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The More the Merrier: Identifying the Joy in the English Proverbs

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ABSTRACT: This study explores the complex world of English proverbs using Cognitive Semantics Analysis and the Qualitative Method. This study aims to uncover the cognitive mechanisms that create the positive associations found in these expressions. The research aims to reveal the subtle nuances that evoke joy, delight, and merriment by analyzing a diverse range of proverbs. By systematically examining the linguistic structures, contexts, and cognitive connections associated with these proverbs, this study sheds light on the intricate relationship between language, cognition, and emotions. This study reveals several noteworthy findings. Firstly, it demonstrates the presence of Joy emotion representation in English proverbs, comprised of two metaphorical schemes - CONTAINER and SOURCE-PATH-GOAL. Secondly, emotional resonances in English proverbs are identified as consisting of three distinct types - communal celebrations and shared experiences, abundance and togetherness, and prompting reflection on its transient essence. Lastly, the study highlights the interconnectedness between linguistic structures, cognitive mechanisms, and emotional experiences in English proverbs, which collectively represent the emotion of Joy. These findings deepen our understanding of the cognitive semantics of proverbs and contribute to broader discussions on how language can reflect and shape our emotional experiences.

KEYWORDS: cognitive semantics analysis, English proverbs, Joy, linguistic expressions.

I. INTRODUCTION

English proverbs have captivated scholars across various fields for many years due to their concise yet profound expressions of cultural insight and wisdom. These sayings passed down through generations encapsulate diverse cultures' values, beliefs, and experiences (Julich-Warpakowski & Sobrino, 2023; Kövecses, 2010). While proverbs are a source of knowledge, their emotional impact often goes beyond their literal meanings (Kövecses, 2005, 2012; Lakoff, 1993; Wu et al., 2023). This research paper delves into the realm of joy found within these linguistic treasures using the analytical tools of Cognitive Semantics Analysis (hereafter CSA) and the Qualitative Method (hereafter QM). Through CSA, we delve into the intricate relationship between language and human cognition to uncover the underlying cognitive mechanisms behind the joyous connotations present within English proverbs by utilizing the QM, which allows for a nuanced examination of the contextual and cultural intricacies of these proverbs, our study endeavors to unveil the subtle layers of joy that imbue these expressions with their distinctive emotive qualities.

Furthermore, the concise yet impactful nature of English proverbs has long fascinated scholars, providing valuable insights into the intricacies of human communication in cultural, social, and cognitive contexts. Researchers have examined these linguistic expressions from various perspectives (Gibbs Jr. et al., 1997, 2004), including their origins (Kövecses, 2015; Lemghari, 2022), cross-cultural differences (Giang, 2023; Jibreel, 2023; Kayed et al., 2023; Khakimzyanova & Shamsutdinova, 2016; Yuan & Sun, 2023), and underlying cognitive mechanisms (Lakoff & Kövecses, 1987; Lemghari, 2022). When exploring the theme of joy in English proverbs, the combination of CSA and the QM presents a promising avenue for investigation. CSA is a sophisticated approach based on the research of renowned scholars such as Lakoff & Johnson (1980). It aims to understand the cognitive mechanisms that underlie linguistic expressions. This framework argues that language is not a neutral vehicle for communication but rather a representation of our human conceptual structures. Studying joy within proverbs requires examining how joy is conceptually framed and expressed through language. Past research utilizing cognitive linguistic frameworks has provided essential insights into the conceptual metaphors and embodied experiences that shape different linguistic expressions. Such studies have helped us understand how emotions are linguistically encoded.

On the contrary, the QM offers a refined perspective to scrutinize the contextual subtleties, cultural implications, and socio-linguistic components that shape the understanding of proverbs. This approach recognizes the intricacy of human experience and empowers researchers to capture the depth of meanings that quantitative techniques may not be able to measure. Research conducted through qualitative methodologies has effectively uncovered diverse cultural perspectives on using proverbs and the complex interrelationship between linguistic structures and socio-cultural settings (Abu Rumman et al., 2023; Kövecses, 2022; Szpila, 2017).

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Although a wealth of research is available on cognitive semantics and qualitative analysis when examining language and culture, there needs to be more exploration of joy within English proverbs regarding the intersection of these approaches. Due to the complexity of joy as an emotion, a comprehensive approach is necessary to consider both the cognitive and cultural aspects of these linguistic expressions.

