

SADNESS EXPRESSIONS CONVEYED THROUGH WORDS IN THE EMILY

DICKINSON'S POEMS

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ABSTRACT

Emotion is a response to psychological and physiological conditions, communicated nonverbally. The research focuses on how sadness is expressed in poetry, specifically the works of Emily Dickinson. This research uses descriptive qualitative analysis. The study identifies 51 instances of sad emotions across 20 poems, including compound emotions and idiomatic expressions. The poet conveys sadness through literal and figurative language, encompassing techniques like metaphor, hyperbole, imagery, and personification. The research has implications for English learners, aiding in understanding word usage and diverse ways of expressing sadness.

Keywords: *Sadness Emotion, Figurative language, Emily Dickinson's Poem*

INTRODUCTION

Emotion is a fundamental aspect of human experience, including both psychological and physiological reactions, which are often communicated via non-verbal means. The emotions experienced by individuals are influenced by the specific circumstances in which they find themselves. According to Ekman [4], The ability to identify emotions enables us to establish stronger connections with others across various contexts and develop empathetic responses toward their challenges.

Parrot [7] classified emotions into main, secondary, and tertiary categories. Within the spectrum of human emotions, including but not limited to joy, sorrow, anger, fear, and surprise. The author has a notable fascination with the emotion of sadness. This is because sadness serves as an emotional response to being in an unfavorable situation. Ekman [4] similarly pointed out that there exists a wide array of words to articulate the emotion of sadness. In their book, they have compiled a comprehensive

atlas of emotions. Within this framework, Ekman classifies various forms of sadness, including distraught, disappointed, sad, blue, depressed, discouraged, despairing, grieved, helpless, miserable, and sorrowful.

In the realm of linguistics study, individuals possess the ability to convey their emotions, particularly sadness, not only through direct and literal means, but also through various figurative techniques such as metaphor, personification, and irony/sarcasm. Yanti [8] discovered that this can encompass the repetition of specific words, phrases, or clauses, as well as the use of rhetorical questions. Sadness can be effectively communicated through both verbal expressions and physical gestures. Yanti also provides examples of expressing sorrow in English, such as "I feel sad because of you," "I've just received bad news," "He gave me a sad smile," and "Unfortunately, the ring was never recovered." These examples illustrate the use of non-literal, figurative language to express sadness, which frequently employs color-related terminology to symbolize emotion.

Based on Cenita et al [3] also used the poems of Emily Dickinson to find out the metaphorical expressions. This study is to find out the sad emotion in the poems of Emily Dickinson.

The writer's focus is on the feeling of sadness, namely in exploring the many types of fundamental emotions and the corresponding linguistic phrases associated with sadness. Due to the multifaceted nature of sadness, which encompasses several manifestations, there is a lack of understanding among individuals about the classification and essence of this emotional state.

This thesis focuses on the examination of the subject of grief feelings in a poem, using Parrot's [7] as a theoretical framework. Simultaneously, the author strives to analyze the poem's use of precise terminology that captures the fundamental nature of melancholy. The use of language in this context is also enriched by the inclusion of figurative language, which is recognized as a kind of non-literal expression. Figurative language, also known as figures of speech, serves as a medium for expressing concepts that extend beyond the literal definitions of words. The primary aim of this research is to examine the strategies used by the poet in order to effectively communicate feelings of melancholy and the subtle variations of such emotions throughout the verses of the poem.

METHOD

This study employs descriptive qualitative research methodologies. The purpose of this research is to find and understand the poem's metaphorical language and melancholy sentiments. The cognitive appraisal theory was also employed as the framework for this investigation, Yanti [9].

The data was obtained via an analysis of the lexical choices used by Emily Dickinson in one of her poems. Emily, an American poet, composed a total of 1800 poems, with a mere 10 of them being published in the year 1858. The author elects to limit the data source to a selection of 20 poems derived from Emily's body

of work. The focus of her art is on the themes of immortality, nature, divinity, and mortality. The stanzas of the poet's poem include several expressions of sorrow. The identification and classification of the data were conducted using the Cambridge Dictionaries Online (CDO) and the conceptual framework of emotion and cognition (CAT).

