

**EXPOSING RUPI KAUR'S PERSONALITY IN HER
SELECTED POEM *HOME BODY***

THESIS



UIN SUNAN AMPEL
S U R A B A Y A

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COLLECTION: AN EXPRESSIVE APPROACH

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ABSTRACT

Rizqiyah, Nilla. (2023). *Exposing Rupi Kaur's Personality in Her Selected Poem Home Body*. English Literature Department, Faculty of Adab and Humanities, UIN Sunan Ampel Surabaya. Advisors: (I) Dr. Wahyu Kusumajanti, M. Hum., (II) Ramadhina Ulfa Nuristama, M.A.

Keywords: poetry, expressive approach, author's background.

In this research, the researcher focuses on analyzing Rupi Kaur's poetry collection with a biographical approach. This topic becomes important and interesting to be analyzed from the biographical approach because every work of literature may relate to the author itself. Moreover, poetry serves as a means for poets to communicate their thoughts and emotions. This research aims to answer the research problems about (1) How is "I" characterized in Rupi Kaur's poem collection Home Body? And (2) How does the characterization relate to the author's background?

This research employed a descriptive qualitative method with the theory of new criticism and expressive approach for the analysis. Biographical approach involves analyzing a literary work with regard to its author's background. Therefore, the researcher used this approach to relate the background of the author with the selected poems in Rupi Kaur's Home Body. The result of this research shows that the speaker or "I" in Rupi Kaur's poems exhibits a complex range of traits and characteristics. These include introversion, pessimism, optimism, obedience, sensitivity, ambition, and patience. These characteristics are influenced by Rupi Kaur's experiences and childhood environment.

ABSTRAK

Rizqiyah, Nilla. 2023. *Mengekspos Kepribadian Rupi Kaur dalam Sajak Rumah Sajak Pilihannya*. Program Studi Sastra Inggris, Fakultas Adab dan Humaniora, UIN Sunan Ampel Surabaya. Pembimbing: (I) Dr. Wahyu Kusumajanti, M. Hum., (II) Ramadhina Ulfa Nuristama, M.A.

Kata Kunci: puisi, pendekatan ekspresif, latar belakang penulis.

Dalam penelitian ini, peneliti fokus menganalisis kumpulan puisi Rupi Kaur dengan pendekatan biografi. Topik ini menjadi penting dan menarik untuk ditelaah dari pendekatan ekspresif karena setiap karya sastra dapat berhubungan dengan pengarang itu sendiri. Selain itu, puisi berfungsi sebagai sarana bagi penyair untuk mengkomunikasikan pikiran dan emosinya. Penelitian ini bertujuan untuk menjawab permasalahan penelitian tentang (1) Bagaimana ciri “aku” dalam kumpulan puisi Rupi Kaur Tubuh Rumah? Dan (2) Bagaimana hubungan penokohan dengan latar belakang pengarang?

Penelitian ini menggunakan metode kualitatif deskriptif dengan teori kritik baru dan pendekatan analisis biografi. Pendekatan biografi melibatkan analisis sebuah karya sastra berkenaan dengan latar belakang pengarangnya. Oleh karena itu, peneliti menggunakan pendekatan ini untuk menghubungkan latar belakang pengarang dengan puisi-puisi terpilih dalam Tubuh Rumah Rupi Kaur. Hasil penelitian ini menunjukkan bahwa penutur atau "aku" dalam puisi-puisi Rupi Kaur menunjukkan sifat dan karakteristik yang kompleks. Ini termasuk introversi, pesimisme, optimisme, ketaatan, kepekaan, ambisi, dan kesabaran. Ciri-ciri tersebut dipengaruhi oleh pengalaman Rupi Kaur dan lingkungan masa kecilnya.

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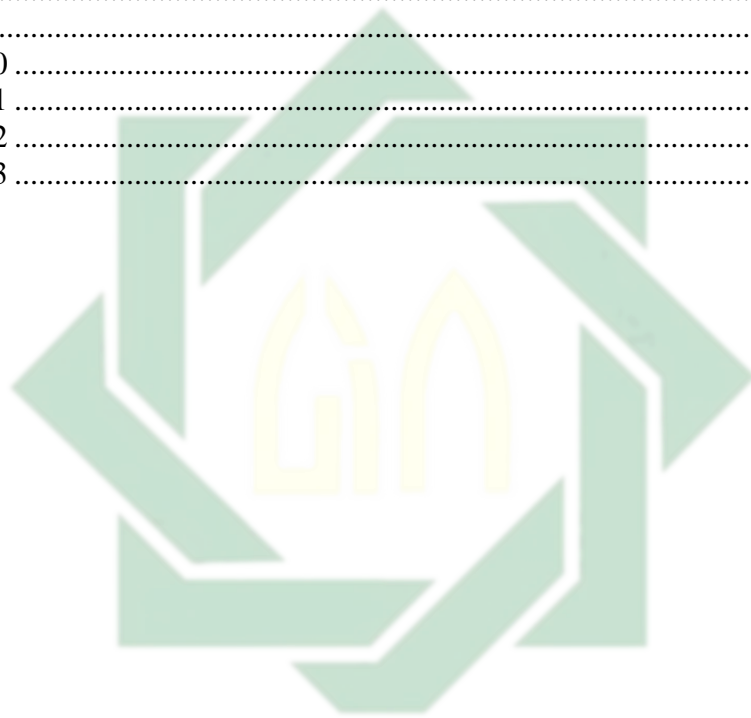
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CHAPTER I

INTRODUCTION

1.1 Background of the study

Humans are known as "Al Insan Hayawan Nathiq" (Mu'izzuddin, 2016), which means noble creatures in the eyes of God. Unlike animals, humans have been endowed with reason by Allah SWT, which is a fundamental characteristic of their nature. Reason enables humans to perceive and acquire knowledge, and it is necessary for them to solve problems and take appropriate actions. Reason enables humans to understand symbols, analyze, compare, draw conclusions, and differentiate between right and wrong. Moreover, it encourages creativity and innovation, vital for developing culture and civilization. Through science and technology, humans use their intellectual abilities to improve their lives and create a safer, more comfortable world.

Human beings have the ability to express their emotions through various mediums, including literature. The author of a literary work plays a crucial role in its creation, as noted by Wellek & Warren (1997). Therefore, analyzing an author's characterization and life is an effective approach in literary studies. Authors are ordinary individuals, and their personal growth and development in various areas, such as morals, intellect, career, and emotions, can be examined according to certain standards, such as ethical values and behavioral norms.

Wellek & Warren (1997) suggest that art is a form of innocent self-expression that conveys emotions and ideas. Although the author's work may be a dramatized representation or a disguise, it is often based on their own experiences and life. Thus, there is an indirect connection and similarity between the author and their work.

Poetry is a type of literary fiction that consists of tangible writing with rhythm, rhyme, and lyrics in each stanza (Klarer, 2004). These elements not only create an aesthetic quality, but also convey meaning and express the poet's emotions. Poetry utilizes imaginative language and a well-structured language system to deliver powerful messages. As Waluyo (1995) noted, poetry is one of the earliest forms of literature, and the earliest known works of literature were in the form of poetry. Poetry is a literary expression that uses language to capture the poet's thoughts and emotions, and it does so by concentrating language and creating a physical and emotional structure.

Nowadays, poetry in social media has become increasingly popular over the years (Hughes, 2011). Social media platforms such as Twitter, Instagram, and Tumblr have provided a space for poets to share their work with a wider audience and connect with other writers. One of the benefits of sharing poetry on social media is that it allows poets to reach a larger audience than they might have otherwise. This can lead to increased recognition and a greater chance of being discovered by publishers or literary agents. Additionally, social media can help poets to connect with other writers and to build a community of fellow artists. This can provide a support system and a source of inspiration, as well as

opportunities for collaboration and networking (Pâquet, 2019). Overall, while social media can be a powerful tool for poets, it is important to approach it with care and to prioritize the artistic process over the need for validation and recognition.

Poetry is a form of literature that expresses the imaginative poet's thoughts and emotions using carefully chosen words to create a beautiful and meaningful piece (Perrine, 1943). William Wordsworth's quote, "Poetry is the spontaneous overflow of powerful feelings, it takes its origin from emotion recollected in tranquility...", emphasizes that poetry is a strong emotional expression that arises from the writer's calm contemplation and reflection of their feelings. The emotions contemplated produce a kindered feeling in the writer's mind, leading to the spontaneous creation of poetry.

There are two approaches to understanding the meaning of poetry (Pradopo, 2017). The first approach is heuristic reading, which involves reading poetry based on language conventions or systems. In this approach, the language of poetry deviates from normative language and is often de-automatized or defamiliarized, making it difficult to understand. The second approach is hermeneutic reading, which involves re-reading the poem from beginning to end and interpreting it based on literary conventions. Poetry often expresses ideas indirectly through the use of metaphor, ambiguity, contradiction, and visual signs within the text.

A person who writes poetry is known as a poet. Poets are indispensable members of every society, even though they may create their work in isolation

(Foucault, 1969). They are not isolated from the world, but instead they create a universe that they share with us. Poets serve an important educational function, whether their work is in written or oral form. Plato's criticism of Homer highlights the importance of poetry and what it can and cannot do. Poets act as keen observers of the world around them and use their mastery of language to paint vivid pictures of it. Their work both entertains and inspires audiences to contemplate life on a deeper and more profound level. Ultimately, poets add a new dimension to life.

