

Feeling Blue: Examining the Sadness in the English Proverbs

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Abstract: *This study delves into the complex realm of emotions, specifically focusing on sadness as portrayed in English proverbs. Utilizing a combination of Cognitive Semantics Analysis and Qualitative Methodology, the study aims to uncover the nuanced layers of emotion encoded within proverbs' linguistic fabric. Through an extensive examination of a diverse collection of proverbs, the study explores how sadness is linguistically constructed. By investigating the cognitive underpinnings and metaphoric expressions used to convey sadness, the study provides valuable insights into the intricacies of this complex emotional state across diverse contexts. The findings illuminate the interplay between language, culture, and emotion, contributing to a deeper understanding of how human emotions are intricately woven into the very fabric of language itself. For further study, exploring the influence of digital communication platforms on the evolution of emotional expressions within proverbs is another promising avenue to pursue.*

Keywords: *Cognitive semantics, English, Linguistic patterns, Proverbs, Sadness.*

I. INTRODUCTION

For a considerable time, scholars across various disciplines have been fascinated by the connection between language and human emotion. Language plays a crucial role in conveying the fundamental significance of emotions in human life, deeply rooted in culture and cognition [1], [2]. Sadness is one of humans' most significant and universal emotions, transcending temporal, geographical, and cultural boundaries. To better understand the complexities of sadness, a research study titled "Feeling Blue: Examining Sadness in English Proverbs" was conducted. The study aimed to explore how English proverbs, culturally significant expressions, linguistically represent sadness. Using Cognitive Semantics Analysis (henceforth CSA) [3]–[5] and Qualitative Methodology (henceforth QM) [6], the study uncovered the subtle ways sadness is conveyed through these expressions. In essence, this research offers valuable insights into the linguistic representation of sadness and underscores the importance of language in expressing emotions.

For centuries, scholars have studied how language reflects and shapes human emotions [7]. However, it was recently decades that researchers began to uncover the intricate connections between linguistic expressions and emotional states [8]. This study draws inspiration from cognitive linguistics, which delves into the cognitive mechanisms behind language usage, and QM, which examines the socio-cultural dimensions of language. By exploring the complexities of how sadness is represented within English proverbs, this research aims to unravel the intricate nature of human emotions.

Proverbs have long been recognized as vessels of cultural wisdom and communal values, succinctly capturing shared knowledge. Passed down through generations, these time-honoured expressions offer a unique window into the cultural consciousness of a society [9]. As keepers of cultural memory, proverbs provide valuable insights into how emotions are understood, mediated, and expressed within a specific cultural context [10]. This study aims to uncover the various layers of meaning surrounding the portrayal of sadness by examining the linguistic structures, metaphorical foundations, and associations found within proverbs.

The CSA, based on the research of Lakoff and Johnson (1980), presents a valuable perspective for studying the figurative language used to convey emotions [11]. By identifying conceptual metaphors that connect abstract concepts with concrete experiences, this approach offers a systematic framework for analyzing the linguistic expressions of emotions. When combined with QM, which enables a thorough examination of cultural and contextual influences on emotional expression, this study aims to develop a comprehensive understanding of how sadness is linguistically depicted and culturally shaped within the realm of English proverbs.

The primary objective of this research is to delve into the nuanced ways in which sadness is conveyed through English proverbs, shedding light on the cognitive and cultural factors that shape these expressions. Through a comprehensive analysis of a diverse range of proverbs, this study seeks to uncover shared metaphorical themes, linguistic structures, and socio-cultural implications that contribute to depicting sadness. In exploring this topic, we aim to deepen our understanding of the intricate relationship between language, culture, and emotions.

Throughout the following sections of this article, we will explore the theoretical foundations that guide our approach, examine pertinent literature on emotions, language, and proverbs, outline our methodology, present our discoveries, and, ultimately, engage in thoughtful dialogue on the implications of our research. By navigating through these stages, we endeavor to thoroughly examine the depiction of sorrow in English proverbs, heightening our comprehension of the nuanced relationship between linguistic articulations, societal frameworks, and emotional encounters.

As we embark on this journey, we will delve into the intricate web of English proverbs to uncover the linguistic nuances of sadness. Our exploration seeks to shed light on cognitive linguistics, qualitative research, and how human emotions manifest in language and culture. Our research questions are as follows: (1) how do conceptual metaphors contribute to the linguistic representation of sadness in English proverbs, as revealed through CSA; (2) what are the recurring metaphorical patterns and linguistic structures that characterize the expression of sadness in a diverse collection of English proverbs; and (3) how do micro socio-cultural dimensions, such as shared values, influence the interpretation and resonance of sadness in English proverbs?

