Let off Steam: Exploring the Anger in the English Proverbs

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ABSTRACT	Published Online: October 09, 2023

This study explores the complex relationship between language and emotion, specifically focusing on how anger is depicted in English proverbs. Using a unique combination of Cognitive Semantics Analysis (CSA) and Qualitative Methodology (QM), this research uncovers the underlying cognitive structures that shape the expression of anger in a diverse range of proverbs. The study identifies and analyzes how anger is conceptualized and communicated across various contexts by examining linguistic patterns, metaphors, and cultural nuances. The proverbs displayed a cohesive set of linguistic patterns that intensified the emotional impact of anger-related expressions. The findings provide insight into the cognitive mechanisms behind the creation of anger-related proverbs and offer a deeper understanding of the micro-cultural and social dimensions that influence these expressions. Through our analysis of English proverbs, we found a complex web of cognitive structures and metaphors that underlie the expression of anger. This investigation contributes to cognitive linguistics, emotion studies, and cultural analysis, providing a more comprehensive understanding of the intricate relationship between language, emotion, and cultural cognition.

KEYWORDS:
Anger, Cognitive semantics analysis, English proverbs, Linguistic patterns

1. INTRODUCTION

Language is a fascinating means of conveying intricate emotions, thoughts, and cultural subtleties. Anger, one of the many emotions that language allows us to express (Julich-Warpakowski & Sobrino, 2023; Omarova & Kadachiyeva, 2016), is often utilized to communicate frustration, resentment, and indignation. This is especially evident in concise proverbs, culturally ingrained expressions that encapsulate a wealth of wisdom and experience. In this study, we investigate the complex interplay between anger, language, and culture by combining Cognitive Semantics Analysis (hereafter CSA) and Qualitative Methodology (hereafter QM).

Language is more than just a means of communication; it is a reflecting mirror that captures the essence of the human experience (Bredis et al., 2020; Shaimardanova & Akhmetova, 2015). Emotions, an integral part of human existence, are expressed through language using various linguistic techniques, one of which is proverbs (Villers, 2022; Wu et al., 2023; Zaikauskienė, 2021).

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These concise expressions of shared wisdom are invaluable linguistic artefacts that help to explore the complex interplay between language and emotion.

Proverbs are not just linguistic relics; they are a condensed form of knowledge that embodies the collective wisdom of a community (Lau et al., 2004; Zhao, 2012). This study delves into English proverbs to examine the intricate representation of anger. As a complex and culturally influenced emotion, anger's linguistic expression provides valuable insight into how it is perceived and how it shapes interpersonal communication. By utilizing CSA, the study seeks to reveal the underlying cognitive structures and metaphoric representations that govern the articulation of anger in English proverbs.

As cultural artefacts, proverbs have captured the attention of multidisciplinary researchers. These succinct expressions often hold profound cultural wisdom, providing insight into societies' values, norms, and beliefs (Gibbs Jr. et al., 2004; Kövecses, 2018). Additionally, proverbs serve as linguistic tools, allowing complex emotions and experiences to be encapsulated within a concise phrase (Andersson, 2013; Kövecses, 2010). Researchers have delved into proverbs' origins, evolution, and cross-cultural variations, highlighting their significance in reflecting and transmitting cultural knowledge.

Moreover, metaphors play a pivotal role in representing emotions (Gibbs Jr. et al., 1997; Kövecses, 2012; Lakoff, 1993). The concept of metaphorical mapping, popularized by George Lakoff and Mark Johnson in their groundbreaking work, "Metaphors We Live By," suggests that our understanding of abstract concepts, including emotions, is rooted in concrete and embodied experiences (Lakoff & Johnson, 1980). This theory asserts that metaphors are not merely linguistic embellishments but cognitive tools that structure our thoughts and emotions.

Numerous studies have applied this framework to emotions (Ajayi, 2023; Kochman-Haładyj, 2020; Kövecses, 2022; Lakoff & Kövecses, 1987; Yuan & Sun, 2023; Zheng, 2018; Zhou, 2021), revealing how metaphors shape our emotional experiences and expressions. For instance, Kövecses's study explored the metaphorical representations of anger, highlighting how metaphors like "anger is a hot fluid in a container" influence our conceptualization of anger as an intense, pressurized emotion. This metaphorical mapping of anger onto physical experiences underscores the central role of metaphor in emotion representation.