Poetry serves as a means for poets to communicate their thoughts and emotions. It possesses the ability to deeply touch our hearts and minds. Through poetry, poets can express themselves in a healthy and cathartic manner (Nurhamidah et al., 2019). It provides a safe and non-judgmental outlet for their emotions, allowing them to share their experiences with others. By writing about their life experiences, poets can create a connection with their readers or listeners, who may empathize with their experiences. The beauty of poetry lies in its freedom - there are no strict rules and poets are free to express themselves in any way they desire. Whether they write about their deepest feelings or the world around them, poetry offers a wonderful platform for self-expression (Nurhamidah et al., 2019).

The researcher intends to analyze the poems collected in Rupi Kaur's book *Home Body* (2020), which is distinct from her previous work as it delves deeper into her personal struggles. The book is organized into four chapters: mind, heart, rest, and awake, and each poem lacks a title. What makes this book unique is that

the collection of poems tells a continuous story of a girl. The researcher chose this book as the subject of analysis because Rupi Kaur's poetry is interesting and she is particularly popular among teenagers due to her reputation as an "Instapoet." This term was coined because she gained notoriety by posting her poems online, primarily on her Instagram account (@rupikaur_).

Rupi Kaur was born in Punjab, India on October 5th, 1992, and moved with her family to Toronto, Canada when she was four years old. Growing up, she was encouraged by her mother to pursue drawing and painting, and she also wrote poems for her friends' birthdays and to express her feelings for someone she liked during junior high school. She attended the Department of Rhetoric and Professional Writing at the University of Waterloo, Ontario, and has lived in Brampton, Ontario with her parents and four siblings after moving frequently, a total of seven times, before settling there (El-Safty, 2016)

Rupi Kaur first gained popularity as a poet through social media platforms like Instagram, Tumblr, and Facebook. Her poetry typically explores themes such as abuse, femininity, love, and heartbreak. Kaur has published several books, including *Milk and Honey* (2014) and *The Sun and Her Flowers* (2017), both of which sold over 10,000 copies and became bestsellers. Kaur originally shared her writing anonymously in high school and later adopted the stage surname of Kaur, which is a common name for Sikh women. In 2013, Kaur began sharing her work publicly on Tumblr before transitioning to Instagram in 2014, where she started incorporating simple illustrations. In November 2020, Kaur published her latest collection of poetry, *Home Body*, which includes not only poems but also prose

and hand-drawn illustrations by the author herself. *Home Body* quickly became one of the bestselling books of 2020.

Rupi Kaur revealed that her writing inspiration came from both her own experiences and the stories of others. She was influenced by the works of writers like Anais Nin, Virginia Woolf, and Warsan Shire, which motivated her to start writing poetry seriously in November 2013. Additionally, Kaur draws inspiration from Sikhism's scriptures in her writing and personal life. She began posting her writings on Instagram in 2014, accompanied by simple illustrations. Kaur's unique style involves writing in all lowercase letters and only using a dot as punctuation. She explained that this style pays homage to her culture, as Gurmukhi writing only uses one letter form and employs the dot as its punctuation. Moreover, she finds this style to be a fitting representation of her views on equality among letters and styles (Charleston, 2015).

The researcher has chosen to study the characterization of 'I' in Rupi Kaur's poems and its connection to her background. There are several reasons for choosing Kaur as the subject of the research. Firstly, she is a contemporary poet who is highly popular among teenagers, thanks to her use of social media platforms like Instagram, Facebook, and Tumblr. Secondly, Kaur is an inspiration to many young Sikh women, as she has brought Sikh art, beauty, and vulnerability to the forefront in a modern way. She has made authenticity popular. Thirdly, as with all poets, Kaur's work is inspired by her own experiences, and the researcher aims to uncover her background through her poems. Finally, Kaur's poems are

unique because they contain short lines and illustrations that complement the content of the poem.

There are several research that related to this topic. The studies conducted by Hussain & Ali (2021), (De Grado (2021), and Adzkiya et al. (2022) offer a glimpse into a patriarchal society where women face inequality and discrimination in social, political, and economic spheres as depicted in Rupī Kaur's various works.

Hussain & Ali (2021) studied reaction to the patriarchal mechanism of society, where women have always been subjugated, suppressed, and surpassed by men in Rupī Kaur's *Hom Body*. The researcher finding is women in postmodern/postcolonial India are marginalized on the basis of their gender, Adzkiya et al. (2022) investigated how Kaur portrays women from their breaking to healing stages until finally they become strong and empowered figures in Rupī Kaur's "Milk and Honey". The researcher findings show the situation in which women are overwhelmed by the pressure of patriarchal society norms, sexual abuse in family. environment that causes mental trauma in such young ages and also social pressure and expectations towards women that become oppression against women. Meanwhile De Grado (2021) focus on the notion of vulnerability expressed in the book of poems "The Sun and Flowers". The researcher reveals that the author advocates for a new conception of vulnerability as a source of empowerment which allows women to exercise agency against the gender-based unequal distribution of power that maintains them as subalterns. Those

researchers are cover various genres and fields of study, but all adopt a feminist approach to their research.

Additionally, the to fill the gap the researcher aims to analyze the speaker's characterization in Rupi Kaur's "*Home Body*" and explore the connection between the author's personal background and her literary works.

1.2 Problem of the Study

The researcher has formulated a set of questions that will guide the study and address the main issues at hand. These questions reflect the researcher's perspective on the research problem and include:

1. How is "I" characterized in Rupi Kaur's poem collection *Home Body*?
2. How does the characterization relate to the author's background?

1.3 Objectives of the Study

1. To know the characterization of "I" in Rupi Kaur's poem collection *Home Body*
2. To know the relation of the characterization to the author's background

1.4 Significances of the Study

The primary goal of this study is to make significant contributions to the research field and address the research problem. The findings of this research will be beneficial to literature researchers who want to analyze the characterization of I in the poem using various methods such as heuristic and hermeneutic readings, new criticism, and expressive theory. Furthermore, the researcher hopes that this study will encourage readers to learn more about poetry. This research is also

expected to assist common readers in comprehending the content of poetry because the terminology used in poetry is not the same as everyday language, which can be a challenge for many readers.

1.5 Scope and Delimitation

This research has a clear and systematic scope, which is focused on examining the characterization of "I" in the poem and how it relates to the author's background. Specifically, the study is limited to analyzing the chapter "Mind" of the poem, which is based on the author's personal experiences. This limitation was set in order to maintain focus and depth in the analysis.

1.6 Definition of Key Terms

1.6.1 Insta-poet

The emergence of social media has led to the development of a new literary form known as "instapoet" and "instapoetry," which consists of short, visually appealing lines that are often accompanied by illustrations and posted on platforms such as Instagram (Oliveira & Fazano, 2020).

1.6.2 Sikh Art

The art form of Sikhism draws inspiration from both Mughal and Hindu court styles and has its own distinct characteristics (Mandair et al., n.d.)

1.6.3 Gurmukhi's writing

The Gurmukhi alphabet is a writing system developed by Sikhs in India for their sacred literature. Each consonant has an inherent vowel that can be modified using vowel signs, and the script has been adapted to write other languages such as Braj Bhasha, Khariboli, Sanskrit, and Sindhi (Singh, 2007)



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CHAPTER II

THEORITICAL FRAMEWORK

2.1 New Criticism

The term "New Criticism" refers to a diverse and vigorous movement among writers from the United States and the United Kingdom that aimed to concentrate critical analysis on literature as the central focus. New Criticism advanced theoretical stances on methods of interpreting literature that provided an essential complement to the emergence of modernism in literature and art (Carter, 2006). Looking back, within the particular framework of literary analysis in the United States and the United Kingdom, the New Criticism was a significant element of a larger movement to establish the educational and institutional infrastructure necessary for the study of literature to shift from an elite focus on refining personal preferences to a developing professional academic discipline. (Hickman, 2012). According to Tyson (2018), there are similarities between New Criticism and structuralism, which played an important role in the development of the French nouvelle critique movement and later, structuralist literary criticism. This is evidenced by the early works of Roland Barthes.

Syahadatud (2012) states that the New Critics were mainly concerned with practical criticism or "close reading," which considered a poem or literary work as a self-contained verbal creation. In New Criticism, a literary text is seen as an important space for shaping and spreading cultural values that are considered essential to the specific aesthetic of poetry. The language used in the text provides a unique source of meaning and value that differs from other forms of language, such as the scientific language. Therefore, the poem's meaning cannot be

paraphrasing any prose, and it is regarded as the source of an experience that is only accessible to the reader through the poem itself (Tyson, 2018).

However, opponents of the New Critics criticized them for overlooking historical, ideological, political, philosophical, or other factors that influence literary experience. Although these criticisms were not entirely accurate, they arose because the New Critics primarily focused on interpreting individual texts (Hickman, 2012).

The concept of "new criticism" pertains to a philosophy that emphasizes the essential components of a literary work. According to Barnet et al. (2006), these essential elements of poetry include imagery, figurative language, rhyme, and rhythm.