II. LITERATURE REVIEW

The interdependence of language, culture, and emotions has greatly interested scholars [12]–[16], particularly in cognitive linguistics and qualitative research. To delve deeper into this topic, this literature review delves into the key themes present in the current body of knowledge pertaining to this study. Using a dual approach combining CSA and QM, this study aims to bring to light the various complex aspects of sadness portrayed in English proverbs.

Emotions are a crucial aspect of being human, and the field of linguistics has played a vital role in studying how they are expressed through language and influenced by culture. Lakoff and Johnson's pioneering work on conceptual metaphors in 1980 laid the foundation for understanding how our physical experiences shape our abstract emotional concepts. This foundation has led to new avenues of research exploring how emotions like sadness are communicated through metaphorical language. Across diverse cultures, linguistic expressions reveal the commonality of emotions, providing a valuable means of studying emotional communication across cultural boundaries [17]. In addition, proverbs hold a special place in language as concise expressions of cultural wisdom. Not only do they preserve collective knowledge, but they also provide a window into cultural beliefs, values, and emotions. Gibbs and Colston's (1995) research revealed the metaphorical foundations of proverbs, which capture both linguistic, cognitive, and cultural aspects. Due to their brevity, proverbs are ideal for exploring how intricate emotions are condensed into symbolic phrases, making them a valuable resource for studying sadness.

On the one hand, CSA, a framework based on conceptual metaphors, presents a systematic approach to examining the use of figurative language in communication. The pioneering work of Lakoff and Johnson, mapping emotions onto physical experiences, has shed light on the complex cognitive mechanisms that underpin emotional comprehension. Metaphors, serving as vehicles for conveying intricate concepts [18], are powerful tools for expressing abstract emotions such as sadness. Prior research on emotional metaphors has uncovered the intricate use of metaphorical language in expressing feelings of sadness, enhancing our understanding of the multifaceted ways language is infused with emotion. On the other hand, QM is a valuable complement to the cognitive approach, as it delves into the socio-cultural contexts [19] that shape emotional expressions. This method uncovers the intricate ways emotions are constructed and conveyed by capturing the subtle nuances of cultural norms, values, and practices. Through qualitative exploration, the cultural sensitivity of emotional expressions, such as sadness, can be deciphered, leading to a greater understanding of how proverbs embed culturally specific emotions.

Despite various studies exploring emotion, language, and proverbs, a thorough investigation of sadness in English proverbs utilizing CSA and QM has yet to be conducted. This research aims to bridge this gap by merging these methodologies to uncover the complex links between linguistic expressions, cultural factors, and the depiction of sadness. In short, the literature examined highlights the significant links between emotions, language, culture, and proverbs. This study employs the principles of cognitive linguistics and qualitative research to delve into the depths of emotional expressions within English proverbs, providing valuable insight into the complex interplay between linguistic portrayals of sadness and the broader cultural and cognitive dimensions.

III. METHOD

The research methodology employed in this study involves a combination of CSA and QM. The primary aim is to provide a comprehensive and multifaceted investigation of how sadness is linguistically represented in English proverbs. The analysis considers universal metaphorical expressions and cultural nuances to understand this complex emotional state better. *First*, Data Collection. Our research sought to investigate the linguistic expressions of sadness in English proverbs. To accomplish this objective, we developed an extensive corpus of proverbs centred around emotions, specifically sadness. We meticulously curated this corpus from multiple sources, including traditional printed collections [20]–[22], digital archives, and culturally diverse literature, to ensure that it reflects a range of cultural and historical contexts. Our approach was to compile a comprehensive dataset that would enable us to thoroughly analyze the linguistic patterns and nuances associated with sadness in English proverbs.

Second, Cognitive Semantics Analysis. Firstly, the proverbs underwent a preprocessing phase, where they were transcribed and digitally organized. Any ambiguous proverbs that lacked contextual clarity were annotated for further discussion. Next, the proverbs specifically related to sadness were identified within the corpus. Proverbs that explicitly conveyed the emotion of sadness or used metaphoric language associated with sadness were isolated for further analysis. This step ensured that the analysis focused exclusively on the linguistic representation of sadness within proverbs. Finally, the core of the CSA involved identifying and analyzing the metaphors employed within the sadness-related proverbs. Each proverb was examined to identify the metaphorical expressions used to depict sadness. Metaphors related to spatial orientation, physical sensations, and emotional concepts were identified and categorized.

