METAPHORICAL EXPRESSIONS OF SADNESS IN ENGLISH AND JAPANESE

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Abstract

There are various words used to express basic emotions, such as Anger, Sadness, Joy, and Fear both literally and figuratively. This study focused on metaphorical expressions, one of the figurative expressions to convey Sadness in English and Japanese. Every culture has a different concept in expressing emotions metaphorically. So, this paper describes how English and Japanese express their Sadness through metaphor, and how they think Sadness is an analogy or a comparison to something else. Data were taken from the sadness metaphor listed by Kövecses (2000), Esenova (2011) English and Japanese song lyrics. A qualitative method was used in analyzing the data in a framework of semantics theories. The results show that English and Japanese have similarities and differences. The similarities can be contributed to the universality of conceptual metaphors and the differences can be related to particular culture modes in English and Japanese.

INTRODUCTION

Emotions of human beings can be presented in various forms such as anger, happiness, sadness, fear, joy, love, etc. (Parrot, 2001; Strongman, 2003). With these emotions, a human can express a sense at the time. The emotions can be expressed verbally or non-verbally. Verbally, one can use various forms of vocabulary for emotions, and figuratively, one can use personification, metaphor, hyperbole, etc. And, in certain contexts, one can express his emotions by repletion of words or phrases (Yanti, 2013). Furthermore, this study focuses on the emotional expression of Sadness conveyed by using metaphorical concepts. Every human being has a strong feeling of being unhappy or sad. A strong feeling of Sadness can be caused by the death of parents, a broken heart, the failure to achieve a goal, losing something, etc. These feelings can be expressed not only by vocabularies but also by metaphor.

According to Nordquist (2019), a conceptual metaphor is a metaphor in which one idea is understood in terms of another. In the cognitive linguistic view, the conceptual domain from which we draw the metaphorical expressions required to understand another conceptual domain is known as the source domain; and the conceptual domain interpreted in this way refers to the target domain. A convenient short-hand way of capturing this view of metaphor is the following: conceptual domain (A) is a conceptual domain (B), which is called a conceptual metaphor. A conceptual metaphor consists of two conceptual domains, in which one domain is understood in terms of another. A conceptual domain is any coherent organization of experience. The two domains participate in conceptual metaphors that have special names. The conceptual domain from which we draw metaphorical expressions to understand another conceptual domain is called source domain, while the conceptual domain is understood that this way is the target domain (Kövecses, 2010). So, the conceptual metaphor is designated in the form of the formula (A) IS (B) or (A) AS (B). Here A and B stand for disparate conceptual domains. Furthermore, in cognitive linguistics, a conceptual

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domain is understood to be any coherent organization of experience. To support this idea look at the following example

SADNESS IS A FLUID IN A CONTAINER: I am <u>filled with sorrow</u>.

(Kövecses, 2000)

Its means:

Source domain → Target domain

(A) → (B)

A FLUID IN A CONTAINER →SADNESS

Kövecses (2000), previously showed that "Common source domains can be from the human body; health and illness; animal; plants; buildings and construction; machines and tools; games and sports; money and economic transactions (business); cooking and food; heat and cold; light and darkness; forces; and movement and direction. And then, the common target of domains can be from emotion; desire; morality; thought; society/ nation; politics; economy; human relationships; communication; time; life and death; religion; and events and actions".

Previous Studies

Emotional expressions of metaphors have been done by Lakoff and Kövecses. They claim that the conceptualization of emotion in many languages of the world is universal due to the similarity of human nature, the physiological and behavioral responses of the body in reaction to emotions which in turn leads to similar experiencing to the abstract conceptsi, i.e. emotion (Kövecses, 2000, 2010; Lakoff & Johnson, 1980). However, some studies do comparative with several countries, notably about sadness expressions metaphors, as already Sadness Expressions in English and Minangkabau (Yanti, 2016), A comparative study of Emotion Metaphors between English and Chinese (Liu & Zhao, 2013), and A Comparative and Contrastive Study of Sadness Conceptualization in Persian and English (Moradi & Mashak, 2013). They claim that most conceptual metaphors of Sadness are not universal.

They have similarities and differences in both of different country and this is influenced by culture, human body experience, physiological function, and linguistic manifestation factor. As an example, SADNESS IS COLOUR, each country has different analogy metaphor expressions. In English, the use of the word 'Blue' means sadness, but in Minangkabau language, this case does not exist (Yanti, 2016). Then, in Persian people use 'Black' (See Moradi & Mashak, 2013), and in Chinese does not use this analogy too, (see Liu & Zhao, 2013). So, these findings inspire the writers to analyze metaphorical expressions of Sadness in Japanese. How Japanese people express their feeling of Sadness in terms of using metaphor.

