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## “Confessional Elements in Kamala Das’ Poetry”

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### Abstract

It is safe to say that Kamala Das is probably one of the most well-known and towering figures in the history of Indian literature. She works with her own life observations in her poems, and those experiences are portrayed via a potent kind of writing called as confessional poetry. This type of poetry is a means of getting therapeutic comfort through the writing process. The central focus of this article is on the manner in which the poet investigates the private sentiments and experiences that are connected to her married life. In addition to this, it sheds light on the reality that females struggle at the arms of male-dominated societies or environments that are built up in a patriarchal fashion in the normal traditional culture.

**Keywords:** Emotions, maltreatment, frank, relationship, confessional”.

### Introduction

There is no shred of doubt in the fact that Kamala Das was already lauded as a writer who performs in a style that is characterized as confessional. The confessional method of poetry gives the poet the opportunity to openly and honestly convey his or her own experiences, feelings, and thoughts to the reader. Insofar as Kamala Das' poems is involved, there is not the slightest shred of doubt that it discusses and interacts with the author's self-analysis, in addition to atone of honesty, and this is the case without exception. What concerns a candid poet is the physiological equal of his or her own mental condition. The poems of Kamala Das provide us with these kinds of psychological analogies to think about. Devotional poets include "Robert Lowell, Sylvia Plath, and Anne Saxton" are good analogs for describing her style of writing.

It is a well-known truth that Kamala Das's poetry often addresses personal embarrassments and sufferings, which are popular subjects in poems. This is one of the reasons why the aforementioned information is well-known. This is one of the defining characteristics of her work. Without becoming emotional or displaying any signs of sadness in her writing, Kamala Das discusses some of life's most private moments. The essence of confessional poetry, as well as the issues that it explores, are precisely reflected in her open admittance as well as her forthright presentation of personal life.

There is no question that Kamala Das's poetry is mostly focused with herself in the role of a victim. Her existence revolves mostly on the humiliations she has suffered sexually. She has a lot to disclose in her poems, and she does it as openly and honestly as she can despite the fact that she has a lot of restriction. The admissions that Kamala Das has made apply to her roles as a mother, a spouse, and a mistress to a number of different men. Her poems is a confessional of her interactions with her spouse as well as her sexual encounters with other people outside of their marriage. The topics of love, passion, and marriage are the ones that she discusses the most often in her work. When she discusses these topics, she does not conceal anything, and a reader who adheres to traditional reading practices can accused Kamala Das of becoming shameless in the way that she uses the language since it is how she discloses the details of her personal life.

The Freaks is considered to be Kamala Das's most significant poetry. In it, she writes about having a sexual encounter and the sensations that accompany it. While she was lying in bed with a guy, she had conflicting emotions. She felt torn. She was able to satisfy her sexual demands, but she was left feeling disheartened since she could see that he did not love her

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from the depths of his heart. She was aware of his fingertips gliding over her body deftly plenty, but not with an intensity that would make her want for an emotional connection with him more than she already did. She is so forthright in expressing her views in such a forthright and brave way that she labels herself a strange. This shows how forthright and brazen she is.

Her poetry, "The Sunshine Cat," is a potent poetic example of her candidness concerning her emotions and thoughts. It takes the shape of a dispute, in which she conveys the extreme discomfort and mental anguish that were caused to her by her husband, as well as by an amount of many other males, while she was having sexual relationships with these men. First, her partner caused her this pain, and then a quantity of other males. She claims that her husband is self-centered and a coward, and that he has never loved her or utilized her in an appropriate manner. He was a cruel observer of her sexual activity with other guys, even when she was having sexual relations with other males. She had done all in her power to make her sexual partner happy by holding to their hairy chests, but they all informed her they were only able to fulfill her sexual cravings and not love her. She had attempted her best to satisfy her sexual companion by doing so. Because there was no longer any love in their souls, Kamala Das lacked all desire to continue having sexual encounters with other people. This poetry shares a confession that no lady in her right mind would ever utter in front of another person.

In her poem titled "The Invitation," the poet does a powerful exploration of the fact that her companion, who was most likely her husband, used to engage in sexual activity with her in a casual manner. He would come to her during the breaks in his workday at the headquarters, conduct the sexual encounter with her, and then leave. She did experience a certain amount of pleasure when engaging in sexual activity, and for her, the bed transforms into a paradise. However, the fact that her partner had left her caused her to become despondent, and she had the urge to take her own life by plunging into the ocean, which appeared to be beckoning her to fall into its depths and drown.

A more open and honest expression of the poet's feelings may be found in the poem titled "The Looking Glass," in which the poet depicts a sexual encounter via the use of terminology that suggests a romantic connection. In this passage, Kamala Das encourages women to push aside feelings of timidity and shyness when they're ready to participate in a sexual act with their partners. She instructs them to strip down to their underwear and stand barefoot by the edge of their partner. A second piece of advice that she gives to the ladies is to discuss with their partners in advance what it is that they anticipate receiving from them while they are in the bedroom together. She also requests that the women offer the men all that it is that defines them a woman. She requests that they let the men feel her long blonde hair, smell the odor of perspiration among their chests, feel the warmth shock of their period bleeding, and then let them understand their infinite feminine hungers. The way in which Kamala Das addresses sexuality is very remarkable, and there is no doubt that the shortcuts she uses in this regard are founded on her very personal sexual encounters.

The introspective nature of the poetry "The Old Playhouse" makes it a standout example of its genre. Because of her

egotism and greed, Kamala Das felt as like she was suffocating within her husband's house, as is described in the poems. The monotony of Kamala Das's existence as a housewife with her spouse, along with his emotionless performance of the sexual act, drove her to the point of desperation and left her with the impression that her thoughts had become a decrepit theatre that was no actively being used.

Because of her work as an introspective writer, Kamala Das had done a huge benefit to the female sex by bringing women's latent sexual impulses to their conscious attention. The readers of her candid poetry benefit from the same therapeutic impact that the poet, herself, experiences when she writes it. Poets who are feeling the weight of their own emotional burdens often turn to confessional poetry as a means to get their feelings out. If the poet is honest about what they have been through, then others will be able to offer them some sympathy.

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