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Depression Expressions in Selected English and Kurdish Poems

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Abstract

This research is an inquiry in to the concept of depression in selected English and Kurdish poems. It is an attempt to determine in which language depression is used more in the selected poems. The reason behind chosen poems is that they contain different expressions of depression used by English and Kurdish poets. The study consists of 9 sections along with the conclusion and the bibliography.

To oxford word power dictionary (204) depression is defined as a feeling of hopeless and unhappiness that stays for a long time. It could be a medical condition and may also have physical symptoms. Due to this, the selected poems have been analyzed. The result has shown that depression expressions are used more in the English language than those of the Kurdish ones.

Introduction

On Defining Depression

The Oxford English Dictionary defines depression as “a mental condition characterized by severe feelings of hopelessness and inadequacy, typically accompanied by a lack of energy and interest in life.” it is a common mental disorder that presents with depressed mood, loss of interest or pleasure, feelings of being guilty or low self-worth, disturbed sleep or losing appetite and low energy. Usually it occurs as a result of adverse life events, such as: losing of an important person, object, relationship or health, but it can also occur due to no obvious reason. These problems can become recurrent and lead to defect in an individual's ability to take care of his or her every day responsibilities. Cesar and Chavoushi (2013:5)

Most people feel depressed when they lose a loved one, getting fired from a job and going through a divorce etc... can lead a person to feel sad, scared, anxious, lonely, or nervous.

Depression is deeper than just sadness. It interferes with daily life and leads to pain to people and everyone who cares about them. It's a common illness, but a very serious one.

The term “depression” often characterizes feelings of being sad, discouraged, hopeless, unmotivated, as well as a general lack of interest or pleasure in life. Passing a case of blues is a term used if these feelings last for a short period of time but it is called a depressive disorder when they last for more than two weeks and

interfere with regular daily activities WWW.adaa.org (2016:2).

To Eduardo and Bernard (2018:6) the word depression comes from the Latin “depressio” which means sinking. The person feels sunk with a weight on their existence. It is a mood disorder that varies from: normal transient low mood in daily life itself, to clinical syndrome associated with different features from normality.

Depression consists of a disease with painful feelings, bad humor, anguish and panic attacks, performance, tendency to isolation, difficulty to enjoy, hopelessness and negative thoughts, including possible delusions in cases of serious severity.

2. Theories of Depression

The newest theories' classification according to Salih (2005:254) includes the following:

- a. Behavior theory: According to this theory the depressed people tend to reduce the value of the positive reinforcement and enlarge the depressive accidents which lead to depression.
- b. Cognitive theory: Includes Beck's theory which confirms that the reasons of depression are internal, static and general.
- c. Psychological dynamic theory: Says that the depressed people unconsciously punish themselves because they feel that their beloved have left them without being able to punish them.

3. Causes of Depression

Darton (2012:7-9) states that depression varies very much from person to person and can happen for one or more reasons. Occasionally it may appear for no obvious reason.

1. Life Events

In many cases, the first time someone becomes depressed, it has been triggered by an

unwelcome or traumatic event, such as being sacked, divorced, or physically assaulted etc...

2. Loss

Often depression can also be seen as a result of losing some thing, or the actual death of someone close, a major life change (such as moving house or changing jobs), or simply moving from one phase of life into another, e.g. as you reach retirement, children leave home, or you come to realize that you may never have a family of your own.

It's not just the negative experience that causes the depression, but if also the feelings provoked are not expressed or explored at the time, they fester and contribute towards depression.

3. Anger

In some cases some people call depression 'frozen anger'. people may have experienced something which left them feeling angry and helpless, and if they were unable to express their feelings at the time – perhaps because they were children, or their feelings were unacceptable to others the anger becomes internalized and is expressed as depression.

4. Childhood Experiences

If you experienced a traumatic event in childhood, or were abused Physically or emotionally, or were not helped to learn good coping skills as you grew up, this can leave you less able to cope with difficulties as an adult and you may feel depression.

