

Depicting Personal Trauma through Artificial Intelligence in Literary Narratives

Hezeline Mazerella. A^{1*} , Dr. V. LIZY²

^{1*}Research scholar, Sathyabama University, Chennai 600119.

²Research Supervisor, Sathyabama University, Chennai 600119

***Corresponding Author:** Hezeline Mazerella. A

*Research scholar, Sathyabama University, Chennai 600119. Email: hezelinemazerella@gmail.com

Abstract:

The study explores the contrast opinion of Emily St. John Mandel's works *Station Eleven* and the *Sea of Tranquility*, Where the presence and the absence of Technology and AI trigger the personal trauma in the characters. The study explores how the advanced technology and AI shapes the human experience in one narrative while the other completely demolishes them. In the *Sea of Tranquility*, Technology imprinted as the main source of human experience that records, analyzes and mediates reality and creating the environment as a data using technology that stimulates the emotional distance and cognitive dependency. Conversely, *Station Eleven* introduce a post pandemic world that promotes reliance on memory, art, human connections, emotional experience and reshaping the social memory with the absence of technology around the world. The study argues that Mandel uses the opposing technology to express the impact of systems on memory, identity and trauma. The presence of technology enables control, preservation, and connectivity while the absence reveals the nostalgia, vulnerability and the resilience of human emotion. Eventually, the paper argues that both the presence and absence of technology play a censorious role in shaping the personal human experience and interpreting trauma, spotlight the durable seriousness of human connections beyond technological support.

Keywords: Artificial Intelligence (AI), Trauma Representation, Cognitive Dependency, Memory and Data, technological Mediation

How to cite this article: Mazerella H, Lizy V. Depicting Personal Trauma through Artificial Intelligence in Literary Narratives. *Int J Drug Deliv Technol.* 2026;16(35s): 638-643. DOI: 10.25258/ijddt.16.35s.72

1. Introduction:

The rapid advancement growth of Artificial Intelligence (AI) currently reshapes the various domains including in the field of literature by interpreting and analysing the text. As a AI systems increasingly extend their use in analysing the literary texts. The introduction provides an overview about how the sophisticated technology gives a clear notion about how the trauma of the characters shape during the presence and absence of advanced technology. The article explains, how the technology functions and the medium for representing a personal trauma in contemporary literature. With the particular focus on Mandel's works *Sea of Tranquility* and *Station Eleven*. *Sea of tranquility* explores how advanced technology systems records, analyze and reproduce the human emotions by transforming subjective feelings such as pain, grief, isolation and memory into the recorded and structured data. Through various processes and patterns such as repetition, recognition and simulation and personal trauma are made observable within technological frameworks. In *station eleven* the narrative explains how the sudden absence creates trauma in the society. The pre - pandemic world where the technology played an important role and how it challenges the survival of the characters during the post-pandemic phase. As this study argues that AI gives access by preserving and interpreting the traumatic experiences. It simultaneously introduces emotional

distance by reducing the difficult emotions into the analytic forms. With the deep examination about the characters and narrative structures the study points out the differences between technical and emotional experiences. Promptly, the article explains the effective uses of technology since it documents, organizes trauma and still cannot comprehend the human emotions.

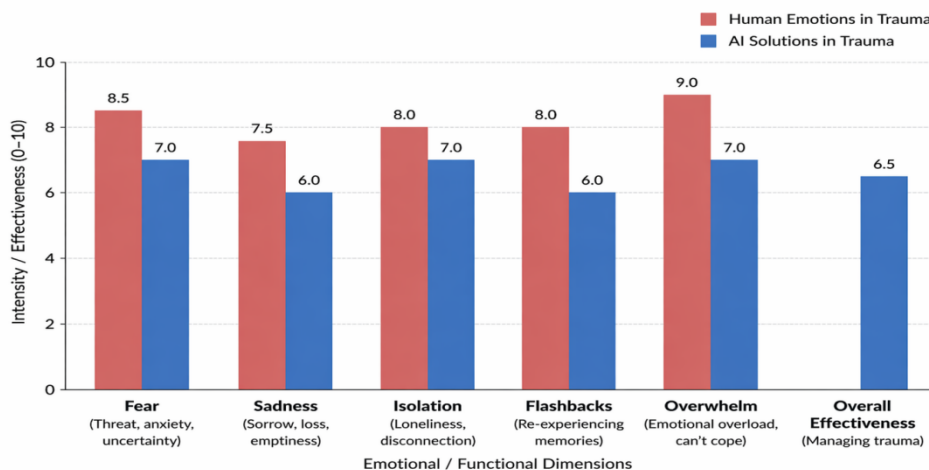
2. Trauma and Technology:

AI and technology use character trauma to analyze their comprehension in many ways. Recognizing how trauma and AI technologies are related is crucial. Because the trauma disrupts life's rhythm, survivors often experience a sense of dislocation, recurring experiences, and unsettling memories of past lives. In many respects, AI in particular reflects these behaviours. Repetitions and relay allow experiences to be replayed, echoing the recitative nature of trauma; detachment and analysis: AI stores and processes the emotions as data that separates emotions from the experiences; reconstructions and simulations: these new technologies can replicate the precise circumstances in which this trauma that are imprinted in the mind; and archival functions: technology records, stores, and preserves specific traumatic events. Mandel exhibits the scope of the philosophical and emotional aspects of her writings with these connections. The author frequently uses

technology to portray his concepts of emotional suffering and memory loss.

Human Emotions in Trauma vs. AI Solutions in Trauma

Comparing Emotional Intensity and Perceived Effectiveness (Scale: 0-10)



Key Insight: Human emotions in trauma are intense and deeply complex. AI solutions show strong potential in analysis, prediction, and support, but still cannot match the full depth of human feeling.

3. Technology and Characters:

Mandel's works unveil trauma through technology, especially in *Sea of Tranquility*. Most of the characters are traumatized by the Artificial Intelligence. AI does not feel the trauma and painful experiences, but rather captures, repeats, explicates, and often sets them apart from true human emotions. Similar to **Gaspary-Jacques Robert**, the main character uses technology to look into the anomaly in the chronology. Repetitive trauma is caused by exposure to repeated timelines regularly, which is comparable to eliminating painful recollections. Although they are unable to resolve the emotional conflict, these AI tools aid in the analysis of the occurrences. Artificial intelligence highlights the disconnection between information and emotion.

Mirella Kessler: symbolically, she is the human mind surrounded by the technical world and disconnected from normal life, with the anxiety of the future. She experienced isolation while she was devastated upon learning that her disappeared friend, Vincent Alkaitis. In search of her friend, she momentarily shifts into the timeline where she experiences the same as Edwin. On technology, as her life is mediated through digital systems. Her emotional struggles and the environments were turned into a pattern, observable trauma, and highlighted as recorded data, as her daily routine is indirectly shaped by AI-controlled surroundings. She struggled to recognize Gaspary from the traumatic murder scene that she had witnessed as a child.

Edwin St. Andrew: is exposed as a timeline shifting character as he is exiled to Canada, he drifts toward Vancouver, where he experiences a mysterious moment in the forest as a dark space filled with the sound of violin music, which he felt he is in a train station. This moment of trauma becomes something recorded and explained through AI, even though he did not use any advanced technology; he experienced this psychological disturbance later analysed by the technological system, rather than purely personal.

Olive Llewellyn, an author, was using extremely advanced technology in order to explore the world during the pandemic. In her life, emotion and AI are at odds. Because her identity and daily life are significantly shaped by AI and advanced systems. Since her routine, surroundings, and emotions are controlled by this advanced level of AI technology. These automated systems and technology are unusually handling her communications, travel plans, and safety protocols. Since technology mediates the reality of her existence, she relies upon AI for safety and assistance. Instead of being freely expressed, her trauma was contained with the aid of technology.

4. Memory and time:

Sea of Tranquility gives the idea of how humans survive, as it is effectively connected to the future through AI and technology. It also documents, analyzes, and expresses the effects of loss through recording memories across timelines that convey the thoughts of those caught in a loop of memory through artificial intelligence (AI), allowing them to return to the moment in time where they are permanently bound in both time and memory.