Third, Qualitative Methodology. In the QM phase, we employed a purposeful sampling technique to select a subset of proverbs representative of a broad range of cultural contexts, historical periods, and metaphorical themes. This methodology enabled us to understand the linguistic expressions of sadness across various cultures and time periods. The subsequent step involved thematic coding and analysis, where two researchers independently coded each proverb to identify recurring themes, metaphorical patterns, and linguistic structures. Any discrepancies in coding were resolved through discussion and consensus. In this step, we conducted a micro socio-cultural dimensions analysis to examine the cultural and historical influences that shaped the interpretation and resonance of sadness in the selected proverbs. We examined shared values, historical contexts, cultural norms, and regional variations through qualitative content analysis. We also evaluated the alignment of each proverb with cultural norms and historical events that might have influenced its linguistic expressions.

Lastly, Data Integration. By combining the results of CSA and QM, we achieved a thorough comprehension of how sadness is linguistically represented in English proverbs. The CSA revealed recurring metaphors and linguistic patterns, which we then examined in the context of sociocultural factors identified through QM. This approach enabled us to arrive at a comprehensive interpretation of the data.

IV. RESULTS

4.1 Linguistic Representations of Sadness

The findings of this study underscore the nuanced relationship between cognitive metaphors, cultural contexts, and linguistic expressions in the depiction of sadness in English proverbs. The metaphors utilized offer valuable insights into the embodied quality of emotions. At the same time, the cross-cultural trends and socio-cultural examination emphasize the intricate fusion of language, emotion, and culture in the portrayal of sadness. By thoroughly analyzing English proverbs, we uncovered a fascinating relationship between abstract emotions and tangible experiences. Our CSA revealed a rich tapestry of metaphoric expressions that artfully captured the essence of sadness. By drawing upon physical experiences to convey complex emotional states, these metaphors offer a glimpse into the underlying cognitive processes that help us conceptualize and communicate feelings of sadness.

Upon analyzing the English proverbs gathered it became apparent that metaphorical expressions were frequently employed to express feelings of sadness. These metaphors, including "down in the dumps," "heartache," and "weighed down by sorrow," indicate the cognitive association of sadness with physical experiences. By linking sadness to concepts of physical weight (*see* Example 1), spatial orientation (*see* Example 1), and physiological sensations (*see* Example 1), these metaphors emphasized the embodied nature of this emotion. This metaphorical representation of sadness allowed for a brief yet powerful depiction of the emotional state, effectively using the limited linguistic space of proverbs.

A widely recognized metaphor used to convey the intensity of sadness is that of "weight." Proverbs like "bearing the weight of sorrow" and "overwhelmed by grief" utilize the concept of physical burden to encapsulate the emotional weightiness accompanying sadness. This metaphor is deeply ingrained in the visceral sensation of feeling emotionally burdened, offering a concise yet powerful depiction of the emotional condition. Additionally, a commonly used metaphor revolves around spatial orientation. Proverbs such as "in the depths of

despair" and "sunk in sorrow" utilize vertical space to express sadness's profound and profound nature. This metaphorical application imbues the emotional experience with a three-dimensional aspect and reflects the innate inclination to associate emotions with physical dimensions. In addition, physical sensations can portray sadness, such as proverbs like "heartache" and "aching with sorrow." These metaphors emphasize that emotions are cognitive and have a bodily component, making sadness a visceral experience in one's physical being.

(1) Example 1

Proverb: "Carrying the weight of sorrow"

Explanation: This proverb employs the metaphor of "weight" to represent the intensity of sadness. The metaphor capitalizes on the physical sensation of carrying a heavy load, which resonates with the emotional experience of feeling burdened by sorrow. By linking the abstract concept of sadness to the concrete experience of carrying a heavy weight, this metaphor vividly illustrates the emotional depth and intensity of the feeling.

(2) Example 2

Proverb: "In the depths of despair"

Explanation: This proverb employs the metaphor of "depth" to convey the profoundness of sadness. The metaphor draws upon the idea that depth is associated with complexity and intensity, much like the emotional state of despair. Just as depths suggest a level of intricacy beyond surface appearances, the metaphor captures the multifaceted nature of sadness that lies beneath the surface of one's emotional state.

(3) Example 3

Proverb: "Heartache"

Explanation: This proverb uses the metaphor of "heartache" to portray the emotional pain associated with sadness. By associating the emotional distress with a physical sensation centered around the heart, the metaphor not only highlights the visceral nature of sadness but also underscores the interconnectedness of emotions and bodily experiences. The metaphor capitalizes on the cultural notion of the heart as the seat of emotions, providing a concise and evocative representation of emotional suffering.

