

OPEN ACCESS

Volume: 13

Special Issue: 2

Month: January

Year: 2026

E-ISSN: 2582-0397

P-ISSN: 2321-788X

Citation:

SS, Ayana Sharon, et al.

“An Exploration of Ethics and Human Values through Psychological Trauma in A.J Finn’s The Women in the Window.” *Shanlax International Journal of Arts, Science and Humanities*, vol. 13, no. 2, 2026, pp. 137–40.

DOI:

<https://doi.org/10.34293/sijash.v13iS2-i2-Jan.10534>

An Exploration of Ethics and Human Values through Psychological Trauma in A.J Finn’s The Women in the Window

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Abstract

A.J Finn’s The Woman in the Window presents a powerful exploration of ethics and human values through the psychological life experience of Anna Fox, a woman living with trauma and agoraphobia. This novel emphasizes ethical problems about truth, reliability and responsibility in a society that often marginalizes the people suffering from mental illness. A woman living in isolation due to trauma and mental illness, who believes that she has witnessed a crime. Through her experience, this paper examines through the theme of ethics, human values and global values, who highlights the individual suffering reflects wider social issues and trauma. The novel questions ethical responsibility by demonstrating how society often rejects voices that appear unstable or different. Anna Fox shows a lack of empathy and moral sensitivity towards individuals with psychological disorders through her experience. Disbelief over understanding repeatedly tests human values like compassion, trust, dignity and care. This narration of story that prejudice and stigma can lead to ethical failure. The novel gives the importance of responsibility were addressing mental health challenges from a long thought of process. Although the story is set in America, the issues it addresses are relevant features even in Indian society, where mental health awareness is still evolving. By connecting personal trauma with social ethics, The Women in the Window becomes a meaningful literary text for this paper and give ideas to recover the mental illness. It promotes the importance of ethical awareness, respecting human values, and which corroborate to ensure mental well-being in a globalized world. In this way, Finn’s work contributes the meaningful discussion on ethics and shared human responsibilities in the modern world culture.

Keywords: Ethics, Human Values, Mental Health, Psychological Trauma, Social Isolation.

In this paper says the psychological trauma is now used as a critical lens in literary studies to analyze stories about identity, morality, and human values in modern literary studies. Literary texts increasingly headlights

trauma as a condition that alters ethical reasoning and social engagement, rather than just as an individual ailment, as awareness of mental health issues has grown globally. In particular, psychological thrillers have gained popularity as a genre for examining how traumatized consciousness can affect the perception, truth, and moral judgement. The A.J Finn's 2018 novel *The Women in The Window* serves as an example of this literary change by telling a story in which psychological trauma has a significant impact on a moral judgement and human values.

As a result of increased societal awareness of trauma and psychological, mental health, agoraphobia is becoming a major narration of this story concern in contemporary related to psychological fiction. A.J Finn's *The Women in the Window* which says for it interact portrayal of psychological trauma and Agoraphobia. Dr. Anna Fox, a child psychologist with severe Agoraphobia, and Post Traumatic Stress Disorder is the focus of the book. Confined to her home, Anna observes the lives of her neighbors and becomes dawn into the mystery of that undermines her fragile grasp of reality of life.

This novel, *The Women in the Window* portrays on trauma not only just simple as a psychologist condition but as an ethical disrupt or that reshapes moral insight and responsibility. Finn examines the frailty of ethical reasoning through Anna Fox's damaged awareness and emphasizes the need, desire, and need of empathy based on moral frameworks. Eventually, the book makes the argument that human connection and psychological health are in extremely linked to ethical clarity of life on trauma issues where the people suffering from mental illness.

This book explores how Finn portrays moral and human values with the theme of social seclusion, mental illness, and psychological trauma. It argues that the story's tragedy upon established moral frameworks and exposes society's moral failings, particularly it is proper to ignore, stigmatize, and silence people who are dealing with mental health problems. "Watching is like nature photograph You don't interfere with the wildlife" (chapter1, Pg: 04) The story of the women in the window maintains basic human values like empathy, condolence, dignity, and moral courage, showing that psychiatric pain does not destroy ethical human values but rather, in many situations that depends it.

