


Chapter 4

Harnessing Literary Narratives for Educational Resilience and Emotional Growth: A Study of Orpheus and Eurydice

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ABSTRACT

*This chapter discusses how natural and man-made disasters, crises and traumas encountered in human life are reflected through literature and the importance of literature in teaching resilience in this context. Mythology, as a field of literature, aims to provide readers with creative problem-solving skills by presenting characters coping with personal and social traumas. Nazlı Eray's *Orphée*, as a modern reinterpretation of the myth of Orpheus and Eurydice, offers a rich resource that can be used to teach emotional and cultural resilience while addressing themes of love, death and loss. The chapter examines the impact of literature on the individual and society, and suggests new approaches to teaching resilience and emotional growth in particular. It highlights how literary narratives can be effective in building emotional resilience in students through methods such as classroom discussions and bibliotherapy.*

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INTRODUCTION

There have been various challenges and adversities such as natural disasters, man-made disasters, crises, and traumas. All these hardships and obstacles can be considered part of human life in addition to that, they have been transmitted through different media. For instance, the cave pictures or the ancient inscriptions have been recorded and handed out to future generations, and the hardships encountered in life are reflected in these works. Among these media, literature is outstanding since it also presents the different dimensions of human life. Written and oral literature has the potential to represent insights into human experience. For instance, various family histories, histories of many tribes, rituals, and so on are transmitted through generations with the help of literary works. Thus, a person can trace and gain insight into the strengths and adversities encountered in the past. This interaction between people and literature carries particular dynamics within it. At this point, it is important to note that the impact of literature upon an individual or society is also a subject to be scrutinised.

Literature often presents characters with dilemmas that need creative problem-solving skills. Throughout the stories of these characters, their struggles, motivations, strengths, and other feelings can be followed. Thus, literature presents examples of such characters. As a field in literature, mythology offers characters who deal with personal and social traumas and try to find a resolution to them. For instance, the well-known hero Hercules and his twelve tasks, Odysseus and his journey back home, Circe, known as the witch of Aiaia, and her isolation or many other characters' stressful and arduous journeys portray life-like challenges. How fictive characters deal with these situations, affect and encourage readers of these works. In other words, by engaging with narratives that explore resilience, readers can observe how characters face obstacles, adapt to adversity, and develop strategies for overcoming challenges. Readers may also reflect on how they would deal with complicated, similar situations.

Moreover, literature serves as a mirror to human experience, reflecting the complexities of life and the resilience required to navigate them. Nazlı Eray's *Orphée* provides a contemporary reimagining of an ancient myth, placing traditional themes of love, loss, and perseverance into a modern Turkish setting. This novel based on mythology, rich in emotional and psychological exploration, offers valuable insights into personal and cultural resilience, making it an excellent resource for educational exploration. This chapter will explore the function of literature, therapeutic and educational potentials by utilising the Orpheus myth and its contemporary version, Nazlı Eray's novel, *Orphée*, to illustrate how literary works can be instrumental in teaching resilience and emotional growth. The analyses will draw explicit connections between the novel's portrayal of overcoming adversity and their applications

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