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Tüm Zorluklara Rağmen Hayatta Kalmak: Deniz Rizikoları Karşısında Cesaret ve Dayanıklılığın Sürükleyici Bir Hikâyesi**

Survival Against All Odds: A Gripping Tale of Courage and Resilience in The Face of Perils of The Sea

ÖZ


Kökleri psikolojiye dayanan bir kavram olan psikolojik dayanıklılık teorisi kişinin zorluklar karşısında tepkisini ve uyum sağlama dirayetini ifade eder. Olağanüstü durumlarda psikolojik sağlamlık bireylerin zorlukların üstesinden gelmesini ve nihayetinde hayatta kalmasını sağladığı için önemli hale gelir. Steven Callahan'ın *Başboş: Denizde Kayıp Yetmiş Altı Gün* adlı romanında bu teori merkezi bir sahne alır ve feci bir gemi kazasından sonra yazarın denizde karşılaştığı mücadeleleri tasvir eder. Yolculuğu sırasında Callahan sert hava şartları, susuzluk ve açlık riski, sınırlı kaynaklar dahil olmak üzere çok sayıda engelle karşılaşır. Zorlu ortama adapte olmaya çalışırken, sarsılmaz kararlılığı ve dirayeti her geçen gün daha da sınanır. İyimser bakış açısını sürdürmeye olan kararlılığı aynı zamanda uçsuz bucaksız yaşam okyanusunda yaptığı yolculukta bir yol gösterici ışık görevi görür. Bu makale, Callahan'ın yolculuğunu çevresine uyum sağlama yeteneği, zihinsel ve duygusal gücü, becerikliliği ve problem çözme becerileri gibi yılmazlığına katkıda bulunan faktörleri inceleyerek psikolojik dayanıklılık teorisi ışığında analiz edecektir. Callahan'ın deneyimlerini ve zorlukları aşma yeteneğini psikolojik dayanıklılık teorisi çerçevesinde analiz ederek, bu çalışma aynı zamanda kişisel güç ile teori arasındaki ilişkiyi de göstermeyi amaçlamaktadır. Böylece, bu çalışma insanların zorluklarla karşı karşıya kaldıklarında güçlerini nasıl koruyabileceklerini öğrenme ve yola devam etme konusunda bir fırsat sunmaktadır.

Anahtar Kelimeler: Zorluk, Kararlılık, Engeller, Beceriklilik

ABSTRACT

Resilience theory, a concept rooted in psychology, refers to the human potential to react to and adjust to adverse circumstances. In extreme circumstances, resilience becomes crucial as it enables individuals to overcome challenges and ultimately survive. In the novel *Adrift: Seventy-six Days Lost at Sea* by Steven Callahan this theory takes a central stage and portrays the struggles faced by the writer at sea after a catastrophic shipwreck. During his journey, Callahan faces numerous obstacles including severe weather conditions, the risk of dehydration and starvation, as well as limited resources. His unshakeable resolve and determination are put to test further and further with each passing day, as he struggles to adjust to his harsh surroundings. In fact, his unwavering commitment to optimism outlook also serves as a guiding light in his voyage through the vast ocean of life. This paper will analyze Callahan's journey in the light of resilience theory by examining the factors that contributed to his resilience, such as his ability to adapt to his surroundings, his mental and emotional strength, and his resourcefulness and his problem-solving skills. By analyzing Callahan's experiences and his ability to overcome challenges in the framework resilience theory, this study also aims to demonstrate the correlation between personal strength and the theory. Thus, this study offers a chance to understand how individuals can persevere and progress in life, even when confronted with formidable obstacles.

Keywords: Adversity, Determination, Obstacles, Resourcefulness

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Introduction

Published in 1986, *Adrift* by Steven Callahan recounts the author's own experience of being stranded at sea. After his boat is struck by an unforeseen calamity, his voyage will soon transform into a fight for survival against unimaginable odds. Thus, his journey takes unexpected turns, testing his resilience, and survival skills in the face of adversity.

