

**ANGER NARRATIVES: A QUALITATIVE APPROACH TO THE PSYCHOSOCIAL
AND LINGUISTIC ASPECTS OF THE EMOTION OF ANGER**

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INDIAN INSTITUTE OF TECHNOLOGY DELHI

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by

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DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES

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CERTIFICATE

This is to certify that the thesis entitled, '**Anger Narratives: A Qualitative Approach to the Psychosocial and Linguistic Aspects of the Emotion of Anger**' submitted by Ms. **Srividya Rajaram** to the Department of Humanities and social sciences, Indian Institute of Technology Delhi for the award of the degree of **DOCTORATE OF PHILOSOPHY** is a record of the bona fide research work carried out by her. Ms. **Srividya Rajaram** has worked under my supervision for the submission of this thesis, which to my knowledge has reached the requisite standard.

This thesis or any part of it has not been presented or submitted to any other university or Institute for any degree or diploma.



Prof. Rukmini Bhaya Nair

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Dated:

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A rectangular box containing a handwritten signature in black ink. The signature reads "Srividya Rajaram" in a cursive, flowing script.

Srividya Rajaram

Abstract

Anger is a complex phenomenon with multiple definitions. It shares similarities with many overlapping constructs such as frustration, hostility, contempt and has been extensively researched. Significant attempts have been made, over the past several decades, to demarcate ‘normal’ anger from that which is clinical in nature, as well as to develop quantitative measures of the emotion. The role of cultural and linguistic practices that are crucial to the study of the emotion has, however, not been studied with much rigor, especially on the Indian subcontinent. The role of language and linguistic analysis, in particular, could capture many nuanced aspects of this ‘basic’ emotion, especially in a multilingual culture such as ours. The current exploratory research aims at gaining a deeper understanding of the phenomenology of anger by using a cross-sectional research design that undertakes a ‘thick description’ of data. It does so by analyzing the stories of anger narrated by young Indian adults, deploying the lens of narrative methodology. Two different methodological constructs are used in this regard, both qualitative in nature, in order to map the linguistic manifestation of the experience and expression of anger. These constructs are modified Labovian analysis and Nair’s notion of ‘impliculture’, which builds on Labov’s analysis but incorporates a structure of ‘mini-codas’ within the narrative conversation. The results of this research show how the tools of linguistic, semantic and narrative analysis can reveal details about, and open apertures into, the psychological processes that underlie the emotion of anger. The prolific use of figurative language in these narratives and the ‘folk wisdom’ that narrators bring to their perceptions of anger, emerge as powerful aspects of this prismatic emotion. Despite the limitation of small sample size, a preliminary ‘Anger Lexicon’ has also been constructed for the first time in this thesis bringing out both the cultural, as well as possibly universal, dimensions of the emotion. Overall, the research attests to the fact that linguistic analysis can supplement quantitative

measures in the study of anger, and that this methodology can likely be extended to other emotion research. In this sense, it is anticipated that the linguistic tools presented in this thesis will serve as a starting point, at least in the Indian social context, for a more sophisticated use of qualitative analytic methods in the study of the psychology of the emotions.

Keywords: Anger, Narrative, Evaluation, Implicature, Negation, Modals, Intensifiers, Repetition, Metaphor, Folk Theories, Code switching, Lexicon.

एब्स्ट्रैक्ट (सारांश)