5. Physical Conditions

The following conditions may cause depression, but are sometimes Overlooked because of the focus on their physical symptoms:

- Conditions affecting the brain and nervous system

- Hormonal problems, especially thyroid and parathyroid problems; symptoms relating to the menstrual cycle or the menopause
- Low blood sugar
- Sleep problems.

6. Side Effects of Medication

Depression is a side effect of a lot of different medicines; for example, many people become depressed after a heart attack and taking medicine as a part of treatment.

7. Diet

Poor diet and general lack of fitness can both contribute to depression. Evidence suggests that occasionally people become very depressed in response to some specific foods. Such a reaction is very individual, and people are often not aware of the particular food substance or drink that is causing the problem.

8. Street Drugs and Alcohol

Some drugs can also make you depressed, especially if used repeatedly.

9. Genetics

Although no specific genes for depression, have been identified, it does seem to run in families to some extent, and some of us are more prone to depression than others. This could also be because we learn behavior and ways of responding from our relatives, as well as inheriting our genes from them.

10. Chemical Changes in the Brain

Because antidepressants work by changing brain chemistry, many people have assumed that depression must be caused by changes in brain chemistry that are then 'corrected' by the drugs. Some doctors may tell

you that you have a 'chemical imbalance' and need medication to correct it Darton (2012:7-9).

To Rehm (2010:53) biology represents only one set of causes. Genetics does make some individuals more prone to depression, and changes in brain chemistry and physiology occur in depression clear. Psychology represents a second set of causes. A pessimistic outlook, low self-esteem, and a sense of powerlessness are some of the tendencies that may contribute to depression. Many of these tendencies may be acquired through experiences early in life. The environment, especially the social environment, represents another set of causal factors in depression.

4. Depression and Anxiety Disorders

Depression and anxiety disorders are not the same, but people with depression often experience nervousness and problems sleeping and concentrating, and other symptoms similar to an anxiety disorder. It is not uncommon for someone with an anxiety disorder to suffer from depression and vice versa. Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder.

The term "anxiety disorder" includes generalized anxiety disorder (GAD), panic disorder and panic attacks, social anxiety disorder, selective mutism, separation anxiety, and specific phobias are closely related to anxiety disorders, which some may experience at the same time as depression.

Each disorder has its own causes and its own emotional and behavioral symptoms. Many people who develop depression have a history of an anxiety disorder earlier in life. There is no evidence one disorder causes the other, but there is clear evidence that many people suffer from both disorders. The good news is that these disorders are treatable, separately and together. WWW.adaa.org (6).

5. Classification of Depression

To Al-Samarrai (1988:165) there are two major types of depression, the first one is called Neurotic and the second one is psychogenic depression. To him the first is a neurotic reaction with deep sadness, laziness, misery, dissatisfaction, non-taking care of the surrounding and being disable in achieving tasks and assignments. All these happen to the patient while he or she doesn't know the real reason behind.

The reason of the second one belongs to heredity factors and it might results because of psychogenetic or reactive reasons which why it is called psychogenetic or reactive depression. this type disappears when the external reason of it gone.

6. Depression, Culture and Society

There is an obvious difference of depression among the various countries. Some relate this different to the different cultures, religions, and societies in these countries. There are in fact some cultures that reflect depression, pain and sadness in its own people as a phenomenon of emotional life of those people. This could be noticed through their poems, music and even their dance. Since human being is regarded as a social unit in every society .So depression exists less in the united societies but it greatly could be found in the separated communities. One of the evidence to prove that is the comparative study about the two close countries to each other Sweden and Norway in which a child is growing up depending on itself due to the culture while strongly with its family in the second. So depression and suicide exist more in the first country and less in the second Kamal(1988:240).

7. The Samples of the Research

The sample of the study consists of 8 poems in which the first five are English and the others

are Kurdish. The reason behind selecting poems from different languages is to find out whether depression expressions exist more in English or Kurdish poems.

