A Comparative Analysis of Emotion Conceptual Metaphor in English, Hindi and Bangla Language

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Abstract

The main aim of the present observation was to investigate the similarity and dissimilarity or universality of emotion metaphorical conceptualization and the pattern dominant in English, Hindi and Bangla languages based on Kovecses's (2003) model for Linguistic expression of Metaphor. The study has taken into consideration some non-English expressions from Hindi and Bangla which belongs to the Indic group of Indo-Aryan branches under the Indo-European family of languages. The study was conducted in two main phases i.e., categorization and comparison. In first phase expressions were categorized under general and specific target and source domains. And at the second phase, each category, metaphorical expressions were compared with based on their conceptual metaphor and literal meaning. Undoubtedly, such kind of study will lighten up the understanding of mapping in construction other than English and show up in this process the conceptual similarity of Hindi and Bangla in contrast or parallel with English. This study could facilitate us to strengthen the idea of cross-linguistic and cross-cultural universality and pervasiveness of conceptual metaphors.

Keywords: Metaphor, Emotion, Cross-linguistics, Cross-cultural

Introduction

A wide range of varieties and examples exists in different languages which reflects their cross-cultural identity. There are many different perspectives, each with significant differences, regarding the purpose and importance of metaphorical language. According to Aristotle

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metaphorical language as merely 'decorative and ornamental' that does not have or add any additional information to discourse (Gibbs, 1994:74). In recent decades Metaphor becomes the interest for many researchers. About 782 emotive metaphorical expressions were compiled from different literary works and related articles on the field and Dictionaries in Hindi, English and Bangla languages. The emotions under study were Love, happiness, fear, sadness and anger. Lakoff and Johnson's explained (1980) Conceptual Metaphor theory was adopted a model for purpose of comparison between the languages. According to other linguists, that metaphors cannot consider as just particular strings of words. Metaphor are realizations of conceptual metaphors on the basis of what humans feels and experiences (see Lakoff & Johnson, 1980; Lakoff, 1987; Johnson, 1987). Lakoff & Johnson (1980) believe that metaphor is of the mind, the brain and the body. Therefore, Linguists who are familiar with Lakoff's view of metaphor claim and support that most conceptual metaphors are universal. They all believe that several unrelated languages may share conceptual metaphors for particular emotional concepts. Happiness, sadness, love are some examples of these emotional concepts. According to Kovecses (1991), there are several conceptual metaphors for expressing the happiness in English but mainly three of them have been recognized as main and major metaphors: HAPPINESS IS UP 'I am feeling up', 'I am walking on air', HAPPINESS IS LIGHT 'He brightened up', HAPPINESS IS A FLUID IN A CONTAINER 'He is bursting with joy'. Ning Yu (1995) studied and found similar conceptual metaphors of happiness in Chinese language. He also showed that all the metaphors of happiness and anger in English as analyzed by Lakoff & Johnson (1980) can also be found in the Chinese conceptual metaphor system. Similarly, or related conceptual metaphor can also be found in Hindi and Bangla as they all are somehow linked with cross-culturally.

Before going into detail, it is necessary to keep in mind that overall linguistic structures of English language are not similar with Hindi and Bangla so far as the typological aspects are concerned, they are also dissimilar in cultural and ecological or environmental scenarios. Apart from these all, the conceptual choice of domains they vary a lot. In this context, if we begin to find similarities in conceptualization by deriving the resources from the same source concept during metaphor processing, then the similarities in the conceptual metaphorical schema construction would be found as partial.

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Data Collection and Methodology

The study adopts the conceptual metaphor theory (Lakoff & Johnson, 1980) as a framework to compare and contrast emotive metaphorical expressions in English, Hindi and Bangla. While collecting the data, large number metaphoric expressions are found, used by the native speakers for expressing happiness in English, Hindi and Bangla language were carefully documented. The English emotive metaphorical expressions were gathered mainly from the works of Lakoff and Kövecses (Lakoff, 1980; Lakoff & Kövecses, 1987; Kövecses, 1991), and the Hindi and Bangla metaphorical expressions were collected through field survey, interview and telephonic conversation with people.

Procedure

In order to validate the collected data, metaphorical expressions in English, Hindi and Bangla were examined by going through two phases, namely grouping or juxtaposing the conceptual patterns in the languages and comparative analysis. First, the metaphorical expressions were gathered and grouped into several conceptual metaphors. In the second phase each collected metaphorical experiences of Bangla and Hindi along with English with phonetic transcription and meanings are discussed. If Hindi and Bangla emotive metaphorical expressions could be found in English language also with the same literal meaning and conceptual metaphor, both metaphors were recorded and considered as equivalent; and if the metaphorical expression was an instantiation of a different conceptual metaphor, absent in both the language, they were considered as dissimilar.

Analysis, Discussion and Findings

To analyze the collected data, emotive metaphorical expressions relating were investigated and the data collected were qualitatively analyzed. It should keep in mind that many comparative studies are based mainly upon Lakoff and Johnson's (1980) and Kovecses' (1991) theories, from whose work the English samples are taken. Our data reveal several metaphorical conceptualizations of emotion in Hindi, Bangla and English.

1. HAPPINESS IS UP

The metaphor "HAPPINESS IS UP" conveys the idea that happiness is associated with elevation, lightness, and positivity. Here are some key aspects of this conceptualization.

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Happiness is often depicted as being "on top of the world" or "flying high," suggesting that it lifts us above everyday troubles and provides a sense of freedom. The upward motion evokes a feeling of buoyancy, where happiness makes us feel lighter, as if we're floating or soaring. The direction of "up" symbolizes hope and aspiration, implying that happiness is tied to reaching for goals or experiencing positive growth. Phrases like "lifting one's spirits" further reinforce the idea that happiness brings about uplifting experiences and emotions. Overall, this metaphor captures the essence of happiness as an elevating force that brings joy and positivity into life.

English:

1) For his promotion everyone cheers him up

/fɔr hɪz prəˈmoʊʃən ˈɛvrɪwʌn ʧɪrz ˈhɪm ʌp/

2) He was in high spirits

/hi: wəz ɪn haɪ ˈspɪrɪts/

3) He was on cloud nine

/hi: wəz ɑn klaʊd naɪn/

4) She is feeling up

/ʃi ɪz fi:łɪŋ ʌp/

5) That boosted my spirits

/ðæt ˈbu:stɪd maɪ spɪrɪts/

6) My spirits rose with happiness

/maɪ spɪrɪts roʊz wɪð ˈhæpɪnəʃ/

7) He was in seventh heaven

/hi wəz ɪn ˈsɛvənΘ hɛvən/

8) I'm on cloud nine

/aɪm ɔn klaʊd naɪn/

9) Rohan is over the moon as he has got a good job.