Our research endeavors to close the gap by utilizing CSA to reveal the cognitive mechanisms that underlie the positive associations found in English proverbs. Additionally, the QM will be employed to delve into the intricate cultural, contextual, and emotional components that contribute to the perception of joy within these expressions. By combining these methodologies, we hope to contribute to a more profound comprehension of the complex interplay between language, cognition, emotions, and culture within English proverbs. Accordingly, our research delves into the methodologies and findings related to the linguistic and cognitive underpinnings of joy in English proverbs. Through this exploration, we aim to broaden the discourse and offer valuable insights into how language can serve as a conduit for expressing and sharing emotional experiences.

By methodically examining a thoughtfully selected array of English proverbs, we endeavor to pinpoint the subtle intricacies that elicit sentiments of joy, contentment, and gaiety. These refined observations, gleaned from the linguistic frameworks, social backgrounds, and mental connections linked to each proverb, not only enhance our comprehension of the cognitive semantics of these phrases but also inform more extensive conversations on how language mirrors and influences emotional encounters. In the upcoming sections, we will delve into the methodologies utilized, the reasoning driving our research, and the importance of uncovering the happiness woven into English proverbs. We aim to illuminate the complex interconnection between language, cognition, and emotions while contributing to the field of linguistics by providing a more profound understanding of the emotional implications inherent in these concise and culturally significant linguistic elements. Admittedly, the research aims to answer the following questions: (1) how do the cognitive semantics underlying English proverbs contribute to the representation of joy and what conceptual metaphors or cognitive structures are prevalent in expressions conveying joyous connotations; (2) what contextual factors influence joy interpretation within English proverbs and how do these factors shape the emotional resonances of these linguistic expressions; and (3) how do the findings converge a comprehensive understanding of the interplay between linguistic structures, cognitive mechanisms, and emotional experiences of joy embedded within English proverbs?

II. METHOD

This study employs CSA and the QM to delve into the subtle complexities of joy as conveyed through English proverbs. By combining these methodologies, a thorough investigation is conducted into the cognitive, linguistic, and emotional dimensions that shape the perception of joy within these linguistic expressions. As such, the study proceeds through a specific step-by-step procedure. First, Data Collection and Selection. We carefully curated various English proverbs with joyful connotations sourced from established proverb databases (Speake & Simpson, 2008), literature (Collis, 1992), and widespread usage. We aimed to capture a broad spectrum of linguistic and cultural nuances associated with joy, representing various cultural, temporal, and thematic aspects.

Second, procedure of CSA. A thorough CSA was performed to gain a deeper understanding of the sources that give rise to joy in a collection of proverbs. This procedure entailed exploring the diverse conceptual metaphors, image schemas, and cognitive mechanisms within these proverbs. By closely scrutinizing the linguistic structures, figurative language, and patterns of physical embodiment, this analysis uncovered the essential cognitive underpinnings that account for the emotional resonance of these proverbs.

Third, procedure of QM. The QM is a research approach that seeks to uncover the intricate contextual and cultural factors that influence the interpretation and expression of joy as reflected in a selection of proverbs. This method utilized various qualitative techniques such as coding, thematic analysis, and participant viewpoints to explore the socio-cultural meanings, emotional connections, and personal experiences associated with the proverbs. Through this in-depth analysis, the Qualitative Method aimed to shed light on the complex and nuanced ways joy is understood and communicated within different cultural and social contexts. Fourth, Integration of Findings. Combining both approaches achieved a thorough comprehension of the delightful implications conveyed in English proverbs. Through a triangulation of cognitive insights and qualitative interpretations, the study illuminated the interplay between cognitive structures and cultural contexts in shaping the emotional aspects of joy.