Furthermore, Kövecses (2000) and Esenova (2011) mapped the metaphorical expressions as seen in table 1.

Table 1. Metaphorical Expressions of Sadness in English

No.	Kövecses's list	Esenova's list
1	SADNESS IS DOWN: He <u>brought</u> me *dow*n with his remarks.	SADNESS IS A COLOUR: There was also a <u>tinge</u> of sadness *in* Gerry Britton's voice when he was asked about his old club.
2	SADNESS IS A FLUID IN A CONTAINER: I am <u>filled</u> *with* sorrow.	SADNESS IS A FLUID IN A CONTAINER: My heart <u>overflows </u>with sadness

3	SADNESS IS ILLNESS: She was <u>heart-sick.</u> Time <u>heals</u> all sorrows.	SADNESS IS A SUBSTANCE IN A CONTAINER: Yesterday my heart was <u>full of</u> sadness.
4	SADNESS IS INSANITY: He was <u>insane with</u> grief.	SADNESS IS A PURE SUBSTANCE. ...her eyes were still <u>filled with pure</u> sadness.
5	SADNESS IS A NATURAL FORCE: <u>Waves</u> of depression came over him.	SADNESS IS A MIXED SUBSTANCE: <u>Mix</u> joy with sorrow.
6	SADNESS IS DARK: He is in a <u>dark</u> mood.	SADNESS IS A BAD TASTE: <u>Bitter</u> sorrow.

Based on table-1, it can be seen that each disclosure of metaphor expressions has a different pattern in English. So, the writers believe that the Japanese also have different metaphorical expressions. Therefore, based on the researches that have been carried out by several researchers, makes us interested in studying metaphor expression, tried to compare the metaphorical expressions of Sadness in English and Japanese. So, this paper describes English and Japanese in terms of the similarities and differences in expressing Sadness emotions, 1) how Japanese people express the strong feeling of Sadness through metaphor and 2) how they think Sadness is an analogy or a comparison to something else. Thus, it will show that English and Japanese have similarities and differences in conceptual metaphor expressions. The results will give a contribution for foreign students to understand the metaphor as the disclosure of a sad expression in English and Japanese, and especially for people in learning Japanese to understand the metaphor conceptual of Sadness expressions in Japanese.

METHODOLOGY

This research used a qualitative method to analyze the data in a framework of semantics theories. The qualitative method is a means for exploring and understanding the meaning individuals or groups ascribe to a social or human problem, data typically collected in the participant's setting, data analysis inductively building from particulars to general themes, and the researcher making interpretations of the meaning of the data, and then, the final written report has a flexible structure (Creswell & Creswell, 2009). Semantics theories are the study of word meaning and sentence meaning, abstracted away from contexts of use, is a descriptive subject (Griffiths, 2006).

Data of this research were taken from sadness metaphors listed by Kövecses's (2000) and Esenova's (2011) as guidance to find the Japanese metaphors in Japanese song lyrics. A number of Japanese songs used were *Kuroi Namida* by Anna Tsuchiya. *Utsukushiki Zankoku Na Sekai* by Yoko Hikasa, *Aitakute Ima* by Misia, *For You* by Mariko Takahashi, *White Silence* by Ling Tosite Sigure & Shione Yukawa, *Kanashimi No Mukou He* by Kanano, and *Lemon* by Kenshi Yonezu (The Top Tens, 2019).

To analyze the data of metaphorical expressions of sadness in English and Japanese, the researchers did several steps. First, searching the top rank titles and lyrics of the sad songs from the internet, then reading the song lyrics, marking or selecting sentences or statements that describe the metaphor expressions of sadness, after that identifying and grouping all the collected data and put in the tables to facilitate the analysis, afterward compared the data with the metaphorical mappings by Kövecses's (2000) and Esenova's (2011). Then, we made a list randomly and classified the data into similarities and differences in metaphorical expressions of sadness in English and Japanese descriptively, and interpreted the result of the analysis to get the conclusion of the research.

RESULTS AND DISCUSSION

The result of this research shows the differences and similarities in using the concept of metaphor expressions of Sadness in English and Japanese. The concept of color in expressing sadness was also used in Japanese. The similarities can be seen in terms of SADNESS IS COLOR, Japanese also use color in expressing sadness feeling, the color used is black, not blue like in English does. The writers did not find the expression "I was feeling blue" in Japanese's metaphor, we found that Japanese use 'black' color (*kuroi*) for an analogy or a comparison to metaphorical expressions. So, the difference is in using types of color, that is Blue and Black.