/ˈroʊhən ɪz oʊvər ðə mu:n æz hi: hæz ɡat ə ɡʊd dʒab./

Hindi

1) रोहन को अच्छी नौकरी मिलने से उसकी खुशी सातवें आसमान पर है

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(Rohan is overjoyed to get a good job)

/roːɦən koː ətʃʰi nɔːkri mɪlne se: uskɪ kʰʊʃi saːtʋeː aːsmaːn pər ɦæ/

2) राम खुशी से सातवें आसमान पर आसमान में उड़ रहा है

(Ram is flying in the sky in seventh heaven with joy)

/raːm kʰʊʃi se: saːtʋeː aːsmaːn pər aːsmaːn me: ʊɽ raːɦaː hæ/

3) खुशी आसमान की ऊँचाइयों में बसती है।

(Happiness resides in the heights of the sky.)

/kʰʊʃi aːsmaːn ki: uːntʃaɪjõ me: bʌstɪ ɦæ/

4) खुशी बादलों की गोद में उड़ती है।

(Happiness flies in the lap of clouds.)

/kʰʊʃi baːdlõ ki: goːd me: ʊɽtɪ ɦæ/

5) खुशी पंखों में उड़ान भरती है।

(Happiness takes flight on wings.)

/kʰʊʃi pənkʰõ me: ʊɽaːn bʌrti ɦæ/

6) खुशी चाँद की ऊँचाई से झाँकती है।

(Happiness peeks from the height of the moon)

/kʰʊʃi tʃaːnd ki: uːntʃaɪ se: dʒʰaːnkəti ɦæ/

7) खुशी से पाँव जमीन पर न पड़ना

(not touching the ground with joy.)

/kʰʊʃi se: pãːʋ zəmiːn pər nə pəɽnaː/

8) अपनी नौकरी की खबर सुनकर राम खुशी से उछल पड़ा

(Ram jumped with joy on hearing the news of his job.)

/əpni nɔːkri ki: kʰəbər sʊnkar raːm kʰʊʃi se: ʊtʃʰəl pəɽaː/

9) खुशी समुद्र की ऊंची लहरों के समान है।

(Happiness is the high tides of the ocean waves.)

/kʰʊʃi səmuːdr ki: uːntʃi ləɦerõ ke: səmaːn ɦæ/

Bangla

1) সুভাষ পরীক্ষায় ভালো নম্বর পেয়েছে তাই আকাশে উড়ছে

(Subhash got good marks in the exam so he is flying in the sky)

/ʃubɦaːʃ perikʰaɪ bʰalo nɔmbɔr pejɛtʃe tai aːkaːʃe ʊɽtʃʰe/

2) খুশি হলে আকাশ তুলে দেয়

(When happy, it lifts the sky)

/kʰuʃi holɛ aːkaʃ tulɛ dɛ/

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3) সুখের চূড়ান্ত উচ্চতা

(The ultimate height of happiness)

/sukʰer tʃuranṯo utʃʰɔṯa/

4) খুশির আকাশে চলে যাওয়া

（To walk in the sky of happiness)

/kʰuʃir a:kaʃe tʃole dʒaʊa/

5) সুখের উৎসবে হাসির বাতাস

(The laughter-filled breeze at the festival of happiness)

/sukʰer utʃʰɔbɛ hasir baṯas/

6) খুশির জলধারা

（The cascade of happiness)

/kʰuʃir dʒɔldʰa:ra:/

7) সুখের উচ্চ তারা

（The high stars of happiness)

/sukʰer utʃʰɔ ta:ra:/

8) খুশির শিখর

（The peak of happiness)

/kʰuʃir ʃikʰɔr/

9) সুখের আকাশে উড়ায়

（To fly in the sky of happiness)

/sukʰer a:kaʃe uraɪ/

10) খুশির মহাসাগর

（The ocean of happiness)

/kʰuʃir moha:sagɔr/

11) সুখের উচ্চ ধ্বনি

（The high pitch of happiness)

/sukʰer utʃʰɔ dʰʊni/

   HAPPINESS IS UP seems to convey a positive sentiment that transcends cultural boundaries, emphasizing the universal desire for happiness across Hindi, Bangla, and English cultures. In each of these cultures, happiness is often seen as a state of well-being and contentment, valued highly in personal and social contexts and always express in Upward direction that show the positive aspects. While expressions and specific cultural practices around happiness may vary, the fundamental aspiration for joy and fulfillment remains constant.

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These expressions reveal that happiness is always conceptualized in terms of an upward orientation. They follow the fact that we have upright bodies and the effect posture typically goes with positive evaluation of emotional states as well as physical states. In English language metaphors like ʌp (up), haI (high), klaʊd naɪn (cloud nine), roʊz (rose), ˈoʊvər ðə muːn (over the moon) uses to show the happiness, in Hindi language ˈsɑːtʋeː ɑːsˈmɑːn (seventh sky), hɛvən (heaven), uːntʃaɪjõ (height), bɑːdlõ (clouds), ˈpənkʰõ (feathers), tʃɑːnd (moon) uːntʃaɪ (height) and in Bangla uʧʰɔʈa (at height), aːkaʃe (sky), dʒɔldʰaɾa (water waves), uʧʰɔ taɾa (high sky), sagɔɾ (sea), uʧʰɔ dʰʊni (high pitch) use to express happiness these all show that the happiness go upward direction and resembles in all three cultures HAPPINESS IS UP, HAPPINESS MOVES UPWARD DIRECTION.

2. HAPPINESS IS LIGHT

The metaphor "HAPPINESS IS LIGHT" conveys several rich ideas. Illumination, Happiness brings clarity and brightness to life, illuminating dark moments and helping us see things in a more positive light. Like sunlight, happiness radiates warmth, creating a comforting and inviting atmosphere that can uplift both ourselves and those around us. Light can be fleeting, suggesting that happiness may come and go, emphasizing the importance of cherishing joyful moments. Light is often associated with vitality and enthusiasm, reflecting how happiness energizes us and inspires action. Just as light can guide us in darkness, happiness can lead us toward hope, fulfillment and encouraging us to pursue our goals and dreams. Overall, this metaphor highlights the illuminating, warmth, and transformative nature of happiness in our lives.