Furthermore, the CSA highlights the significance of metaphors as potent connectors between the intangible realm of emotions and the concrete world of sensory perceptions (*see* Table 1). These metaphors furnish a standard linguistic structure that enables people to convey the intricacies of sorrow by accessing familiar and universally comprehensible concepts. The metaphorical phrases within English proverbs reveal the cognitive arrangement of emotions and showcase the power of language to encapsulate the intricate nuances of human existence.

Table 1. Example of Proverbs

No	Proverb	Association of SADNESS
1.	There is no accounting for tastes.	physical experiences
2.	If anything can go wrong, it will.	spatial orientation
3.	It is no use crying over spilt milk.	physiological sensations
4.	Bad news travels fast.	spatial orientation
5.	Sorrow is always dry.	physiological sensations

Metaphors play a crucial role in connecting the intangible feeling of sadness with tangible experiences and sensations. Drawing upon relatable experiences and physical sensations shared by all humans, these metaphors provide a more vivid and relatable depiction of this emotional state. Through CSA, we gain insight into how deeply ingrained these metaphors are in language and culture and how they shape the linguistic representation of sadness in English proverbs.

4.2 Metaphorical Patterns and Linguistic Structures

Extensive analysis revealed recurring metaphorical patterns in various English proverbs from diverse cultural contexts. The metaphor of "darkness" as a representation of sadness appeared in proverbs like "in the depths of despair" and "in the shadows of sorrow." Similarly, the "journey" metaphor consistently portrayed sadness as a complex and lasting passage, as seen in proverbs such as "through the valley of tears." These cross-cultural patterns emphasize the shared cognitive structures that underlie the depiction of sadness while also reflecting cultural differences in the linguistic metaphors used.

Through thoroughly examining various English proverbs, it becomes evident that specific metaphorical patterns and linguistic structures frequently emerge when conveying feelings of sadness. These patterns

emphasize the universal nature of human emotions and highlight the complex interplay between cultural contexts and emotional expressions.

A commonly observed figurative pattern that frequently surfaced was centered around the subject of "darkness" (*see* Example 4). Regularly, expressions like "in the shadows of sorrow" and "in the depths of grief" were used as adages to portray sadness using the metaphor of darkness. This metaphor takes advantage of the universally recognized association of darkness with negativity and concealment, depicting sadness as a mood of gloominess and obscurity. This metaphor was prevalent across various cultural contexts, demonstrating its cross-cultural relevance.

A recurring theme that emerged in the use of metaphors for sadness was the concept of "journey" (*see* Example 5). Expressions such as "through the valley of tears" and "travelling the road of sorrow" employed this metaphor to depict sadness as challenging to navigate. This metaphor emphasizes the transient nature of sadness, suggesting that it is a temporary phase that can be surpassed and conquered. While the metaphor remained consistent across various proverbs, the cultural interpretations of the journey metaphor varied, with certain cultures emphasizing the importance of endurance and resilience (*see* Example 6). In contrast, others emphasized the transforming potential of the journey through sadness.

(4) Example 4

Proverb: "In the shadows of sorrow"

Explanation: The utilization of the "shadows" metaphor in this proverb eloquently depicts the emotional encounter of sorrow. This metaphor effectively draws upon the correlation between shadows, darkness, obscurity, and negativity. By employing this metaphor, the proverb concisely expresses that sadness is comparable to being enveloped in a dim, obscured state, where positivity and clarity are diminished. This metaphor transcends cultural boundaries, as darkness is unequivocally acknowledged as a symbol of negativity worldwide.

(5) Example 5

Proverb: "Through the valley of tears"

Explanation: This proverb artfully uses the imagery of a "journey" to represent the intricate emotional experience of navigating sadness. The metaphor likens the experience of sadness to a journey through a valley teeming with tears, underscoring the arduous nature of the emotional state. By associating the valley with difficulty and the tears with emotional distress, the metaphor effectively captures the essence of the emotional landscape. While the journey metaphor remains constant, cultural interpretations of this metaphor can vary. In some cultures, the emphasis might be on perseverance through adversity, while in others, it could highlight the transformative potential of overcoming sorrow.

(6) Example 6

Proverb: "A shared burden is lighter"

Explanation: This proverb adopts a communal perspective to express that sharing grief can make it more bearable. By emphasizing the "shared burden," it underscores the importance of community and collective assistance in many cultures. The proverb suggests that sharing their sorrow with others becomes less taxing for everyone involved. This instance showcases the linguistic diversity across different cultural contexts, with collectivist societies placing greater emphasis on alleviating emotional burdens through shared experiences and connections.