In the book's prologue, Steven Callahan explains his main desire for undertaking this journey. It stems from an intense longing for self-discovery and a profound connection with the vastness of the ocean. He reflects the inspiration he drew from Robert Manry's book called *Tinkerbelle* and how it fuelled his own desire for adventure. Manry's ability to achieve great things with limited resources encouraged him to embark on the Atlantic Crossing. Drawing inspiration from the book of *Tinkerbelle* he infuses his passion into designing and building his own boat, named Solo, with great devotion. (Callahan,2002:13). He discusses his desire to prove his abilities and experiments as a seaman in challenging conditions and push the limits of what was feasible.

1.Characteristics of Resilience

Recently, the concept of resilience has received a great deal of attention, notably in the field of psychology. This theory emphasizes the dynamic nature of resilience arguing that "it is not an inborn trait; it could be acquired"(Seligman,2006:30). According to this notion, people have the intrinsic capacity to deal with stressful situations, which can be strengthened through positive coping mechanisms. This theory focuses on the factors that enable individuals to recover, adapt and thrive after facing challenging circumstances. Various scholars have approached the concept of resilience from different angles. Sutcliffe and Vogus view resilience as "an entity not only survives by positively adjusting to current adversity but also, in the process of responding, strengthens its capabilities to make future adjustments" (2003:97). Ponomarov and Holcolm view resilience as the ability to adapt, respond, and recover from unexpected events in order to maintain continuity and control and desirable function. (2009:131). Masten describes the concept of resilience as "ordinary magic". Resilience is not dependent on extraordinary circumstances, but rather on the ability to adapt to challenges in everyday life. For him, it is a natural and inherent quality and can be developed through ordinary experiences and interactions. (Masten,2014:321).

Some unexpected events in people's lives ranging from personal losses , despair, and sorrow, to heartbreak have the potential to disrupt their sense of stability and security. These unfortunate events can have a tremendous impact on individuals, leading to emotional distress and trauma in some cases. For instance, the experience of war can lead to depression, severe anxiety, sleeping disturbances, and a loss of trust in others. Similarly, natural disasters can have a long-lasting impact on an individual's mental well-being, leading them to struggle to build their own lives from scratch. The death of a loved one is another devastating experience. It leads to grief and profound sadness as individuals grapple with the process of adapting to a life without their presence. In this case, an individual's approach to coping and processing these experiences can have a significant bearing on their sense of well-being and resilience in the face of future challenges. The diversity of responses to adverse events is influenced by a multitude of factors such as an individual's personality, his past experiences, and coping mechanism. Some individuals may adapt to the situation quickly by exhibiting resilience while others may experience prolonged emotional distress and struggle to cope with this event. Especially people who possess resilient personalities tend to perceive adverse events as less overwhelming. Their

high level of confidence in their ability to handle such events effectively influences their actions and well-being. (Southwick, et al. 2011:67). In this case, as the aforementioned researchers stated in their definition of resilience, an individual's ability to adapt to new situations has a significant role in shaping his level of psychological resilience. In other words, adapting to new conditions requires a flexible mind and openness to change. Let's take an example of a person who loses his job unexpectedly. A person with a flexible mind may perceive it as an opportunity to explore new options in his career paths rather than becoming stressed out by the changes. Thus, the ability to find positive aspects in adversity is a hallmark of psychological resilience.

In their book *Positive Psychology*, Lopez, et al. (2011) discuss the protective individual factors that contribute to resilience. Some of these factors are problem-solving skills, self-regulation skills, positive self-perception, and a sense of meaning in life. (p.169).

Self-regulation is particularly crucial for developing resilience as it entails the ability to control and manage thoughts, emotions, and actions in response to challenging situations. It allows individuals to cope with setbacks, and adversity, make rational judgments, and maintain in high-pressure situations. The ability to maintain flexibility and an open mind in the face of unexpected situations also makes it easier for them to adapt to change. The ideas put forth by Masten hold significant importance and relevance within this context.

“When conditions arouse high levels of negative emotion (fear, anxiety, anger) and/or physiological alarm or stress, it is not surprising to find that the capacity to keep adaptive control and take adaptive action to manage the self in relation to the environment would be associated with better outcomes. Similarly, individuals who may be more reactive to adversity, in terms of arousal or emotion, especially may need effective internal and external sources of self-regulation to retain or recover good function”(Masten,2014:173).