English

1. Her face was glowing with happiness

   / hɜr feɪs wəz gloʊɪŋ wɪð hæpinəs /

2. When she heard about her promotion, she lit up

   / wɛn ʃi hɜrd əbaʊt hɜr prəmoʊʃən, ʃɪ lɪt ʌp /

3. He radiates with joy

   / hi reɪdieɪts wɪð dʒɔɪ /

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4. Her face turns bright with happiness

   / hɜr feɪs tɜrnz braɪt wɪð ˈhæpiːnəs /

5. He has a sunny smile

   / hi hæz ə sʌni smaɪl /

6. His eyes sparked in happiness

   / hɪz aɪz spɑːkt ɪn hæpinəs /

7. Her face radiates like moon on her success

   / hɜr feɪs reɪdieɪts laɪk muːn ɑn hɜr səksɛs /

Hindi

1. खुशी ज्योति की तरह चमकती है

   (Happiness shines like light)
   / kʰuˈʃiː ˈdʒjoːt̪i kiː t̪əˈɾəɳ tʃəˈməkt̪i hɛː /

2. खुशी की रोशनी

   (The brightness of happiness)
   / kʰuˈʃiː kiː ˈroːʃnɪ /

3. सुख का उजाला

   (The light of happiness)
   / sʊkʰ kaː uˈdʒaːlaː /

4. खुशी की चांदनी

   (The moonlight of happiness)
   / kʰuˈʃiː kiː ˈtʃaːndnɪ /

5. खुशी का प्रकाशमय चेहरा

   (The radiant face of happiness)
   / kʰuˈʃiː kaː prəˈkaːʃəmɛː ˈtʃeːɾaː /

6. सुख की रोशनी में बढ़ना

   (To grow in the light of happiness)
   / sʊkʰ kiː ˈroːʃnɪ me bʌɳˈʰaː /

7. खुशी का सूरज

   (The sun of happiness)
   / kʰuˈʃiː kaː ˈsuːɾdʒ /

8. खुशी की चांदनी में खोना

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(To get lost in the moonlight of happiness)

/ kʰuˈʃiː kiː ˈtʃaːndnɪ meː ˈkʰoːnaː /

9. सुख की लौ

(The flame of happiness)

/ sʊkʰ kiː lɔː /

10. खुशी की रौशनी से भरा हुआ

(Filled with the brightness of happiness)

/ kʰuˈʃiː kiː ˈraʊʃnɪ seː ˈbʰaːɾa huːa /

Bangla

1. সুখ হলে আলোর প্রকাশ

(When happy, it shines like light)

/ suːkʰ hɔle aːlor proˈkaʃ /

2. খুশির জ্যোতি

(The light of happiness)

/ kʰuʃir ˈdʒjoti /

3. সুখের আলোয় বিপ্লব

(Revolution in the light of happiness)

/ suːkher aːloɪ̯ biplob /

4. খুশির আলোয় মুখ হয় ফুল

(The face becomes a flower in the light of happiness)

/ kʰuʃir aːloɪ̯ mukʰ hɔɪ̯ ful /

5. সুখের আলোয় বাসর

(The dawn in the light of happiness)

/ suːkher aːloɪ̯ ˈbaʃor /

6. খুশির আলোয় উড়ায়

(Flies in the light of happiness)

/ kʰuʃir aːloɪ̯ uˈɾaɪ̯ /

HAPPINESS IS LIGHT It is worthwhile mentioning here that the above examples of English, Hindi and Bangla show that a happy person does not suffer from any harmful and unpleasant changes inside because happiness makes his muscles in his face relaxed and his eyes become brighten and enlarged. That the reason such a person seems brighter and sparkled than usual. The LIGHT metaphor is commonly applicable and is very commonly used in Bangla and Hindi too, so there is the conceptual metaphor HAPPINESS IS LIGHT in all three languages.

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The LIGHT metaphor renders properties of the emotion of happiness argued by Kövecses (1991). To begin with, happiness is portrayed as the antithesis of negative emotional states such as melancholy, anxiety, and fear. Furthermore, when a person is defined in this way, their emotional state changes from one of anxiety and sadness to one of happiness—for example, after receiving good or joyful news. Second, the transition from melancholy to happiness is accompanied by a change in perspective since happiness is associated with a positive outlook on life, as in "bright side," "light up," and "brighten up." Thirdly, people perceive happy people as lively and energetic. Because of this, one could say that a cheerful person's outward brightness is a reflection of the heat that comes from their active within. Fourthly, thermo-power, is known from our understanding of some physical phenomena that spreads from one object to another in three ways: radiation, convection, and conduction (Al-Haq & El-Sharif, 2008). In English gloʊɪŋ (glowing), lɪt ʌp (lit up), reɪdieɪts (radiants), braɪt (bright), sʌni (sunny), in hindi ˈdʒoːʈi kiː ʈəˈɾəŋ (like a light), roːʃnɪ (light), udʒaːlaː (light), tʃaːndnɪ (moonlight), prəkaːʃəmɛ (in Light):, suːɾdʒ (sun), lɔː (flame) and in Bangla proˈkaʃ (light), ˈdʒoti (flame), aːloɪ (light) use to expree the happiness which reflects that all three languages English, Hindi and Bangla renders properties of the emotion of happiness as light HAPPINESS IS LIGHT

3. HAPPINESS IS FLUID IN A CONTAINER

In the words of Kövecses (1991), conceptual metaphor for happiness is HAPPINESS/JOY IS FLUID IN A CONTAINER. The metaphor "happiness is fluid in a container" suggests several key ideas: The container represents an individual's emotional capacity. Happiness can fill it, and its amount can vary based on circumstances or experiences. Like a liquid, happiness is dynamic; it can ebb and flow, adapting to different situations and emotions. When happiness fills the container, it can overflow, symbolizing moments of joy that burst forth, affecting others positively. We can find the conventional metaphoric expressions encoding this conceptual metaphor in English, Hindi and Bangla as below.

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English

1. Children were full of joy in picnic

   / tʃɪldrən wər fʊl əv dʒɔɪ ɪn pɪknɪk /

2. He brimmed over with joy when he saw his childhood friend

   / hi brɪmd oʊvər wɪð dʒɔɪ wɛn hi sɔ hɪz tʃaɪldhʊd frɛnd /

3. He could not contain his joy any longer

   / hi kʊd nɑt kənteɪn hɪz dʒɔɪ ɛni lɔŋgər /

4. He was overflowing with joy when he hears his promotion

   / hi wəz oʊvərfl00ɪŋ wɪð dʒɔɪ wɛn hi hɪrz hɪz prəmoʊʃən /

5. Her heart is filled with joy with the news

   / hɜr hɑrt ɪz fɪld wɪð dʒɔɪ wɪð ðə nuːz /

Hindi

1. ख़ुशी उसकी साँसों में बसी है

   (Happiness resides in her breath)

   / kʰuˈʃiː uski saːnsoːn meː bʌsiː hæ /

2. उसकी आत्मा ख़ुशी में नृत्य करती है।

   (Happiness dances in her soul)