In *The Woman in the Window*, the narrative and ethical foundation is influenced by psychological suffering. Research in psychology defines the emotional response that highly troubling or uncomfortable situation or places that surpasses a single people ability to manage. The pain experienced by Anna Fox originates from a devastating incident that resulted in the loss of her entire family. This novel says her sense of self leads to enduring psychological effects such as agoraphobia, visions, sadness, and a lack of emotional response and trauma. Finn shown how suffering not as an occurrence of mind but as a persistent feeling inside that indirectly affects memory, perception, and value of identity.

Anna Fox was affected trauma and she describes how she connects to reality, where she lives in an unstable of life influenced by medical treatment, alcohol, meditation with suppressed lot of memories. The story tells not only as a literary device to enhance the suspense to know what happens next, but also gives a moral theme of book that readers to understand their own biases regarding mental health and trauma. When Anna believes she has witnessed of a violent act, her mental condition causes her account to be dismissed. Consequently, the narrative poses a significant ethical dilemma regarding how mental illness may diminish the credibility of truth. Finn's perspective of human involved life, asserting that although mental health challenges can fix the true nature of reality, they do not apply it towards own life.

The Woman in the Window portrays mental health as a social influence and high responsibility, rather than just a therapeutic issue has been followed. Anna's agoraphobia isolates her in her home for her safe, but it is more than just a medical problem; it is a community failure to make the proper facilities for care and support on many levels. Finn's descriptions of Anna's isolation provoke ethical questions about how society treats those with mental health difficulties. In her home, confined to her home, and her suspicious thought and anxiety that clears her vision of reality. Her addiction on drugs is shown not as her fault, but as a coping in the absence of adequate support of life. Finns represents the challenges moralistic of attitudes toward mental illness, emphasizing the value of understanding rather than her life.

Anna Fox was child psychologist, Anna finds herself in a contradictory role as both a healer and a patient. This double role emphasizes the ethical weight borne by caregivers, who frequently face the expectation of role to conceal their own weakness. The novel criticizes the normal level of fluency that create the impacts of overlook into the mental health disorder. Anna's professional history implicate her feelings of guilt and self traumatic issues, exposing how essential ethical norms can transform into sources of psychological distress. Mental health in *The Woman in the Window* is explained the layer of each chapter it successfully emerges the negative types were commonly present in main idea of literature. Anna Fox's is frequently use on drugs and alcohol is not portrayed as a character flaw, but instead as a severe attempt to handle deep down on sorrow and anxiety. Finn's depiction resonates with both views on mental health, highlighting the necessity for empathy and sympathy rather than blame which made by others.

This story tells a moral perspective, the society that expects how people dealing with mental health issues to maintain constant self-discipline without knowing themselves. Anna's worked as a child psychologist which strengthens the confidence and emphasize the unrealistic expectation for others to give care for her and to always show emotional support to know the value of people mind through past traumatic issues. Her well know professional dealers that contrast significantly with her current vulnerable condition to bring attention to the ethical implications of ignoring the mental health needs of trust who take care of themselves.

Trust is another form that value more in the novel. Anna's trauma undermines her capacity to trust both herself and those around her, by resulting in a cycle of people around. Her observation of neighbors from her window that symbolizes a warped effort at connection, prompting ethical considerations regarding privacy and moral duty. Finn portrays this behavior not as the surrounded by her community, but rather as a of isolation and depressed state, thus encourages a compassionate understanding. Dignity is consistently undermined in Anna's encounters with figures of authority of being herself. Her mental health issues serve as a justify for disregard, robbing her of without knowing her perspective and respect. The novel critiques this ethical breach, highlights that dignity should not be dependent on mental well-being and surrounded by her.