2.1.1 Character

Character is one of the intrinsic elements of literary works. The character is the main point in prose. Characters have an important role in the running of a story. In Abram's books, E. M. Forster coined a flat and around people. A flat character is sometimes known as a type or a two-dimensional character. It is based on "a single concept or characteristic" and delivered without much personalization and define it in a sentence. An around character has a complicated temperament and shown with nuanced particularity. As a result, describing around character is as difficult as describing a real person (M. . Abrams & Harpham, 2009).

According to the definition above, the character is a real or imagined entity participating in the act of literary work. The author then uses language to depict

the character's features, bringing the character to life. The character creates the act with the storyline to create a story.

2.1.1.1 Characterization

The author of various literary works shows characteristics of their personality. The character might be fictional or real. Meanwhile, in a fiction work like a drama, book, or short story, the author explores the personalities of fictional characters. The trait of a person is called characterization. Characterization creates imagined people who can live as real people for the reader within the confines of fiction (H. M. Abrams, 1999). It explains that characterization is a strategy used by an author to portray the personality and character of a fictional character. People must be aware of a character's primary characteristics to comprehend them.

Characterization in fiction may be done in three ways. The first is the author's explicit representation of the character through direct exposition. The second is the author's description of the character in their act with no explicit comment in the hopes that the reader may identify the characters itself. Finally, without the author's remarks on the character, the portrayal of characterization can be assumed from character's inner-self.

2.2 Biographical approach

The biographical approach in literature is a method of literary analysis that examines the life of an author as a means of understanding their works. This approach assumes that an author's life experiences and personality can shape the themes, characters, and events in their writing. Olsen (2010) said that the

biographical approach seeks to uncover the connections between an author's personal life and their literary works, and to explain how their experiences and beliefs may have influenced their writing.

Olsen, (2010) argue that understanding an author's life and experiences can provide important context for interpreting their works. Some of the reasons why proponents advocate for this approach include: Helps to understand the author's perspective: By examining an author's life, readers can gain insight into their personal experiences, beliefs, and values. This understanding can help readers to better understand the author's perspective and the messages they are trying to convey in their works. Provides historical context: Examining an author's life can also provide historical context for their works. For example, understanding the social and political climate during the time period in which the author was writing can shed light on their thematic concerns and the issues they were grappling with in their writing. Enhances appreciation of the author's craft: Proponents of the biographical approach argue that understanding an author's life can help readers appreciate their craft and the unique contributions they have made to literature. Clarifies biographical references in the works: Examining an author's life can also help readers to understand biographical references in their works, such as characters or events that are based on real-life experiences. Overall, understanding an author's life can enrich our understanding and appreciation of their works.

CHAPTER III

RESEARCH METHOD

In this study, the researcher utilized heuristic and hermeneutic reading methods to examine how the character of "I" is portrayed in Rupi Kaur's collection of poems, *Home Body*, and how it related to the author's background. The researcher examined all lines, stanzas, and illustrations to determine how the character is presented in the poetry. This section of the study focused on the data collection and analysis, which is divided into four sub-chapters: research design, data sources, data collection, and data analysis.

3.1 Research Design

The research method used is qualitative, specifically a descriptive approach. This means that the analysis of the data will not be presented in numerical form, but rather in a descriptive manner. The aim of this method is to provide a comprehensive understanding of the research problem by exploring and describing the data through various stages of observation, classification, and analysis of the concepts involved.

3.2 Data Sources

Since the research follows a qualitative approach, the data collection method used is based on a library search, which includes printed books, journals, and articles that support the research. The primary source of data for this study is the literary work, *Home Body* (2020) by Rupi Kaur. Additionally, the secondary data sources include both digital and non-digital sources. Digital sources include e-books, e-journals, blogs, and the author's social media accounts such as

Instagram, Facebook, and Tumblr, while non-digital sources comprise books, theses, journals, and articles.

3.3 Data Collecting Technique

To gather and analyze the data, the researcher followed a set of steps.

1. Firstly, the poems were read several times to ensure a comprehensive understanding of the content.
2. Secondly, the researcher made the data table to get the data.
3. Thirdly, semiotic reading techniques such as heuristic and hermeneutic were applied to enhance the clarity of the language and meaning of the poems.
4. Fourthly, certain words, phrases, and lines that indicated the characterization of I in the poems were identified by highlighting them.
5. After conducted the data based on the characterization of I, the researcher related with the author's background used biographical approach.
6. Lastly, all of the data were explained in the analysis chapter.

3.4 Data Analysis Technique

After collecting all data, the researcher takes the step classifying the data. The steps are;

1. The researcher divided the discussion into two major categories; (1) Characterization of Rupi Kaur, and (2) The relationship between the author's background and the characterization of 'I'.
2. The researcher explained the characteristic of Rupi Kaur.

3. Then, the researcher related the finding of the characteristic to the author's background.



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CHAPTER IV

ANALYSIS

In this chapter, the researcher is present the results of the analysis and use them to answer the research question.

Rupi Kaur, who was born in Punjab, India, into a Sikh family, is now referred to as a Canadian poet because she moved to Canada with her family at a young age. In her book, *Home Body* (2020), Kaur collects poems, prose, and illustrations. This book, which was released on November 17th, 2020, is Kaur's third book, following the publications of *Milk and Honey* (2014) and *The Sun and Her Flowers* (2017). *Home Body* was one of the best-selling books of 2020 and features Kaur's artwork. Kaur began writing *Home Body* in 2018 during a period of depression and finished it while reflecting on her experiences. According to Kaur, *Home Body* is a response to the COVID-19 pandemic and consists of candid, introspective conversations that encourage readers to appreciate love, acceptance, community, family, and transformation.

Home Body (2020) is comprised of four chapters, each with its own focus. The first chapter, *Mind*, is particularly meaningful to the author as it represents her survival. The second chapter, *Heart*, features love poems that explore themes of sex, masturbation, and orgasm. In the third chapter, *Rest*, the author shares insights on how to protect mental and physical health from the harmful effects of productivity and self-loathing. Finally, the fourth chapter, *Awake*, discusses the power of awakening after a period of rest.

In this research, the researcher only took the chapter of “Mind”. because as the author said which is Rupi Kaur itself in her Instagram account (@rupikaur_). In the caption she said *“mind: my personal favourite!!!! I was most excited to write and share this chapter. It’s a symbol of what I’ve survived”*. As a result, the researcher is very interested to analyzed the chapter of “Mind” to find out what the author have survived.

4.1 Characterization of the speaker

4.1.1 Introvert

An introvert is "a reserved or shy person who enjoys spending time alone"(Myers & Myers, 1980). An introvert is someone who tends to be more reserved, thoughtful, and introspective in their approach to life. They often enjoy solitary activities and may find socializing to be draining or overwhelming, preferring to spend time alone or with a small group of close friends. Overall, introverts are commonly described as individuals who prefer solitary activities, introspection, and calm environments, and who may find socializing draining or overwhelming.

In lines 5, the researcher identified that the speaker characterized of being introvert by seeing the stanza and the illustration.

I'm in the darkest room of my life (Lines 5)

The researcher used heuristic reading to identify Rupi Kaur as the speaker, as she had mentioned on her Instagram account that the "Mind" chapter in her book "*Home Body*" was a symbol of her survival and one of her favorite chapters. Rupi Kaur was born in Punjab, India and moved to Canada with her parents at the age of three. She lived in a one-bedroom

Figure 1

Picture 2

basement in Toronto, which had minimal lighting. The author's life is divided into different rooms, some bright with lamps, some dim with nearly extinguished lamps, and others completely dark. It can be inferred that she was in the darkest room without any light or sources of illumination when she wrote this poem.

Through hermeneutic reading, it is understood that the word "darkest" in the poem refers to the author's state of sadness and depression.

The book was written in 2018 and released in 2020, during a period of introspection and depression, which was influenced by the COVID-19 pandemic. Therefore, the darkness in the poem is closely related to the author's emotional state while writing it. In the context of the poem,



"room" can refer to the physical space the author occupies without any light, or to the world or life she was living during that time. Considering these meanings, it can be concluded that the speaker was experiencing a very sad and difficult time in her life when she wrote the poem.

The illustration accompanying the poem reflects the author's writing. The illustration depicts a sad facial expression with drooping lips, and the author's hands propping her chin, suggesting that she was lost in thought or daydreaming. Additionally, the scratches around the picture indicate that the author was in a very dark place emotionally when she created the illustration and wrote the poem.

The introversion of the author is also depicted in these lines.

I'll be quiet when

We can say sexual assault

And they

Stop screaming liar (lines 10)

Through heuristic reading, it can be interpreted that the lines of the poem suggest that the speaker experienced abuse and oppression during her childhood. This is further explained in her book "Milk and Honey," where she reveals that she was raped by her uncle and silenced by the men in her life. Whenever she tried to speak up, her father and other men would silence her and make her feel small. Her father taught her that women who had opinions were not desirable in society, perpetuating the idea that women should be submissive and quiet.

In this context, Rupi Kaur remained silent about the sexual assault that she experienced for a long time. "We" in the poem refers to herself and the people around her who knew about the assault, but "they" - including her father and other men in her life - still called her a liar and refused to accept the truth. This caused her to become afraid and view herself as unimportant, as seen in line 8 of the poem. Her insecurities would often silence her when she tried to speak up and assert her existence and opinions. She submitted to the demands of the men in her life and remained silent and invisible throughout her childhood.