Moreover, this study employs a QM to situate these linguistic patterns within a broader cultural and social context. By exploring the complex relationship between language, cognition, and culture, we endeavor to shed light on how anger is perceived, expressed, and interpreted in the context of English proverbs. This inquiry aims to make a meaningful contribution to cognitive linguistics, emotion research, and cultural analysis, providing a more profound understanding of the intricate interplay between language, emotion, and cultural cognition.

The research questions explore the intricate relationship between language, emotion, and cultural cognition. Specifically, we aim to uncover the underlying linguistic patterns and cultural nuances that shape the representation of anger in English proverbs. Additionally, we seek to explore how cognitive structures and metaphorical representations are utilized to convey various aspects of anger as an emotion. Admittedly, the research inquiry comprises three main questions: (1) what linguistic and cultural subtleties underlie the depiction of anger in English proverbs; (2) how do cognitive structures and metaphorical representations feature in English proverbs to express different facets of anger as an emotion; and (3) how can examining anger-related proverbs enrich our comprehension of the complex interplay between language, emotion, and cultural cognition?

2. METHOD

In order to effectively address the research questions and accomplish the study's objectives, a combination of CSA and QM was utilized. This approach fostered a thorough comprehension of the depiction of anger in English proverbs and the cultural and cognitive influences that govern these portrayals. The study has generated valuable insights and substantially contributed to the field's current knowledge by employing this dual methodology.

First, Data Collection. In order to create a comprehensive collection of English proverbs that touch upon the theme of anger, a diverse corpus was compiled. This corpus has been carefully curated to include proverbs from different periods, regions, and cultural contexts to capture this powerful emotion's full range of linguistic and cultural expressions (Collis, 1992; Siefring, 2004; Speake & Simpson, 2008). By drawing on various sources, we created a valuable resource for further researchers, educators, and anyone interested in exploring the rich tapestry of human experience regarding anger.

Second, CSA and QM. An extensive examination of the proverbs within the corpus has been conducted through a systematic and meticulous approach to CSA to identify the recurrent metaphors, cognitive structures, and linguistic patterns related to the expression of anger. This analysis's overarching goal was to comprehensively comprehend how anger is conceptually mapped onto diverse metaphors and linguistic constructs, thereby enhancing our understanding of this complex and multifaceted emotion. In addition, qualitative analysis conducted to contextualize the linguistic patterns and cognitive structures within their cultural and social contexts. This will involve exploring the historical, cultural, and situational factors that influence the emergence and usage of anger-related proverbs.

Third, Coding and Categorization. Coding and categorizing data were essential in both the CSA and QM. This step involved systematically organizing metaphorical mappings, linguistic patterns, and cultural contextual information to facilitate a comprehensive analysis. By categorizing the data, researchers can better understand the patterns and relationships between different elements, leading to more insightful conclusions. Fourth, Cross-Referencing and Synthesis. We compared findings using CSA and QM to pinpoint commonalities and discrepancies. This comprehensive synthesis provided valuable insights into how cognitive structures, linguistic patterns, and cultural contexts intersect to influence the portrayal of anger in proverbs

Lastly, Interpretation and Discussion. The ultimate step in the analysis process entails interpreting the results of the research questions at hand. We delved into the implications of the findings for cognitive linguistics, emotion studies, and cultural analysis, drawing insightful connections between the cognitive representation of anger and its broader cultural significance. In short, utilizing a blend of CSA and QM, this study aims to examine how anger is portrayed in English proverbs thoroughly. The valuable knowledge obtained from this methodology will enhance our comprehension of the complex interplay between language, emotions, and cultural cognition.

3. RESULTS
3.1 Linguistic Patterns

Through a linguistic analysis of anger-related proverbs, distinct vocabulary, syntax, and rhetoric patterns have emerged. These proverbs often utilized emotive language (*see* Example 1), intensified verbs (*see* Example 2), and vivid imagery (*see* Example 3) to convey the intense nature of anger. In addition, the variations of proverbs across different regions and periods revealed cultural nuances. Proverbs originating from agrarian societies frequently drew analogies from nature, while those from industrialized contexts employed metaphors related to machines and technology. This cultural diversity reflects how societies conceptualize and express anger in response to ever-changing circumstances.