The above quote provided by Masten highlights the significance of self-regulation in managing oneself in relation to the surroundings. When individuals experience negative emotions such as fear, anger, and anxiety, it is natural for their bodies to undergo psychological alarm. In such situations, those who can self-regulate effectively and take appropriate actions have a greater chance of successfully navigating stressful situations. Conversely, those who have a high arousal response to stress may find it difficult to maintain self-control and make sound decisions.

Moreover, self-regulation not only helps in managing stress but also plays a crucial role in maintaining healthy relationships and achieving personal goals. For example, in a relationship self-regulation involves being aware of his emotions and reactions when conflicts arise. Instead of responding impulsively or defensively, the individuals learn to control their emotions, which enables them to express themselves calmly, understand the other person's perspective and find mutually satisfying solutions. By practicing self-regulation, individuals can improve their ability to maintain focus and make decisions that are aligned with their long-term goals. This leads to greater success and fulfillment in various areas of life including career, and education. Therefore, having this skill can have a positive effect not only on an individual's mental well-being but also on his level of contentment in life. In this regard, Dweck highlights the concept of “the growth mindset and self-control” in achieving success. In the following quotation he suggests adopting a growth mindset:

“Some people think about losing weight or controlling their anger in a growth-mindset way. They realize that to succeed, they'll need to learn and practice strategies that work for them they think

actively about maintenance. What habits must they develop to continue the gains they've achieved?... Instead of beating themselves up, they ask: "What can I learn from this? What will I do next time when I'm in this situation?" It's a learning process—not a battle between the bad you and the good you"(2006:247-48).

According to the quotation, people with a growth mind focus on what went wrong and what they can learn from it, rather than dwelling on setbacks, and mistakes, By approaching challenges as learning experiences and personal growth, they develop new strategies, which leads to long-term success. This approach instills the idea that personal development is a never-ending process rather than a final destination.

Problem-solving skill is another critical factor in fostering resilience as it enables individuals to surmount obstacles effectively. When confronted with obstacles, individuals with strong problem-solving abilities demonstrate the capacity to analyze problems effectively, identify potential solutions, and take action to resolve them. Thus their ability to think critically allows them to find innovative solutions, which in turn enhances their resilience. Some researchers talk about the problem-solving approach in resiliency, stressing the need of adjusting to changeable situations, while simultaneously embracing and coping with the unchangeable realities. "In the face of all these challenges, we need to strive to change whatever changeable and at the same time learn to face the unchangeable realities with a positive mindset". (Lopez, et all.2011:627).When confronted with various challenges, it is important to find solutions and make necessary adjustments for the changeable circumstances. However, it is also important to cultivate an attitude of acceptance for situations beyond our control. Instead of dwelling on these unchangeable aspects, individuals should adopt an optimistic outlook to deal with them effectively. This approach enables individuals to develop a resilient mentality to successfully handle challenges

Moreover, problem-solving skills also foster a proactive mindset, encouraging individuals to approach setbacks as opportunities for growth and learning. In this regard, Sisto,et al. (2009) suggest that individuals have the ability to adapt and bounce back from challenging and stressful life events. (p.8).Thus, they emphasize that the individuals with resilience who view obstacles as opportunities for growth can overcome obstacles. According to Sisto , et al. (2009), resilience is described as an attitude that enables individuals to employ successful negotiation tactics when faced with challenges. This ability to bounce back from negative experiences promotes personal growth.(p.8). Adaptive behaviors are a sign of resilience. In other words, resilience encourages individuals to develop from their hardships by promoting personal growth.

In his book, *Learned Optimism*, Martin Seligman, a well-known psychologist, discusses the two main concepts, learned helplessness and explanatory style, as important determinants of resilience. According to Seligman, while learned helplessness leads to a feeling of powerlessness to take action, on the other side, explanatory style plays a crucial role in determining how we interpret and attribute the causes of events. When faced with defeats, it is this explanatory style that determines an individual's level of helplessness or resilience. (Seligman,2006:15). He goes further and suggests that individuals who possess an optimistic explanatory style tend to feel energized to overcome challenges. On the other hand, those with a pessimistic explanatory style view setbacks as personal, leading to feelings of helplessness. Seligman's research suggests that by modifying explanatory style, individuals combat learned helplessness and foster a more

resilient mindset. In a similar vein, Angela Duckworth's research on *Grit* also aligns with Seligman's ideas. Duckworth suggests the process of maturing and adapting to changing situations. She places a strong emphasis on the fact that as individuals mature, they accumulate life experiences shaping their thinking and behavior, which actually become habits. As a result, our previous selves fade into memory, we develop into individuals who mature in various facets of our lives. (Duckworth, 2016:467).