Social isolation shows how both a stimulus a result of trauma in *The Woman in the Window*. Anna's physical relation to her emotional support they establishing an ethical involvement in people that progressively challenging to others. This isolation increase her fear and paranoia her moral judgment and her self-doubt. Furthermore, the novel shows isolation as a societal shortcoming rather than merely an individual decision of people. They lack of maintaining support systems to eradicate a collective ethical disregard for who those suffering from mental health issues. Finn implies that in trauma is not just a personal burden to herself but also a social obligation that asserts the ethical views are characterized by their ability to care for the others.

They talks about the gender influences of Anna Fox face many struggles in the novel. As a woman experiencing lot of mental illness that Anna faces lots of inquiry and doubtful thoughts. Her emotional reactions are frequently regarded as unreasonable, it follows historical trends of gendered palatalization. "Dr. Fielding is, as usual, correct: I'm on quite a few medication, I know I'm not taking them as or when I should" (chapter 16, Pg: 80). Finn reveals how these bias of ethical fairness and lead to the marginalization of women's experiences in other society. By emphasize the Anna's viewpoint the novel were urge to readers and reevaluate their ethical beliefs and to acknowledge the intersection aspects of trauma and isolation. It advocates for an ethical framework that recognize the various encountered list by women with mental illness.

Social isolation has a real impact on the moral themes of novel *The Woman in the Window*. Anna's isolation is not just a result of her agoraphobia disease. It is further extract by social indifferent values and failures of nature. Finn's novel isolation were been more damaging, it shows how the absence of meaningful connections of worst trauma and reduce awareness to society. Anna becomes more a passive reality of life, they experienced by many people who struggle with mental health challenges. In the book questions a cultural standard that society is being more productive instead of showing compassion and results that gives a solution. By framing isolation of moral issue, Finn highlights the society's duty to support and give importance who was suffering from trauma issues by giving moral support and to make over coming high traumatic disorders.

The novel says her psychological weakness, Anna were demonstrated the ethical bravery in her unwavering pursuit of truth of life. “He’s tall indeed, baby-faced and blue-eyed, with a flap of sandy hair and a faint scar notching one eyebrow, trailing up his forehead. Maybe fifteen years old. He looks like a boy I once knew, once kissed summer camp in Maine, a quarter century ago. I like him” (chapter 8, Pg: 38) Finn defines moral values and responsibility as the willing to act in the presence of fear and uncertainty. Anna’s tragedy of her awareness of injustice and motivates her ethical views. The mental illness does not undermine moral values, but rather than can improve ethical out state of mind. Finn interprets the ethical courage as a human value found on compassion and truth of through Anna’s tenacity of this exploration of trauma.

The novel in *The Woman in the Window* gives an depth in exploration moral values and human thought through the impact of psychological distress, mental illness, trauma and social isolation. Finn addresses the negatives have been surrounded by mental disorders and highlights the moral shortcomings that arise from careless. The story asserts that morality and human principles are lived experiences shaped by how society reacts to environment. Finn advocates for a humane ethical approach that upholds human worth in a progress disconnect to society by stressing the importance of compassion, accountability faith and reliance.

It focus the mental health struggles and feelings of loneliness. It offers a through the investigation of morality and human values. The storyline reveals the ethical shortcomings of a community that overlooks mental trauma by centering on a main character whose real thought is maintained through major inquiries. These acknowledges the worth of individuals dealing with mental health issues by exploring compassion, respect, and moral responsibility. Finn’s book emphasizes that moral involvement starts with being attentive, interesting, and committing to not diminishing human values of past traumatic disorder.

A. J. Finn’s by this novel *The Woman in the Window* tells about the moral and human values of social isolation, psychological suffering, and mental health. By mainly focus on a falls of people by their past incidents of trauma but morally conscious main character, the story was unimaginable attitudes toward mental health and exposes moral attitudes. Finn highlights the need to help and listen to individuals who are valued by illuminating trauma as a very human experience that requires empathy rather than harsh judgment. In the end, the book makes the case that human values and ethics are concrete experiences molded by how individuals and society react to pain. *The Woman in the Window* emphasizes the need of empathy, belief, and social duty, making it a potent appeal for a more compassionate and morally conscious community to change the people mind in society.

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