   / uski aːt̪maː kʰuˈʃiː meː nrɪt̠jə kərti: hæ /

3. उसकी मुस्कान ख़ुशी का भंडार है, जो सभी के दिल को प्रसन्न करती है

   (Her smile is a storehouse of happiness, which pleases everyone's heart)

   / uski muskaːn kʰuʃiː kaː bʱʌnˈdaːɾ hæ, dʒo sʌbʱiː ke dɪl ko prəsənnə kərti: hæ /

4. ख़ुशी मेरे दिल में बसी है

   (Happiness resides in my heart)

   / kʰuˈʃiː ˈmeːɾe dɪl meː bʌˈsiː hæ/

5. उसका दिल खुशी से भर गया

   (Her heart is filled with happiness)

   / uska dɪl kʰuʃiː se bʌɾ gəjaː /

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6. उसकी आँखें ख़ुशी से भर गईं

(Her eyes are filled with happiness)

/ uski a:nkʰe: kʰuʃi: se bʰʌɾ gəi: /

7. उसका हाथ हमेशा खुशियों से भरा रहता है

(Her hands are always full of happiness)

/ uska ha:t̪ həməʃa: kʰuʃi:on se bʰʌɾa ˈɾɛhta: hæ /

Bangla

1. খুশি আমার হৃদয়ে বসে আছে, যা প্রতিটি সুখের মুহূর্তে বাড়ছে।

(Happiness sits in my heart, which grows with every happy moment.)

/ kʰuʃi a:mar hridɔje bɔse a:t͡ʃe, dʒa prot̪iti su:kʰer muhʊrt̪e ba:rt͡ʃe /

2. তার চোখে খুশি প্রজ্বলিত হয়, তার প্রতিটি অভিব্যক্তিতে জ্বলে উঠে।

(Happiness sparkles in her eyes, burning through her every expression.)

/ tar t͡ʃokʰe kʰuʃi prodʒbolitɔ hɔɪ, tar prot̪iti ɔbʰibjɔkt̪ite dʒɔle uˈtʰe /

3. সুখ তার মনে শান্তির অনুভূতি হিসাবে বাস করে।

(Happiness resides in his mind as a sense of peace.)

/ su:kʰ tar mone ʃantir ɔnʊbʰut̪i hɪsabe bɔs kɔɾe /

4. তার আত্মায় খুশি নাচে।

(Happiness dances in his soul.)

/ tar a:t̪ma:e kʰuʃi nɑt͡ʃe /

5. খুশি তার শ্বাসে প্রতিটি মুহূর্তে বসে আছে।

(Happiness sits in her breath every moment.)

/ kʰuʃi tar ʃbɑʃe prot̪iti muhʊrt̪e bɔse a:t͡ʃe /

6. তার কানে খুশির সুর।

(The melody of happiness in his ears.)

/ tar kɑne kʰuʃir sʊɾ /

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7. আলোর রাশি মতন খুশি তার মস্তিষ্কের মধ্যে প্রস্ফুটিত।

(Happiness blossomed in his brain, like a ray of light.)

/ aːlor ˈraʃi mɔtɔn kʰuʃi taɾ mɔstiʃker mɔndʒe prɔʃfuʈitɔ, /

8. খুশি তার মনের মধ্যে আছে।

(Happiness is in his mind.)

/ kʰuʃi taɾ mɔner mɔndʒe aːtʃe /

From the above examples, it can be observed that English, Hindi and Bangla share the CONTAINER metaphor for expressing happiness. Lexical items such as *full, fill, overflow, brim* and *contain* in English, bʌsi: (to live), nrɪtj kəɾti: (to Dance), bʰʌndaːɾ (storehouse), bʰʌɾ gəja:(filled), bʰʌra (fiil) in Hindi and bɔse (sit), tʃokʰe (eyes), bɔs kɔre (lived), aːt̪ma: kʰuʃi nɑtʃe (dance with joy), bɔse aːtʃe (lived) , kɑne kʰuʃir suɾ (happiness tone in ear) in Bengali are all closely related to the container concept. Besides, they are all applied to describing happiness in all three languages. In the above expressions, the human body regarded as a container. When body is regarded as a container, happiness can be treated as a kind of substance that fill or get spaced in that container. Happiness which resembles here as a fluid can be put into human body and it can fill the body. The body overflows with height of happiness or so much happiness, because in that condition the body cannot hold that amount of happy emotion. Therefore, the conceptual metaphor HAPPINESS IS FLUID IN A CONTAINER exists in all three languages English, Hindi and Bangla.

SADNESS can be metaphorically conceptualized in various ways. Sadness often feels like a heavy weight pressing down on you, making every movement and action more difficult, as a shadow that follows you, enveloping everything in a dim and gloomy light. Sadness sometimes feels like being caught in a relentless storm, with turbulent emotions swirling around unpredictably. Sense of emptiness, like a vast void within oneself that nothing can fill. Sadness might be likened to frozen or stagnant water, where emotions are trapped and unable to flow freely. It can be compared to something fragile or broken, where emotions are delicate and easily shattered.

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SADNESS IS DOWN

The metaphor "sadness is down" conveys several powerful ideas. Sadness often feels like a weight pulling us down, suggesting heaviness and the struggle to lift ourselves emotionally. The downward movement can symbolize feelings of despair or depression, reflecting how sadness can create a sense of being trapped or stuck. Being "down" can evoke a sense of loneliness, as if one is beneath the surface, separated from the joy and lightness of others. This metaphor implies a loss of vitality or enthusiasm, where sadness drains our energy and motivation. The notion of going down can also suggest a deep exploration of emotions, indicating that sadness often leads to introspection and a deeper understanding of oneself. Overall, this metaphor highlights the heavy, isolating, and introspective aspects of sadness.

English

1. Her spirits sank like a stone in the ocean after the news of her husband's death.

   /hɜr ˈspɪrɪts sænk laɪk ə stoʊn ɪn ði ˈoʊʃən ˈæftər ðə nu:z ʌv hɜr ˈhʌzbənds dɛθ/

2. He was in the depths of despair, feeling as though he had fallen into a dark pit.

   /hi wəz ɪn ðə dɛpθs ʌv dɪspɛr, fi:lɪŋ æz ðoʊ hi hæd fɔ:lən ɪntu ə dɑrk pɪt/

3. She felt like she was at the bottom of a well, with no ladder in sight to climb out.

   /ʃi fɛlt laɪk ʃi wəz æt ðə bɒtəm ʌv ə wɛl, wɪð noʊ lædər ɪn saɪt tə klaɪm aʊt/

4. His mood plummeted like an elevator free-falling to the ground.

   /hɪz mu:d plʌmətɪd laɪk æn ɛlɪveɪtər fri: fɔ:lɪŋ to ðə graʊnd/

5. The weight of sadness dragged her down into a dark abyss.

   /ðə weɪt ʌv sædnəs drægd hɜr daʊn ɪntu ə dɑrk əbɪs/

Hindi

1. उसकी आत्मा समुंदर के एक पत्थर की तरह नीचे गिर गई।

   (Her soul fell down like a stone in the ocean.)