5. Analyzing emotion as data:

Additionally, by converting human memory into data, AI gathers and analyzes human emotion data utilizing the data analysis approach. That often conveys ideas and thoughts that the characters are unable to articulate. AI, therefore, examines the primary characters' unspoken trauma. It creates human behavioural patterns and how people react to and reflect on crises. Instead of being able to feel, it was keenly observed, examined, and recorded. This philosophy produces the dual layer of life in which the characters' experiences are documented, archived, and examined. The lived experience of trauma and the documented version of that trauma highlighted a crucial point: trauma will continue to exist as an emotional and deeply internal scar that is visible from

the outside. However, AI is unable to simulate feeling; instead, it will define, make patterns, and deliver information to lessen human suffering.

6. Temporal disruption:

The character's tension with their memories, which reverberate throughout their lives and frequently interfere with their current ones, is caused by the temporal condition. The many moments that recur throughout the time frames and serve as a metaphor for the actual pain are the novel's main peculiarity. By inducing past events to interfere with current events and collapse the timeline, it significantly modifies the chronological sequence. The technology looks into this anomaly and treats it as a problem that needs to be fixed. However, because the characters view the abnormality as an extremely personal and terrible experience, this academic approach conflicts with their emotional reality. Mandel relies on less visible AI in Station Eleven, but he still uses technology to convey trauma. Furthermore, the character's fragmented memories bring the pain to life. As the memories, media, and outdated gadgets bring the horror to life, their emotional wounds continue to worsen. As the archives of hope and past trauma, memory preservation contributes in keeping the memories and trauma of the past alive. When modern technology is inaccessible due to the epidemic, civilizations experience a technological collapse. It is a reflection of society's collective pain and psychological shock. In contrast to Mandel's writings, advanced artificial intelligence (AI) and other contemporary technologies actively analyze and record trauma to document the recurrent phenomenon. In addition to making individuals feel traumatized, Station Eleven's lack of technology emphasizes memory and loss. Technology establishes a gap between emotion and science as well as between experience and intelligence. The concept that the trauma cannot be contained within a technological framework is strengthened by the delay.

7. Isolations, pandemics, and emotional data:

Sea of Tranquility's ultra-modern outbreak is an echo of an ongoing global catastrophe. During the crisis, the AI

keeps an eye on how people behave and records information about feelings like fear, loneliness, and adoption. Changes in social behaviour, loneliness patterns, and psychological reactions to confinement become the collective and quantifiable. At the expense of the survivor's uniqueness, AI systems transform the unprocessed complexity of trauma into readable, visible patterns through the datafication of emotional pain. These technologies run the risk of a type of intellectual destruction, in which the individual's distinct experience is sacrificed for the purpose of unambiguous data display and group classification, by considering human suffering as a harvestable resource for extensive research.

8. Simulation and the reality:

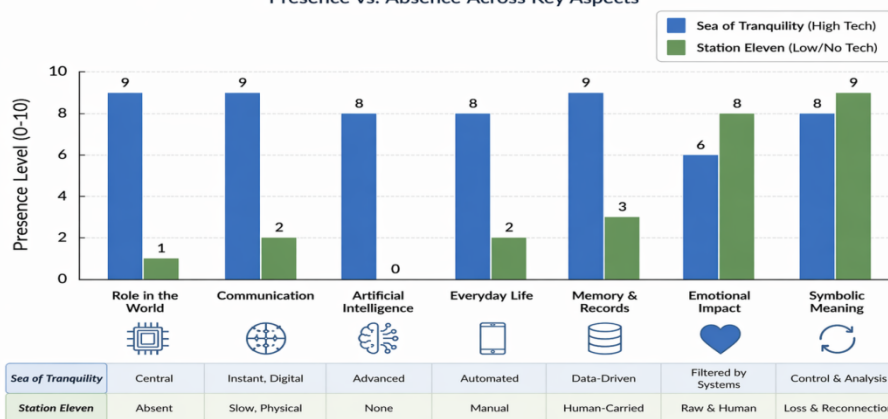
Simulation is one of the most profound elements of the novel as it explains the reality itself could be the simulation process as it introduces the variable dimensions to the trauma. Since the simulations are the products of AI which divides constructed experience and actual experience. That reflects, trauma can feel imaginary or unusual those who experienced it. For the example;