A complex and dynamic picture of how language and culture intersect was revealed through a linguistic analysis of proverbs pertaining to anger. The selection of specific words and phrases within these proverbs was not arbitrary but instead reflected a larger social context and cultural understanding of anger. This nuanced approach sheds light on how anger is conceptualized.

The proverbs displayed a cohesive set of linguistic patterns that intensified the emotional impact of anger-related expressions. Verbs infused with emotional fervour, such as "rage," "fume," and "seethe," made frequent appearances, underscoring the passionate and dynamic nature of this emotion. Using adjectives and adverbs that heighten emotional states further amplifies the already potent sentiments conveyed in the proverbs. These linguistic patterns served as a testament to the complex nature of anger, showcasing how various shades of this emotion can be encapsulated through careful word choice.

The depth and diversity of English proverbs stretch far beyond mere linguistic constructs, encompassing intricate cultural nuances. Across different regions and historical periods, the metaphors employed reflect unique worldviews and beliefs. Proverbs from agrarian societies frequently draw parallels from nature, referencing elements such as weather, plants, and animals to convey intense emotions. An excellent example is the proverb "He is as mad as a hornet," which utilizes natural imagery to convey heightened anger.

On the other hand, proverbs originating from industrialized societies utilized metaphors linked to machines, technology, and work procedures. This transition in figurative language signified a transformation in the understanding and manifestation of anger in response to societal shifts. For example, the proverb "blow a gasket" finds its origins in the realm of machinery, highlighting the impact of modernization on language and emotional expression.

The intricate linguistic and cultural patterns did not develop independently, as they were integral to the larger social and cultural frameworks. The selection of metaphors and linguistic structures reflected the priorities, worries, and habits of the societies that crafted and employed these adages.

This linguistic and cultural pattern exemplifies how language functions as a reflection of communal standards and cultural transformations, showcasing the collective emotional intelligence of a specific populace.

Example 1
Proverb: "Don't make a mountain out of a molehill."
Explanation: This proverb is an excellent example of how cultural nuances can be conveyed through nature-inspired imagery. It cautions against the temptation to blow minor issues out of proportion, using the comparison of a tiny molehill to a towering mountain. This metaphor is deeply rooted in the natural world and reflects the cultural value of maintaining a sense of perspective and balance. By suggesting that excessive anger over minor matters is like magnifying a minor bump in the landscape into a significant obstacle, this proverb subtly highlights the importance of emotional moderation. Overall, it underscores the cultural norm of keeping one's emotions in check and maintaining a sense of equilibrium in all situations.

Example 2
Proverb: "Blow a fuse."
Explanation: This saying speaks to the intricacies of our modern culture and the role of technology within it. The metaphor of "blowing a fuse" draws from electrical circuits and machinery, implying that intense anger can cause an emotional "short-circuit" similar to a blown a fuse. This proverb highlights the impact of cultural progress on the ways we express and understand emotions through metaphor. It embodies the concept that unbridled anger can upset emotional balance and underscores the importance of maintaining emotional composure in adversity.

Example 3
Proverb: "Let off steam."
Explanation: The saying "let off steam" uses the image of steam release to convey the importance of expressing anger as a means of emotional release. This metaphor originated in the industrial era when steam-powered engines were ubiquitous. The metaphor implies that just as a pressure valve releases steam to prevent excessive pressure buildup, it is helpful to release anger in a regulated manner to avoid emotional overload. This cultural subtlety underscores the recognition of anger as a natural emotion that necessitates constructive expression instead of repression.

English proverbs offer a fascinating glimpse into the intricate relationship between language and culture, particularly when expressing anger (*see* Table 1). Through metaphors drawn from nature, technology, and other aspects of society, these proverbs reveal how different cultures

understand and communicate this complex emotion. By exploring these linguistic patterns, we gain insight into the values and influences that shape societies and how language is an integral part of our social and cultural landscape.

Thus, English proverbs offer a fascinating window into the intricate relationship between language, culture, and emotion. By examining linguistic patterns and cultural nuances, researchers can gain insight into how different societies express, perceive, and manage anger. The intersection of language and culture underscores emotional expression's dynamic and situational nature, highlighting the need to consider broader social factors when interpreting the language of anger.

