature, therefore, becomes a site where normative identities are both constructed and challenged through such analysis. While feminist and queer theories provide valuable lenses, some caution against over-generalising individual experiences. Nevertheless, these approaches have grown ever more fruitful in enriching literary interpretation, with representation becoming a key theme in witnessing societal change and inclusivity-building.'

#### 4.4 Trauma and Memory

Trauma narratives derive from psychological and psychoanalytic frameworks, whereas literature often constitutes a repository of trauma, narrating the hardships or suppressing such experiences or reliving them anew; they describe how memories and identity have been fragmented in response to a distressing event. Freud was, in effect, the first figure to theorise trauma and paved the way for modern concepts of PTSD (Jović & Varvin, 2022). Literary characters often dissolve in dissociation and conflicted identities;

that is evident in the late works of Ishiguro and Modiano, in which past traumas haunt the narratives in a subtle manner (Amir, 2024; Waham, 2023). The disordered structure of trauma is often enacted within literary systems, borrowing from disjointed timelines or memories charged with sensation (Crespo & Fernández-Lansac, 2016). Amir (2024) explains how trauma opposed coherent narratives and asserted a much more complex narrative format of its own. Although trauma has asserted itself as a dominant theme in much literary text, some scholars argue that this emphasis has eclipsed narratives of resilience. However, themes of trauma and memory are essential to anxiety regarding the psychological aspects of storytelling and the capacity of literature to heal.

#### 4.5 Human–Nature Relationships

Ecocriticism and environmental humanities shed light on human-nature relationships in literature by examining how texts express ecological consciousness and environmental ethics. This theme has gained urgency in the contemporary times of climate change and ecological degradation. Rishma and Gill (2024) explore how ecocriticism analyses socio-political contexts to create ecological awareness through literature. Dorias (2024) brings “indigenous narratives like the gugud of Bukidnon, which consider humans as part of an interconnected natural system.” Likewise, Insany et al. (2024) and Sheetal & Kumar (2024) focus on recent novels, which depict scenarios of either a harmonious existence or dystopian environmental collapse. Such texts therefore evoke reflection on human responsibility and sustainability. In addition to creating ecological awareness, such literary representations are said by some critics to be insufficient in directly approaching environmental crises. Nonetheless, literature remains potent in raising public consciousness and evolving eco-reflexive attitudes. Where relevant, interdisciplinary studies like Ayyoob & Sajeev (2024a) on greenwashing further strengthen the argument that a deceptive narrative ascribed to sustainability is in itself detrimental.

#### 4.6 Cultural Displacement and Belonging

Cultural displacement and the feeling of being uprooted are themes against which world and diaspora literatures play. Such narratives discuss the pressures of hybridity, alienation, and cultural negotiation, primarily in a migratory context. Writers like Jhumpa

Lahiri and Rohinton Mistry describe how their characters face problems brought about by shifts in identity, cultural divides, and the pain of longing for home. According to Akhtar (2024), dual identity stands central in *The Namesake*, whereas Qazi (2022) and Ray (2024) emphasize the psychological torment in balancing between tradition and modernity. Dwivedi (2023), on the other hand, reads diasporic consciousness in Lahiri’s *Whereabouts* as that of a fragmented identity. Such diasporic literary techniques, including shifts in perspective and space, relate to the in-betweenness of diasporic existence. By focusing on issues of memory, home, and transnational identity, these works further expand the dimensions of diaspora studies. Ayyoob & Sajeev (2024c) also emphasize the need for ESG to be firmly weighed against social inclusion, which, albeit at the corporate level, resonates well with literature’s insistence on ethical, inclusive global citizenship and cultural empathy.

## V. DISCUSSION AND IMPLICATIONS

These results highlight the importance that literature assumes as a multidisciplinary avenue for analyzing contemporary social, psychological, and environmental concerns. The six thematic concerns—identity and self-construction, power and resistance, gender and representation, trauma and memory, human–nature relations, and cultural displacement—as an area of narrative present options for interfacing with critical theoretical frameworks and issues of real-world discourse. These themes do not operate separately but weave various strands into a comprehensive texture, dispensing enriching perspectives from literature into broader knowledge systems.

The theme of identity and self-construction denotes literary concern with the area considered to reflect individual and collective identities. According to Hogan (2019), Sayuti (2020), and Aquino and Salvador (2024), identity does not pre-exist literature but rather comes into being through multiple dynamic processes with regard to individual memory, societal norms, and cultural narratives. This therefore supports Holmes’s (2023) conceptualization of identity as constructivist: storied and evolving. Such insights from a practical perspective seem to support the view expressed by Ayyoob and Sajeev (2024b), whereby

diversity and organisational inclusion would require the acceptance of intersecting identities; thus, literature's role is inclined towards fostering empathy and inclusivity.

