

**Metaphorical Expression used in Poetry in book "The Everyday Poet"  
by Deborah Alma**

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**ABSTRACT**

Poetry is characterized as a kind of literature or creative writing that uses a variety of poetic approaches to stimulate the reader's emotions and imagination. This study focuses on the metaphorical expression used in poetry in the book "The Everyday Poet" by Deborah Alma. The objectives of this study are to determine the types of metaphors reflected in Deborah Alma's poetry book "The Everyday Poet," to find out the most common types of metaphors used, and to explain the meaning of the metaphors contained in the poems. The methodology used in this study is descriptive qualitative research. The data were obtained through library research and a variety of literature to present a descriptive issue. The result of this study showed that there are twelve metaphors in the book "The Everyday Poet." There are six anthropomorphic metaphors, one animal metaphor, two abstract to concrete metaphors, and three synesthetic metaphors, and based on the data, the most commonly used metaphor is anthropomorphic metaphor, which has six lines in the book "The Everyday Poet" by Debora Alma.

**Keywords:** Metaphor, poetry, The Everyday Poet

**INTRODUCTION**

People use both spoken and written language in literary works in a variety of ways. For instance, to communicate with others, express our opinions and feeling, ask and answer questions, write a journal, send an email, make an essay, write a diary, and many more. Literature is a term that refers to written texts that are distinguished by their careful use of language, including features such as creative metaphors, beautiful phrases, elegant syntax, rhymes, and aesthetic alliteration. Literature combines human understanding with artistic expression to reflect human thought and emotion in beautiful words and forms. It means that literary work is something more than the language from which it is constructed (Meyer, 1997; Moody, 1971). A literary work is a singular artistic creation that uses words to express the feelings, thoughts, and experiences of people. Literary works are the specialized language that authors use to communicate their thoughts, feelings, and experiences to their audience (Rahman, 2018).

Poetry is a type of literary work in which carefully chosen words are used to convey the poem's intended meaning. Poetry is the oldest genre in

literary history and the most important literary form out of all the others, and poetry expresses thoughts, feelings, and experiences of certain locations, people, and moments. It can investigate emotions and provide a picture of the human experience. stated that poems are not like ordinary speech or writing; they are specially made objects in words. It means that poetry is the choice of words and their arrangement to draw the reader's attention to certain elements of the language in order to understand the poem's own message. Poetry can be defined as a type of language that expresses itself more strongly than ordinary language (Gill, 1995; Laurence & Thomas, 1992; Marpaung & Rahmadhan, 2021).

One of the most unique components of poetry is the use of figurative and metaphorical language. A metaphor is a type of figurative meaning that is an explicit comparison between two things, unlike an object, by identifying or replacing one with the other. Figurative language is a type of language that uses words or expressions that have deeper meanings than they do in their literal sense. A metaphor is a figure of speech that leaves off the comparison terms by using like, as, or than and suggests that one thing is similar to another.

Deborah Alma is the emergency poet. She offers consultations and poetic remedies to comfort those in need of a pick-me-up for the soul and is the editor of *The Emergency Poet*, an anthology of anti-stress poems. Deborah Alma, the world's first and only emergency poet, travels in her 1970s ambulance to schools, libraries, and festivals, offering consultations and prescribing poems as cures for various maladies: to comfort, purge melancholy, provide hope, and give courage. Deborah Alma's book "*The Everyday Poet*" – poems to live by – is designed to address your everyday needs: whether work is getting you down, you need a moment to relax, you're having trouble sleeping, or you need some romantic guidance, the book has a poem for you.

Metaphor analysis has long been used in literary studies, particularly poetry. Several researchers have conducted research that focuses on interpreting metaphors in poetry. Specifically, researchers are describing the meaning of metaphors contained in poetry (Rahman, I.A., 2018; Rasse, C., Onyskos, A., & Citron, F., 2020; Lan, Chun, & Yin, Zichong, 2020).

Hence, this study focusses on the type of metaphor and the meaning from the whole book of "*The Everyday Poet*" by Deborah Alma. Therefore, three research questions were formulated in this study:

1. What are the types of metaphors in "*The Everyday Poet*" by Deborah Alma?
2. What is the most common type of metaphors used in "*The Everyday Poet*" by Debora Alma?
3. What are the meanings of the metaphors contained in "*The Everyday Poet*" by Deborah Alma?