Table 1. Other sample of Proverbs

No.	Proverb	Patterns
1.	Never let the sun go down on your anger.	Intensified verbs
2.	A little pot is soon hot.	Vivid imagery
3.	A soft answer turneth away wrath.	Emotive language
4.	It takes two to make quarrel.	Intensified verbs
5.	Wrath often consumes what goodness husbands.	Intensified verbs

3.2 Cognitive Structures and Metaphorical Representations

Applying CSA and QM has revealed the fascinating intersection between language, emotion, and culture by examining anger-related proverbs. The findings have illuminated the cognitive processes and cultural influences that shape the portrayal of anger in English proverbs, bringing about a greater comprehension of the intricate interplay between language, emotion, and cultural cognition.

Through our analysis of English proverbs, we found a complex web of cognitive structures and metaphors that underlie the expression of anger. We identified recurring patterns in phrases like "boiling over," "fire in the belly," and "seeing red," which illustrate that anger is often thought of in terms of heat (*see* Example 4), pressure (*see* Example 5), and intensity (*see* Example 6). These metaphors serve to communicate the emotional and physiological aspects of anger. Moreover, we observed cognitive structures that involve spatial orientation, such as "up" and "down," which suggest a connection between anger and vertical movement. This framework implies a link between emotional intensity and spatial metaphors.

When we study English proverbs and their metaphors, we can see a fascinating connection between anger and our senses. These metaphors help us understand the complexities of anger clearly and vividly. For instance, the phrase "boiling over" conveys the intense emotions of anger, making us feel the pressure and release of those emotions, much like a natural phenomenon.

A commonly used metaphor is "fire in the belly," which equates anger with fire's powerful and transformative nature. This metaphor underscores the idea that anger can either consume or ignite change. Another metaphor, "seeing red," highlights the physical manifestations of anger, suggesting that emotions can impact one's perception and colour interpretation, consistent with the concept of heightened arousal.

In addition, the cognitive frameworks of vertical alignment have revealed a link between heightened anger and upward motion. Phrases such as "overcoming anger" or "elevating oneself above it" imply a cognitive mapping in which anger is associated with ascent, indicating emotional control. Conversely, metaphors such as "feeling down" suggest a downward path, illustrating the emotional dip that often accompanies anger.

Example 4

Proverb: "Boiling over with anger."

Explanation: This common saying uses the analogy of boiling over to illustrate the overwhelming nature of anger. The comparison highlights the similarity between the emotional sensation of anger and the physical act of boiling a substance. When a liquid boil over, it represents a release of energy and intensity, much like the emotional outburst accompanying anger. This metaphorical construct implies that anger is a gradual accumulation of pressure that ultimately erupts, similar to a boiling liquid overflowing its vessel.

Example 5

Proverb: "Fire in the belly."

Explanation: This proverb uses fire as a symbol to describe how anger can take over and change a person. "Fire in the belly" refers to a robust and fiery feeling often associated with anger. This comparison suggests that anger can either be harnessed as a source of energy for positive changes, like using fire for cooking or metalworking, or it can completely take over, like a wildfire that spreads out of control. This analogy perfectly represents both the constructive and harmful aspects of anger.

Example 6

Proverb: "Seeing red."

Explanation: The idiom "seeing red" utilizes a colour-based metaphor to portray the perceptual and physiological effects that anger can have. The phrase implies that severe anger may alter one's perception, casting a red hue over everything. This metaphor accurately represents the physiological reactions linked to anger, such as heightened heart rate and blood pressure, commonly known as the "fight or flight" response. This metaphor effectively illustrates the cognitive link between anger and visual perception.

These English proverbs showcase how cognitive structures and metaphorical representations can effectively capture the various dimensions of anger as an emotion (*see* Table 2). They demonstrate the intricate bond between language, metaphor, and emotion, providing relatable and evocative imagery that captures the complex nuances of anger. By utilizing metaphors in these proverbs, they offer a creative and concise way to describe anger and reveal underlying cultural and cognitive perceptions of this emotion.

The findings revealed that English proverbs link emotions, which are abstract in nature, and the concrete world through cognitive structures and metaphorical representations. These metaphors serve as a vessel for intricate emotional experiences, enabling individuals to conceptualize and express anger by drawing from recognizable and relatable domains. The consistent use of particular metaphors suggests a mutual understanding of anger and a cultural agreement on the most fitting ways to convey its subtleties. The CSA demonstrates that English proverbs provide insight into the cognitive and emotional realms of individuals who utilize and transmit these linguistic creations.