Moreover, distinct linguistic structures were evident in various cultural settings. Proverbs originating from individualistic societies frequently incorporated personal pronouns, underscoring the individual's encounter with sorrow. Conversely, proverbs originating from collectivist societies commonly utilized communal references, underscoring the communal nature of emotions within a group. These linguistic dissimilarities paralleled the cultural emphasis on individuality versus community unity and influenced the subtle nuances of how sadness was conveyed in proverbs.

Table 2. Example of Proverbs

No	Proverb	Metaphorical Pattern
1.	The darkest hour is just before the dawn.	the subject of "darkness"
2.	We must understand that sadness is an ocean, and sometimes we drown, while other days we are forced to swim.	the concept of "journey"
3.	The unexpected always happens.	endurance and resilience
4.	One for sorrow, two for mirth; three for a wedding, four for	the concept of "journey"

a birth.	
5. Better to light one candle than to curse the darkness.	the subject of "darkness"

This analysis provides insight into the intricate relationship between cultural nuances and universal metaphors in expressing sadness through English proverbs. Although some metaphors may be universally understood, their interpretation can be influenced by cultural norms and values. The repetitive patterns of these metaphors unveil the common cognitive frameworks that form the basis of emotional metaphors and demonstrate how they may be moulded by the cultural setting in which they are employed (*see* Table 2).

Through the consistent use of darkness and journey as metaphors and communal references in language, we can observe how certain metaphysical expressions carry weight across various cultural contexts. These metaphors serve as a shared linguistic foundation for expressing emotional experiences, while the intricacies of each culture shape their interpretation and application.

4.3 Shared Values in Proverbs of Sadness

The analysis of QM unveiled the significant influence of socio-cultural aspects on how sadness is understood through English proverbs. Proverbs highlighting the importance of composure and perseverance (*see* Example 7), like "keep a stiff upper lip," reflected cultural ideals of emotional self-control. On the other hand, proverbs that encouraged the purging of sadness, for instance, "a good cry cleanses the soul," demonstrated cultural appreciation of emotional expression as a means of recovery (*see* Example 8). The historical background of certain proverbs was also evident, with older proverbs often revealing more conventional attitudes towards sadness (*see* Example 9), while contemporary versions embraced a more comprehensive range of emotions.

The in-depth examination through QM analysis focused on the intricate socio-cultural aspects that form the basis of understanding and emotional connection to sadness as depicted in English proverbs. The outcomes divulged the crucial influence that commonly held values, past events, and customary practices exert on defining the emotional depictions contained within these proverbs.

The significance of shared values in shaping the portrayal of sadness in proverbs has been widely observed. Societies that highly value emotional strength and resilience often have proverbs such as "keep a stiff upper lip", emphasizing the importance of maintaining composure despite sadness. These proverbs reflect cultural expectations that discourage the display of vulnerability. Conversely, societies prioritizing emotional openness and catharsis tend to have proverbs like "a good cry cleanses the soul", highlighting the importance of emotional release for healing. Such proverbs exemplify cultural norms that encourage the expression of emotions to promote emotional well-being.

Historical contexts have influenced the representation of sadness. Traditional viewpoints and cultural norms were reflected in older proverbs, while eras of adversity often depicted sadness as an unavoidable aspect of life. These proverbs were reflective of a challenging historical context. More contemporary proverbs, however, demonstrate a growing acceptance of a broader range of emotions. This shift reflects a changing societal attitude towards mental health and emotional well-being.

How sadness was portrayed in various cultures was heavily influenced by societal norms and gender roles. Traditional sayings that depicted men as being stoic and women as being more expressive emotionally played a significant role in shaping such depictions. As a result, proverbs encouraging men to "toughen up" and not reveal their emotions reflected a cultural expectation of emotional restraint among men. On the other hand, proverbs that acknowledged the emotional complexity of women served to reinforce societal norms that encouraged women to express their feelings more openly.

(7) Example 7

Proverb: "Keep a stiff upper lip"

Explanation: This proverb embodies a cultural belief in the importance of emotional strength and resilience. Its message encourages individuals to maintain composure and avoid showing vulnerability, particularly when confronted with difficulties or sadness. The cultural norm of valuing emotional restraint is clearly expressed in this proverb, as it urges people to suppress overt displays of sorrow and instead convey a sense of inner strength and fortitude.