## **LITERATURE REVIEW**

### **Poetry**

Poetry is characterized as a kind of literature or creative writing that uses a variety of poetic approaches to stimulate the reader's emotions and imagination. The poet creates a piece of writing that arouses the reader's emotions by combining rhythm, word choice, sounds, rhymes, structure, and other elements. Poetry comes in a wide variety of formats and styles, and the text is frequently divided into units called stanzas. Poetry employs language as a medium. Before the language is used as a medium for poetry, it already has a meaning of its own according to the language norms and patterns, which must be understood and mastered. This is what makes poetry challenging to comprehend. The aesthetic, oblique expression, and compression qualities that are essential to poetry make it difficult to comprehend what it is expressing (Dirgeyasa, 2017).

### **Metaphor**

In figurative language, a metaphor is a comparison or analogy formed between two objects that are not often addressed as if they have anything in common. Alm-Arvius (2003, p. 90) declared that "metaphors are common in language use, and ordinarily, it does not seem to require any particular effort to construct and understand them." A metaphor is a kind of figurative language used to think about something by analogy. According to Peter (2002), metaphor is figurative language that directly compares one thing to another. Metaphor is defined by Lakoff and Johnson (1980) as a device of the poetic imagination and a rhetorical flourish – a matter of extraordinary rather than ordinary language.

### **Types of Metaphor**

Experts have proposed several theories about the various types of metaphors. The Parera theory is one of them. Metaphors, according to Parera (2004), can be classified into four types:

#### **1. Anthropomorphic metaphor**

Anthropomorphic metaphor compares the similarity of experience with what is contained in the metaphor user's body. Users of language compare the similarity of experience to what is in itself or to their own bodies. There is a word relation in anthropomorphic metaphors that is supposed to be used specifically for a human feature or element but is associated with inanimate objects.

#### **2. Animal Metaphor**

Animal metaphors are metaphors that demonstrate the existence of associations that appear between the characteristics of the animal and human nature. In

reality, not only the characteristics are being compared but also the elements of the animal's body. From animals to inanimate objects, and from humans to animals.

### 3. Abstract to concrete metaphors

A metaphor from abstract to concrete is a type of diversion metaphor in which abstract expressions are transferred to concrete expressions.

### 4. Synesthetic metaphor

A synthetic metaphor is a type of metaphor that deviates from one sense to another. This metaphor's fundamental creation is a diversion of responses based on the experience of understanding one another. Expressions can be created by diverting stimulus from one sense organ to another, such as from the sense of hearing to the sense of sight, or from the sense of touch to the sense of hearing, and so on.

## **Related Studies**

Several research focused on metaphor, figurative language, and poetry have been conducted. Research focus on figurative language in poetry were done by (Nur, M.R.O & Miranti, R.R.,2018, Hutauruk, B.S., 2019, Khairunisa, et al., 2020). Research focus on explaining the meaning of metaphor in poetry were conducted by (Rahman, I.A., 2018; RASSE, C., ONYSKO, A., & CITRON, F., 2020; Lan, Chun & Yin, Zichong.,2020). Research focus on Metaphorical Expression used in poetry were done by (Ketaren, S.V., & Br. Pakpahan, E.M., 2021).

## **METHODOLOGY**

### **Research Design and Data Collection**

This study employs a qualitative descriptive research method. The researchers obtain the data through library research and data collection from a variety of literature. This study's literature is drawn not only from books, but also from journals, reference articles, and the internet. The subject of the research is Deborah Alma's poetry book.

Data collection methods in qualitative descriptive research are diverse and aim to discover the who, what, and where of phenomena (Sandelowski, 2000). In collecting the data, researchers conducted this study in some steps. The first step is choosing the poetry book. Second, read the poem line by line to look for figurative language, especially the metaphors. The researchers then put it in a table and classified it based on the types and meanings of metaphors. Third is identifying how many metaphorical words are contained in the poetries and identifying the types of metaphors used in poetries, and the

last is recognizing poetries in order to interpret the meaning of the metaphors in the poetries collection from "The Everyday Poet" by Deborah Alma.