Table 2. Other sample of Proverbs

No.	Proverb	Cognitive Structure
1.	I'm seeing red.	Pressure
2.	Fit to be tied.	Intensity
3.	I'm steaming.	Heat
4.	Up in arms.	Pressure
5.	Blow a fuse.	Intensity

3.3 The Interplay Between Language and Emotion

A thorough understanding of how language, emotion, and cultural cognition intersect in the representation of anger was obtained through the combined analysis of Cognitive Semantics and QM. The study's findings emphasized the influence of language on emotional experiences and shed light on the significant cultural influences on anger expression. By exploring cognitive structures and linguistic patterns, the research revealed that proverbs serve as cultural knowledge banks, providing valuable insights into societal values (*see* Example 7), norms (*see* Example 8), and shared emotional experiences (*see* Example 9). The interplay between metaphorical language and cultural context was pivotal in determining how anger is perceived and communicated across different communities.

Examining proverbs related to anger using CSA and QM has yielded significant findings on the complex relationship between language, emotion, and cultural cognition. This study has shed light on the diverse manners in which language reflects the human experience, showcasing the cognitive and emotional dimensions of various societies and cultures.

The study shed light on the cognitive structures that form the basis of anger-related linguistic expressions by utilizing CSA. The study revealed how people conceptualize anger through metaphorical representations in proverbs by relating it to tangible and familiar images. This analysis demonstrated that these metaphors are more than just language embellishments; they serve as cognitive frameworks that structure our understanding of anger. The research uncovered the universal methods through which the human mind processes and communicates emotions by breaking down these metaphors.

Using QM, linguistic patterns and cognitive structures were analyzed within a cultural and societal context. This examination revealed cultural nuances that impact the choice of metaphors and linguistic expressions used in proverbs. The differences observed across regions and historical periods showed how societies adapt and change in response to changing circumstances. Moreover, the study highlighted the importance of proverbs as cultural artefacts that represent shared values, norms, and emotional experiences. By taking a qualitative approach, researchers gained valuable insights into how expressions of anger reflect dynamic cultural identities and social dynamics.

Using CSA and QM, this research has comprehensively understood the intricate relationship between language, emotion, and cultural cognition. The results indicate that language plays a crucial role in shaping an individual's perception and experience of emotions rather than just being a tool for conveying them. Notably, the study identified anger-related proverbs to bridge the gap between abstract concepts and concrete emotions, allowing people to communicate complex emotional states while drawing from shared cultural knowledge.

Additionally, the study highlighted the significant influence of language on cultural perception. The development of metaphors throughout history and across different societies demonstrated the dynamic nature of language and its ability to reflect societal shifts. These adages exemplify the accumulated cultural knowledge passed down through generations, offering a glimpse into a community's collective cognitive and emotional understanding.

Example 7
Proverb: "A watched pot never boils."
Explanation: This proverb captures the complex relationship between language, emotion, and cultural cognition. While it advises patience in waiting for desired outcomes, it reveals a deeper understanding of how perception and anticipation shape our experiences. The saying highlights how time slows when we eagerly anticipate an event, demonstrating the interplay between cognitive processes and emotional states. Ultimately, this cultural insight emphasizes how language conveys shared cognitive observations across generations.

Example 8

Proverb: "Don't cry over spilled milk."

Explanation: This proverb provides a fascinating illustration of the interplay between language, emotion, and cultural cognition. While the surface meaning is a simple admonition against dwelling on past mistakes, it also speaks to a deeper cultural understanding of how our emotions can influence our decision-making. The metaphor of "spilled milk" represents a minor mishap that is not worth excessive distress, highlighting the importance of resilience and pragmatism. This way, the proverb encourages us to keep our emotional reactions proportional to the situation. Ultimately, this shared cultural perspective on emotional response emphasizes the power of language to convey practical wisdom.

Example 9

Proverb: "Bite your tongue."

Explanation: This proverb is a prime example of how language, emotion, and cultural cognition intersect. Though it suggests the importance of not speaking without thinking, it also recognizes the cognitive awareness of the repercussions of unbridled anger. "Bite your tongue" symbolically represents exercising self-control to prevent hurtful or damaging words from being uttered. This proverb is a testament to cultural understanding, acknowledging the potential harm from unchecked anger. It encapsulates the cognitive recognition of the connection between emotions, communication, and interpersonal dynamics and underscores how language provides a window into social norms and interpersonal tactics.