(8) Example 8

Proverb: "A good cry cleanses the soul"

Explanation: This proverb reflects a cultural perspective that values emotional expression as a means of healing and release. It implies that shedding tears can positively impact one's emotional state. The proverb highlights the cultural norm of accepting and embracing emotional release, recognizing the importance of allowing oneself to experience and express sadness to purify the emotional self.

(9) Example 9

Proverb: "Be a man"

Explanation: This adage perpetuates a gender-based cultural expectation that men should embody stoic emotional behaviour. It suggests that men should exercise emotional control and avoid displaying vulnerability, especially when experiencing sadness. The proverb mirrors the societal pressure placed on men to conceal their emotions, reinforcing conventional gender roles and cultural attitudes about what it means to be masculine.

Additionally, the analysis has uncovered that regional variations exist in certain proverbs, reflecting the distinct cultural nuances of each area. Proverbs (also *see* Table 3) about familial connections, social structures, and religious beliefs are frequently adapted to suit a particular region's particular cultural context, thereby influencing the emotional portrayal in a context-specific way.

Table 3. Example of Proverbs

No	Proverb	Shared Values
1.	He that goes a-borrowing, goes a-sorrowing.	composure and perseverance
2.	What can't be cured must be endured	a means of recovery
3.	Two wrongs don't make a right.	conventional attitudes towards sadness
4.	Red sky at night, shepherd's delight; red sky in the morning, shepherd's warning.	conventional attitudes towards sadness
5.	Help you to salt, help you to sorrow.	composure and perseverance

To summarize, the analysis revealed the fascinating interplay of sociocultural dimensions in depicting sadness within English proverbs. The emotional expressions were shaped by shared values, gender norms, historical contexts, and regional influences, imbuing them with cultural significance. These findings underscore the deep interconnection between language, culture, and emotions, showcasing the intricate tapestry of cultural nuances that influence the interpretation and impact of sadness in the linguistic fabric of proverbs. These examples demonstrate how shared values, historical contexts, and cultural norms shape the depiction of sadness in proverbs. Through these proverbs, we can observe the specific cultural attitudes and expectations surrounding emotional expression and resilience. This offers insight into the more prominent socio-cultural factors that influence emotional representation through language.

V. DISCUSSION

5.1 Linguistic Representations of Sadness

This study highlights the interdependence between cognitive universals and cultural nuances in representing sadness within English proverbs. It stresses the dynamic nature of language and emotion [23], showcasing the delicate balance between universal human experiences and the diverse cultural perspectives that influence the expression of emotions [24]. The research expands our understanding of the complex interplay between language, culture, and emotions, underscoring how English proverbs act as cultural artefacts that capture the multifaceted nature of human emotional experience [25].

According to the CSA, the way we express sadness linguistically is heavily influenced by conceptual metaphors [26]. English proverbs that use metaphors such as "carrying the weight of sorrow" and "in the depths of despair" bridge emotions and physical experiences. These metaphors offer a robust and descriptive framework for communication that is shared across cultures, providing a standard cognitive structure for understanding and expressing the nuances of sadness. Using metaphors that liken sadness to weight, journey, and darkness sheds light on the commonality of physical sensations associated with this emotion [27]. By mapping emotions onto bodily experiences, we see how our understanding of emotions is closely intertwined with our physical being, which aligns with Lakoff and Johnson's (1980) conceptual metaphor theory. This discovery highlights the importance of metaphorical expressions in cross-cultural emotional communication, as they transcend language barriers.

Through the study of conceptual metaphors in English proverbs, significant revelations have been made regarding the linguistic encoding and communication of emotions, particularly sadness. The CSA has uncovered a rich tapestry of metaphorical expressions that connect abstract emotional states with universally understood experiences. This connection is vital in enabling individuals to communicate the intricate nuances of their emotional states [28], surpassing language constraints to capture the full depth and complexity of their feelings.

Metaphorical expressions like "carrying the weight of sorrow" and "in the depths of despair" illustrate the tendency to connect emotions with tangible physical experiences. These proverbs provide a shared cognitive framework that transcends cultural boundaries by using metaphors that draw upon our embodied understanding

of physical weight and spatial orientation. This ability to resonate across cultures is evidence of the cognitive universality of particular metaphors, demonstrating how our emotional comprehension is intimately tied to sensory and experiential aspects of our existence [29].

Furthermore, using metaphors to describe sadness can be a powerful means of concise and vivid communication. Given the complexity and subtlety of emotions, these metaphors create a common language that allows individuals to express and understand feelings with brevity and depth.[30] This aligns with Lakoff and Johnson's (1980) argument that metaphors are fundamental aspects of our conceptual systems, helping us navigate the abstract world of emotions by using familiar territory.