FINDINGS AND DISCUSSION

In the research of language and emotion, the writer found 51 data from the 20 poems of Emely Dickinson. From the kinds of sadness emotion from Parrot [7] SADNESS become the grand topic of this study that used capital letters to sign that it is the primary emotion that covers suffering, sadness, disappointment, neglect, shame, and sympathy. The writer found some categories word of sadness that were used in the poem such as *misery, grief, hurt, pain, hell, aching, weight, die, missing, dump, dismay, paltry, absurd, and so on.*

There are 38 entries for Literal Meaning and 9 entries for Figurative Language, including 2 for Imagery, 2 for Metaphor, 4 for Hyperbole, and 1 for Simile. Emily Dickinson's poems convey a variety of sad emotions.

1. Types of Sadness Expression

Sadness 'The state of being dissatisfied, particularly as a result of something negative that has occurred (CDO)

From 51 data items, the author discovered 27 expressions that communicate grief and have grown prevalent. That is the information I discovered.

(1)

*A Cap of Lead across the sky
Was tight and surly drawn
We could not find the mighty Face
The Figure was withdrawn —*

Here is the poem "A Cap of Lead Across the Sky" by Emily Dickinson. The narrative of this poem evokes the feeling of a dismal, overcast day, and the title itself conjures up an image of a weighty, dark atmosphere bearing down on the world.

Imagine a dense and oppressive sky covered by a lead headgear in the first couplets. The use of words such as "tight" and "surly" elicits a somber mood. The term effectively conveys to the reader the expression of a gloomy person, and the word constricted emphasizes how despondent they are. According to the CDO, gloom denotes a somber emotion or disposition.

Suffering 'a person or animal's physical or mental suffering (CDO)

(2)

*Or would they go on **aching** still
Through **Centuries** of Nerve*

These words may be found in the sixth stanza, notably lines 21 and 22, of Emily Dickinson's poem "**I Measure Every Grief I Met.**" Notably, this poem is one of Emily Dickinson's most extended compositions, serving as a thoughtful investigation of nature. The poet sets out on a trip to identify connections between the trials and tragedies of others and her own. The investigation dives into the extent and complexities of other people's grief, questioning if such anguish ever completely goes away. This study is based on data from <https://www.litcharts.com/>.

This phrase exemplifies **suffering**. Because the poet uses the phrases Aching and Centuries. Aching is the condition of pain that humans endure, while centuries is the state of suffering that people experience over a long length of time. That word fully expresses to the reader how people felt at the time.

Disappointment 'According to the Cambridge Online Dictionary, disappointment refers to the emotional state of dissatisfaction or discouragement that arises when one's hopes or expectations are unfulfilled, or when a person or object fails to meet the anticipated level of quality or deviates from what was first anticipated.

This emotion found 7 expressions from 51 data. The rest of the data can be seen in Appendix I

(3)

*How **paltry** looked my cares
My **practice** how absurd*

Superfluous my whole career

These lines belong to the poem titled "**Conversing with myself**" on lines 5 and 6. This poem describes the ephemeral nature of experiences, the transient nature of relationships, and the contemplation of one's significance and purpose.

The regretful words or expressions in the provided lines are "paltry," "absurd," and "superfluous." These phrases convey feelings of dissatisfaction. The expression "paltry" According to Parrot's theory, this may result in tertiary emotions such as feelings of disappointment or dissatisfaction with objects that previously signified disappointment.

Shame 'According to the Collins Dictionary, guilt is an unpleasant sensation experienced when an individual has committed an act that is deemed inappropriate or humiliating, or when someone in close proximity to them has done so.

The expression of emotion shame 1 data found from 51 data. This is the analysis.

(4)

*Is **guilty** of the whole*

This passage is from the poem "**Whoever Disenchants**" by Emily Dickinson. This information is located in line 4 of the first stanza. This poem emphasizes the significance and impact of disillusioned spirits and cautions against the repercussions of disillusioning others.