And, the different conceptual metaphors found are SADNESS IS NATURAL, SADNESS IS ILLNESS, SADNESS IS DOWN, SADNESS IS SUBSTANCE IN A CONTAINER, SADNESS IS A FLUID IN CONTAINER, SADNESS IS DARK, and SADNESS IS BAD TASTE. Such findings can be seen in table 2.

Table 2. Metaphorical Expressions of SADNESS in English and Japanese

No.	Metaphorical Mappings	English	Japanese
a	SADNESS IS A COLOR	I was feeling <u>blue</u> last night. I've been in a <u>black mood</u> all morning.	*<u>Kuroi namida</u> nagasu, watashi ni wa nani mo nakute, kanashi-sugite.* Black tears shed nothing to me, too sad. (Anna Tsuchiya - Kuroi Namida)
b	SADNESS IS A NATURAL	<u>Waves</u> of depression <u>came over</u> him.	*Ano <u>sora wa setsunai</u> no darou.* That sky will be painful, isn't it? (Yoko Hikasa - Utsukushiki Zankoku Na Sekai)
c	SADNESS IS ILLNESS	She was <u>heart-sick</u>. Time <u>heals</u> all sorrows. She is <u>broken heart</u> when John leaves her alone.	*<u>Hitori</u> bocchi na <u>itami</u>.* Pain alone. (Misia - Aitakute Ima)
d	SADNESS IS FLUID IN A CONTAINER	I am <u>filled</u> with <u>sorrow</u>. My heart <u>overflows</u> <u>with</u> <u>sadness.</u>	*<u>Sabishi-sa</u> mo <u>kanashi-mi</u> mo, anata no soba de <u>tokete.</u>* Loneliness and sadness too, melt beside you. (Mariko Takahashi - For You)
e	SADNESS IS SUBSTANCE IN A CONTAINER	Yesterday my heart was <u>full of</u> sadness.	*<u>Nebatsuku gensou</u> ni nageki wa <u>kakusare.</u>* The grief is hidden in the sticky illusion. (Yoko Hikasa - Utsukushiki Zankoku Na Sekai)
f	SADNESS IS DOWN	He <u>brought me down</u> with his remarks.	*Me wo fusaide mieta mono wa fuyu ni <u>ochita yume no nioi.</u>* The thing I saw when closing my eyes was the scent of the dream that had fallen in winter. (Ling Toshite Shigure & Shione Yukawa - White Silence) *Seijaku no yami ni <u>maiorita yume</u> wa.* My falling dream landed in the silent darkness. (Kanano - Kanashimi No Mukou He)
g	SADNESS IS DARK	He is in a <u>dark mood.</u>	*Iezu ni kakushiteta <u>kurai kako</u> mo.*

h	SADNESS IS BAD TASTE	<u>Bitter</u> sorrow.	The dark hidden past I dared not to speak of. (Kenshi Yonezu - Lemon) *Mune ni nokori hanarenai <u>nigai remon</u> no nioi.* The bitter scent of lemons remains embedded in my heart. (Kenshi Yonezu - Lemon)

1. SADNESS IS A COLOR

    In table 2, we can see the difference between metaphorical expressions of sadness in English and Japanese. In English, there is an expression "I feel blue" that means I feel sad but in Japanese, the state of sadness is perceived through color as different source domains, namely.

    (a) *<u>Kuroi namida</u> nagasu, watashi wa ni nani mo nakute, kanashisugite.*
        (Lit. black tears shed, nothing to me, too sad.)

    In example (a), it can be assumed as a sentence of hyperbole but in this case, the writers viewed from the standpoint of color used to express the sadness that "*Kuroi namida*" (black tears). It can be seen from the cultures of the two countries differ in color as a symbol assumes the expression of grief.

    Therefore, the meaning of color in Japanese, BLACK has represented death, destruction, doom, fear, and sorrow; mourning and misfortune, and BLUE has represented purity and cleanliness (Mathers, 2018). Thus, the metaphorical expressions of SADNESS IS BLUE in English is unique, so it did not find in the Japanese and other countries such as in Minangkabau as found by Yanti (2016), Chinese as found by Liu & Zhao (2013), and Persian as stated by Moradi & Mashak (2013).

2. SADNESS IS A NATURAL

    According to Kövecses (2000), SADNESS IS A NATURAL FORCE as the metaphoric expression in English like "Waves of depression came over him". But in Japanese such expression can be found in sentence (b).

    (b) *Ano <u>sora wa setsunai</u> no darou.*
        (Lit. That sky will be painful, is not it?)