8.1 Trauma and the absence of Technology in Station Eleven

In contrast to Sea of Tranquility, the novel Station Eleven presents the world where technologies disappear soon after the outbreak. In this post-apocalyptic world, technology represents the lost civilization; emphasize the human's dependency on the social structure and the switching from the digital connectivity to the manual based survival. Since the post pandemic survival features their rely on the traditional skills and the face to face communication over the modern technology and this world features the abandoned technologies like phones, cars and even the power often curated as the museum artifacts. Here Mandel express trauma not through AI systems but through the loss and the reminders of memory.

Technology in *Sea of Tranquility* vs. *Station Eleven*

Presence vs. Absence Across Key Aspects



KEY TAKEAWAY:
Sea of Tranquility portrays a world where technology is everywhere, shaping life and memory. *Station Eleven* portrays a world where technology is gone, and what remains is human connection, memory, and rebuilding.

8.2 The collapse of technology and civilisations:

The quick unavailability of the technology generates a profound sense of break. The characters like Clark, Kristen, and others who were dependent on digital systems are obliged to adopt the new world without technology. Since the loss and absence of AI becomes the major form of trauma, and as it was the mediated human relationship left them individual to be hostile in their memories with the absence of technology.

8.3 Comic book preserved as a memory:

During the absence of technology, the object takes over the place of memory for preservation. The Station Eleven comic book becomes the central theme, as it carries the subjective and also connects the characters across time, preserving the fictional narrative within the narrative by reflecting their inner emotions. These are differently interpreted by the different characters, which actually highlight their personal nature of trauma.

8.4 Psychological trauma and broken narratives:

Mandel portrays intimate and human-centered trauma and the structure of *Station Eleven* itself as trauma as the narrative moves between the past and present, mirroring how traumatic memories operate. To organize the character's experience without AI, it's necessary to reconstruct their own histories by interpreting the fragmented memories.

8.5 Nostalgia of Tech:

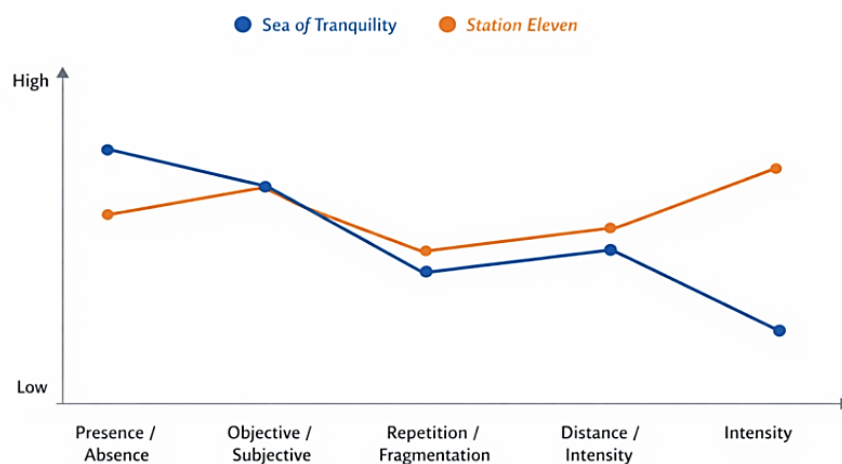
Technology shapes the emotional lives of the character even in its absence. They remember the, pre pandemic world that filled with electricity and other electronic items like, Smartphones, Radio, Television, and transportations vehicles like cars, aeroplane. There remembrance intensifies their grief of the past and the technology becomes the symbol of lost world. The unavailability of the AI emphasises the extension of the outbreak.

