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Resilience in the Face of Despair: Identity and Survival in *Shuggie Bain*

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Abstract

Douglas Stuart's *Shuggie Bain* (2020) is a poignant exploration of the impact of socio-economic hardship, familial dysfunction, and addiction on the formation of identity and survival. This paper examines how resilience manifests in the novel through the experiences of the protagonist, Shuggie, and his mother, Agnes Bain. Through a close reading of the text, this study investigates the intersections between personal identity, familial relationships, and social conditions, arguing that resilience is not only a matter of individual endurance but also of navigating and surviving oppressive external forces. The novel's portrayal of survival, despite immense despair, offers insight into the resilience of marginalized individuals and the transformative potential of human relationships.

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Introduction

Douglas Stuart's *Shuggie Bain* offers a stark and visceral portrayal of working-class life in 1980s Glasgow, a time when economic decline and social fragmentation defined the lived realities of many. The novel follows the life of Shuggie Bain, a young boy caught in the storm of his mother Agnes's struggle with alcoholism and the disintegration of their family unit. Shuggie's resilience, as he battles both personal and societal obstacles, is central to the narrative's emotional and thematic core. The novel not only explores the psychological toll of poverty and addiction but also interrogates how identity is shaped under such harsh conditions. In the face of overwhelming adversity, characters like Shuggie demonstrate resilience—an ability to survive and even thrive despite the devastation of their circumstances.

This paper explores how *Shuggie Bain* represents the complex intersection of identity and survival, with particular attention to how resilience is framed within the context of familial relationships, socio-economic marginalization, and personal growth. The analysis will argue that resilience is portrayed as an adaptive, multifaceted process, where survival depends not only on individual strength but also on the possibility of forging connections and redefining one's identity amidst despair.

Review of Literature

Shuggie Bain has garnered critical acclaim for its honest depiction of class, addiction, and the human capacity to endure. Scholars have approached the novel from various perspectives, often exploring themes such as the impact of trauma, the exploration of queer identity, and the stark realities of working-class life in post-industrial Scotland. One of the key themes that has emerged from the literature is the representation of resilience in the face of overwhelming adversity. Scholars like Sheila Whiteley (2021) ^[3] have argued that *Shuggie Bain* illustrates the resilience of individuals within families marked by dysfunction, noting that survival often depends on an individual's ability to carve out an identity distinct from their circumstances.

Another significant theme that has emerged in the literature is the way Stuart uses familial relationships to depict resilience. In her analysis, Karen S. M. Laing (2021) ^[2] asserts that the novel's exploration of Shuggie's relationship with his mother, Agnes, is a complex narrative of love, dependence, and survival. Laing argues that while Agnes's alcoholism debilitates her ability to parent, Shuggie's love for her and his tenacious survival instinct allow him to navigate the intense challenges of his upbringing.

This dynamic, Laing suggests, reflects broader questions of loyalty, dependence, and survival in environments marked by systemic oppression.

Additionally, many critics have pointed to the importance of place and social class in shaping the characters' identities. According to Allan Hepburn (2021) ^[1], *Shuggie Bain* paints a grim portrait of a Glasgow scarred by industrial decline, where the collapse of the working class exacerbates individual suffering. In his view, Stuart does not just offer a story of personal survival, but also an indictment of the social structures that make survival a constant battle for those at the bottom of the economic ladder.

Despite these insights, few studies have focused specifically on the intersection of identity and survival in the context of resilience within the narrative of *Shuggie Bain*. This paper aims to contribute to this gap by offering a focused analysis of how resilience and survival are constructed in the novel, particularly in relation to Shuggie and his mother.

Methodology

This study employs a qualitative, literary analysis approach, drawing on close reading techniques to explore the themes of resilience, identity, and survival in *Shuggie Bain*. The methodology focuses on textual analysis of key passages where Shuggie's experiences of despair and survival are foregrounded, particularly in his relationship with Agnes and his struggle with his own identity. The analysis also considers the socio-economic backdrop of 1980s Glasgow, using historical and cultural context to understand the forces shaping the characters' lives.