   /ˈuski ˈa:ʈma: səˈmu:ɳɖər ke: e:k ˈpəʈʰər ki: ʈərʌ: ˈni:t͡ʃe: gɪr gəˈi:/

2. वह निराशा के गहरे संकट में था, जैसे कि एक अंधेरे कुएं में गिर गया हो।

   (He was in the deep crisis of despair, as if he had fallen into a dark well.)

   /ʋəɦ nɪra:ʃa: ke: gɛɦɾe: sənkəʈ me: θa:, d͡ʒɛ:se: ki: ʋɔ e:k ə̃d̪ʱe:ɾe: kʋẽ: me: gɪr gəja: ɦo:/

3. उसे ऐसा लगा कि वह कुएं के नीचे की गहराई में फंस गया है।

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(She felt as if she was trapped in the depth of a well, where there was no rescue to climb out.)

/ʊse: aːɪsə laːga ki: ʋəɦ kʊẽ: ke: niːt͡ʃe: ki: gɛraːi: me: pʌɳs gəja: ɦæ/

4. उदासी का भार उसे एक गहरे अव्याकुल की ओर खींच लिया।

(The weight of sadness pulled him towards a deep and restless void.)

/ʊdaːsi: ka: bʱaːɾ ne ʊse: eːk gɛɾe: əʋjaːkʊlta ki: oːɾ kʰiːnt͡ʃ liːja:/

Bangla

1) "তার হৃদয়ের মধ্যে বিষাদে ডুবে থাকা অন্তহীন করেছিল।"

(He remained immersed in sadness in his heart.)

/tar hridɔjɛr mɔndʰo biʃadɛ dube tʰaka ɔntɔhin kɔɾɛʃil/

2) "তার বিষণ্ন মনের নিচে সব চলে গেছে।"

(Everything has fallen under the gloomy mind of his.)

/tar biʃɔɳːo mɔnɛr ˈnit͡ʃe ʃob ˈt͡ʃole ˈgɛʃɛ/

3) "তার সমস্যার সঙ্গে তার মনের অবস্থা নিম্নস্তরে যাচ্ছে।"

(His mental state is going down with his problems.)

/tar ʃɔmɔʃʊr ʃɔŋgɛ tar mɔnɛr ɔbɔstʰa nimnɔstɔre gat͡ʃɛ/

4) "তার মন সব সময় নীচে রয়েছে, বিষণ্নতায় অনুভূত।"

(His mind is always down, feeling melancholic.)

/tar mɔn ʃob ʃɔmɔj nit͡ʃe rɔɪɛ, biʃɔɳːɔtaj ɒnʊbʱut/

5) "তার মনের নিচে স্থাপিত অসম্ভব ক্ষতি করেছে।"

(Settled in the depths of his mind, causing irreparable damage.)

/tar ˈmɔnɛr ˈnit͡ʃe ˈstʰapito ɔʃɔmbʰɔb ˈkʰɔti̪ kɔɾɛʃɛ/

The metaphor "**SADNESS IS DOWN**" Suggests that sadness is experienced as a physical descent or weight. When feeling sad, one might feel heavy, like they are being pulled downwards, or perhaps that their energy and spirits are sinking. This can manifest in body language, such as slumped shoulders or a lowered gaze, symbolizing the emotional weight that drags one down. The idea also evokes a sense of confinement or being trapped in a low state,

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contrasting with feelings of happiness or upliftment that are often associated with upward movement. In English language sæŋk (sink), dɛpθs (depth), bɒtəm (bottom), daʊn (down), in Hindi language niːt͡ʃeː (down), gɪɾ (fall), gɛɾaːiː (depth), bʱaːɾ(weight) gɛɾeː (deep) and in Bengali language dube (drawn) nit͡ʃe (bottom), mɔnɛr ˈnit͡ʃe (fallen) used to render the sadness in all three languages as depth, down therefore it is observed through the observations that SADNESS IS DOWN or sadness lies in the depth in English, Hindi and Bengali language.

SADNESS IS FLUID IN A CONTAINER

The metaphor "sadness is fluid in a container" suggests several profound concepts. The container represents an individual's emotional space; it can hold a certain amount of sadness, indicating how much sorrow one can endure before feeling overwhelmed. Like a liquid, sadness can fluctuate. It may fill the container at times, then recede, suggesting that emotions are dynamic and can change with circumstances. When the container is too full, sadness can spill over, symbolizing moments of emotional release, such as crying or expressing grief. The container implies that sadness can be managed or contained, highlighting the importance of processing emotions rather than allowing them to consume us. Just as liquids can evaporate or change state, this metaphor reflects j ust as liquids can evaporate or change state, this metaphor reflects the idea that sadness is not permanent; it can diminish over time. Overall, this metaphor captures the complex, changeable nature of sadness and the importance of emotional management.

English

1) His heart was a deep well of sadness that he struggled to contain.
   /hɪz hɑrt wəz ə dip wɛl əv sæd.nəs ðæt hi strʌg.əld tə kənteɪn/

2) She carried her sadness like a heavy burden in the basket of her soul.
   /ʃi kæ.riːd hɜr sæd.nəs laɪk ə hɛ.vi bɜr.dən ɪn ðə bæs.kɪt əv hɜr soʊl/

3) The weight of his sadness felt like an overflowing suitcase he couldn't close.
   /ðə weɪt əv hɪz sæd.nəs fɛlt laɪk æn ˌoʊ.vərˈfloʊ.ɪŋ ˈsuː.keɪs hi ˈkʊd.ənt kloʊz/

4) She kept her sadness locked away in the vault of her emotions, afraid to confront it.
   /ʃi kɛpt hɜr ˈsædnəs lɑkt əˈweɪ ɪn ðə vɔlt əv hɜr ɪˈmoʊ.ʃənz, əˈfreɪd tə kənˈfrʌnt ɪt/

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5) His sadness poured out of him like a river bursting its banks, flooding everything around him.

/hɪz sæd.nəs pɔrd aʊt əv hɪm laɪk ə ˈrɪ.vər ˈbɜrst.ɪŋ ɪts bæŋks, ˈflʌ.dɪŋ ˈɛv.riˌθɪŋ əˈraʊnd hɪm/

6) Sadness resides in my heart like an anchor.