The resilience theory, as emphasized by several critics, highlights the importance of personal growth achieved through life experiences, which creates strong individuals who can handle and thrive in changing circumstances.

2. Analysis

The protagonist Callahan's journey starts with a sense of freedom and adventure. Upon embarking on his maritime journey across the Atlantic Ocean, he feels an overwhelming sense of joy and eagerness. He finds comfort in being surrounded by the gentle breeze and warm sun. He relishes the feeling of freedom as he sails further away from the land. However, the once beautiful landscape now merely reflects an ominous sky, which results in an eerie atmosphere. However, as the night falls, the protagonist finds himself struggling to keep control of his sailboat, Solo. His sailboat is tossed violently by the towering waves, which leaves the protagonist stranded in the ocean. Day after day he struggles through this difficult journey, which tests his abilities and his determination to survive.

An illustrative instance showing his resilience is when he is stranded at sea with limited supplies. In the midst of the ocean, the protagonist is confronted with a severe dearth of drinkable water and an overwhelming desire to quench his thirst. Despite the high daytime temperatures, he only has had one cup of water per day for the first nine days. To deal with the heat, he pours seawater over himself, which may give them temporary relief but makes him even more dehydrated in the long run. (Callahan, 2002:66). Thus, the scarcity resources and the daunting challenge of surviving in harsh conditions force him to regulate his consumption of water. He chose not to drink seawater due to its harmful effects on the body. In an attempt to obtain fresh water, he is utilizing a solar still - an inflatable balloon designed to evaporate seawater and produce two pints of fresh water daily. (Callahan, 2002:58). With this distillation method, he aims to obtain pure and unsalted water for survival. Despite the challenging circumstances, the protagonist remains determined to find a way to get fresh water. As long as his distillation apparatus continues to work effectively, he thinks that he can survive for another twenty days with three pints of reserve water he has obtained. (2002:66). The fact that he can survive with the reserve water shows his ability to problem-solving and to sustain himself in the face of adversity.

As if that was not enough, he also experiences frigid temperatures and the risk of hypothermia. The water temperature drops below sixty-five degrees, highlighting the life-threatening nature of the condition. The protagonist's nakedness exacerbates his struggle to find restful sleep amidst the incessant roar of the ocean. (Callahan, 2002:51). Hence, his body trembles with the biting cold, which further exacerbates his hopelessness since the possibility of being saved appears to be out of reach. Instead of being consumed by fear, he resists the temptation to succumb to despair and panic. Thus, he recognizes the importance of maintaining focus and taking action are crucial for survival as he states: "Focus, I tell myself. Focus and get moving." (p.35). He focuses on finding a solution to protect himself from the cold. He channels his fear into action and decides to cut off

a piece of sailcloth to keep himself warm. (p.36).His ability to think clearly aligns with the principles of the resilience theory.

During his journey, the protagonist also encounters challenges requiring a patient and precise approach. With every obstacle he faces, his patience and precision are put to the test. The relentless challenge of the powerful waves and currents pushes him to his limits. The protagonist is hit by a wave that crashes against the bow of the vessel. Then he hears an eruption that weakens the tube and causes the floor to bubble. It turns out that a foam plug was fired out of a hole, producing pressure as well as a tear. (Callahan,2002:145-146). The sea repeatedly throws the raft down, causing the protagonist to struggle to stay afloat amidst the turbulent water. Despite his efforts to repair a hole in his raft for eight days, he is overwhelmed by the relentless onslaught of waves. (2002:146). The use of phrases like “hardly feel it”, and “breathing hard” indicate that the protagonist reached a point of exhaustion, but continues to persevere to patch the leak and survive. In this regard, Masten suggests that when systems are unstable it creates an environment where the conditions are more likely to change. Adversity can serve as both a chance for growth and a vulnerability. (Masten,2014:295). In the context of the protagonist’s situation, the powerful waves and currents represent his vulnerability but these are also an opportunity for him to prove his strength and resilience. The protagonist’s situation highlights how challenging conditions can serve as a window of opportunity for discovering his true potential and building resilience.