    In the expression (b) we can see the use of *sora* (sky) as the target domain that portrays the state of *setsunai* (painful) as the source domain. Thus, in Japanese, it has an expression of grief at sadness human likened as *sora* (sky) is being felt pain or sadness. Thus, the example (b) can be particularly a human meaning that sadness can also be presented in the form of the sky that was hit by the pain.

    For that difference, NATURAL FORCE use as target domain in English cannot be used as a metaphor mapping in Japanese, but it can be presented as SADNESS IS A NATURAL. Thus, the obvious metaphorical expressions differ between English and Japanese.

3. SADNESS IS ILLNESS

    Illness is the state of being ill, or it can be a disease of the body or mind, a source from the pain that originates in human organs as the subject of such sadness. In English,

people use a metaphoric expression like "She was heart-sick. Time heals all sorrows". However, in Japanese, the writers also found these are almost similar to the concept in Japanese. For example:

    (c) *Hitori* bocchi na *itami.*
       (Lit. pain alone.)

The example (c) visible use *hitori* (alone) as the target domain that alone is experienced by humans. The example (c) in Japanese has a meaning that can be derived and human sadness felt by alone feeling and then pain can only be felt by self. Thus, the English and Japanese still have equal meaning in the use of metaphorical expressions of sadness.

4.   SADNESS IS FLUID IN A CONTAINER

Furthermore, Sadness is FLUID IN A CONTAINER. This is as a pattern of sadness conceptualization in English like "My heart overflows with sadness ". Based on the example, the writers also found in Japanese in the same phrases, such as:

    (d) *Sabishi-sa* mo *kanashi-mi* mo, anata no soba de *tokete.*
       (Lit. Loneliness and sadness too, melt beside you.)

In (d), it can be seen clearly that Japanese have a phrase FLUID IN A CONTAINER namely with *tokete* (melt) as the source domain and *Sabishi-sa* (loneliness) and *kanashi-mi* (sadness) as the target domain. Thus, example (d) has a meaning that expression of sadness can be felt by the sadness melt itself in grief. It can be caused by the thought and feeling of human experience. A metaphorical analogy of Japanese happens through the feeling human because it is a universal feel.

5.   SADNESS SUBSTANCE IS IN A CONTAINER

Kovecsess (2000) found that metaphor expressions in English as a pattern that illustrates a container, it has the substance of sadness, this can be seen in the example that the discovery "Yesterday my heart was full of sadness ". It is also is available in Japanese. Look the following example.

    (e) *Nebatsuku gensou* nageki ni wa *kakusare.*
       (Lit. The grief is hidden in the sticky illusion.)

The example (e) can provide meaning that the grief is caused by pain can hide and envelope in the illusion of the human feel. This happens because the Japanese have assumed that a strong feeling or emotion can hide in human thought. So, the metaphorical expression of sadness has a close similarity between English and Japanese expressions.

6.   SADNESS IS DOWN

Sadness can give a profound effect on life for human beings. This can be seen when people feel sad to be thoughtful and deeply felt. Thus, in English can use with "He brought me down with his remarks". So this explains that remarks can bring to down. So, the writers also found such expressions of sadness in Japanese., for example:

    (f-1) *Me wo fusaide, mieta mono wa fuyu ni ochita yume no nioi.*

        (Lit. The thing I saw while closing my eyes was the scent of the dream that had fallen in winter.)

Another example:
    (f-2) *Seijaku no yami ni <u>maiorita yume</u> wa.*
        (Lit. My falling dream which landed in the silent darkness.)

      The example (f-1) may give a meaning that sorrow as *Fuyu ni ochita yume no nioi* (Lit. the scent of the dream that had fallen in winter). This can give meaning that while the feeling human is gone in the coldness of winter can make deep sorrow feel. This happens due to the phrase 'when closing my eyes' can assume as the gone human feel and 'dream that had fallen in winter', it is assumed as deep sorrow. So, Japanese speculation of the metaphorical expression of this pattern is deep sorrow can be sampled by *me wo fusaide* (while closing eyes) as target domain and *yume no nioi* (scent of the dream) as source domain. And, another example (f-2), the use *maiorita* (landed) as an analogy expression of the source domain. This example can be assumed that pain down to darkness. So, it can give meaning to sadness that will come as long as a falling dream to darkness.

7.   SADNESS IS DARK
      Furthermore, English and Japanese have similarities in using metaphorical expressions. SADNESS IS DARK, in English, we can find an expression which uses the term "He is in a dark mood". Then, Japanese people also have such expression, for example:

    (g) *Iezu ni kakushiteta <u>kurai kako</u> mo.*
        (Lit. The dark hidden past I dared not to speak of.)

