WORD REPRESENTATION OF THE EMOTION OF ANXIETY IN ELDERLY WOMEN: PSYCHOLINGUISTIC-PRAGMATIC CASE STUDIES

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Abstract: Anxiety problems often occur in elderly women. This study aims to describe the word representation of anxiety emotion in elderly women. This research uses qualitative approach. The analysis of the data collected using the techniques of recording, listening, note-taking, and skillful involvement. The results show that elderly women have a fairly high level of anxiety. When the psychological disturbance occurs, feelings such as worry, anger, boredom, disappointment, sadness, and confusion appear with lingual markers such as must, why, do not understand, strange, disappointed, sorry, and confused. When no psychological disturbances arise, feelings of gratitude and disappointment with lingual markers such as grateful, pray for me, alhamdulillah, unfortunately. Factors that cause the emergence of anxious emotions are circumstances that do not match expectations and desires and are having difficulty accepting reality.

Keywords: word emotion anxiety, elderly women

Research on the representation of the word emotion of anxiety in elderly women that is reviewed psycholinguistically and pragmatically is important to study because anxiety disorders often occur in elderly women which are triggered by a decrease in physiological function that has an impact on physical and psychological conditions. The emotional level of anxiety in elderly women can be influenced by their environment and can be expressed through their language behavior which is marked by the use of their vocabulary. In line with a person's life experience and age level, the use of language, especially in the use of words that are in the mind, can be a tool to determine a person's emotional level, both emotions of anxiety and emotions of joy. Differences in life experience and age level will differentiate the disclosure of the word emotion in elderly and early age humans.

Research on word representations of anxiety emotions in elderly women, a psycholinguistic and pragmatic case study, was conducted to determine the word representations used when anxiety emotions occur in elderly women, both psycholinguistically and pragmatically. Psycholinguistics is a branch of linguistics that examines language as a process, related to its function which cannot be separated from the role that involves speakers and listeners, each of which is inseparable from their respective psychological conditions.
Furthermore, Pragmatics is a branch of linguistics that examines the use of language by involving the context of speech when communication occurs. Thus, the problems to be studied are as follows. (i) What is the representation of the word anxiety emotion spoken to elderly women when there is a psychological disorder? (ii) What is the representation of the word anxiety emotion spoken to elderly women when there is no psychological disorder? and (iii) How can the context explain the emotional causes of anxiety in elderly women?

Much research related to the field of psycholinguistics - expressions or emotions has been carried out, including (Michelle et al., 2011), (Torres et al., 2015), (Katharina & Maria von Salisch, 2017), (Marissa & Scott P Johnson, 2022), (Ilmi & Ade, 2022) These studies examine the psycholinguistic expression of feelings or emotions with their research subjects on children. (Madeleine et al., 2023) in her research suggested that language is a potential mechanism for developing children's emotional understanding. Furthermore, (Ilmi & Ade, 2022) conducted research in the field of emotional joy vocabulary in children with the finding that in expressing joy early childhood tends to use basic vocabulary forms.

Much research related to the emotion of anxiety in adults, especially women, has been carried out in the fields of psychology and health sciences, including (V Gonzalez et al., 2021), (Elizabetha Kozel et al., 2022) In his research, it was stated that women often feel strong emotional pressure in their social life. Research on the emotion of anxiety in elderly women with psycholinguistic and pragmatic studies has not been carried out much. For this reason, this research will link psycholinguistically and pragmatically. Psycholinguistics is a branch of linguistics that examines language as a process, related to its function which cannot be separated from the role that involves speakers and listeners, each of whom is inseparable from their respective psychological conditions. The language process is two-way between speakers and listeners. This process is controlled by the brain which is a regulator and controller of all human activities. What steps the listener must then take after understanding a speech depends on what speech is heard. In speech act theory there are representative, directive, commissive, declarative, and expressive speeches. If the speech heard is a representative speech, then it is not expected to do anything except store the speech in memory which one day may be needed (Dardjowidjojo, 2003).