The phrase "**Is guilty of the whole**" refers to the effects of causing sadness or disillusionment. The use of the word "**guilty**" implies that the person who de-enchants a single human soul is held accountable for their actions' overall impact and consequences. The "**Guilt**" component of this scandal's sadness.

Neglect 'Lack of due care or attention, Collin dictionary.

(5)

*They **put Us far apart** —
As separate as Sea
And Her unsown Peninsula —
We signified 'These see'*

These lines are from Emily Dickinson's poem "**They Put Us Apart**" (L1). The poem investigates enduring human relationships and how the human spirit can triumph despite adversity and physical separation. It emphasizes the ability of the human character to surmount limitations imposed by the outside world.

This is an instance of Neglect: the line is "**far apart**" and "**separate as the Sea.**" These expressions convey a sense of separation, seclusion, and distance, which can elicit emotions of sad or longing. Cambridge Dictionary defines isolation as social separation. This line describes the poet's separation from the individuals they adored. And the poet asserts that separation is comparable to a sea.

2. The Ways to Express Sadness Emotion

This research examines several methods of conveying the feeling of melancholy, with a particular focus on the use of literal terminology and figurative language.

A. Literal Meaning/Vocabulary

The literal is believed to be the source of all of our knowledge of what is true, right, and reasonable. Nonliteral elements like as indirection, exaggeration, elaboration, interpretation, and metaphor are seen as options from this perspective.

(6)

Power is only Pain

This line is included in the poem titled "**I Can Wade Grief.**" In line 22, the poet uses Literal Meaning to convey a melancholy expression. In this line, the term "**pain**" expresses the sorrow associated with suffering.

B. Figurative Language

Figurative language refers to the use of words or phrases in a manner that deviates from their literal or denotative meanings. Through the use of figurative language, authors has the ability to push readers to transcend the superficiality of words and establish a profound and symbolic connection with the literary piece. The theory used for analyzing figurative language belongs to Abram [1]

(7)

His Heart was darker than the starless night

This is the second line of the poem titled "**His Heart Was Darker Than the Starless Night**" (1) The term "**darker**" implies an absence of light or luminosity, which is commonly associated with sadness, despair, or negativity. The darkness of the heart signifies a profound sadness or emotional burden. The darker comparing the color of the dark as the condition of hearts is in bad condition. This line used **metaphor** to express sadness and emotion.

(8)

The hugest heart that breaks"

This line is from the poem titled "**Love's Stricken "Why"**" in line four (4). The **hyperbolic** use of "hearts that break" in this passage exaggerates the emotional impact of grief, portraying it as an overpoweringly intense and ubiquitous experience. The **hyperbolic** language adds intensity, drama, and emphasis, enabling the poet to impart the subject's profound emotional profundity.

(9)

A Swelling of the Ground

This is the 18th line of the poem titled "**Because I Could Not Stop for Death**" In "**A Swelling of the Ground,**" the author employs imagery and emotion to create an impression. This expression refers to the final resting site of humans, also known as the grave. In this line, describe the geometry of a tomb, and in the following line, describe the "cornice" of a grave.

CONCLUSION AND SUGGESTION

Based on the writer's analysis of the data. Emily Dickinson's poem uses a few melancholy expressions to convey the sentiment it wants to convey. The author employed the Parrot (2001) hypothesis and discovered 51 instances of grief in 20 poems. This study also finds the use of compounding emotion to express sadness emotion. Compound emotions are formed by combining essential component categories to produce new ones. Du et al. [5] define

delightfully surprised and angrily surprised as two distinct sets of compound emotions.

From the research's findings, sadness is the most common way that people communicate their sadness. The literal meaning is a technique that poets frequently utilize. This poet frequently uses exaggeration and figurative language.

The emotional tone conveyed in Emily Dickinson's poem may be intensified by the use of other language disciplines, including semantics, pragmatics, and related areas of study. In the context of exploring melancholic expression in poetry, the researcher may consider incorporating Ekman's [4] or Parrot's [7] theoretical frameworks into the analysis of another poem and poet.

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