The data are derived from the metaphorical expression found in the book "The Everyday Poet." This research's data has been presented in written form, and it describes the findings of the analysis related to the metaphorical expressions used in poetry. The researchers obtained the data from a book.

## FINDINGS AND DISCUSSION

### Findings

#### Types of Metaphors

The researchers discovered the types of metaphor in the book "The Everyday Poet" after analyzing the data. Parera (2004) classified metaphors into four types: anthropomorphic metaphor, animal metaphor, abstract to concrete metaphor, and synesthetic metaphor. The poet's metaphors were classified into tables by the researchers based on the verse of the poem.

To answer research question number 1, the analysis is presented on table 1.

Table 1. The types of metaphor in a semantic perspective

| <b>Title of Poetry</b>                                     | <b>Line</b>   | <b>Types of Metaphors</b>                                  |
|--|---|--|
| <i>Work without Hope by Samuel Taylor Coleridge (p.17)</i> | The bees are stirring<br>birds are on the wing  | Animal Metaphor  |
| <i>The Darkling Trush by Thomas Hardy</i>                  | When the frost was spectre-<br>grey   | Abstract to<br>concrete Metaphor                           |
| <i>Danse Russe by William Carlos Williams (p.32)</i>       | The sun is a flame -white disc<br>in silken mists   | Abstract to<br>concrete Metaphor                           |
| <i>Dirty Bird by Jane Burn (p.24)</i>                      | The Mirror is taunt   | Synesthetic<br>Metaphor                                    |
| <i>The Tom-Cat by Don Marquis (p.69)</i>                   | ○ His eyes are coals from the<br>middle of Hell<br>○ And his heart is black and<br>hard           | Anthropomorphic<br>Metaphor<br>Anthropomorphic<br>Metaphor |
| <i>Sonnet 130 by William Shakespeare (p.86)</i>            | ○ My mistress' eyes are<br>nothing like the sun,<br>○ Coral is far more red than<br>her lips' red | Anthropomorphic<br>Metaphor<br>Anthropomorphic<br>Metaphor |
| <i>Kisses by Thomas Campion (p.87)</i>                     | That kisses were the seals of<br>love   | Anthropomorphic<br>Metaphor                                |
| <i>La Belle Dame Sans Merci: A Ballad by John Keats</i>    | I see a lily on thy brow,<br>With anguish moist and fever-  | Synesthetic<br>Metaphor                                    |

|  |  |                          |
|--|--|--------------------------|
| (p.94)   | dew,   |                          |
| <i>The Tables Turned by William Wordsworth</i> (p.149) | Sweet is the lore which nature brings                                  | Synesthetic Metaphor     |
| <i>Green by D.H. LAWRENCE</i> (p.163)                  | The dawn was apple-green,<br>The sky was green wine held up in the sun | Anthropomorphic Metaphor |

To answer research question number two, the results are presented on table 2.

Table 2. Most common type of metaphor

| Type of Metaphor               | Line contain metaphor |
|--------------------------------|-----------------------|
| Anthropomorphic metaphor       | 6 lines               |
| Animal metaphor                | 1 line                |
| Abstract to concrete metaphors | 2 lines               |
| Synesthetic metaphor           | 3 lines               |

Based on table 2 above, it can be concluded that the most common type of metaphor used in the book "The Everyday Poet" is anthropomorphic metaphor, which has six lines.

### Meaning of Metaphor

The researchers discovered several meanings in each poem that the poet wanted to convey to the readers through the use of figurative language such as metaphor after analyzing the data. To answer research question number three, the meaning of metaphors is presented on Table 3.

Table 3. The meaning of metaphor

| The metaphor                                   | Meaning of metaphor   |
|--|---|
| The bees are stirring, birds are on the wing   | The speaker describes the ways in which "Nature" appears to work all around him. As he is traveling through a natural environment, he is able to observe the "Slugs" leaving "their trails" and the "stirring" of the bees. He can see the various animals all moving in their individual lives although it is still Winter. There are birds in the air, "on the wing" and Winter seems to smile at the thought of the coming spring. |
| When frost was spectre-grey                    | The presence of frost indicates that it is winter, and the adjective "spectre-grey," coined by Hardy, suggests a haunted landscape.   |
| The sun is a flame -white disc in silken mists | It is sun-rise, and the 'silken mists', and 'flame white disc [sun]' combine to create a picture of   |