Where power, oppression, and resistance are the locus of social injustice, this study marks the literature as that engaged with social injustice. Resistance through literature is portrayed both structurally and emotionally through works like *Wild Thorns* and *Afterlives* (Mahmoud, 2019; Saxena, 2023). This theme reverberates with the feminist critique of exclusion within mainstream activism by Nguyễn (2023). Thus, literature works to deconstruct hegemonic narratives and give voice to the marginalised side. These insights, when applied to leadership and institutional strategy, give practical benefits wherein understanding power implications can aid in decision-making processes and conflict resolution in an equitable manner (Ayyoob & Sajeev, 2025).

An inspection of gender and representation demonstrates how literary narratives question the stereotypical assignment of gender roles and exalt fluidity. The literature reveals the never-heard voices of non-normative subjects through feminist and queer theory (Lanser, 2016; Lewińska, 2024). Sachar's (2024) work on complex media narratives finds itself to be complementary, showing how complicating gender identities are mediated and reimagined. Such analyses find themselves in agreement with Ayyoob and Sajeev (2024b) on the pertinence of inclusive organisational culture and hint at the fact that literature might indeed provide a framework upon which an equity-oriented discourse might be built within organisations.

Narratives of traumatic experience and memory were deeply embedded as motifs for narrative form and through character psychology. The disjointed narrative structures of Ishiguro and Modiano (Waham, 2023; Amir, 2024) fit well into Jović and Varvin's (2022) theories of trauma and memory disintegration. Positioning the findings towards literature means both acknowledging psychological distress and establishing a framework for further post-traumatic understanding and recovery. They go along with Ayyoob and Sajeev's (2024a) focus on genuine conversation and accountability, with the latter weighing in on topics of greenwashing and misinformation concerning sustainability. Taking this

view of human–nature relationships from an ecocritical perspective, the literary response to environmental degradation is illuminated: *Rahasia Pelangi* (Insany et al., 2024) and *Bukidnon* gauged (Dorias, 2024) show the range of relations from domination to coexistence and often suggest ecological awareness. When translated alongside Sheetal and Kumar's (2024) depiction of dystopian and hopeful environmental futures, the power of literature to inculcate ideas about sustainability becomes evident. Research on ESG–SDG alignment (Ayyoob and Sajeev, 2024c) underscores the prospect of narrative inculcating ideals of ethical and responsible environmental behaviour.

Finally, cultural displacement and belonging reveal the psychological and social tenor of difficulties faced by diasporic characters. Jhumpa Lahiri and Rohinton Mistry render hybrid identities in a cultural binary (Akhtar, 2024; Qazi, 2022; Ray, 2024) that offers narrative insight into global migration and alienation. These insights resonate with the stakeholder inclusivity lens of Ayyoob and Sajeev (2024b; 2024d), wherein adaptation, identity negotiation, and cultural integration are important to organisational sustainability.

The implications of this study, in fact, are many. First, it reinforces a standpoint about the pedagogical value of literary texts as tools in having students develop critical thinking and social awareness. Second, it encourages interdisciplinary scholars to use literature as a tool when dealing with complicated global matters, from climate change to inclusion or governance. Third, the study supports the incorporation of literary knowledge within policies and practice, especially in sustainability education, leadership development, and organizational strategy (Ayyoob & Sajeev, 2025). Therefore, literature becomes an accelerator for empathy, innovation, and ethical transformations in a variety of sectors.

## VI. CONCLUSION

The researchers set out to explore how literary narratives engage with critical interdisciplinary concerns through an analysis of themes in selected texts. Through the exploration of six themes, namely identity and self-construction, power and resistance, gender and representation, trauma and memory, human-nature relations, and cultural displacement,

this research elucidates the important role literature plays in reflecting and constructing the often-conflicting realities of human existence. Drawing from various theoretical perspectives, including psychology, postcolonial theory, ecocriticism, feminist and queer theory, and memory studies, the study demonstrates that literature transcends disciplinary boundaries and offers rich insights into contemporary social, environmental, and cultural issues (Shyshkin, 2024; Alahou, 2023; Waham, 2023; Dorias, 2024).

The findings highlight that narratives are not passive depictions but active sites of meaning-making. Works by authors such as Kazuo Ishiguro, Sahar Khalifeh, Jhumpa Lahiri, and others reveal how trauma, identity, and belonging are negotiated within narrative forms, reflecting the greater societal issues. This is extremely important when considered alongside emerging themes like greenwashing, sustainable development, and diversity-based organisational practices (Ayyoob & Sajeev, 2024a; 2024b; 2024c; 2025). As such, this study reinforces literature for relevance not just within the humanities but also within policy, educational, leadership, and sustainability discourses. The study is said to fill a substantial gap in the research by attempting to merge thematic analysis with applications varying from interdisciplinary. It invites further research that in itself accommodates the literature in dialogue with fields of environmental policy, mental health, and global migration studies. Theoretically, the approach could be extended to other disciplines like that of multimedia narratives and non-Western literary traditions for even broader cultural and epistemic insight. With all things considered, it affirms that literature is still one of the strongest and most necessary weapons in understanding ever-shifting layers of relationships between narrative, knowledge, and lived experience.

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