/ˈsæd.nəs rɪˈzaɪdz ɪn maɪ hɑrt laɪk ən ˈæŋ.kər/

7) n her eyes, sadness pools like an endless stream of tears.

/ɪn hɜr aɪz, ˈsæd.nəs pulz laɪk æn ˈɛn.dləs strim əv tɪrz/

8) Sadness dwells in his soul like a deep abyss.

/ˈsæd.nəs dwɛlz ɪn hɪz soʊl laɪk ə dip əˈbɪs/

9) In his ears, sadness echoes like a haunting melody

/ɪn hɪz ɪrz, ˈsæd.nəs ˈɛk.oʊz laɪk ə ˈhɔntɪŋ məˈloʊ.di/

10) Sadness weighs on his feet like shackles, slowing every step.

/ˈsæd.nəs weɪz ɑn hɪz fiːt laɪk ˈʃæk.əlz, ˈsloʊ.ɪŋ ˈɛv.ri stɛp/

Hindi

1) दुःख मेरे हृदय में बसा है, जो हर धड़कने में महसूस होता है।

(Sorrow resides in my heart, which is felt in every heartbeat.)

/dʊkʰ meːre hrɪɖɛː mẽ bʰʌsaː hɛː, d͡ʒoː hər dʰərʌkn ɔ mẽ mɛːsʊs hʊˈʈaː hæ/

2) उसकी आँखों में दुःख क आँसूओं का सागर है,

(There is an ocean of tears of sorrow in his eyes)

/ʊskiː aːɳkʰoːn mẽ dʊkʰ ke aːnsuːoːn kaː saːɡər hæ/

3) उसकी जीभ पर दुःख का कड़वा स्वाद है

(There is a bitter taste of sorrow on his tongue)

/ʊsˈkiː d͡ʒiːbʰ pər dʊɳk kaː kaɽʋaː swaːd hæ/

4) दुःख का सागर हर पल उसकी आँखों से बहता है।
(Ocean of sorrow flows from his eyes every moment.)

/dʊkʰ kaː saːɡər hər pəl ʊskiː aːɳkʰoːn seː bɛːhʈaː hæ/

5) दुःख उसके मस्तिष्क में छिपा है

(Sorrow is hidden in his mind)

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/dʊŋk̥ ʊske: mʌstɹɪʃk̥ mẽ tʃʰɪpa: hæ/

6) दुःख उसके मन में छिपा है, जैसे एक अनदेखा रहस्य

(Sorrow is hidden in his mind, like an unseen secret)

/dʊŋk̥ ʊske: mən mẽ tʃʰɪˈpa: hɛ:, d͡ʒɛ:se: e:k ʌnˈde:kʰa: ˈrɛhəsj/

7) उसके कानों में दुःख की संवेदना है

(There is a sensation of sorrow in his ears)

/ʊsˈke: ˈka:no:n mẽ dʊŋk̥ ki: səmˈve:d̪n̪a: hæ/

8) दुःख मेरे हृदय में एक अँधेरे के रूप में बसा है

(Sorrow resides in my heart as a darkness)

/dʊŋk̥ me:re hɾɪd̪ɛ: mẽ e:k ənd̪ʰe:ɾe ke: ru:p mẽ bʌsa: hæ/

9) उसकी आँखों में दुःख की बूँदें हैं

(There are drops of sorrow in his eyes)

/ʊski: a:n̪kʰo:n mẽ dʊŋk̥ ki: bu:n̪de: hæ/

10) दुःख उसके पैरों में एक बाधा की भांति है।

(Sorrow is like an obstacle in his feet.)

/dʊŋk̥ ʊske: pɛ:ɾo:n mẽ e:k ba:d̪ʰa: ki: bʰã:t̪i: hæ/

Bangla

1) দুঃখ আমার হৃদয়ে বসে আছে, যেন একটি অজানা দাগ যা প্রতিটি ধাক্কায় বাড়ছে।

(Sorrow sits in my heart, like an unknown scar that grows with every blow.)

/du:kʰɔ amar hridoje bɔse atʃe, dʒɛn ekti ɔdʒana dag dʒa prɔtʰiti ðʰak:aj baɾtʃe/

2) তার চোখে দুঃখের অশ্রু, যেন অমৃতের স্রোত, যা সমস্ত দিকে বিস্ফোরিত হয়।

(Tears of sorrow in his eyes, like streams of nectar, which burst forth in all directions.)

/taɾ tʃoʰe du:kʰer ɔʃru, dʒɛn ɔmɾitɛɾ srot, dʒa ʃomɔsto dike bispʰorit hɔj/

3) তার মুখের দুঃখের আবর্তন, যেন একটি নীরব সুর, যা সব দিকে প্রসারিত হয়।

(The sorrowful swirl of his face, like a silent melody, that extends in all directions.)

/taɾ mu:kʰer du:kʰer abɔrton, dʒɛn ekti niɾob suɾ, dʒa ʃob dike prɔsaɾit hɔj/

4) তার কানে দুঃখের শোর

(The noise of sorrow in his ears.)

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/tɑɾ kɑne du:kʰer ʃoɾ /

5) দুঃখ তার মস্তিষ্কের ভেতরে অনুভূত, যেন একটি অন্ধকারের গাঢ় গুহা

(Grief is felt inside his brain, like a dark cavern, that feels for all judgment.)

/du:kʰɔ tɑɾ mɔsti̪ʃkeɾ bɛtɔɾe ʌnubʰut, dʒɛn ekti ɔndʰɔkɑɾeɾ gɑd̪ʰɔɾ guɦɑ/

6) দুঃখ তার পায়ের মধ্যে বসে আছে

(Sorrow sits between his legs)

/du:kʰɔ tɑɾ pɑjeɾ mɔnt̪ʰe bɔse aʧe /

7) দুঃখ তার মনে বসে আছে, যেন একটি ঘূর্ণিত সমুদ্র

(Sorrow sits in his mind, like a swirling ocean)