9. Artificial Intelligence and Technology

Station Eleven VS Sea of Tranquility: (Comparative Analysis)

The absence of technology in *Station Eleven* and the active futuristic technology of *Sea of Tranquility* cultivate the trauma in characters. Both novels explain the trauma caused by the presence and absence of high model technology. Since the absence of people relies on memory, cultural preservation through physical artifacts and oral storytelling helps balance the communication breakdown. So that enabled the human experience to be more emotional and direct. But in the other novel, Mandel explains that AI shapes the understanding of memory, time, and trauma through the recorded data, behaviour analysis, and mediates reality.

Trauma Representation: *Sea of Tranquility* vs. *Station Eleven*



9.1. Aspects of technology in Station Eleven:

Infrastructure Loss: The unexpected collapse pushed the people to go back to the pre-pandemic living phase due to the loss of electricity, transportations and the loss of internet. **The Artifact of Technology:** character Clark, who was stuck in the memory of the past world, organized the “Museum of Civilisation”, started to display cell phones, laptops, passports, and even the high heeled shoes as outdated relics of the pre-pandemic world. *Station Eleven* becomes the human-centric novel

as it claims that technology is essential, but its absence leads society to regress to human power work.

9.2. Art becomes the fundamental technology:

Both the novel *Station Eleven* and *Sea of Tranquility* have different contexts and portray Art as a key element for meaning, memory, and survival struggles. In *Station Eleven*, art is displayed as an essential for Survival and Identity. The travelling symphony with a troupe of actors and musicians demonstrates culture as a form of technology that is worth preserving, emphasizing the

importance of human connection beyond digital technology. By performing the Shakespearean dramas and the portrayal of the Station Eleven comic, Mandel exhibits art as a tool to preserve the cultural practices after the societal collapse, to provide hope and emotional healing by reinforcing the idea of “Survival is insufficient”. That helps people to build their hope and human connection by using art as a lifeline. In the *Sea of Tranquility*, art exists, but in a technologically advanced world where it still plays its key role. It also connects different characters in different timelines. With the help of AI and Data it reflects the human thoughts and experiences in recorded versions. It also preserves the emotional truth as memories and experiences in the systems. In this *Sea of Tranquility*, art acts like an equaliser to the technology, which balances and maintains the human sensitivity in an AI and data-dominant world. Art becomes the basic fundamental part, where it preserves everything that technology cannot do.

10. Transport and facilities:

Comparatively, *Station Eleven* explains the loss of transport and facilities in the pandemic world, and *Sea of Tranquility* portrays the advanced AI technology; these ideas express the notion of emotional survival in *Station Eleven* and cognitive dependency in *Sea of Tranquility*. *Station Eleven* Airplanes, cars, and trains were rare and unusable after the pandemic. The absence of transport reflects the breakdown of social and global connectivity. Since the movement became limited and shrunken, the world of people. So, the limited movement symbolizes isolation and their struggle for survival. Character Clair becomes the best example for this, as he is trapped in an airport because of the unavailability of global connectivity. Transportation once was a symbol of transportation, as connectivity now becomes a deserted home, and the symbol of past freedom and desperation. *Sea of Tranquility* contradicts the other novel since it has an advanced system of transport, including Space, time travel, and interplanetary movement. This mobility is extremely efficient and controlled by advanced technology, which represents the ultra-modern development, progress, and futuristic connectivity. Due to the breakdown, the basic and important facilities such as electricity, networks, hospitals, and the communication system have disappeared. The normal society structure turned into a primitive and Survival based, which led people to sleep on trauma and vulnerability. In *Sea of Tranquility*, facilities such as the research system, controlled living environment, and the digital archives exist and are highly developed. Since they enabled the options for monitoring their activities, recording their memories, and analyzing the human life with the infrastructure that supports the stability of life and dependency on technology

11. Cognitive Dependency:

It highlights the character’s dependency on the pre-apocalyptic world. People had strong feelings of nostalgia when they had easy access to transportation

and used numerous technologies, such as air conditioning, refrigerators, motorcycles, cell phones, televisions, and radios. A character like Gaspery-Jacques Roberts used recorded data and systems to interpret the real situations. This expresses the dependency of human being with the technology instead of using their knowledge, personal thought and experiences. This cognitive and technology dependency reduced their emotional feelings, engagements, and made their thinking more analytical and controlled externally. These notions explain how the mind, thinking of people, becomes closely associated with AI and technology.