क्रोध एक जटिल विषय है जिसकी कई परिभाषाएं हो सकती हैं। क्रोध और उस से संबंधित अन्य भावनाओं, जैसे कि - निराशा, द्वेष, तिरस्कार - में बहुत समानताएं हैं। यह एक बड़े पैमाने पर शोध का विषय रहा है। पिछले कुछ दशकों में, आम तौर पर आनेवाले गुस्से और किसी रोग का लक्षण होनेवाले गुस्से के अंतर को जानने हेतु काफी काम हुआ है। क्रोध की भावना को आंकने के लिए मात्रात्मक मापदंडों का विकास भी किया गया है। इसके बावजूद, भावनाओं के संबंध में संस्कृति और भाषा-विज्ञान से जुड़ी कार्य प्रणालियों की भूमिका के बारे में ज्यादा जांच नहीं की गई है, खासकर भारतीय उपमहाद्वीप में। भाषा और भाषाई विश्लेषण के द्वारा इन मूल भावनाओं की बारीकियों को पहचाना जा सकता है, खासकर हमारी जैसी बहुभाषीय संस्कृति में। मौजूदा खोज के शुरुआती हिस्से में हम क्रोध की प्रक्रिया और उसके घटनाक्रम को अच्छी तरह समझने की कोशिश करते हैं। इसके लिए एक बहुआयामी शोधकार्य का उपयोग किया गया है जो तथ्यों को 'थिक डिस्क्रिप्शन' की विधि से निर्धारित करता है। इसमें सिर्फ व्यवहार ही नहीं बल्कि उसके असर और घटना से जुड़े सभी लोगों के निजी दृष्टिकोणों का भी खयाल रखा जाता है। भारतीय नागरिकों की क्रोध से संबंधित वारदातों का परिक्षण उन्हें वृत्तांत के रूप में प्रस्तुत कर के किया जाता है। इस बात के लिए दो गुणात्मक तरीके अपनाए गए हैं जिन से क्रोध को ज़ाहिर करने का ढंग और उसके अनुभव को व्यक्त करते समय बोली जानेवाली भाषा, दोनों का लेखा रखा जा सकता है। ये तरीके हैं संशोधित 'लैबोविएन एनालिसिस' और 'नायर्स नोशन ऑफ़ इम्पलीकल्चर'। यह लैबोव के विश्लेषण पर आधारित है पर इसके विवरण में 'मिनी-कोडास' का ढांचा भी शामिल है। इस अनुसंधान के परिणाम से यह पता चलता है कि भाषा-विज्ञान, शब्दार्थ विज्ञान और वृत्तांत विश्लेषण की मदद से हमें क्रोध की भावना के भीतर छिपी

मानसिक प्रक्रिया की बेहतर पहचान और पहुंच होगी। इन वृत्तांतों में क्रोध को दर्शाने के लिए इस्तेमाल की जानेवाली भाषा अलंकारों और लोक-ज्ञान से भरी है। इस इंद्रधनुषी भावना के अनेक पहलुओं पर नज़र डालते वक़्त यही भाषा हमारे काम आती है। जांच गणना के छोटे सैंपल साइज़ के बावजूद, इस थीसिस के दौरान, एक प्रारंभिक 'एंगर लेक्सिकन' (क्रोध संबंधित शब्द-कोष) का निर्माण पहली बार किया गया है। इसमें क्रोध की भावना के सांस्कृतिक और अन्य विस्तृत रूपों का उल्लेख है। यह अनुसंधान साबित करता है कि भाषाई विश्लेषण की सहायता से मात्रात्मक मापदंडों का इस्तेमाल अलग-अलग भावनाओं की जांच करने के लिए किया जा सकता है, जैसा कि क्रोध के परिक्षण के लिए किया गया। यह आशा की जाती है कि इस थीसिस में प्रस्तुत भाषा संबंधी साधन बस एक शुरुआत हैं जिनका उपयोग, भारतीय समाज के सन्दर्भ में, भावनाओं के मनोविज्ञान को गुणात्मक विश्लेषण के तरीकों से समझने के लिए किया जाएगा।

संकेत शब्द: क्रोध, गुस्सा, नैरेटिव, वृत्तांत, इवैल्यूएशन, मूल्यांकन, आंकलन, इम्पलीकल्चर, नेगेशन, असहमति, मोडल, क्रियाभाव, इंटेसीफायर, तीव्रक, रेपेटिशन, आवृत्ति, पुनरावृत्ति, मेटाफर, उपमा, रूपक, फोक थ्योरी, लोकमत, लोक ज्ञान, कोड स्विचिंग, कोड परिवर्तन, लेक्सिकन, शब्दकोष

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