In elderly women, psychogenic disorders or mental disorders sometimes occur. Mental modality can be revealed from the way of speaking which is largely determined by the tone, intonation and intensity of the sound, pronunciation and choice of words (Chaer, 2010) Under normal conditions when there is no psychogenic disorder, the way of speaking is of course different from when a mental disorder occurs. The word representation of anxiety emotion is expressed through expressive utterances. Expressive speech acts are speech acts intended by speakers to be interpreted as evaluations of their speech which include utterances of thanking, encouraging, complaining, flattering, praising, blaming, and criticizing. (Tarmini et al., 2020) Expressive speech acts are part of the study of pragmatics. Pragmatic studies cannot be separated from context. (Rahardi, 2022) argues that context in pragmatics does not only refer to physical and social dimensions but also refers to a set of assumptions that are personal and communal. Likewise, in this research, the meaning of elderly women’s speech was interpreted by considering the context that gives rise to anxious emotions.

Much research has been carried out with a pragmatic dimension and apart from that the researcher himself has also conducted several studies related to pragmatic studies. It’s just that in this study, apart from being studied pragmatically, it also focuses mainly on the field of psycholinguistics. Therefore, this study has the objectives, namely (1) to describe the representation of the word emotion of anxiety that is spoken in elderly women when there is a psychological disturbance; (2) describe the representation of the word anxiety emotion spoken in elderly women when there is no psychological disorder? and (3) describe the factors that cause emotional anxiety in elderly women by involving context.

METHOD

This research uses qualitative research. The data source in this research is an 86-year-old
mother who lives with her daughter. The data of this research are words, phrases, and sentences containing anxious emotion words. The data of anxious emotion words in sentences spoken by an 86-year-old mother represent the anxious emotion words of elderly women discussed in this research.

Data collection was carried out by recording, observing, taking notes, and being able to engage in techniques. Listening, recording, and recording were carried out from July 2022 to December 2022. The results of listening, recording, and recording were used as transcripts as research data. The data analysis technique was compiled by adopting the qualitative data analysis technique developed by Miles and Huberman, namely the interactive model of analysis. Miles & Huberman (K.Denzin & S.Lincoln, 2011) said that the interactive model focuses on three components, namely data reduction, data presentation, and data verification. Data reduction is done by is the process of selecting, focusing, simplifying, and abstracting the resulting data from recording, recording data. Data reduction is done when the researcher determines the conceptual framework, research questions, cases and instruments used. The instrument used in collecting research data is a verbal data table of elderly women who represent anxiety words in various sentences such as declarative, interrogative, and imperative sentences. This instrument is used as a tool for elicitation of elderly women so that the required data can be collected.

The table is an instrument of data analysis in this study. The data analysis table is used to see data reduction units, data presentation. Through data analysis tables, it will be easier for researchers to interpret the data and its relationship with other aspects. Conclusions will be made based on the results of data interpretation. The following is a table of data analysis instrument.

<table>
<thead>
<tr>
<th>Sentence Speech Data</th>
<th>Psychological Disorder</th>
<th>Without Psychological Disorder</th>
<th>Lingual Markers</th>
<th>Context</th>
<th>Factors That Cause Anxiety</th>
</tr>
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</table>

RESULT AND DISCUSSION

Research Results

Based on the results of recording and note data for 6 months, 24 conversation data were captured. Of the 24 conversational data, it was found that 20 data or 83% of the conversations indicated psychological disturbances of anxiety emotions and 4 data or 17% did not indicate psychological disorders of anxiety emotions. From the results of the classification and analysis of the data, it was found that the word representation of the emotion of anxiety spoken by elderly women is as follows. When there is a psychological disorder, there is a feeling of worry, uncomfortable, angry, bored, disappointed, very disappointed, sad, and confused. These feelings are indicated by lingual markers such as must, should, still can, why, why could, don't understand why, strange, disappointed, very sorry, regrets why, confused in Declarative and Rhetorical Interrogative Sentences. When there is no psychological disorder, the word representation of emotion describes feelings such as grateful, proud, and disappointed at a normal level as an ordinary human being. The word representation of emotions is marked by lingual markers such as grateful, pray for me (grandma), Thank God I can, oh unfortunately in the form of declarative and imperative sentences.

