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People need to understand themselves first before they recognize other individuals' behavior. Therefore, the theory that allows people to understand their existence and explain their meaning in life is existential. Fyodor brings a clear explanation and understanding about the underground man in society. Although Fyodor uses a fictional character of a bitter Russian veteran who records the notes concerning his life and the problems faced, the approach provides a robust understanding of such people in society. The underground man has several features that people can understand because he is referred to as the "underground man" since he organizes the ideas and hides in the underground world by separating himself from the world.

The underground man is related to individuals in society because of how distinct the societies are formed. One can understand the underground man through the character of developed hate for other individuals because of their uncertainties and scuffles to create a relationship. Consequently, the underground man will experience alienation from modern society and in the 1860s (Frank, 2009). these features are related to individuals who withdraw from the environment or other people in the current community by expressing feelings of distance and separation from their emotions. Finger (2020) stated that alienation is both a sociological and psychological condition that can impact health and exacerbate existing therapeutic illnesses. Moreover, the same source said that individuals facing alienation always have feelings of helplessness, being left out of conversations, and feeling separate from everyone else.

Another feature to understand from the underground man is the increasing fight with self-esteem and the desire to make others feel inferior. The man is unable to function as an individual in their society. For instance, Frank (2009) states that man dreams of taking an unplanned slight and amplifying it into a shameful abuse in the underground. Furthermore, the disjointed

personality will permit the man to experience things indirectly, making contact with actual life terrible because of the fear of reality. Although the underground man did not ask for a bribe, he enjoyed making the supplicant feel painful and hopeless irrespective of being poor. This character can be related to a sadist in society because they want pleasure by hurting and humiliating others.

Finally, the underground loves to humiliate himself because they view themselves as inferior and less intelligent. They live a life of shame and self-loathing. Also, the self-humiliation gives the underground man a sense of gratification and power because they always want to exercise their will and not care about the results. This is related to individuals who feel they deserve less respect in society. For instance, the underground man risks his health because he believes he is not worth living a meaningful life.

References

Finger, T. N. (2020). *Self, earth, and society: Alienation and Trinitarian transformation*. Wipf and Stock Publishers.

Frank, J. (2009). Notes from Underground. In *Dostoevsky* (pp. 413-440). Princeton University Press.

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