English proverbs serve as a conduit for transmitting cultural cognition and emotional insights. They encapsulate shared observations and perspectives on emotional experiences, reflecting diverse cultures' cognitive and emotional wisdom (*see* Table 3). These linguistic expressions not only provide practical advice but also act as mirrors that reflect the cognitive and emotional landscapes of various communities.

Our analysis of anger-related proverbs using CSA and QM revealed a complex interplay between language, emotion, and cultural cognition. Our findings shed light on how language conveys emotions and reflects cultural values and cognitive structures. Through this study, we have gained a deeper understanding of the intricate links between language, emotion, and cultural cognition, comprehensively exploring how human experiences are intricately intertwined with linguistic expressions.

Table 3. Other sample of Proverbs

No.	Proverb	Metaphorical Representation
1.	Make one's blood boil.	metaphors drawn from nature or living things
2.	Hot under the collar.	metaphors drawn from technology
3.	Hit the ceiling.	metaphors drawn from technology
4.	Have a short fuse.	metaphors drawn from technology
5.	Give someone a piece of your mind.	metaphors drawn from nature or living things

IV. DISCUSSION

Through the application of CSA and QM, the study of anger in English proverbs has revealed fascinating observations about the complex relationship between language, emotion, and cultural cognition. These findings offer valuable insights into how cognitive structures, linguistic patterns, and cultural nuances all influence the expression of anger in these linguistic works.

The study on the role of anger in English proverbs highlights the remarkable ability of language to convey intricate emotions through the lens of CSA and QM. Through thorough analysis of these proverbs' cognitive structures, linguistic patterns, and cultural nuances, this research provides valuable insights into how language reflects human thought, feelings, and cultural heritage.

First, linguistic patterns and cultural nuances underlie the representation of anger in English proverbs. Consistent verb, adjective, and adverb usage patterns were found in the linguistic analysis of anger-related proverbs, intensifying their emotional impact. These patterns allow a range of emotions to be expressed in just a few words. Additionally, the study revealed the influence of cultural nuances on the metaphorical language employed in proverbs. Whether referencing nature in agrarian societies or technology and industry in modern contexts, the evolution of proverbs reflects the changing priorities of different cultures. This modification highlights the connection between linguistic choices and social and cultural landscapes (e.g. Abu Rumman et al., 2023; Giang, 2023).

A plethora of cultural nuances and patterns have been uncovered through linguistic analysis of proverbs related to anger, offering a multifaceted comprehension of how anger is communicated through language. These patterns highlight the intricate interplay between linguistic expression and cultural dynamics, providing insight into the broader social and cultural contexts that shape the portrayal of anger in proverbs (Kövecses, 2015).

The linguistic patterns observed in the proverbs emphasize the significance of careful word choices in expressing the depth and intricacy of emotions, particularly anger. By selectively utilizing verbs, adjectives, and adverbs,

these proverbs can effectively convey a broad spectrum of emotional states concisely yet powerfully. Such patterns showcase the creativity in composing proverbs, where each word plays a crucial role in intensifying the emotional impact, resulting in memorable and relatable phrases.

What is particularly fascinating about these proverbs is the intricate cultural subtleties woven into them. The metaphoric language used in different regions and eras offers a unique perspective to observe a culture's changes, beliefs, and priorities. In societies dependent on agriculture, employing nature-related metaphors indicates a deep connection to the environment and a reliance on natural cycles. Meanwhile, in contemporary contexts where technology and industry play a dominant role, the use of metaphors drawn from these fields mirrors the impact of industrialization and urbanization on the concept of anger.

The intricacies of culture demonstrate that language is a fluid entity, constantly transforming in response to societal shifts. Proverbs, in particular, provide a fascinating window into the socio-cultural changes that occur over time, showcasing how communities adapt to new situations while still retaining their core values. This status suggests that proverbs are not simply static linguistic relics but living expressions of cultural progression.

The proverbs offer valuable insight into human behaviour and how culture shapes emotional expression. Beyond their aesthetic appeal, the linguistic patterns in proverbs reflect societal norms and values regarding anger management, emotional communication, and interpersonal relationships. This pattern indicates that proverbs serve as linguistic devices (Sultangubiyeva et al., 2021) and cultural repositories of emotional intelligence, containing shared strategies for effectively managing and navigating emotions.