Table (1) the Sample of the English Poems

No.	Poems	Poets
1	Struggling with depression	Debbie Leads
2	Ode on Melancholy	John Keats
3	Aubade	Philips Larkin
4	It was not death,for I stood up	Emily Dickinson

Table (2) the Sample of the Kurdish Poems

No.	Poems	Poets
1	شیوه نی نیشتمان	قانع
2	به هاری زه رد	هیمن موکریانی
3	ئه ی ناومیدی	وه لی دیوانه
4	عه شره ت هاواره	پیله میرد

8. The Strategy of the Analysis

The whole poems will be divided into lines then the depression expressions are presented while the numbers of the lines which contain such expressions are indicated.

8.1 The analysis of poem (1) "Struggling with depression" by Debbie Leads.

The table below shows the frequency of depression expressions in Lead's poem:

No.	Depression expression	line
1	struggle	1
2	struggle	5
3	guilt	8
4	leave	8
5	worse	10
6	sorry	14
7	Worst enemy	15
8	I'm nothing	19
9	nothing I'm	20
10	Little energy	21
11	Stay in bed	22
12	I'm made of lead	24

13	Wanting to care for me	26
14	Nothing makes sense	27
15	hard	28
16	poor	28
17	Cluttered mind	29
18	Cluttered thinking	29
19	hard	30
20	worry	32
21	Everybody is better than me	33
22	I can't do anything right	34
23	dang	35
24	No confidence	37
25	No self-esteem	37
26	Everybody else is right	38
27	My mind is to be a fool	39
28	problems	41
29	A heavy vice	42
30	Living seems like a roll of dice	44

15	Droop headed flowers	13
No.	Depression Expression	Line
16	Hides the green hill	14
17	Sorrow	15
18	Anger	18
19	Emprison	19
20	Rave	19
21	Peerless eyes	20
22	Must die	21
23	Adieu	23
24	aching	23
25	Poison	24
26	Melancholy	26
27	None save	27
28	Burst	28
29	Sadness	29
30	Hung	30

8.2 The analysis of poem (2) " Ode on Melancholy" by John Keats.

The table below shows the frequency of depression expressions in Keats's poem:

No.	Depression expression	line
1	Wolf's bane	2
2	poisonous	2
3	suffer	3
4	pale	3
5	nightshade	4
6	beetle	6
7	death	6
8	mournful	7
9	Owl	7
10	Sorrow's mysteries	8
11	Drown	10
12	Anguish of the soul	10
13	Melancholy	11
14	Weeping cloud	12

8.3 The analysis of poem (3) " Aubade" by Philips Larkin.

The table below shows the frequency of depression expressions in Larkin's poem:

No.	Depression expression	line
1	I work all day	1
2	Soundless dark	2
3	Unresting death	5
4	die	7
5	Arid	8
6	Dread	8
7	Of dying	9
8	Dead	9
9	Horrify	10
10	Remorse	11
11	The good not down	12
12	The love not given	12
13	Wretchedly	5
14	Wrong beginning	15

15	Lost	18
16	terrible	20
17	afraid	20
18	Die	24
19	No rational begin	25
20	Can fear	26
21	Fear	27
22	No sight	27
23	No sound	27
24	No touch or taste or smell, nothing to think	28
25	Nothing to love or link with	29
26	blur	33
27	Slows each impulse down	34
28	Rages out	36
29	Furnace fear	37
30	Courage is no good	38
31	Scaring	39
32	Grave	40
33	Whined	41
34	Escape	44
35	Uncaring	47
36	Intricate	48
37	With no sun	49

8.4 The analysis of poem (4) "It was not death, for I stood up" by Emily Dickinson

The table below shows the frequency of depression expressions in Dickinson's poem:

No.	Depression expression	line
1	Death	1
2	Dead	2

3	Lie down	3
4	Frost	5
5	Siroccos	6
6	Chancel	8
7	Cool	8
8	Burial	11
9	Could not breathe	15
10	Ticked	17
11	Stares	18
12	Grisly frosts	19
13	Beating	20
14	Chaos	21
15	Despair	24

poem (5) 8.5 The analysis of قانع by "شيوه نی نیشتمان"