      The expression in the example (g), the use of word *kurai* (dark) as the source domain for analogy expressions in Japanese. So, in Japanese have meaning is the feeling has been experienced does not want to be discussed and felt again. This is because past pain has a bad effect on the future. Besides that, human nature to be in darkness when getting a sense of seeing. Humans will mourn the terrible events that have been experienced on the dark side. So, English and Japanese still have equal meaning in the use of expressions of metaphor.

8.   SADNESS IS BAD TASTE
      According to the metaphor identified by Esenova (2011), sadness expressions as BAD TASTE as the pattern of sadness conceptualization in English such as "Bitter sorrow", but in Japanese the sad state of perceived through bitter lemons. The example as seen below:

    (h) *Mune ni nokori hanarenai <u>nigai remon</u> no nioi.*
        (Lit. The bitter scent of lemons remains embedded in my heart.)

      Based on the example (h), in Japanese use *nigai* (bitter) as the target domain for analogy expressions. The example (h) has a meaning that human pain can be analogy the bitter taste of lemon which is always attached to the heart. So that, sadness will taste bitter like the taste of lemon. So, Japanese and English have similar analogies to metaphorical expressions of Sadness.

These research found Japanese have different conceptual metaphor expressions with English, that can be seen at the using analogy metaphor word such as *kuroi* (black), *sora* (sky), *Hitori* (alone), *sabishisa* (loneliness), *nageki* (grief), *yume no nioi* (scent of the dream), *kurai* (dark), and *nigai* (bitter). Such findings can be seen in table 3.

Table 3. Metaphorical Expressions of SADNESS in Japanese

No.	Metaphorical Mappings	Example in Japanese
1	*Kanashimi wa iro.*	*Kuroi namida nagasu, watashi ni wa nani mo nakute, kanashi-sugite.* Black tears shed nothing to me, too sad.
2	*Kanashimi wa tennen.*	*Ano sora wa setsunai no darou.* That sky will be painful, isn't it?
3	*Kanashimi wa byouki.*	*Hitori bocchi na itami.* Pain alone.
4	*Kanashimi wa utsuwa ni suibun.*	*Sabishi-sa mo kanashi-mi mo, anata no soba de tokete.* Loneliness and sadness too, melt beside you.
5	*Kanashimi wa utsuwa ni busshitsu.*	*Nebatsuku gensou ni nageki wa kakusare.* The grief is hidden in the sticky illusion.
6	*Kanashimi wa rakka.*	*Me wo fusaide mieta mono wa fuyu ni ochita yume no nioi.* The thing I saw when closing my eyes was the scent of the dream that had fallen in winter.
7	*Kanashimi wa rakka.*	*Seijaku no yami ni maiorita yume wa.* My falling dream landed in the silent darkness.
8	*Kanashimi wa kuroi.*	*Iezu ni kakushiteta kurai kako mo.* The dark hidden past I dared not to speak of.
9	*Kanashimi wa akushu-mi.*	*Mune ni nokori hanarenai nigai remon no nioi.* The bitter scent of lemons remains embedded in my heart.

CONCLUSION

The study about the metaphorical expressions of Sadness in English and Japanese show similarities and differences in conceptual metaphor expressions. The similarities can be found in the pattern of conceptual metaphor both in English and Japanese, such as SADNESS IS ILLNESS, SADNESS IS DOWN, SADNESS IS A FLUID IN CONTAINER, SADNESS IS SUBSTANCE IN A CONTAINER, SADNESS IS DARK, and SADNESS IS BAD TASTE. This pattern of conceptualization of Sadness can be contributed and seems to be as the universality of conceptual metaphors. However, the differences in metaphorical expressions of Sadness in English and Japanese show the metaphor that refers to SADNESS IS NATURAL and SADNESS IS COLOR. These conceptual use different linguistic expressions in particular and culture mode both English and Japanese. And then, SADNESS IS BLUE is the most unique conceptual metaphor in English, we did not find in Japanese "I was feeling blue" metaphor expressions but it is found the color of black as an analogy or a comparison to the metaphorical expression of sadness.

However, this research has not been done completely due to the limitation of the data. For further research, it is needed more data and other factor conceptualizations of sadness metaphorical expressions in English and Japanese. Like Almirabi (2015) states "Decision about such metaphor similarities or differences is driven by looking into some factors such as the extent of different cultures, geographic environments, speaker's values, and personality, thinking modes, mental concepts, views of the world, feelings, and human relationships".

Thereby, the writers hope the next research can be more completely studied for these metaphorical expressions of Sadness in English and Japanese.

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