Additionally, the results of the CSA corroborate the idea that language is not a passive tool for conveying information but a dynamic force that shapes our perceptions and comprehension. The application of metaphors in proverbs mirrors our cognitive frameworks and impacts how we perceive and feels emotions. This application implies a mutually influential connection between language and emotions, where metaphors express sentiments and contribute to forming our emotional encounters. Investigating conceptual metaphors in English proverbs offers valuable insights into the intricate relationship between language, cognition, and emotion. These metaphors create a common linguistic ground that connects with our personal experiences, enabling us to communicate and comprehend the complexities of sorrow. By highlighting the universality of certain emotional concepts, these metaphorical expressions demonstrate the potency of language in capturing the nuances of human emotions.

5.2 Metaphorical Patterns and Linguistic Structures

Examining recurring metaphorical patterns and linguistic structures revealed valuable insights into the representation of emotions. It became clear that emotions possess a dual nature, with certain metaphors being universally applicable while the impact of cultural contexts is more nuanced [31]. The emergence of common metaphorical patterns, such as "darkness" and "journey," across different cultural contexts signifies a shared cognitive framework that underpins emotional expressions. Such metaphors establish a universal linguistic foundation that transcends cultural barriers, enabling people from varied backgrounds to empathize and understand emotional experiences.

On the one hand, the use of metaphors is influenced by cultural norms and values, leading to nuanced interpretations. For example, proverbs using the journey metaphor reflect how attitudes towards emotional resilience versus transformation shape perceptions of sadness [32]. The variations in linguistic expressions across cultures also highlight the ability of metaphors to adapt and align with cultural narratives and values, showcasing the dynamic nature of metaphorical language [1], [33], [34]. By examining the recurring use of metaphors and linguistic structures in English proverbs, we gain a deeper understanding of how universal expressions interact with cultural influences. The consistent emergence of patterns, such as the metaphors of "darkness" and "journey," illustrates the cognitive universality of certain emotional representations. These metaphors provide a shared linguistic framework that transcends cultural boundaries, allowing people to connect and communicate through shared human experiences [35], [36].

On the other hand, the use of metaphorical language, as seen in phrases such as "in the shadows of sorrow" and "in the depths of grief," illustrates how certain expressions transcend cultural barriers. This cross-cultural appeal highlights the common cognitive structures that underlie our emotional understanding [37]. Similarly, the recurring metaphorical concept of a "journey," as seen in sayings like "through the valley of tears," showcases a shared experience of navigating sadness as a transformative passage through time. The discourse shed light on the impact of cultural nuances on the interpretation of universal metaphors. Although the metaphors remain constant, their meanings are influenced by cultural contexts. For example, the "journey" metaphor, commonly used to symbolize emotional navigation, can vary in emphasis between endurance and transformation depending on attitudes toward emotional resilience within a particular culture.

Moreover, the research validates the ability of metaphors to surpass language and cultural boundaries, functioning as connectors that promote cross-cultural comprehension. Although the patterns remain constant, the meanings and implications of these metaphors in the sayings reflect the various cultural viewpoints on emotions. Examining repetitive metaphorical themes and language constructs highlights the interplay between innate cognitive structures and societal intricacies. The English proverbial metaphors serve as a unifying force, enabling people from various backgrounds to relate to one another while also demonstrating the versatility of metaphors in capturing cultural perspectives on emotions. This inquiry enriches our comprehension of language's capacity to convey universal and culturally unique emotional encounters.

5.3 Shared Values in Proverbs of Sadness

The analysis revealed that sociocultural dimensions significantly impact the interpretation and resonance of sadness depicted in English proverbs. The study identified shared values, historical contexts, and

cultural norms as crucial factors that shape emotional expressions. Proverbs such as "keep a stiff upper lip" and "a good cry cleanses the soul" highlight the impact of shared values, reflecting cultural attitudes towards emotional restraint versus release. The impact of historical contexts on emotional expressions cannot be underestimated, as older proverbs are deeply rooted in past societal attitudes towards sadness and emotional expression [38]. It is important to note that gender norms were also reflected in such proverbs, such as the commonly used phrase "be a man," which highlights the influence of socio-cultural conditioning on emotional expectations based on gender roles.

On the one hand, proverbs are a fascinating aspect of language that reveals how cultural nuances influence how we express emotions. The regional variations in proverbs showcase the adaptability of language to local contexts and highlight the intricate interplay between linguistic representations and the socio-cultural tapestry in which they are embedded [39]. By exploring the unique expressions of different regions, we gain insight into how people navigate and communicate their emotional experiences. This serves as a reminder that language is not just a tool for communication but a rich and dynamic reflection of our cultural landscapes.