|   |  |
|---|--|
|   | natural beauty. The harmonious setting creates a picturesque morning for Williams to perform his dance. The solitude and quiet of a 'morning' add to Williams' 'lonely' sense, the poet enjoying this moment completely alone in the early sun.  |
| The mirror is taunt   | When we look in the mirror, we will see our own face, we can see how we look. When people judge our appearance as bad or good, it can all be seen from a mirror.   |
| His eyes are coals from the middle of Hell                                | This poem uses the metaphor of a tomcat to show how fickle humans can be. Some other metaphors include eyes made of coal. "His eyes are coals from the middle of Hell" depicts that the person in the poem is angry with a terrible glare like coals of fire.  |
| And his heart is black and hard   | A person or thing with a black heart is thought to be innately evil.   |
| My mistress' eyes are nothing like the sun                                | The speaker describes the woman he love's eyes, noting that they are not like the suns.  |
| Coral is far more red than her lips' red                                  | He then compares her lips to coral, a reddish-pink, and concludes that her lips are much less red.   |
| That kisses were the seals of love  | This poem states that a kiss is proof of one's love for the person they love. "Kisses were the seals of love" means that he wants to possess the one he loves through a kiss.  |
| I see a lily on thy brow,<br>With anguish moist and fever-dew,            | The speaker informs the knight that he appears to be in poor health. He tells him that his face is as pale as a lily and that he is sweating profusely, as if he has a fever.  |
| Sweet is the lore which nature brings                                     | Nature provides a greater pleasure than intrusive human inquiry.   |
| The dawn was apple-green<br><br>The sky was green wine held up in the sun | Lawrence's "Green" expresses a woman's loss of innocence, or virginity. The color green, as implied by the title, is the central motif of this poem, representing the woman's initial innocence and naiveté. Lawrence's opening images depict an inexperienced woman's view of her surroundings. The moon is a "apple-green petal," the sky is "green wine held up in the sun," and the dawn is "apple-green." Through virginal green lenses, nature takes on a wondrous, fantastical quality. |

## DISCUSSION

Based on the findings, there are various types of metaphors found in poetry in the book "The Everyday Poet" by Deborah Alma.

| Poem Title                                | Line contain Metaphor | Type of Metaphor         |
|---|-----------------------|--------------------------|
| Work Without Hope, p.17                   | 1 line                | Animal metaphor          |
| The Darkling Trush, p. 20                 | 1 line                | Abstract to concrete     |
| Danse Russe, p. 32                        | 1 line                | Abstract to concrete     |
| Dirty Bird, p. 24                         | 1 line                | Synesthetic metaphor     |
| The Tom-Cat, p. 69                        | 2 lines               | Anthropomorphic metaphor |
| Sonnet 130, p. 86                         | 2 lines               | Anthropomorphic metaphor |
| Kisses, p. 87                             | 1 line                | Anthropomorphic metaphor |
| La Belle Dame Sans Merci: A Ballad, p. 94 | 1 line                | Synesthetic metaphor     |
| The Tables Turned, p. 149                 | 1 line                | Synesthetic metaphor     |
| Green, p. 163                             | 1 line                | Anthropomorphic metaphor |

Based on the research that has been conducted, there are twelve lines (sentences) that contain metaphors. The abstract to concrete metaphor type is the most common of the 12 lines of metaphor found in some of the poem titles. Nevertheless, the researchers were focused on using Parera's theory in analyzing the types of metaphor in the book of "The Everyday Poet" by Debora Alma.

## CONCLUSION

Based on the findings, the researchers concluded that the poetry in the book "The Everyday Poet" contains 12 lines of metaphor, of which 2 are abstract to concrete metaphors, 3 are synesthetic metaphors, 1 is animal metaphor, and 6 are anthropomorphic metaphors. Anthropomorphic metaphor is said to be the dominant types of metaphor. The poet attempts to describe their feeling or something by comparing the similarity of their experience or their own bodies using anthropomorphic metaphor.

Based on these findings, the researchers concluded that metaphor plays an important role in poetry writing. The poet can express their feelings to the reader through the depiction or comparison made by the poet, making the poetry more interesting to read.

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