Factors that cause emotional anxiety in elderly women are situations that are not in accordance with their expectations and desires and cannot accept the reality that is happening. The results of the study show that elderly women have a fairly high level of anxiety, around 83%.

Figure of an emotional representation of anxiety in elderly women can be seen in the following picture. (Figure 1) below.
Word Representation of Anxiety Emotions with Psychological Disorders

When psychological disorders occur, the anxiety emotion word is represented by a lingual marker that contain a negative meaning, such as the words worried, annoyed, angry, and disappointment. This can be seen in the following examples of data.

(1) Anyway, all my daughters have to work.

Sentence (1) is said in the family room when discussing a family whose life is less fortunate, The anxious emotion words basically and must were uttered because of feelings of worry that her daughter would suffer.

(2) I'm healthy, I can still do everything myself. I eat well, I sleep well too.

Sentence (2) was said in the bedroom when she was sick. The emotional words/phrases of anxiety can still do were said because she is annoyed by the fact that she is always asked about her health. The sentence I am healthy, I can do everything myself which is said repeatedly does not correspond to the actual situation.

(3) Who's coming? The house owner? Is this a hospital? No no… Where is this? The room is so dirty.

Sentence (3) is pronounced in the VIP room of a hospital. The anxious emotion word/phrase no... ah... is said because she is angry and doesn’t want to accept the fact that she is sick.

(4) I (grandma) don't understand! Even though I have my own house, one is rented out and the other can be occupied... Why was I suddenly taken to Aria Graha... I really don't understand…

Sentence (4) was said repeatedly with high intonation when she was alone. The emotional words/phrases of anxiety don't understand, why..., really don't understand, are said because she is angry and disappointed. Her desires are not matched.

Word Representation of Anxiety Emotions With no Psychological Disorders

When there is no psychological disturbance, the word of anxiety emotions is represented by lingual markers that contain positive meaning such as the words grateful, pray for me, thank God, what a shame. Look at the following examples of data.

(5) I (grandma) am grateful that my children are successful, all work, independent and not dependent on her husband.

Sentence (5) is said in the family room when there are friends to talk to. The anxious emotion word grateful is said repeatedly which actually contains a mother’s worry.
(6) Hi, Children... I (grandma) wish i can have recovery so that we can gather again quickly, please pray for me, ok children.

Sentence (6) was said in the hospital when she felt like going home. The emotion of anxiety pray for me is said because of the uncomfortable feeling of being in the hospital.

(7) Alhamdulillah (grateful) everything can still be done by myself too.

Sentence (7) was said in the family room. The emotion word of anxiety thank God … are said because in fact there are many limitations but there is still something that can be done.

(8) How is Aa Sam now? What a shame, the child is a very smart child but why is he left behind his younger sibling.

Sentence (8) was said in the family room while conversing with her daughter. The anxious emotion what a shame was said because of feeling of disappointment towards her beloved grandson.

**Discussions**

Representation of anxiety emotion words in elderly women shows significant differences. The language behavior of elderly women when there is a psychological disorder is different from the language behavior when there is no psychological disorder. When psychological disorders occur, the word of anxiety emotions is represented by lingual marker that contain negative meanings, such as the words worried, annoyed, angry, and disappointed. Meanwhile, when there is no psychological disturbance, the emotional word anxiety is represented by lingual markers that contain positive meanings such as grateful, pray, thank God, what a shame. Of the 24 conversational data, it was found that 20 data or 83% of the conversations indicated psychological disturbances of anxiety emotions.

The findings of this research are in accordance with the statement put forward by (Dona & Anisa, 2016); (Dahroni et al., 2017) stated that one of the psychological conditions that often occurs in elderly women is a social condition in the form of anxiety.

Old age is a natural factor that cannot be avoided in the course of human life. (Karmiyati et al., 2020); (Solmaz & Masoomeh, 2022) suggests that the decline in physiological function affects physical and psychological conditions. Anxiety is characterized by worries that cause discomfort and interfere with life. Anxiety emotions in elderly women can occur due to the presence of excessive worry and mood swings.