12. Conclusion:

These books exhibit how trauma is noticed and remembered using technology. The portrayal explores how the sudden absence of technology affects society and civilisation, forcing human relationships to discover the value in face-to-face interactions and society, and essentially mentions the idea that human connection is lasting, unlike any other modern technology. AI serves as a historical memory and analysis tool in both novels. AI is presented as a memory-preserving instrument that analyses human experiences and the impact of earlier civilizations. The author gives the contradictory ideas of the world without the AI systems, technology and a world that ruled by the AI technology and advanced digital systems which explains how transport human experiences, infrastructures, memory and AI shapes human experiences and survival indicate the completely different ways.

13. References:

13.1.Primary Sources:

- 1) Mandel, Emily St. John Mandel. *Sea of Tranquility*. Alfred A. Knopf, 2022.
- 2) Mandel, Emily St. John Mandel. *Station Eleven*. Alfred A. Knopf, 2014.

13.2.Secondary Sources:

- 1) Abdulai, Abdul-Fatawu. “Is Generative AI Increasing the Risk for Technology-Mediated Trauma Among Vulnerable Populations?” *Nursing Inquiry*, vol. 32, no. 1, 2025, e12686. <https://doi.org/10.1111/nin.12686>.
- 2) Analysis of *Station Eleven* by Emily St. John Mandel.” *Internet Public Library (IPL)*, <https://www.ipl.org/essay/Analysis-Of-Station-11-By-Emily-St-B05E4D9FE01BB8EE>.
- 3) Bostrom, Nick Bostrom. “Are You Living in a Computer Simulation?” *Philosophical Quarterly*, vol. 53, no. 211, 2003, pp. 243–255.
- 4) Caruth, Cathy Caruth. *Unclaimed Experience: Trauma, Narrative, and History*. Johns Hopkins University Press, 1996.
- 5) Crawford, Kate Crawford. *Atlas of AI*. Yale University Press, 2021.
- 6) Hayles, N. Katherine Hayles. *How We Think: Digital Media and Contemporary Technogenesis*. University of Chicago Press, 2012.

- 7) Jockers, Matthew L. Jockers. *Macroanalysis: Digital Methods and Literary History*. University of Illinois Press, 2013.
- 8) Kassa, Seifemichael Tsegaye. "Cognitive Benefits and Risks of Digital Technology Engagement." *Discover Psychology*, vol. 6, 2026, article 10. <https://doi.org/10.1007/s44202-025-00527-0>.
- 9) LaCapra, Dominick LaCapra. *Writing History, Writing Trauma*. Johns Hopkins University Press, 2001.
- 10) Mandel, Emily St. John Mandel. *Sea of Tranquility*. Alfred A. Knopf, 2022.
- 11) Mandel, Emily St. John Mandel. *Station Eleven*. Alfred A. Knopf, 2014.
- 12) McLuhan, Marshall McLuhan. *Understanding Media: The Extensions of Man*. MIT Press, 1994.
- 13) Moretti, Franco Moretti. *Distant Reading*. Verso, 2013.
- 14) Renn, Ortwin Renn. "Technological Risk." *Handbook of Risk Science*, Springer, 2023.
- 15) S., M. "A Critical Study of Existence in Sea of Tranquility." *International Journal of Creative Research Thoughts*, vol. 11, no. 4, 2023.
- 16) Turkle, Sherry Turkle. *Alone Together: Why We Expect More from Technology and Less from Each Other*. Basic Books, 2011.
- 17) West, Darrell M. "Why AI Will Never Truly Understand Your Feelings — And Why That Matters." *Brookings Institution*, 2023, <https://www.brookings.edu/articles/why-ai-will-never-truly-understand-your-feelings-and-why-that-matters/>.
- 18) Zuboff, Shoshana Zuboff. *The Age of Surveillance Capitalism*. PublicAffairs, 2019.