/du:kʰɔ tɑɾ mone bɔse aʧe, dʒɛn ekti gʰu:ɾṇit̪ɔ ʃomudɾɔ/

SADNESS IS FLUID IN A CONTAINER Sadness acts as a vessel, containing feelings of grief, disappointment, and loss. It holds these emotions in, preventing them from escaping easily. This container can feel restrictive, as if emotions are bottled up. The pressure builds inside, leading to an overwhelming sense of heaviness. When the container becomes too full, sadness can spill over, manifesting in tears or outbursts. This overflow often happens when one least expects it, highlighting the need for release. The container's size can vary based on individual experiences—some may feel a small, manageable vessel, while others experience an enormous, unyielding container. Act as just as a physical container requires care to prevent leaks or damage, In English language dip wɛl (deep well), kənˈteɪn (contain), bæs.kɪt (basket), oʊ.vərˈfloʊɪŋ(overflowing), pɔrd aʊt(poured out) rɪ.vər (river), æŋkər (anchor), dip əˈbɪs (abbys), stɛp (step) in Hindi hɾɪˈd̪ɛː (heart) sa:gər (sea), mʌsti̪ʂk (in mind), rɛɦəsj (secret), ka:noː (ear) a:ṉkʰoːn (eyes) and in Bengali language hɾidoje bɔse (sit in heat), mu:kʰer (face) kɑne (ears) ʃoɾ (noise), mɔsti̪ʃkeɾ bɛtɔɾe inside the mind), ʃomudɾɔ (sea) renders properties of the emotion of sadness as fluid inside a container

SADNESS IS DARKNESS

A complicated feeling, sadness frequently resists simple explanation. Using vivid language to construct a picture of their emotional state, metaphors are one-way humans attempt

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to express the intensity and depth of their sorrow. The metaphor "sadness is darkness" conveys several meaningful concepts. Darkness symbolizes a lack of joy and hope, reflecting feelings of emptiness or despair. It suggests a sense of being alone or trapped, as darkness can create a feeling of separation from others. Darkness can feel heavy, representing the emotional burden that sadness can impose. Just as darkness can evoke fear, sadness can bring about uncertainty and apprehension about the future. Darkness also signifies the possibility of dawn, suggesting that even in deep sadness, there is hope for light and healing. Overall, this metaphor captures the deep, enveloping nature of sadness while also hinting at the potential for eventual relief and renewal.

English

1. Sadness is a blanket of darkness, enveloping the soul in its chilly embrace.

   /sæd.nəs ɪz ə blænkɪt əv dɑːrk.nəs, ɪnvɛl.ə.pɪŋ ðə soʊl ɪn ɪts ʧɪli ɛmbreɪs/

2. In the depths of sadness, the mind becomes a cavernous abyss,

   /ɪn ðə dɛpθs əv ˈsæd.nəs, ðə maɪnd bɪˈkʌmz ə ˈkæv.ər.nəs əˈbɪs/

3. Like a moonless night, sadness obscures the stars of hope and joy.

   /laɪk ə muːn.ləs naɪt, sæd.nəs əbskjʊrz ðə stɑrz əv hoʊp ənd dʒɔɪ/

4. It's a heavy cloak, weighing down shoulders that ache with the burden of sorrow.

   /ɪts ə hɛvi kloʊk, weɪɪŋ daʊn ʃoʊldərz ðæt eɪk wɪð ðə ˈbɜrdən əv sɔː.roʊ/

5. Sadness is a thick fog, blurring the path ahead and muffling all sound.

   /sæd.nəs ɪz ə θɪk fɔg, blɜr.ɪŋ ðə pæθ əhɛd ənd mʌf.lɪŋ ɔl saʊnd/

6. Sorrow is a bottomless pit, where emotions echo endlessly in the silence.

   /sɔː.roʊ ɪz ə bɒt.əm.ləs pɪt, wɛr ɪmoʊ.ʃəns ɛk.oʊ ɛn.dlɪs.li ɪn ðə saɪ.ləns/

7. Darkness of sadness is a shadow.

   /dɑːrk.nəs əv sæd.nəs ɪz ə ʃæ.doʊ/

8. It's a shroud, veiling the vibrant colors of life in monochrome hues.

   /ɪts ə ʃraʊd, veɪ.lɪŋ ðə vaɪ.brənt kʌ.lɚz əv laɪf ɪn mɒnɔkroʊm hjuːz/

9. Sadness is a labyrinth, where every turn leads deeper into the maze of melancholy.

   /sæd.nəs ɪz ə læbə.rɪnθ, wɛr ɛv.ri tɜrn liːdz diːpər ɪn.tu ðə meɪz əv mɛlənkɒli/

10. Like an eclipse, it temporarily blocks out the light of happiness.

    /laɪk ən ɪklɪps, ɪt tɛmpərɛrɪli blɑks aʊt ðə laɪt əv hæpiːnəs /

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Hindi

1) दुःख अंधकार की तरह है।

   (Grief is like darkness)

   /dʊkʰ ʌn̪dʱkaːɾ kiː t̪əɾʌh hæ/

2) दुःख के अंदर मन एक महासागर है।

   (The mind inside grief is an ocean.)

   /dʊkʰ keː ənd̪ər mən eːk mɪhaːsaːɡər hæ/

3) दुःख आशा और खुशी को अंधकार में लपेट देता है।

   (Grief engulfs hope and happiness in darkness.)

   /dʊkʰ aːʃaː ɔːɾ kʰʊʃi koː ʌn̪dʱkaːɾ mẽː ləpeːt d̪eːt̪a hæ/

4) दुःख एक गहरा कोहरा है

   (Grief is a deep fog.)

   /dʊkʰ eːk ɡɛːhɾaː ˈkoːʰɾa hæ/

5) दुःख एक अथाह गड्ढा है, जहां भावनाएँ सुनाई नहीं देती हैं।

   (Sadness is a bottomless pit where emotions are not heard.)

   / dʊkʰ eːk ət̪ʰaːh ɡəɾʱaː hæ, dʒʱãː bʱaːʋənaːẽː sunaːi nɛːhiː d̪eːt̪i hæ/

6) दुःख का अंधकार एक छाया है, जो निरंतर पीछा करती है

   (The darkness of grief is a shadow that follows you relentlessly.)

   /dʊkʰ kaː ʌn̪dʱkaːɾ eːk t͡ʃʰaːja hæ, dʒoː nɪɾən̪t̪ər piːt͡ʃʰaː kəɾt̪i hæ/

7) दुःख एक कफ़न है, जो जीवंत जीवन के रंगों छिपा देता है।

   (Grief is a shroud that hides the colors of a vibrant life.)

   /dʊkʰ eːk kəmʌn hæ, dʒoː dʒiːvɪn̪t̪ dʒiːʋən keː rəŋgõː t͡ʃʰɪˈpaː d̪eːt̪a hæ/

8) दुःख एक भूलभुलैया है, जहां हर मोड़ दुखी होने की गहरी ओर ले जाता है।

   (Grief is a labyrinth where every turn leads to deeper misery.)