In hermeneutic reading, the word "quiet" means to be silent or restrained in speech, as defined in the dictionary. In the context of the author's life, she was conditioned from a young age to stay quiet because she was a woman. This was due to the cultural norms in which she was raised, where women were expected to be submissive and not express their opinions as it made them less desirable in society. The author's experience of sexual assault, which includes non-consensual touching for the sexual gratification of another, such as rape, fondling, molestation or unwanted contact with the genitals, further reinforced her silence and her feelings of being powerless. Those are several reasons that made the author called as introvert. Her silence of being powerless made the speaker keep quite and did not want to speak up.

Rupi Kaur can be called as introvert because she likes to be alone.

When she is in the crowded, she always feeling lonely, she likes to be alone and she enjoys her loneliness. Those are shows in these lines.

You are lonely

But you are not alone

- *There is a difference (lines 17)*

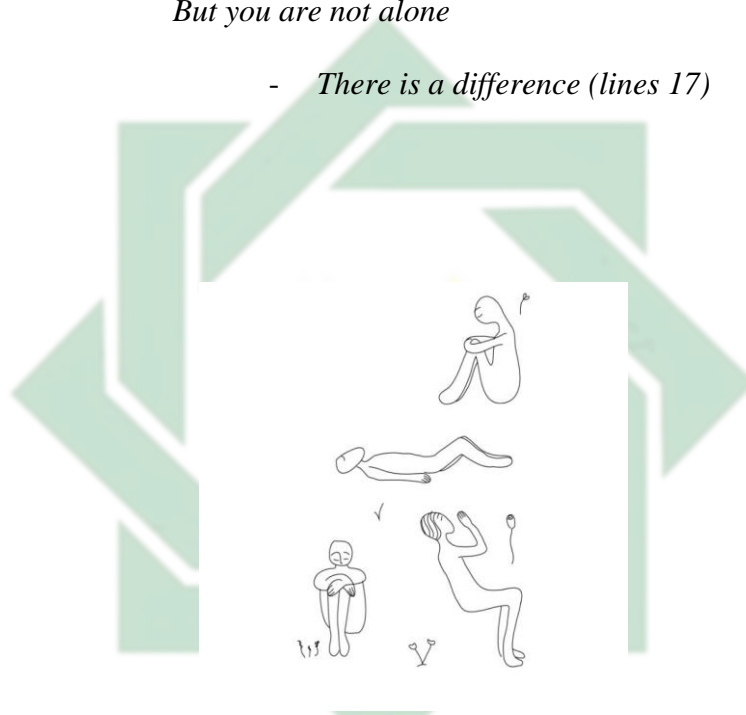


Figure 2

In heuristic reading, the lines suggest that loneliness and being alone are different things. Loneliness is a feeling of isolation or disconnection from others, while being alone is simply a state of not being with other people. Even if someone is surrounded by others, they can still feel lonely if they are not included or accepted by the group. This feeling of loneliness can cause a person to withdraw and become more introverted, as they may feel that others do not understand them or care about their experiences.

In hermeneutic reading, the concept of being lonely but not alone refers to the feeling of loneliness despite having social connections such as friends and family. The author explains that this feeling is becoming increasingly common, with many people not finding fulfillment in their relationships and not engaging in as many in-person interactions as before. The author distinguishes between being alone, which means standing by oneself without anyone around, and being lonely, which is the feeling of loneliness even when surrounded by others. In this context, the author feels lonely but not alone due to a poor relationship with her environment, which has caused her to feel excluded and isolated, leading to her introverted nature.

Further supporting evidence can be found in the author's drawing, which depicts four characters. Two of them are shown sitting with their legs bent, while the other two are lying down. The two characters who are sitting with their legs bent suggest that the author is in a contemplative state, while the characters who are lying down suggest that the author is enjoying her solitude.

4.1.2 Pessimistic

Pessimistic means having or showing a lack of hope for the future or having a belief that things will turn out in a negative way. (Seligman, 2006) defines pessimism as a tendency to explain negative events as being caused by stable, global, and internal factors. It can also refer to a tendency to see the worst aspect of things or believe that the worst will

happen. Pessimist typically have a gloomy or skeptical outlook (Seligman, 2006). As a result, they may focus heavily on what can go wrong, be genuinely surprised when things work out in the end, or question the validity of the positive outcomes. Because they always expect the worst things to happen, they aren't willing to take risks. Moreover, they may think that nothing good will last long and feel the rug will be pulled from under their feet at any moment. With this perceived lack of security, they may never feel confident in their successes or position in society. Since they tend to focus on their weaknesses and insecurities, they may have low self-esteem and confidence.

In Rupi Kaur *Home Body*, the researcher found characterization of the speaker through the line which identified that she was pessimistic.

While everyone else

Was living their life in colour

Depression froze me in place (line 13)

UIN SUNAN AMPEL
S U R A B A Y A



Figure 3

In heuristic reading, the researcher analyses “*While everyone else*” as the other people in the author’s environment which she lived in Toronto, Canada. while, the other people who live with the same environment life in colour. “*Was living their life in colour*” here the life with is such of the kind of colour and happiness. As we know, there are so much colour such as yellow, red, green, purple, etc. So that, they’re lived in any colour which is represent any condition. While the author just stuck in a place of one condition because of depression. It was like the other were full colour of happiness, and the writer just froze in a place that made her depression. Froze in a place made the writer can’t do anything she wanted like the others.

In hermeneutic reading, “*Life in colour*” Living life in colour simply means that every day, we see our fellow humans not as simply black and white, but as the incredible creations that God meant them to be. When you live your life in colour, every day is an adventure to discover something colourful that you have never seen before. The other people,

except the writer, lived in life in colour, which means adventure and doing something freely. They can do what they want. While the life of the author which is Rupi Kaur, is not like the other. Froze me in place means unable to move and usually because of the afraidness. Those condition was experienced by Rupi Kaur since she was child. Her move is unlimited even to speak up, they not allowed to. The depression is the cause of why she was frozen in a place. Depression made her unable to move because of the afraidness of the people around her, and traumatic in childhood.

Those explanation above established that Rupi Kaur, as the author is a pessimist people because the depression made her feel unlike the other people. because of the depression, she always think that nothing good will last long and feel the rug will be pulled from under their feet at any moment, and she may never feel confident in their position in society

There is also an illustration on the poem. The illustration also proven that Rupi Kaur has some part of body that signed by the scratch which makes her afraid. She was afraid because of her past moments when she was sexually assaulted. Those actions made her feel afraid and unable to move freely like other people with the colour in their life. The illustration also proves that she is afraid of the future, always expecting the worst things to happen, they aren't willing to take risks.

4.1.3 Optimistic

Optimism is a cognitive and emotional mindset that involves a positive and hopeful outlook on life (Seligman, 2006). Optimists see the

positive side of things. They expect things to turn out well. They believe they have the skill and ability to make good things happen. This type of characterization was depicted in I's character seen from the lines of the poetry.

Nothing lasts forever

Let that be the reason you stay

Even this sick twisted mystery

Will not last

- hope

In heuristic reading, from the lines the researcher assumes that there are nothing will last forever in this world. All living things will die in the end. All good and bad deeds will end in the last. So, the speaker tries to make herself stronger than before to keep stay and be the reason of it. Even the mystery sickness will come twist but it'll not last forever.

While in hermeneutic reading, *nothing lasts forever* here refers to every situation eventually ends even it was good or bad. Look at the background of Rupi Kaur she experienced many bad situations when she was child such as the sexually assaulted. The sentence reminds her that every bad situation will not last forever. The bad situation will end in the last. *The reason you to stay* means that the sentence "nothing lasts forever" is being the reason why Rupi Kaur stayed after a long time. She knows that all the bad situation will disappear someday and it was her reason to stay in her life. While, *This sick twisted mystery* was referred to the bad

experienced of the Kaur in the past time such a childhood abuse. The childhood abuse come many times in her life until she said abuse from men was also a part of life. It was indicated that Kaur had many times sexual abuse by the men at that time.

The stanza concluded that the reason why the speaker stay after a long time is because she believes that “nothing lasts forever’ every situation even bad and good will end in the last and also her sickness will not last forever it just temporally. From the sentence ‘nothing lasts forever’ is the hope of Rupi Kaur to live after had bad situation in the past. Her environment also growing her up led to developing what she deemed "constant survival mode”.

The researcher also found another proof to proven that the speaker is an optimistic person

I'm trusting the uncertainty

And believing I will

End up somewhere

UIN SUNAN AMPEL
SURABAYA

Right and good (lines 25)



Figure 4

In heuristic reading, the speaker's life is filled with uncertainty and doubt. She trusts that eventually things will work out for her in a positive way, even though her current situation may not be ideal. She has experienced difficulties in life and believes that the struggles are part of the uncertainty. However, she remains hopeful that things will improve and that she will ultimately find happiness and fulfillment.

In hermeneutic reading, the word "uncertainty" means hesitancy. The speaker trusts the hesitancy in her life and is always hesitant. The phrase "end up" refers to reaching a condition or place that is unexpected. However, the speaker believes that she will ultimately reach a condition or place that is right and good for her. "Right and good" refers to both a place and a condition. The speaker hopes to end up in a good place and condition, as her childhood was cruel and she wishes for a better life.