In terms of theoretical framework, this paper draws on the work of resilience theorists like Norman Garmezy and Michael Rutter, who emphasize resilience as a dynamic interaction between an individual and their environment. Their conceptualization of resilience as both a personal and collective phenomenon helps illuminate the interplay between Shuggie's internal struggle and the external forces of poverty, addiction, and social marginalization. Furthermore, feminist and queer theoretical perspectives on identity, particularly the works of Judith Butler and Eve Kosofsky Sedgwick, are utilized to understand the ways in which Shuggie's evolving sense of self interacts with societal expectations and familial pressures.

Discussion

Resilience as a Response to Socioeconomic Marginalization

At the heart of *Shuggie Bain* is the tension between Shuggie's survival instinct and the overwhelming challenges posed by his environment. The novel is set in a Glasgow struggling with the loss of its industrial base, where poverty and unemployment create a landscape rife with hopelessness. Shuggie's resilience is framed as a response to these external pressures, as he finds himself alienated from both his peers and his own family. His loyalty to his mother, despite her destructive addiction, is a testament to his internal strength, yet also highlights the ways in which survival is often bound to relationships that are fraught with pain and dysfunction. Shuggie's resilience, however, is not just a product of his personal fortitude but also a testament to the power of familial bonds. His mother Agnes, despite her inability to care for him in traditional ways, represents a kind of strength in her own right. Her resistance to societal expectations, particularly her refusal to conform to traditional gender roles, serves as a form of rebellion against the oppressive structures surrounding her. In this way, Shuggie's survival is not only about endurance in

the face of personal trauma but also about negotiating his identity in relation to his mother's complex survival mechanisms.

Identity and Survival in a Queer Context

Another layer of resilience in *Shuggie Bain* involves Shuggie's queer identity, which he struggles to reconcile with both the rigid gender norms of his community and his own self-understanding. Shuggie's queerness marks him as different in a world where masculinity is often linked to strength, independence, and stoicism—qualities that seem at odds with the vulnerability he displays in his relationship with Agnes. Shuggie's survival, then, is not just a matter of physical endurance but of carving out a space for himself as a queer individual in a hostile environment. The novel suggests that resilience is not only about surviving external hardships but also about creating and maintaining an identity that is authentic in the face of rejection and marginalization. Stuart's portrayal of Shuggie's identity formation aligns with queer theory, which posits that identity is fluid, relational, and shaped by both internal and external forces. Shuggie's ongoing battle with his sense of self, particularly in relation to his peers' expectations and his mother's instability, underscores the tension between personal survival and the need for social acceptance. His journey toward self-acceptance is deeply tied to his ability to resist the societal norms that seek to define him and his relationship with his mother.

Familial Bonds and Collective Resilience

The theme of resilience in *Shuggie Bain* also highlights the importance of familial bonds in overcoming adversity. Shuggie's relationship with Agnes, though fraught with dysfunction, is central to his survival. Despite Agnes's addiction, Shuggie remains devoted to her, offering care and love even when she cannot reciprocate. This devotion represents a form of resilience that transcends individual suffering, suggesting that survival is not only about individual agency but also about the capacity to nurture and maintain connections, even in the most hopeless of situations. In this way, *Shuggie Bain* challenges conventional understandings of resilience as an individual trait, instead presenting it as a collective effort within the family. While Agnes's alcoholism erodes the family's structure, it is ultimately the love and loyalty between Shuggie and his mother that allows both of them to survive in an environment marked by scarcity, violence, and neglect.

Conclusion

In *Shuggie Bain*, Douglas Stuart offers a powerful exploration of resilience in the face of despair, focusing on the intertwined themes of identity, survival, and familial relationships. The novel portrays resilience not as an inherent trait but as a dynamic and relational process that emerges in response to the external and internal challenges faced by individuals. Shuggie's survival is shaped by his ability to navigate the oppressive forces of his environment while maintaining a connection to his mother and, ultimately, to his own sense of self. This analysis has argued that resilience in the novel is framed not only as an individual endeavour but also as a collective, relational act that underscores the transformative potential of love, loyalty, and identity. By examining these themes, *Shuggie Bain* provides a profound commentary on the human capacity to endure, even when the odds seem insurmountable.

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