The table below shows the frequency of depression expressions in the poem

No.	Depression expression	line
1	شيوه ن	1
2	گریان	1
3	نالہ نالی	2
4	جہ رگ و دل بوریان نہ کا	2
5	قیڑہ	3
6	ھور	3
7	ناھی	4
No.	Depression expression	line
8	کوڑراو	4
9	ویران	4
10	دووکہ ل	5
11	قرچہ ی دە روون	5
12	بی جل و بہ رگ وڑیان	5
13	فرمیسکی خہ م	7
14	کوشتن	9
15	خہ جالہ ت	10
16	دروژن	10
17	پیلان	10
18	لافاو	11
19	ئووی سوور	11

20	خوینی نال	12
21	به ندی جه رگ	12
22	شیوه ن	12

8.6 The analysis of poem (6)

.هیمین موکریانی by "به هاری زه رد"

The table below shows the frequency of depression expressions in the poem:

No.	Depression expression	line
1	ده رد	1
2	ده رد	1
3	درو	2
4	نوژمن	2
5	نامه رد	2
6	زه ردایی	3
7	زه رد	4
8	سکل	5
9	دل شکاو	5
10	فرمیسک	6
No.	Depression expression	line
11	خوناو	6
12	واوه یلا	7
13	شیوه ن	7
14	شینگییر	8
15	جه لاد	10
16	په ت	10
17	په ت	11
18	گریا	13
19	به سترابوو	14
20	له ژیر خاکا	16
21	توراوی	17
22	ره شتر	18

8.7 The analysis of poem (7)

وه لی دیوانه by "نه ی نائومیدی"

The table below shows the frequency of depression expressions in the poem:

No.	Depression expression	line
1	نائومیدی	1
2	نائومیدی	1
3	ره نجه رویی	2
4	نائومیدی	2
5	روژی ره ش	3
6	ده رد	4
7	چول	5
8	داماو	7
9	په روبال سوتاوو	8
10	چول	11
11	ویزانه	11
12	بایه قوش	12
13	نه مابوو ده نگی هه باهو	13
14	بی خشپه	14
No.	Depression expression	line
15	سامناک	14
16	موغاران	14
17	بایه قوش	15
18	هاوده رد	15
19	ده رد	15
20	هه ناسه ی سه رد	16
21	ویل	17
22	دیوانه	17
23	ریسوا	18
24	په روپو سوتاوو	19
25	له خیل جی ماو	19
26	تیری عه شقی شه م له جه رگی	20
27	داوم بایه قوش	21
28	شیت	21
29	سه وداسه ر	21
30	ریسوا ی زه مانه	22
31	ویلی ده شت و ده ر	22
32	بو من جی ی چول ما	24
33	بو توش ناخ و داخ	24
34	شومی چاره م	25

35	ناؤمیدی	26
36	سه ودامه وه	26
37	ناخ	27
38	چه وتی زه مانه	27
38	ویرانه	28

8.8 The analysis of poem (8)

بیره میرد "عه شره ت هاواره"

The table below shows the frequency of depression expressions in the poem:

No.	Depression expression	line
1	هاواره	1
2	هاواره	1
3	ئاو بی بواره	2
4	ریم نیه	3
5	بیرم	4
6	ئه که وم	4
7	که وتووم	5
8	ده رده وه	5
9	ئیشی دوری	6
10	ئاھی سه رده وه	6
11	دکتور	7
12	ناهم	8
13	ده وران وه رگه ری	8
14	وه رگه ری	9
15	وه رگه ری	9
16	زرمه ی تۆپ	10
17	ئاواتم نابی	12
18	ته لقینم	13
19	مردی	14

Conclusions and Results

Though both Kurdish & English are two different languages ,but it seems that the number of the depression expression and the average of both languages are not different to great extent yet not the same. Statistically, the study displays that depression expressions have been used 112 (one hundred and twelve) times in the four selected English poems and 101 (one hundred and one) times in

the Kurdish ones, this means that the total number of such expressions in the both English and Kurdish poems is 213 (two hundred and thirteen times), so the percentage of the English poems is 52,5% while that of the Kurdish constitutes 47,417%. It concluded that in according with the study depression expressions are used more in English poems than in Kurdish ones.

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