The protagonist’s patience is also further exemplified through his unwavering focus on his aim and patiently waiting for the right moment to catch fish. In one of the scenes, the vastness of the sea combined with the constant movement of the fish make it a challenging task to shoot accurately. Realizing that any rapid movement or loss of control may result in missing his target, the protagonist resists his desire to shoot as quickly as possible. (Callahan,2002:101). With every lunge and thrust, he exerts his entire body in an effort to keep his aim stable. Thus, the protagonist acknowledges that maintaining control and self-discipline are essential in his pursuit of survival. (Callahan, 2002:101). He reassures himself that he is giving his utmost effort, recognizing that his best is all he can do in such circumstances. As he says “More often than not, all I can tell myself is, You're doing the best you can.”(2002:101). By reminding himself of this, he finds the strength to persevere and fight for his survival. It seems that as long as he continues to give his best, he is on the path to success. Thus, his focus on holding his aim and waiting for the right opportunity to catch the fish is a testament to his relentless effort. (Callahan,2002:101-3).

His journey is not only physically demanding but also mentally exhausting. The constant struggle for survival leads to feelings of hopelessness and despair. The protagonist's mental suffering is revealed in the following ideas:

“Presuming that the raft stays intact, and I acquire no additional food or water, I can last at best until February 22, fourteen more days. I may just reach the shipping lanes, where I will have a remote chance of being spotted. Dehydration will take its toll by that time. My tongue will swell until it fills my mouth and then will blacken. My eyes will be sucked deeply into my head. Death will knock at the door to my delirious mind”(2002:55).

This quotation brought into sharp focus the brutal realities of surviving in difficult situations and the limits of human resilience. It demonstrates that even with a strong resolve to live, situations beyond one's control, such as a lack of resources and exposure to harsh environments, can ultimately result in one's demise. He is plagued by thoughts of impending doom. The protagonist’s

fear of dehydration and physical deterioration shows an understanding of potential consequences and the need to find a solution. Despite the unfavorable circumstances, he hopes for a chance to encounter a passing ship. In this case, the protagonist resorts to controlling his feelings through self-command, enabling him to maintain emotional stability and navigate challenging situations with resilience. In one of the scenes, his body screams out for more water but he resists this urge. (2002:188). His internal conflict intensifies as his body craves more. However, he is determined to stick to his decision of not drinking anymore until the following day. By resisting the urge to drink more water, he prioritizes the long-term goal of survival over the satisfaction of his immediate desires. Thus, his ability to manage his emotions and to maintain concentration serve as a testament to his resilience and unwavering commitment to persevere in challenging circumstances. Consequently, his resourcefulness not only sustains him physically but also strengthens his mental fortitude as the days go by.

The protagonist's positive mindset has also a crucial role in his ability to preserve the desperate situation. He recognizes that he must focus on solely survival. He scolds himself for even considering the luxury of releasing his emotions through weeping. By biting his lips, closing his eyes, he tries to endure the difficult circumstances. (2002:55). He is well aware that sobbing or giving in to his feelings of hopelessness will get him nowhere at this point. By encouraging himself with words like "hold it back", and "choke it down" he seeks to find strength within himself. Thus, he clings to a glimmer of hope, hoping to be rescued soon.