In essence, English proverbs reflect the intricate relationship between language, culture, and social dynamics. These sayings provide a wealth of shared cultural insights, values, and historical changes, serving as a valuable source of collective wisdom. The analysis reveals that expressions of anger in language are not isolated occurrences but rather indicative of the broader social and cultural contexts that shape our emotional experiences and responses.

Second, cognitive structures and metaphorical representations utilized within English proverbs to convey various aspects of anger as an emotion. Through examining anger-related proverbs, it becomes apparent that metaphors play a critical role in conveying the nuances of this complex emotion. Phrases such as "boiling over," "fire in the belly," and "seeing red" act as mental shortcuts, allowing individuals to easily comprehend the intensity, transformative power, and physiological effects of anger. These metaphors bridge the gap between abstract emotions and tangible experiences, revealing how cognitive structures shape the linguistic expressions of anger. This interplay between metaphors and cognitive structures highlights the universal human ability to translate complex emotional experiences into familiar and

concrete images (Gibbs Jr. & O'Brien, 1990; Lemghari, 2022).

Through the analysis of English proverbs, researchers have shed light on the intricate nature of how language expresses the complexity of anger as an emotion. Metaphors, often overlooked as mere linguistic flourishes, have proven to be powerful tools that aid in translating abstract emotional experiences into relatable imagery (Kövecses, 2023). The specific metaphors found within these proverbs, including "boiling over," "fire in the belly," and "seeing red," are not arbitrary choices. Instead, they serve as cognitive shortcuts that capture the multifaceted aspects of anger.

Metaphors are powerful tools that enable individuals to express the depth of their anger while evoking its sensory and physiological aspects. For instance, the metaphor "boiling over" vividly illustrates the concept of emotional pressure reaching a boiling point, creating a tangible image that resonates with the experience of anger reaching its climax. Similarly, "fire in the belly" taps into the imagery of fire, capturing anger's intensity and transformative potential, much like how fire can either fuel change or cause destruction.

Metaphors offer insight into how the human mind organizes and comprehends emotions (Orlova, 2020). By associating concepts such as pressure, heat, and transformation with anger, metaphors provide a more nuanced understanding of this complex emotion. They act as a conduit between anger's cognitive and linguistic aspects, empowering individuals to communicate their emotional experiences to others effectively.

Additionally, these symbolic depictions throughout various cultures and eras imply a degree of universality in the perception and interpretation of anger. Such metaphors illuminate that specific emotional encounters share fundamental cognitive underpinnings across a broad spectrum of societies, thus strengthening the idea that emotions are an inherent aspect of the human condition.

CSA has revealed that using metaphorical expressions in anger-related proverbs is instrumental in effectively conveying the complexities of this intense emotion. By tapping into the cognitive structures that underlie our experiences of anger, language can transcend linguistic and cultural differences and facilitate emotional expression and understanding. This linguistic mechanism makes emotions tangible, bridging the gap between abstract feelings and shared experiences.

Third, the analysis of anger-related proverbs contributes to our understanding of the intricate interplay between language, emotion, and cultural cognition. CSA and QM gained a comprehensive understanding of how language, emotion, and cultural cognition are interconnected. The analysis revealed that language plays a crucial role in transmitting cultural and cognitive knowledge, capturing a community's shared emotional experiences and societal values. The proverbs used in the study acted as tangible evidence that preserved cultural wisdom, providing insight

into historical changes, technological advancements, and evolving societal norms. This research confirms that language is not merely a tool for communication but a dynamic reflection of human cognition and cultural identity (Gentner, 1983; Gibbs Jr., 1992).

A thorough examination of anger-related proverbs was conducted using CSA and QM. The goal was to understand better how language, emotion, and cultural cognition are interconnected and how they influence human experiences and perspectives. The investigation shed light on how these elements shape and convey meaning.

By utilizing CSA, this study has emphasized the significance of cognitive structures in influencing verbal expressions of anger. The proverbs' metaphors show how individuals from different cultures mentally associate emotions with familiar concepts (Orlova, 2021). The dynamic relationship between cognitive structures and language demonstrates the innate human ability to comprehend emotions through metaphors and accentuates the profound connection between emotional encounters and cognitive frameworks.

Through the QM component of this study, a thorough contextualization of linguistic patterns and cognitive structures within broader cultural and societal contexts has been achieved. This analysis has delved into historical, geographical, and socio-cultural aspects, revealing how anger-related proverbs reflect the evolution of societies and cultural norms. These proverbs serve as repositories of collective wisdom, encapsulating cultural responses to emotional experiences and offering insights into how societies navigate and communicate complex emotions (Kövecses, 2005).