These lines contain an illustration of a sun which symbolizes life, energy, power, positivity, and clarity. Additionally, the sun represents

hope and renewal and is a powerful symbol of rebirth and resurrection in many cultures. The daily rising of the sun brings new life and hope to the world. It can be assumed that the author's hope for a better future is also similar to the symbolism of the sun.

The speaker's characterization in the poem identified that she is optimism that in her life will get better in the future, it is show in these lines.

*for the love of my life
 i am trying my best to have hope
 i'll keep greeting each morning
 with an i will
 when it feels like i can't
 i will
 i will
 i will
 meet a day that will melt me
 i will move and the sadness will
 fall off my shoulders
 to make room for joy
 i will be full of color*

i will touch the sky again (Lines 42)

Through the heuristic reading the researcher interpret that these lines are the effort of the writer to make her life become better. To the love

of her life the writer trying the best she can to get hope, greeting in each morning. when she feels she can't do it, she suggests her-self that she can, and she will. She is confident that she will move, and the sadness will go away from her life. The writer does it all to make her joy, to make her life full colour, and she will touch the sky again. From those explanation, the writer so far didn't do all of that has been mentioned. She didn't try to get the best, she always feels she is can't, she can't move, she can't make the joy' the life is not colourful, and she can't touch the sky again.

In hermeneutic reading, Hope in dictionary means a feeling of expectation and desire for a certain thing to happen. melt me means make or become more tender or loving. Fall off my shoulders means to be or become the sole responsibility of someone. Full of color means It means *that life is full of surprises and new experiences*. Every day brings something new, and we never know what to expect. Touch the sky means When you are successful in a high level you think you are in heaven. I've found there is an expression which is "touching the sky" in this sense of being gloriously happy, as among gods.

It can be concluded that the writer starts to have a hope, she has feeling of the expectation of her life. She will try her best until loving her-self. She is also taking all the responsibility of herself. She wants to make her life full of colors, *full of surprises and new experiences*. Every day brings something new until she get what she want that is being gloriously happy.

The I's character also believe that all her pains are also get better in the future, it was depicted in this line.

Our pain is the doorway to our joy (lines 4)

In heuristic reading the researcher tell that this line tells us that the writer experienced the pain sine she is life but its pain is bring her to the joy. According to the writer that the pain will not last forever. If we had the pain, we would have the joy.

In hermeneutic reading, pain in dictionary mean the physical suffering or discomfort caused by illness or injury. Joy in dictionary means a feeling great pleasure or happiness. From those definition above, the writer has experienced the physical suffering as mentioned in the poem above that she was abuse and sexual assault when she was very young. So that, from the pain that she had, she hopes to get happiness in the future. It was really happened as we can see that she is a poet now.

3.1.4 Obedient/powerless

obedience is the act of following orders from an authority figure, even when those orders may conflict with one's own beliefs or values (Milgram, 1973). It implies compliance or conformity to someone in a position of authority, or to rules or laws. Obedient can be called as powerless which have no power to rebel the restraint. Those characterization depicted clearly in the I's characterization through the poem.

He said

We were going to play

Then he always locked the door

Always chose the game (Lines 9)

In heuristic reading, it was inferred that the pronoun "he" pertains to the writer's uncle who dragged her. The man claimed that they would play a game while locking the door. The game took place inside a bedroom, and the man had locked the door. The researcher concluded that the man had ill intentions towards the speaker since there would be no need to lock the door if they were just playing a regular game. Furthermore, the term "play" implies sexual activity in this context.

In hermeneutic reading, "going to play" here refers to engaging in sexual activity. The man wants to have sexual intercourse with the writer. The word "always" implies that this is not a one-time occurrence but a frequent happening. The man always locks the door to prevent the writer from escaping and to avoid anyone from hearing their screams. "Choosing the game" refers to selecting the type of sexual activity. The man always chooses the sexual activity that he wants to engage in with the speaker.

Based on the text, it can be inferred that the man forced the writer to engage in sexual activities that she did not want to participate in. The man would use the phrase "play a game" as a way to coax or manipulate the writer into doing what he wanted. The writer was young and powerless

to resist the man's advances, and may not have fully understood what was happening to her.

When I told him to stop

He said I was asking for it

But what did I know about involuntary orgasm

And agency

And consent

At age 7,8,9 and 10 (Lines 9)

The word I here still refer to the speaker. When the speaker asks to stop. The man answered that she was asking for it and she wanted it. However, at that time when the speaker at age 7,8,9,10 the incident happened in several times. Because she still very young, she didn't know what is involuntary orgasm, agency, and consent. She was too young to know about everything above. Based on the lines, the writer wants to stop the game wich is the sexual assault but the man keeps forcing her. Because the age of the writer was too young, she couldn't rebel against him. She only obedient and have no power to against the man.

Involuntary orgasm is spontaneous ejaculation, with orgasm. When the writer wants to stop what the man does to her. The man said that it was her asking to do it. It here means the sexual act. But she didn't know that is an involuntary orgasm which spontaneous ejaculation did by the man. the man doing that is without agency which means the capacity to act or exert power and without the consent of the writer which means to permit,

approve or agree. The incident happened at age 7,8,9,10 means that those ages were very young for the writer to understand all of it.

4.1.4 Sensitive

Sensitive is a heightened awareness of sensory stimuli, emotions, and the environment (Aron, 2012). It can refer to physical, emotional, or intellectual responses. Physically, sensitive can refer to an instrument or device that is highly responsive to changes in the environment, such as a thermometer that can detect even slight changes in temperature.

Emotionally, sensitive can describe a person who is easily hurt or offended by words or actions, or who is highly empathetic and understanding of the feelings of others. It can also describe a situation that requires delicate handling to avoid causing offense or upset. Intellectually, sensitive can describe a person who is highly attuned to subtle details or nuances in a situation or conversation, or who is easily affected by the emotions or moods of others.

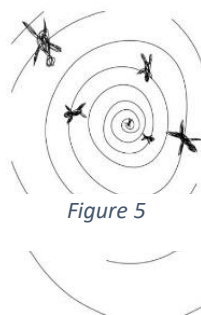
Overall, being sensitive can be both a strength and a weakness, depending on the context and the individual. It can indicate a high level of awareness and responsiveness, but can also lead to vulnerability and susceptibility to stress or negative emotions.

Looking at the lines in the book, the speaker mostly tells that she is a sensitive person. One of the example is below.

*Why do I let my mind
get under my skin*

I am so sensitive (Lines 7)

The speaker expressed confusion about herself and wondered why her mind is so deeply embedded under her skin and why she is so sensitive.



The analogy of the skin with its many layers serves as a metaphor for the speaker's inner self, which she has allowed to penetrate deeply within her. This has resulted in her being highly sensitive, similar to the deep layers of the skin that are very delicate and responsive. Thus, the speaker is connecting her emotional sensitivity with the metaphorical depth of her inner self.

According to the psychological definition, the mind encompasses both conscious and unconscious mental processes and activities. The speaker has allowed both types of mental activity to permeate deeply under her skin. The term "skin" in this context may refer to the idiom "under one's skin," meaning to deeply affect or emotionally impact someone. Therefore, the speaker has allowed her mind to deeply dwell on something, leading to heightened sensitivity or emotional reactivity. Psychological research indicates that individuals can become more emotional during difficult or stressful periods, such as bereavement, trauma, or stress. It can be concluded

that the speaker has been grappling with deep emotions and stress, leading to her heightened sensitivity and emotional state.

Another evidence to support the idea that the speaker is feeling sensitive can be seen in the illustration included in this poem. The speaker has drawn a circular line with people inside it, resembling a water hole in the sea. This water hole is often very deep and dark, just like the writer's mind, which is overwhelmed with thoughts and emotions. The circular line also suggests that the speaker is trapped in her own thoughts and feelings, unable to escape from them. This supports the notion that the speaker is experiencing anxiety and overthinking and made her being very sensitive.

The speaker also mentions that her mind often overthinking. It is show in this line below.

My mind keeps running off to dark corners (Lines 8)

According to heuristic reading, the speaker's mind tends to stray towards darker thoughts or ideas. The phrase "run off" in this context means to suddenly shift or move towards something. In this case, the mind shifts towards the darker corners of a room, which refers to one of the four corners that is dimly lit. A corner is defined as a small space or angle formed by two or more sides. The speaker is uncertain as to why their mind drifts towards these darker thoughts. It can be inferred that initially, the mind is focused on something else before abruptly shifting towards these darker thoughts.

According to hermeneutics, the psychological definition of the mind encompasses all mental processes and activities, both conscious and

unconscious. This includes the writer's own mental and emotional experiences. The phrase "running off" is a phrasal verb that means to quickly or suddenly leave a person or place. In this case, Rupi Kaur's mind abruptly shifts towards dark corners, which are corners of a room without light. In literature, darkness is often associated with feelings of gloominess. During this time, the writer feels gloomy while contemplating in the corner of the room.

To put it simply, when the speaker wrote this stanza, she was in a dimly lit corner of a room, feeling gloomy and lost in deep thought, both consciously and unconsciously. Being in a corner can often evoke negative emotions such as fear, depression, and anxiety in some people. The fact that her mind gravitates towards dark corners suggests that she tends to overthink things. Those depression anxiety and overthink is the reason why she is being a sensitive.