His optimism and hope also demonstrate his ability to find motivation even in the most dire circumstances, which is a crucial trait for survival. He tries to find a source of motivation to persevere in this arduous journey. Thus, he chooses to focus on his strengths and finds ways to navigate through his journey's obstacles. In one of the scenes, he recalls an experience with blood poisoning in his foot, suggesting that he has faced challenges before and found ways to overcome them. Instead of succumbing to hopelessness, he focuses on the inherent strengths he possesses, namely, clear mind and muscular arms.(p.87).His recollection serve as a reminder of his resilience. Additionally, by remembering the story of the little train trying to overcome the obstacle of the mountain, he taps into a sense of hope and determination. Just like the little train, he can overcome his challenges. The repetition of these phrases such as "I think I can, I think I can, I think I can ... I know I can, I know I can, I know I can"(Callahan,2002:174) show the power of positive thinking and importance of gaining confidence in overcoming obstacles.He draws strength from his triumphs past, which gives him the determination to overcome any obstacle in his path and to be hopeful for what lies ahead. Both examples illustrate that one can overcome any challenge with belief in oneself and the willingness to keep trying.

Despite the obstacles that lie ahead, he keeps his mind on the goal of getting out of this situation. Throughout the voyage, the protagonist faces challenges in making rational decisions in a situation where every action carries inherent risks. He is constantly evaluating his options and weighing the potential outcomes. In one of the scenes, he explains that Callahan explains that when he goes fishing to sustain his survival, there is a risk of damaging his raft and spear gun. If these essential supplies are damaged, his chance of survival decreases significantly. However, if he fails to engage in sufficient fishing activities, he also faces the risk of starving to death as a result of inadequate nourishment. (Callahan,2002:82).

This dilemma creates a constant internal conflict as he weighs the potential risks and benefits of each decision he makes. Thus, the protagonist is caught in an endless cycle of analyzing as a result of the fact that each choice brings with it its own unique set of risks and potential outcomes.

Thus, he concludes that every decision he makes can be crucial in determining his fate. Throughout his journey, the protagonist hopes to maximize his chance of being rescued by constantly reassessing his survival strategies. Determined to change his circumstances, the protagonist devises a plan to overcome his predicament. Throughout his journey, he is desperately trying to get the attention of a passing ship. He efforts to shout and make himself heard, but his voice is drowned out by the noise of the ship and the surrounding clamor. To further attract attention, he lights an orange smoke flare and eagerly scans the ship's bridge and deck for any sign of life. (2002:90). However, his efforts are in vain and the ship sails away and disappears over the horizon, leaving the protagonist stranded in his situation. Even so, he understood that he must take matters into his own hands and find a way to save himself. He is evaluating his survival strategies and making adjustments to increase his chances of being seen. For example, he considers staying vigilant during the night when flares are at their most powerful, despite the potential consequences of cutting his water supply and sacrificing sleep. (2002:90). Another method is using a makeshift raft to navigate through the shipping lanes. He is optimistic that the raft, with improvement, could help him reach his goal. Additionally, he considers the potential benefits of having a proper kite not just for signaling his location, but also for facilitating the healing process by keeping things dry. (Callahan, 2002:91). Thus, planning ahead for the timing of his actions and the appearance of his distress signal indicates creativity and resolve. In his book, *Mindset* Dweck highlights the importance of a growth mindset, which can be applied to the protagonist's situation. For him, people with a growth mindset neutralize the influence of the stereotypes and they are better equipped to resist their influence. This mindset enables them to adapt to a challenging environment (2006:45). His mindset of embracing challenges and seeking ways to improve concurs with Dweck's concept of a growth mindset. By considering ways to improve the raft and exploring the potential benefits of a proper kite, the protagonist demonstrates a growth mindset.

In one of the scenes, the protagonist is in a situation where he needs to use his knowledge and skills to ensure the effectiveness of his materials. Throughout the voyage, he is constantly at risk of losing catch because the fish attempt to escape. The protagonist's ability to make the most out of what he has highlights his resourcefulness and adaptability in a challenging situation. He ingeniously uses lashings and frappings as well as notches and loops as a solution to keep the arrow from being easily broken by a strong fish trying to get away. (Callahan, 2002:102). In other words, he utilizes available materials to his advantage. This example highlights how the protagonist overcomes fishing obstacles by using his problem-solving skills. Thus, he creates a solution to defeat the threat of losing his catch while struggling in the middle of the sea. His innovative solution increases his chance of survival in a challenging environment. Masten's ideas serve as a reminder that resilience is not just about bouncing back from challenges, but also about finding creative solutions to overcome them.