   /dʊkʰ eːk bʱuːl.bʱuleːja hæ, dʒʱãː hər moːɾ dʊkʰi hoːne kiː ɡɛːhɾi oːɾ leː dʒɑːt̪a hæ/

9) दुःख सूर्यग्रह की तरह खुशी को काले अंधकार में छिपा देता है।

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(Grief hides happiness in black darkness like the Solar eclipse)

/dʊkʰ ˈsuːrjəgrəh kiː t̪ərʌh kʰʊʃi koː kaːleː ʌn̪d̪ʰkaːr mẽː tʃʰɪˈpaː d̪eːt̪a hæ/

Bangla

1) আমার দুঃখের হৃদয়ে অন্ধকার ছুয়ে দিলে।

(Darkness touched my heart of sorrow.)

/aːmar duːkʰer hrid̪ɔje ɔnd̪ʰokaːr tʃuːe d̪ile/

2) সোনালী সূর্য গিয়ে দুঃখ রাতের মতো আমার সাঁঝবেলা।

(Golden sun gone, sadness like night envelops my evening.)

/ʃonaːli suɾdʒɔ giːje duːkʰɔ raːter mɔt̪ɔ aːmar sãːdʒbela/

3) অন্ধকারে ভাসা আমার মন দুঃখের প্রতিচ্ছবি।

(Drenched in darkness, my heart mirrors sorrow.)

/ɔnd̪ʰokɑːɾe bʱaːsɑː aːmar mɔn duːkʰer protitʃʰɔbi/

4) এই মেঘের গভীর অন্ধকারে লুকিয়ে আছে আমার দুঃখ।

(My sorrow hides in the deep darkness of these clouds.)

/eː megher gɔbiːr ɔnd̪ʰokɑːre lukie aːtʃe aːmar duːkʰɔ/

5) আমার চোখে দুঃখের কালো জল ভরে গেছে।

(My eyes are filled with dark tears of sorrow.)

/aːmar tʃokhe duːkʰer kɑːlo dʒɔl bʱɔɾe geʃe/

6) সাগরের গভীরে মুছে দেওয়ার মতো, দুঃখ আমার মনের অন্ধকার লোকান।

(Like drowning deep in the ocean, sorrow locks the darkness of my heart.)

/ʃaːgɔɾer gɔbiːre muːtʃe deʊar mɔt̪ɔ, duːkʰɔ aːmar mɔnɛɾ ɔnd̪ʰokaːr leːkɑnɔ/

7) অন্ধকারে সুপ্ত আছে আমার হারিয়ে যাওয়া স্বপ্ন।

(In darkness sleeps my lost dreams.)

/ɔnd̪ʰokɑːɾe supʰt̪ɔ aːtʃe aːmar harie dʒaːwa ʃɔpnɔ/

8) রাতের আঁধারে আমার হারানো মনের ব্যথা ছুয়ে দিল।

(In the darkness of night, touched the pain of my lost heart.)

/raːter aːnd̪ʰɑːre aːmar haɾano mɔnɛɾ bʲɛt̪ʰa tʃuːe d̪il/

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9) অন্ধকার আমার মন আবর্জনার স্থান হয়ে পড়েছে।

（Darkness has become the abode of my heart's desolation.）

/ [ɔndʰokɑːɾ aːmar mɔn aːbɔɾdʒɔnaɾ sθan hɔje pɔɾeʃe/

10) চিরকাল ধরে মনের সাঁজে অন্ধকার ছিল।

（Forever, darkness was the color of my heart.）

/ [tʃiɾɔkɑːl dʰɔɾe mɔnɛɾ sãːdʒe ɔndʰokɑːɾ tʃilɔ/

SADNESS IS DARKNESS is a complex emotion that often easy explanation in all the languages that connect humans. In English blæŋ.kɪt (blanket), dɛpθs (depths), əbˈskjʊrz, daʊn (down), fɔg (fog), bɒt.əm.ləs pɪt (bottomles Pit), hjuːz (huge), diː.pər (deeper), əbskjʊrɪti and in Hindi language ʌɳdʰkaːɾ (darkness), mɪhaːsaːgər (ocean), ʌɳdʰkaːɾ (darkness0, koːʰra (fog), ʌɳdʰkaːɾ (dark), bʰuːl.bʰuˈleːja (meander), suːrjəgɾəhən (solar eclips) and in Bengali language ɔndʰokɑːɾ (darkness), ɔndʰokɑːɾe (Darkness), kɑːlo dʒɔl (black water), ʃaːgɔɾer (sea), ɔndʰokɑːɾe (dark), raːter aːndʰɑːre (darkness of night) render to emotion as darkness. One-way humans attempt to convey the depth of their sorrow is through metaphors, using vivid language to paint a picture of their emotional state.

Conclusion

Therefore, the cross-linguistic similarities in the conceptualization of emotions such as happiness or sadness through the same source domain components are readily observable by this comparative study of English, Hindi and Bangla phrases, with the exception of a few cases that occur on occasions. These parallels include the use of the same source domain elements. When these languages are compared on the basis of orientational emotion metaphors, this study corroborates explicitly that emotion metaphors are universal or near-universal and could be found uniformly in languages that are strongly differentiated by distinct social, cultural, and ecological salience or scenarios. This study also reveals that emotion metaphors are a universal or near-universal phenomenon. A common conceptual metaphor for happiness is the idea of light or brightness. We often say someone is "radiating joy" or "filled with sunshine." This metaphor conveys a sense of warmth, illumination, and positivity, suggesting that happiness can

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brighten one's life and uplift others. Another metaphor might be "being on cloud nine," which evokes a sense of being elevated and carefree. Both metaphors capture the uplifting and expansive nature of happiness.

The data collected and observed show that in English, Hindi and Bangla emotional of happiness is used to identify **HAPPINESS IS UP, HAPPINESS IS FLUIDS IN A CONTAINER and HAPPINESS IS LIGHT.** To put it another way, the findings of this study provide evidence that metaphors for emotions are either universal or nearly universal. At the very least with regard to these languages, there is little doubt that there are a few emotion metaphors that are of the orientational sort that are truly popular. In English, Hindi and Bangla languages, Sadness also is depicted in metaphors that use several aspects related to their culture and practices. A conceptual metaphor for sadness often frames it as a heavy burden or weight. For example, we might say someone "carries the weight of sorrow" or feel "crushed by grief." This metaphor highlights how sadness can feel physically oppressive and difficult to bear. It captures the emotional depth and impact of sadness on one's mental and physical state. Other variations might include ideas like "drowning in despair" or "being trapped in darkness," emphasizing feelings of helplessness and isolation. The conceptual metaphor of Sandness is found as **SADNESS IS DOWN, SADNESS IS FLUID IN A CONTAINER, SADNESS IN DARKNESS** in all three languages.

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