And coming back with reasons for

why I am not enough (Lines 8)

After drifting towards the dark corners, the speaker's mind returns to the root cause of her thoughts, which is the feeling of inadequacy. It is revealed that the writer is struggling with feelings of insecurity. Insecurities arise from the standards set by the people around us, such as family, friends, and society's expectations, whether real or perceived. Insecurities are a result of comparing ourselves to others and feeling inferior. These insecurities can lead to anxiety, feeding into mental health issues.

The phrase "coming back" is a phrasal verb that means to return. In this context, it refers to the speaker's mind returning to the initial thought, which is the feeling of inadequacy. The writer consistently thinks about not being enough, which means not satisfying her desires or being sufficient for her purpose. The feeling of "not enough" can be related to various aspects of life, such as not having enough love, material possessions, or satisfaction with one's life.

The depression of the speaker led her to feel sensitive too, it was depicted in these lines below.

*Depression is silent you never hear it coming
and suddenly it's
the loudest voice in your head (Lines 11)*

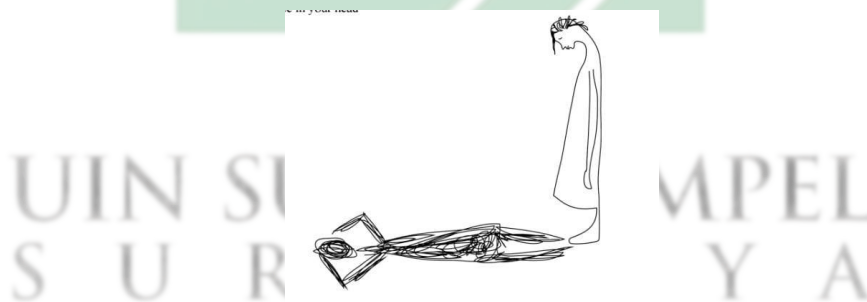


Figure 6

According to the heuristic reading, depression often manifests silently and can be difficult for others to notice when it is beginning. However, it can suddenly become the loudest voice in the speaker's head. The writer is experiencing a silent form of depression that can become the

loudest voice in her head. This depression appeared suddenly, without warning. When the writer refers to the loudest voice, it suggests that she hears different voices in her head - some are small, some are loud, and the loudest one is the depression itself. It seems as though depression has taken over the speaker's thoughts and is dominating her inner voice.

According to hermeneutic reading, depression is a serious medical illness that affects a person's emotions, thoughts, and behaviors in a negative way. This illness can cause feelings of sadness and loss of interest in activities that the person once enjoyed. Depression can also lead to various emotional and physical problems, which can affect a person's ability to function at work or home. The speaker is experiencing depression, which is causing her to feel sad and lose interest in activities (lines 5). Additionally, depression is making the speaker feel sensitive (lines 7). When it is said that Kaur "never hear it," it means that she didn't notice the depression when it was coming because it was so silent. The "loudest voice" refers to the voice of depression, which is now the most prominent in speaker's head and is filling it up.

Based on the heuristic and hermeneutic reading of the stanza, it can be inferred that the speaker was going through a phase of depression at the time of writing. The depression crept up on her silently and became the loudest voice in her head and made her become very sensitive. The drawing by the speaker provides further evidence of her experience with depression. The image depicts a scratched head which represents the depression, and the

downward gaze of the head signifies sadness and a focus on her own shadow. The shadow shows Kaur holding her head, indicating feelings of dizziness and depression. The shadow is also dark, emphasizing the mood of sadness. Overall, the drawing portrays Kaur's condition during that time as characterized by depression, dizziness, and sadness.

Because of the depression that experienced by the speaker, it make the speaker's body is completely different.

My mind

My body

And I

All live in one place

But it feels like we are

Three completely different

- *'Disconnected (Lines 12)*

The heuristic reading reveals that the speaker's mind is composed of both conscious and unconscious elements, while her body is considered as a whole, from head to toe. The term "I" refers to the speaker's inner being. Despite being a unified entity residing in one place, the speaker perceives her body and mind as three distinct parts that have not fully merged into one.

In hermeneutic reading, the researcher has observed that according to the psychology definition, the mind is composed of two parts: the conscious and the subconscious mind. The conscious mind is responsible

for analyzing, thinking, making plans, and short-term memory, while the subconscious mind processes most of the information about the environment and is responsible for long-term memory and control. The body in psychology is defined as the entire physical structure of an organism, including the human body, from head to toe. The "I" in this context is the inner self of the speaker, including her thoughts, feelings, and spirit. Although they exist in the same physical space, they are distinct from one another and cannot be merged into a single entity. Despite living in one place, the mind, body, and "I" are three completely different aspects of the self.

Based on the lines, it can be inferred that the three parts - mind, body, and I - are distinct even though they exist in the same physical space. This is because they do not integrate with each other, resulting in conflicts where Rupi Kaur may desire something, but her body and inner self do not align with that desire. This can lead to confusion about what Rupi Kaur truly needs. These conflicts may stem from Kaur's childhood experiences, where she had a general sense of self-consciousness about her identity.

Another factor that identified the speaker as a sensitive person is the anxiety that she was experienced in this line below.

I have never known anything more quietly loud than anxiety (Lines 15)

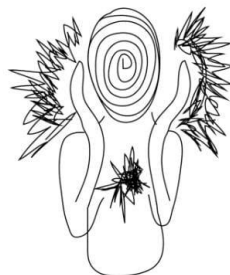


Figure 7

From the heuristic reading, it is inferred that the writer is not aware of much, except for the fact that anxiety is the loudest thing she experiences. The anxiety is quietly loud because it occupies her mind, and she is constantly worrying and feeling nervous about something, usually an impending event or an uncertain outcome. The writer experiences this anxiety due to a big event or a series of smaller stressful situations that build up over time. In the writer's background, there is a traumatic event from her childhood - sexual abuse by her uncle. As a result of this event, the writer is always anxious and afraid that it will happen again.

In hermeneutic reading, anxiety is described as an emotion characterized by feelings of tension, worried thoughts, and physical changes such as increased blood pressure. While the writer has experienced various mental illnesses like depression and stress, anxiety is the strongest and most dominant feeling in her mind. The anxiety arises from emotions that cannot be expressed and from past traumatic

experiences. This is related to the writer's background, where Kaur was unable to speak up about being raped by her uncle and kept it all to herself. Kaur also noticed that society expected women to remain silent and subservient.

Additional proof is provided by the picture above, which depicts a girl attempting to cover her ears with both hands. This gesture suggests that the sound of anxiety is so overwhelming that the writer must try to muffle it. The scratches surrounding the ears depict the anxiety, with the numerous scribbles indicating that the voice of anxiety was exceedingly loud. Similarly, there are also scratches around the heart, which is the source of the woman's anxiety.

Not only anxiety, depression and overthinking, the abusive can also make someone feel sensitive because of the trauma.

Abuse doesn't just happen

In romantic relationship

Abuse can live

In friendship too (Lines 19)



Figure 8

According to the heuristic reading, abusive behavior is not limited to romantic relationships between a man and a woman. It can also occur in friendships and other types of relationships. In any relationship, whether it is romantic or platonic, love, respect, and protection are essential. Unfortunately, the relationships that the speaker had did not exhibit these characteristics. She experienced abuse in both her romantic and platonic relationships.

In hermeneutic reading, abuse is defined as cruel, violent, demeaning, or invasive behavior towards another person or animal. It can involve physical, sexual, or psychological mistreatment. The speaker experienced mistreatment in both her romantic and friendship relationships. A romantic relationship is a voluntary, ongoing interaction between two partners characterized by expressions of affection and intimacy. The speaker's romantic relationship involves sexual relations. Friendship is a friendly relationship between one or more individuals.

The speaker has had both sexual and physical abuse in both her romantic and friendship relationships. She experienced domestic physical or sexual abuse in her family and among her friends when she was young, which made her very sensitive to similar situations in her own relationships.

A sensitivity of someone can made herself lose everything even their self.

You lose everything

When you don't love yourself

- *And gain everything when you do (Lines 27)*



Figure 9

In heuristic reading, the word "You" refers to the writer herself. It is a reminder that if the writer doesn't love herself, she will lose everything that she has. The same reminder also applies to the readers. The lines suggest that self-love is crucial because without it, we risk losing everything we hold dear, including our relationships, possessions, and

even our parents. To cultivate self-love, we must avoid comparing ourselves to others, stop worrying about what others think of us, embrace our mistakes, recognize that our worth is not defined by our physical appearance, let go of toxic people, confront our fears, trust ourselves to make good decisions, and so on.

In hermeneutic analysis, the word "everything" refers to something of great significance. In the context of the speaker's life, her virginity held great importance. Unfortunately, she lost her virginity at a young age due to being raped by her uncle, which was discussed in the previous poems. Loving oneself means valuing and prioritizing one's own well-being and happiness. The speaker aims to remind both herself and the reader to find happiness in their lives.

I am not my worst days

I am not what happened to me

- *Reminder (Lines 2)*

In the preceding text, the speaker's life is described using heuristic analysis as comprising four types of days: very good, good, bad, and worst. At the time of writing the poem, the speaker is experiencing her worst day. However, she affirms that she is not defined by this experience, suggesting that the cause of her worst day may not necessarily be her own doing. It could be attributed to external factors such as her environment, parents, partner, friends, or community.