“Resilience is dynamic and the capacity of an individual to manage similar kinds of threats and stressors would be expected to vary over the life course. Typical patterns of development in cognitive skills, for example, would alter perceptions and responses to potential danger. Advances in knowledge and thinking skills may simultaneously increase awareness of threats and their long-

term significance, increasing stress, while also improving cognitive skills for problem solving and planning”(Masten, 2014:306).

An individual’s ability to handle threats can change throughout their life. As people develop, their perception and response to potential dangers can be influenced. As knowledge and thinking skills advance, they may become more aware of the threats. Thus, their improved cognitive skills can help them better analyze and solve problems, as well as plan for the future. Drawing from Masten's perspectives, it is possible to say that the protagonist's improved knowledge and ability to think critically alerted him to hazards. However, the protagonist's cognitive skills for problem-solving and planning are also improving, which can help him navigate through these challenges and find solutions to overcome them.

Towards the end of his journey, the harsh reality of being stranded in the middle of the sea forced him to let go of his chronic complaining and impatience and changed his perspective as he states in the novel:

“Before this voyage, I always had what I needed—food, shelter, clothing, and companionship —yet I was often dissatisfied when I didn't get everything I wanted when people didn't meet my expectations, when a goal was thwarted, or when I couldn't acquire some material goody. My plight has given me a strange kind of wealth, the most important kind. I value each moment that is not spent in pain, desperation, hunger, thirst, or loneliness”(Callahan,2002:112).

This quotation suggests that the protagonist has undergone a transformation and has gained a newfound appreciation for the simple things in life. This newfound perspective allowed him to develop a deep gratitude for every moment free from suffering. He feels a deep sense of gratitude and appreciation for the simple joys that life has to offer.

After enduring a perilous journey on April 21, the protagonist spots a small boat approaching him. Overwhelmed with hope, the protagonist enthusiastically waves and yells to the three dark faces in the boat. After lifting the protagonist on their boat, the men on the vessel turn the helm and start the engine. Upon reaching safely the shore, he was taken to hospital by the islanders at the hospital. He explained to the doctor how he was stranded at sea for several months without water or food. Within a day Callahan’s story captures the attention of the media and he conducts telephone interviews with reporters from various countries. (Callahan,2002:215). At the end of his survival struggle at sea, the harsh realities of survival had aged him prematurely, both physically and emotionally. At the end of the novel, the writer reminds himself and others that human beings have an incredible capacity to endure even in the darkest times.

“We cannot grow without challenge. Challenges routinely produce crises that severely test us. However, crises also offer us the greatest opportunities. People going through tough times typically feel isolated, and unsure what to do. When I face a crisis, I try to keep in mind a few simple concepts: we cannot control our destinies, but we can help to shape them; we must try to make life hop a bit, but we must also accept that we can only do the best we can”(2002:223).

Callahan words highlight the understanding that crises are not only challenging but also a chance for personal growth. He suggests that while we may not have control over our destinies we can nevertheless shape them by making conscious efforts and pursuing our aims.

Conclusion

This story offers a firsthand account of the physical and psychological challenges Callahan faced. Callahan’s journey at sea is fraught with numerous challenges testing his resilience and survival

skills. He encounters a series of obstacles from battling relentless waves and facing treacherous storms to starvation and dehydration. Being adrift at sea allows the writer to gain a deeper understanding of himself as well as to obtain insight about humility and finding strength within himself. After his experience of being stranded at sea for many years, his perspective on life has changed. He has learned through experience that what makes life worth living is our capacity to give each moment significance.

The story unfolds as an exhilarating adventure that challenges both the physical and mental fortitude of the protagonist. With every word, Callahan effortlessly transports readers into a world where survival becomes the ultimate test of human resilience and ingenuity. He was confronted with a difficult and perhaps deadly circumstance, yet he did not give up trying to find a solution. Despite the challenges and hindrances, he persisted in his efforts until he achieved advancement and made things better. The unwavering determination and persistence exhibited by the main character in the face of a difficult circumstance exemplify resilience and offer a source of motivation for individuals confronting their own adversities. As readers delve deeper into the story, they are transported into a world where every decision and action becomes a matter of life or death, compelling them to evaluate their own resilience in the face of seemingly insurmountable adversity.

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