The physical decline that occurs in people who are elderly results in anxiety. (Paskah, 2016), (Rindayati et al., 2020) suggests that a person's anxiety level is not clearly known until now. However, the results of this study can provide an overview of the level of anxiety of elderly women expressed through their language behavior. The results show that the form of anxiety vocabulary in declarative sentences is spoken repeatedly with high intonation. Some other examples of data describes the emotion of anxiety with lingual markers such as must, should, still can, why, why could, don't understand why, regrets why, confused in Declarative and Rhetorical Interrogative Sentences “I don't understand that! Even though I have my own house, one is rented and the other one can be occupied... Why was I suddenly brought to Aria Graha ... I really don't understand”.

The words don't understand, why, really don't understand in declarative sentences that are spoken repeatedly represent the emotion of anger. Similarly, in the following data examples, anxiety vocabulary forms are found in interrogative sentences “Who came? The house owner? Is this a hospital? No, no...Where is this? The room is very dirty”. The example is in the form of an interrogative sentence, but the intention of the sentence is not to ask but to represent the emotion of anger at not wanting to be hospitalized despite being placed in a fairly comfortable room.

(Tarmini, 2009) suggests that interrogative markers that are not used to ask questions fall into the rhetorical interrogative sentence type. Some other data examples can be seen in the previous discussion. Lingual markers should, ought to, can still, why, why can, don't understand why, strange, disappointed, very sorry, regret why, confused describe the emotion of anxiety in Declarative and Rhetorical Interrogative sentences. When there is
psychological disturbance the word anxiety emotion repeatedly appears in the speech of elderly women.

Representation of anxiety emotion words in elderly women who are not accompanied by psychological disorders is only found in 17%. Word representations of emotions that are not accompanied by psychological disorders are spoken with moderate or flat intonation. This can be seen in the following data examples, “How is Aa Sam now? What a shame, the child is a very smart child but why is he left behind his younger sibling”. The data examples are interrogative sentences and declarative sentences that represent the emotion of disappointment characterized by the lingual marker unfortunately. Some other data examples that illustrate the emotion of anxiety are marked by lingual markers of grateful, pray for ya, alhamdulillah, I can, what a shame in declarative and imperative sentences.

The word representation of anxiety emotion is expressed through expressive speech. Expressive speech acts are speech acts that are intended by the speaker can be interpreted as an evaluation of his speech, including complaining, blaming, and criticizing. This is in accordance with the research findings(Tarmini et al., 2020).

From the results of the discussion, it can be stated that the level of anxiety of elderly women is expressed through their language behavior and the factors that cause the emotions of anxiety of elderly women are circumstances that are not in accordance with their expectations and desires and cannot accept the reality that occurs. (Fusi et al., 2021);(Hayley et al., 2023) suggests that the behavior and presentation of anxiety in each individual differs based on age levels. The results of this study represent the anxious emotions of elderly women based on their specific language behavior. Life background shapes each individuals’s personality which is reflected in their language behavior. However, each individual’s language behavior is bound by the generally accepted system.

CONCLUSION

Based on the results of data analysis, it can be concluded that the emotional level of anxiety in elderly women can be expressed through their language behavior which is characterized by the use of anxiety vocabulary. When a psychological disorder occurs, feelings of worry, discomfort, anger, boredom, disappointment, extreme disappointment, sadness, and confusion arise. These feelings are indicated by lingual markers such as must, should, still can, why, why could, don’t understand why, strange, disappointed, very sorry, regrets why, confused in Declarative and Rhetorical Interrogative Sentences. When there was no psychological disorder, she described only feeling grateful, proud, and disappointed. These feelings are indicated by lingual markers such as grateful, pray for me, (feeling grateful) I can, unfortunately in declarative and imperative sentences. Factors that cause emotional anxiety in elderly women are situations that are not in accordance with their expectations and desires and cannot accept the reality that is happening. The results of the study show that elderly women have a fairly high level of anxiety, around 83%. Further research can be carried out involving various social backgrounds of elderly women because this can influence their language behavior.

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