According to the dictionary definition in the context of hermeneutics, "worst" refers to the most unpleasant day experienced during a specific period of time. This could be due to an unexpected event that made the day particularly difficult to endure. In this poem, the speaker's worst day is not a result of her own actions or choices. She believes that she is not defined by what happened to her on that day.

These lines below tell the anxiety of her speaker which made her very sensitive.

Anxiety feels like I'm hanging

Off the side of a building

And my hand is going to

Slip any second (Lines 31)

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S U R

MPEL
Y A

Figure 10

In a heuristic analysis of the poem, it becomes clear that the writer is expressing her feelings about anxiety. She uses a metaphor to describe the sensation of anxiety as feeling as though she is perched on the edge of a building, with her hand slipping at any moment. This feeling is akin to standing on a tall building with her body hanging off the edge and her hands grasping at the corner of the building. This precarious position suggests that the writer is at risk of falling to her death at any moment. Thus, the writer seems to be suggesting that anxiety can be so overwhelming that it feels life-threatening.

In a hermeneutic analysis of the poem, the metaphor of hanging off the side of a building can be interpreted as a symbol for areas of one's life that are causing emotional distress, disturbance, or pain. The writer appears to be conveying that her anxiety is causing these negative emotions, and the use of the word "slip" suggests that her grasp on the situation is tenuous and may become disengaged at any moment. This could lead to a fall from the building and, ultimately, death. Overall, the metaphor seems to suggest that the writer is struggling with her anxiety and fears that she may lose control and suffer dire consequences.

The poem suggests that the writer is experiencing anxiety that is causing her great distress, pain, and disturbance. This form of anxiety is so severe that it has the potential to be life-threatening at any moment. Additionally, the writer's anxiety appears to have reached its peak and is currently at its most intense state. Overall, the poem conveys the severity of

the writer's anxiety and the toll it is taking on her emotional and mental well-being.

The image presented by the writer in the poem suggests that she feels as though she is hanging on the edge of a tall building and is in danger of falling at any moment. This metaphor represents the anxiety that the writer is experiencing, which is causing her to feel as though she is in a precarious and potentially life-threatening situation. The image of the writer hanging off the edge of a building serves as an illustration of the intensity and danger of her anxiety.

The sensitivity can come from the depression that felt by the speaker in these lines below.

I'm tired of being disappointed

in the home that keeps me alive

I'm exhausted by the energy it takes

to hate myself

- I'm putting the hate down



Figure 11

The speaker expresses her exhaustion and disappointment in herself in the heuristic reading. She explains that she has experienced a multitude of disappointments in her life that have caused her to feel hatred towards herself. According to the writer's Facebook account, she has spent a significant portion of her life struggling with insecurities that have not brought her any confidence, joy, or positive feelings. Despite this, the writer has remained committed to these insecurities as if hating herself would make her a better person, but instead, it has left her feeling drained and immobile. She recognizes that we only have a limited amount of energy each day, and she is tired of using it to entertain her insecurities. The speaker has spent a considerable amount of her 20s doing this, but she now realizes that self-hate is fruitless and putting it down has provided her with the freedom to experience new things.

In hermeneutic analysis, it can be interpreted that the writer is experiencing depression which is a type of sadness caused by a feeling of loss and a gap between one's expectations and reality. The writer feels like she has lost her expectations and is constantly disappointed, and this feeling has become a constant presence in her life. The writer refers to this feeling as her "home," which should be a place of comfort and safety but instead has become a draining and exhausting space. "Exhausted" in this context means the writer feels drained of both her physical and mental resources due to constantly hating herself.

4.1.6 Ambitious

According to Pink, ambition is not simply about the desire for external rewards, such as money or status. Rather, he argues that ambition is rooted in intrinsic motivation, or the drive to pursue work that is personally fulfilling and meaningful (Pink, 2011). Therefore, ambitious involves a deep desire to pursue work that aligns with the personal values and goals, and that allows to exercise the creativity and intellectual curiosity. It also involves a willingness to take risks, to learn from failure, and to persist in the face of obstacles and setbacks.

If you could accept that perfectionist is impossible

What would you stop obsessing over (Lines 16)

The stanza reveals that the writer is struggling with the idea of perfectionism and the constant need to obsess over things. She has not yet accepted that perfectionism is impossible and has been obsessing over various aspects of her life for a long time. The speaker believes that her difficult childhood has contributed to this need for perfectionism and the inability to let go. However, the phrase "nothing lasts forever" suggests that the speaker may be starting to realize the futility of perfectionism and the need to move on from obsessive thoughts.

The speaker is shown to not accept that perfectionism is impossible through the use of the word "if" which implies a contrary-to-fact condition. She believes that one can become a perfectionist by obsessing over

something and continuously striving for it. This perfection can pertain to various aspects of Kaur's life such as her relationships, self-image, or overall life satisfaction. However, line 8 suggests that the speaker may be seeking perfection or approval from others as well, as she questions why she is not "enough" for them. This obsessive pursuit of perfection can lead to overthinking and anxiety as one becomes consumed by their desire to achieve this ideal standard. Overthinking is known to contribute to and be caused by mental health disorders such as depression and anxiety.

While in the next line, the speaker tries to survive as the fire. She was ambitious like a fire.

The need to survive

Lit a fire in me

UIN
S U



PEL
Y A

Figure 12

In heuristic analysis, the writer suggests that in order to survive, we need to keep the fire within us burning. The writer herself has kept this fire alive as a means of survival, and this is reflected in her book "*Home Body*",

particularly in the first chapter titled "mind". The writer has expressed on her Instagram account that this chapter is her favorite because it represents her survival after going through difficult times. Therefore, we can infer that the writer needs the fire in her life to keep her spirit alive and to survive.

Definition of survive in the dictionary is to live after some event that has threatened one. In this case, the writer needs to survive after the situation that threatened her life. What makes her feel threatened is when she got raped by her uncle in her childhood. It was the event that make the writer trauma and now she wants to survive it all. It was proven in lines 22 the writer said *“to feel an orgasm so young. to have my life threatened. To be stretched. bruised. bit. spit on. to become a woman at the age of four”* Fire can also be used metaphorically, such as to refer to intensity or extreme passion. Her intensity to survive is she needed fire in her life. She needed a spirit as hot as a fire.

The speaker's difficult childhood experiences have motivated her to survive and move forward towards a better life. Her intense passion and drive to succeed fuel her desire to overcome her past and achieve her goals.

The image reinforces the interpretation that the girl standing amidst the flames represents someone who has gained a fierce spirit from the heat of the fire. She has acquired the intensity and extreme passion necessary to overcome and persevere after experiencing a traumatic event that posed a significant threat to her well-being.

Another ambitious of the speaker can be seen in the lines below.

I'm either romanticizing the past

or I'm busy worrying about the future

It's no wonder

I don't feel alive

I'm not living

In the only moment that's real

- Present

The writer, when engaging in heuristic reading, focuses on the present rather than dwelling on the past or worrying about the future. However, this makes her feel disconnected from the present moment and not fully alive. The writer tends to romanticize the past, particularly her own past traumas and abuse, but also worries about her future. By romanticizing the past, the writer embellishes her memories or omits details that are unpleasant or painful. Specifically, she wants to omit details about her experience of losing her virginity at a young age. When the speaker worry about the future, the speaker are anxious about potential negative events that may occur. This typically involves concerns about situations beyond your ability to foresee or influence. The author is worried about the future due to uncertainty and fear of negative outcomes. They are worried that past negative experiences may repeat themselves and that they may not achieve the better life they aspire to, as mentioned in previous poems.

In the context of hermeneutics, the psychology definition states that the statement "I'm not living" by the speaker indicates severe detachment and distortion of their surroundings, which could be a manifestation of depersonalization-derealization disorder or other physical or mental health conditions. Essentially, the writer is experiencing depression to the extent that they do not feel alive, even though they are physically present. The main concern is why they feel this way and cannot feel alive. This could be due to excessive contemplation of their past and anxiety about the future, resulting in depression. The writer is afraid that their past traumatic experiences may reoccur in the future, leading them to worry about what lies ahead.

The lines below suggest that the speaker is putting forth their best effort, indicating that they have high ambitious in life.

How can I be so

Cruel to my life

When I'm doing the best I can

- *Be gentle*

In the context of heuristic, it is observed that the writer consistently strives to do their best in life. However, they also have moments of cruelty towards themselves. The writer is perplexed about why they can be so unkind to themselves despite giving their best effort. One possibility is that even though the writer believes they are doing their best, others may perceive their efforts as inadequate. Therefore, the writer is cruel to

themselves because they want to be the best and make others feel satisfied with their performance. The writer's excessive pursuit of perfection may be the reason behind their self-criticism.

In the context of hermeneutic reading, it is defined that cruel refers to the act of intentionally causing pain or distress to others. However, in this particular context, the writer has been cruel towards themselves and caused pain in their own life. The term "cruel" in this context implies a willingness to inflict pain and a disregard for suffering. This could indicate that there are two reasons why people may harm innocent individuals - either they lack empathy towards the other person's pain or they derive pleasure from causing pain. The phrase "the best" refers to an individual's best possible effort. The speaker has given their best effort in life, but despite this, they have still caused pain to themselves. The poem suggests that the speaker has caused pain in their own life and appears to enjoy it. Despite having given their best effort in life, the writer has caused pain to themselves. This indicates that the writer is not content with their actions and possibly regrets the pain they have inflicted upon themselves.