The combination of CSA and QM has comprehensively comprehended the complex interplay between language, emotion, and cultural cognition. This research has illustrated that language serves as more than a medium for communication; it embodies cognitive and emotional structures while also being shaped by cultural and societal influences. Additionally, examining proverbs related to anger has demonstrated that language is a dynamic entity that adapts to human experiences and societal developments, reflecting changes in values, lifestyles, and technological progress.

The results of this study have significant implications across multiple fields. In cognitive linguistics, the research highlights the crucial influence of metaphors on the linguistic portrayal of emotions. Emotion studies emphasize the commonality of specific emotional encounters while acknowledging their cultural differences. When examining culture, this study underscores the importance of linguistic artefacts in preserving and transmitting cultural knowledge for future generations.

In addition, it is essential to note the intricate relationship between language, emotion, and cultural cognition (Nugraha, 2016; 2018) . Examining proverbs related to anger can gain

valuable insights into emotional literacy programs, cross-cultural communication training, and creating more culturally sensitive therapeutic approaches. These findings can have significant practical implications in various fields.

To sum up, investigating proverbs associated with anger using the CSA and QM framework has uncovered a complex interweaving of language, emotion, and cultural cognition. By scrutinizing the underlying cognitive structures, linguistic patterns, and cultural subtleties, this study has provided a deeper comprehension of how language is a conduit for emotions, a mirror of cultural identities, and a reflection of cognitive processes. This research reinforces the idea that language goes beyond mere communication and is a powerful instrument that exposes the intricate layers of human experience.

V. CONCLUSION

Exploring the expression of anger in English proverbs using CSA and QM has yielded a refined comprehension of how language, emotion, and cultural cognition interact. Delving into these verbal artefacts' cognitive structures, linguistic patterns, and cultural nuances has revealed a vibrant mosaic that reflects human experiences and cultural ideals.

According to the study, metaphors are more than just linguistic devices; they are cognitive tools that enable individuals to connect complex emotional states with familiar and relatable images. Examples like "boiling over," "fire in the belly," and "seeing red" demonstrate how language can bridge the gap between the abstract nature of emotions and the tangible world. This instance, in turn, allows people to express the intensity, transformative potential, and physiological aspects of anger.

The proverbs' linguistic patterns highlight the intricacy of language in conveying strong emotions, while cultural nuances reveal the constantly changing dynamics of societies. The differences among various cultures and historical eras reveal the impact of cultural transformations, technological progress, and evolving societal norms on portraying anger in language. These proverbs are more than just linguistic expressions; they also reflect cultural progress, encapsulating collective values, insights, and reactions to emotional encounters.

It is essential to acknowledge the limitations of the study. The research only focused on English proverbs, so the findings may only partially represent how anger is depicted in various cultures and languages. Although the qualitative approach contextualized the proverbs within broader cultural contexts, the analysis may have considered only some cultural nuances and developments that impact the representation of anger. Additionally, the study only examined the qualitative aspects of proverbs, suggesting that future research could explore quantitative analyses and connections between linguistic patterns and cultural contexts.

This research presents exciting opportunities for future investigation. One possibility is expanding the analysis to

other languages and observing how proverbs depict anger in diverse linguistic and cultural settings. Furthermore, quantitative research could explore the prevalence and distribution of specific metaphors across different cultures and historical periods, revealing insights into emotional expression's cross-cultural similarities and differences.

In addition, a longitudinal investigation could monitor the development of anger-related proverbs over a while, documenting how social, technological, and cultural shifts impact language and emotional expression. Moreover, partnerships across disciplines such as psychology and neuroscience could explore the neurological foundations of how metaphors shape emotional experiences and cognitive processes.

Examining anger in English proverbs through CSA and QM has brought to light the intricate connections between language, emotion, and cultural cognition. Through exploring cognitive structures, linguistic patterns, and cultural subtleties, this research has contributed to our comprehension of how language reflects human experiences. As we delve into this linguistic kaleidoscope, we are reminded of the profound interconnections between language, emotion, and culture, providing us with a constantly evolving view of the collective human experience.

VI. ACKNOWLEDGMENTS

VII. DISCLOSURE

There are no conflicts of interest to disclose concerning this work, as reported by the author.

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