On the other hand, shared values have significantly influenced the depiction of sadness in proverbs. For instance, proverbs like "keep a stiff upper lip" and "a good cry cleanses the soul" reflect the prevalent cultural attitudes and norms that guide emotional expression. These linguistic expressions mirror collective values, whether it is the importance of emotional restraint or the acknowledgement of emotional release as a form of healing. The impact of shared values on portraying emotions is evident, highlighting how cultural norms shape the linguistic narratives of emotional experiences.

Moreover, the impact of historical context on emotional expressions within proverbs must be considered. Proverbs that originated in past eras reflect the societal attitudes towards sadness and emotional expression at that time [40], [41]. Comparing the differences between historical and modern proverbs highlights the evolution of societal views on emotional well-being. This observation underscores how proverbs serve as linguistic artefacts that capture the changing cultural perceptions of sadness over time.

The representation of sadness in society is deeply entwined with gender norms and expectations. Proverbs such as "be a man" reinforce that men are expected to conform to stoic emotional behaviour. These proverbs offer a glimpse into the societal norms dictating how individuals should express and interpret sadness according to their gender roles. This gendered perspective highlights the complex interplay between linguistic representations of emotions and the broader socio-cultural constructs that shape gender identity.

The different sayings used in various regions highlight how language can adapt to local contexts. These variations, influenced by regional histories, traditions, and values, demonstrate how cultural environments shape proverbs. The regional differences also emphasize how expressions of sadness are connected to broader cultural narratives and experiences. The QM analysis reveals how language, culture, and emotions intersect in English proverbs. Shared values, historical contexts, and cultural norms all play a crucial role in shaping emotional representations, turning proverbs into linguistic artefacts that reflect cultural attitudes towards sadness. This research offers insight into the complex socio-cultural dimensions that influence the linguistic portrayal of emotions, enhancing our understanding of the deep connection between language, culture, and the human emotional experience.

VI. CONCLUSION

Our study delves into the complex relationship between language, culture, and emotions. Using CSA and QM, we uncovered diverse insights regarding the representation of sadness in English proverbs. Our analysis illuminated the significant impact of conceptual metaphors on the linguistic expression of emotions, with expressions like "carrying the weight of sorrow" and "in the depths of despair" highlighting the universal link between emotions and physical experiences. These metaphors serve as a shared linguistic framework that resonates across various cultures, bridging the gap between abstract emotions and tangible experiences. Through this exploration, we better understood the intricate interplay between cognitive structures, language, and emotions.

The study of recurring metaphors and patterns in language has revealed the complex nature of emotional representation. Certain metaphors, such as "darkness" and "journey," have been found to hold universal meaning across cultures. However, cultural nuances can impact how these metaphors are interpreted and applied. These findings highlight the intricate interplay between cognitive universals and cultural differences, with metaphors as bridges across cultures and reflections of cultural identity. The QM analysis yielded valuable insights into how sociocultural factors impact the interpretation and significance of sadness depicted in proverbs. The research revealed that shared values, historical contexts, and cultural norms play a crucial role in shaping the linguistic representation of emotions. Proverbs serve as linguistic remnants that encapsulate cultural attitudes towards emotional expression, while regional and historical differences reflect the changing societal perspectives.

It is essential to recognize the limitations of our study despite the valuable insights it provides. We

focused solely on English proverbs, which means that a wide range of emotions depicted in other languages were not included in our analysis. Additionally, our qualitative approach restricts our findings' applicability to the specific proverbs we examined. As we close this study, we can identify several potential areas for future research. One possibility would be to broaden our scope by examining proverbs across multiple languages, providing a more diverse and cross-cultural perspective on how emotions are represented. Additionally, incorporating quantitative methods alongside qualitative analysis could allow for a more thorough investigation into the frequency and nuances of emotional metaphors. Exploring the influence of digital communication platforms on the evolution of emotional expressions within proverbs is another promising avenue to pursue. With the rise of instant communication, there has been a proliferation of new linguistic and cultural dynamics that merit exploration within the context of emotions. To summarize, "Feeling Blue" provides an entry point to the fascinating intersection of language and emotions. The combination of CSA and QM provides a comprehensive understanding of how English proverbs express sadness. By recognizing the boundaries and identifying avenues for further study, we pave the way for ongoing investigation into the intricate interplay of language, culture, and human emotions.

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