The speaker aims to achieve their goal of self-improvement by showing more love towards themselves, as mentioned in the following lines.

I am loving my self out of the dark



Figure 13

In a heuristic reading, "Out of the dark" refers to the writer's current state of living in darkness due to her lack of self-love. According to the speaker's Facebook account, she believes that life is a series of ups and downs. The book "*Home Body*" was created during her attempt to love herself and emerge from this darkness. "*Home Body*" reflects the writer's uphill battle, as it was created during a difficult and low point in her journey towards self-love. However, despite the exhaustion that came with this journey, the writer continued to push forward towards the light.

In the context of hermeneutic reading, the "dark" refers to the low points or difficulties in the writer's life. It represents a sense of mystery, depression, confusion, and emotional instability. The writer wants to move away from this dark phase and start loving herself. By loving herself, she is taking care of herself and trying to break free from the darkness. She believes that loving oneself involves feeling content and secure, without any feelings of insecurity.

The image depicts a human body that resembles a plant, with lush foliage and numerous leaves that appear to help the girl grow taller. The body seems to emerge from the earth, which represents the darkness, and grows towards the light of the sun.

4.1.7 Patient

According to Groopman, patience involves more than simply waiting for a cure or resolution to a medical problem. It requires a deep acceptance of one's circumstances and a willingness to tolerate uncertainty and discomfort in the pursuit of healing (Groopman, 2004). Patience also involves the ability to stay present and focused on the present moment, rather than getting caught up in fears and worries about the future.

*being molested as a child has been the most confusing experience
of my life. to learn sex without having any concept of it has messed
me up in more ways than i'm aware of. to feel an orgasm so young.
to have my life threatened. to be stretched. bruised. bit. spit on. to
become a woman at the age of four. to know fear intimately. have it
breathe down my neck. to be numb. stiff. silent.
and own all the world's shame at once. (Lines 22)*

The line isn't a poem but it was a short story about what the writer experienced when she was a child. She tells that she was threatened at the 4th age. She thinks that she was too young to know about sex. When she was a child, she had stretched, bruised, bit, and spit on, and etc. not only that she felt numb, stiff, silent, and shame of the world.

The writer which is Rupi Kaur had gender oppression, abuse and sexual assault. For Kaur, abuse and oppression were a part of her childhood. She was raped by her uncle and silenced by the men around her. In his childhood, Kaur didn't know what to do other than obey the culture.

3.2 The relationship between the author's background and the characterization of the speaker

As the researcher mention in the beginning of this chapter, Rupi Kaur as the writer wrote this poem is based on her experience. She added "My book would never have been published without social media," she says. "I wasn't trying to write a book, it wasn't even in my vision. I was posting stuff online just because it made me feel relieved – as a way of getting things off my chest." It implied that when she posted her poem through social media it was her thought because when she post the poem, it made she feel relieved. Looking back from the Kaur's past experience that Rupi Kaur as a Sikh immigrant girl who, after being born in Punjab, was brought to Canada by her family, with the hope of offering her a better life.

Since the Indian Partition in 1947, post-colonial India has been plagued by severe violence (Masini, 2019). The Partition resulted in the creation of separate states, India and Pakistan, which led to displacement, death, and violence that was often targeted at women. The violence has contributed to the perception of India as a colonizing force, which has alienated non-

Hindu communities in India. This sense of alienation has resulted in the rise of insurgent groups seeking independence, but they have faced brutal counterinsurgency measures from the Indian state. Gender-based violence is considered a consequence of the national violence experienced by the Indian population, either directly or indirectly, particularly in the aftermath of the Partition.

In the aftermath of the Indian Partition, women from all religious backgrounds were subjected to extreme violence that included sexual abuse, disfigurement, and murder. Additionally, women were often the victims of familial "preemptive sacrifice" in order to protect family and community honor (Masini, 2019). However, feminist scholars, writers, and filmmakers have contested the traditional narratives that portrayed these deaths as acts of bravery or duty. They have instead focused on the violent nature of these actions. This feminist discourse has had a considerable impact and is evident in Rupi Kaur's poetry collections. The researcher divided the finding of the relation of the author's background and the characterization of the speaker into two parts; the Rupi Kaur's past experience and the Rupi Kaur's childhood environment.

3.2.1 The Rupi Kaur's past experience

For Rupi Kaur, abuse and oppression were a part of her childhood. She was raped by her uncle and silenced by the men around her. Rupi Kaur is a poet and writer who has spoken out about her experiences with abuse and oppression. Her work often addresses themes related to trauma,

healing, and personal growth. In her debut collection of poetry, "Milk and Honey," Kaur explores the ways in which abuse and oppression can impact a person's sense of self-worth and their ability to form healthy relationships. She also touches on the ways in which survivors of abuse and oppression can find healing and reclaim their power. Overall, Kaur's work sheds light on the pervasive nature of abuse and oppression in our society and the importance of speaking out against it. Kaur has revealed that she has faced challenges related to abuse and oppression. Her work often addresses these themes and how they have impacted her life and personal growth. She has used her platform as a writer and artist to speak out about these issues and to encourage others to do the same.

It can be seen also in Rupi Kaur's "*Home Body*" book especially in "Mind" chapter.

But for me

Sex was my girlhood

Dragged to death (Lines 9)

Through those lines above, it's implied that sex is the girlhood of the author. Rupi Kaur has a bad memory of her childhood; her uncle abused, oppressed, and raped her. For Rupi Kaur, abuse from men was also a part of her life. The man dragged her until she felt dead. It can be seen that the sexual assault that happened to Kaur was ferocious.

According to her, sexual abuse was also a part of her life. Not only raped

by her uncle, but Rupi Kaur also has abused, such dragged her body until she fell dead because of the pain of the sexually abusive.

I'll be quiet when

We can say sexual assault

And they

Stop screaming liar (Lines 10)

The author added that in her childhood was experienced sexual assault but she never allowed to speak up because it was be forbidden by the men around her, even it was her father.

3.2.2 The childhood environment

Not only past experience of the author that effected the poem but also the environment when the author was a child it was proven in the lines below.

I'll be quiet when

We can say sexual assault (Lines 10)

in Rupi Kaur environment at that time the woman who speak up who tell the opinion made them less desirable to the rest of society.

And coming back with reasons for

why I am not enough (Lines 8)

The author's background supports the discussion about Rupi Kaur's experiences of racism and oppression. Growing up in Toronto, Kaur was self-conscious about her identity and felt not enough due to her family's cultural differences and her own experiences of abuse and menstruation.

She witnessed domestic violence and sexual abuse among relatives and friends, which, combined with her parents' experiences of racism, contributed to her lack of confidence and shy disposition. Kaur's Indian background made her feel different and uncomfortable in her new environment, where she was often embarrassed by her mother's accent and felt that others looked at her strangely. All of these factors combined to create a sense that Kaur was not enough for others.

You are lonely

But you are not alone (Lines 17)

- *There is a difference*

This pertains to Rupi Kaur's background as a writer, which includes her experience as an Indian woman who immigrated from India to Canada and witnessed her parents being subjected to racism. This exposure to racism and discrimination led her to develop feelings of insignificance and loneliness despite being surrounded by others. The term "loneliness" here does not necessarily mean being physically alone, but rather feeling disconnected and isolated from the environment. As an Indian woman, Kaur often felt like an outsider and experienced social exclusion, leading to her feelings of isolation and detachment from the people around her.

CHAPTER V

CONCLUSION AND SUGGESTION

5.1 Conclusion

Based on the analysis of the heuristic reading and hermeneutic reading, the conclusion can be drawn that the speaker or "I" in Rupi Kaur's poem exhibits a complex range of traits and characteristics. These include introversion, pessimism, optimism, obedience, sensitivity, ambition, and patience. The speaker's personality is nuanced and multifaceted, reflecting the complexity of human emotions and experiences. Furthermore, the analysis suggests a relationship between the author's background and the poem's characterization of the speaker or "I". Specifically, Rupi Kaur's experiences and childhood environment have influenced her writing, shaping the speaker's personality and experiences in the poem. Overall, the analysis of the poem suggests that Rupi Kaur is a skilled and insightful writer, capable of capturing the complexities of human experience in a powerful and evocative way. By exploring the relationship between the author's background and the speaker's characterization in the poem, this analysis sheds light on how personal experiences and cultural context can shape artistic expression.

5.2 Suggestion

According to the conclusions drawn from the analysis of Rupi Kaur's poem, this research can serve as a useful reference for those who are interested in analyzing literary works, particularly poetry. It highlights the importance of considering the author's background and experiences when analyzing the characterization of the speaker in a poem.

For students who are interested in the poetry movement, this research suggests that they should expand their knowledge and look for additional sources to deepen their understanding of poetry. There is a wealth of information available that can help them appreciate and analyze the rich artistic elements found in poems.

For other researchers, this study suggests that there are many interesting aspects of poetry that can be further explored, particularly in relation to the use of figures of speech and other literary devices. The researcher recommends that future research should focus on analyzing a whole chapter in Rupi Kaur's "*Home Body*" book. By doing so, the research can gain a deeper appreciation of the art and craft of poetry, which has been studied and analyzed for centuries.



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