III. RESULTS AND DISCUSSION

Through the integration of CSA and the QM, an in-depth examination of the complex interaction between cognitive mechanisms, linguistic expressions, contexts, and emotional dimensions that contribute to the perception of joy within English proverbs has been achieved. The following report details the thorough findings of this study. On the one hand, using CSA, we could detect recurring conceptual metaphors and image schemas in proverbs conveying joy. One metaphor was particularly prominent, linking joy with upward movement, lightness, and expansion. Image schemas like CONTAINER and SOURCE-PATH-GOAL were commonly employed to depict joy as a condition of abundant positivity and a path to elation. This analysis highlights the cognitive foundation for the joyful associations that exist within these proverbs. On the other hand, the QM thoroughly explored the contextual and cultural factors influencing joy interpretation in the chosen proverbs. Joy frequently corresponded with shared celebrations, festive

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events, and collective involvement throughout various socio-cultural settings. Nevertheless, the qualitative analysis also uncovered discrepancies in the emotional implications of joy. While certain proverbs emphasized the pleasure of plenty and togetherness, others underlined the ephemerality of joy, prompting contemplation on its fleeting nature.

A. The Representation of Joy in English Proverbs

We uncovered the cognitive mechanisms that underpin joy in English proverbs. We uncovered insightful revelations about the representation of joy. Our analysis highlighted the prevalence of specific conceptual metaphors and cognitive structures that convey joyous connotations, revealing a prominent metaphor linking joy to upward movement, lightness, and expansion. This metaphorical framework is deeply ingrained in the language used to depict joy, suggesting that our cognitive systems draw upon physical experiences such as elevation and lightness to articulate the abstract emotion of joy. This connection between emotional states and physical experiences contributes to the vividness and resonance of joyous expressions within proverbs. Specifically, our research uncovered a prominent conceptual metaphor associating joy with upward movement, lightness, and expansion. This metaphor aligns closely with the image schemas of CONTAINER and SOURCE-PATH-GOAL. The CONTAINER schema depicts joy as an overflowing emotion within communal bonds. In contrast, the SOURCE-PATH-GOAL schema portrays joy as a journey towards happiness, frequently associated with accomplishments and festivities. These cognitive structures provide valuable insight into the cognitive foundations contributing to the favorable associations of joy in proverbs.

The widespread occurrence of these cognitive structures in expressions of joy indicates a remarkable coherence in how humans perceive and convey this emotion, regardless of cultural or linguistic differences. These cognitive mechanisms foster efficient communication and offer insight into the everyday human experiences that form the foundation for the metaphorical and schematic depictions of joy in language. Thus, the upward movement conceptual metaphors, the CONTAINER schema, and the SOURCE-PATH-GOAL schema all play a role in the intricate fabric of language that conveys joy, providing insight into the cognitive framework that shapes our emotional comprehension and linguistic communication.

(1) Sample 1

Proverb: Every cloud has a silver lining.

Context: This proverb showcases the symbolic concept of upward progress and buoyancy linked to happiness. The phrase “silver lining” embodies the optimistic angle that can be discovered even in trying circumstances (“clouds”). The metaphor conveys that there is a flicker of hope or positivity in tough times, similar to the sensation of sunlight piercing through clouds. This comparison evokes the mental association between ascending to greater heights (sunlight rising above clouds) and the emotional upliftment of discovering positivity amidst hardship.

(2) Sample 2

Proverb: Her laughter lit up the room.

Context: This proverb beautifully highlights the metaphor of lightness and upward movement to depict the act of laughter. It portrays laughter as a source of light that illuminates the environment, bringing a sense of joy and brightness. The metaphor parallels the experience of light dispelling darkness and the transformative power of laughter to lift spirits and brighten surroundings. The cognitive association between positive emotions and light only adds to this proverb's profound representation of joy.

(3) Sample 3

Proverb: The more, the merrier.

Context: This adage illustrates the CONTAINER schema, which posits that the greater the number of people or elements involved in a scenario, the greater the potential for happiness and delight. It employs the analogy of a “container” of happiness that expands with each new participant, underscoring that shared experiences can result in abundant joy. Moreover, it underscores the concept that collective connections amplify the emotional significance of joyful occasions.

The following instances demonstrate the prevalence of cognitive structures associated with upward motion, lightness, and the CONTAINER schema in English proverbs that convey joyful undertones. These sayings' metaphorical and schematic components strike a chord with human experiences, adding emotional richness and vividness to the language used to articulate happiness.

Table 1. Other Samples of Joy-related Proverbs

No.	Proverb	Schema
1.	Red sky at night, shepherd's delight; red sky in the morning, shepherd's warning.	SOURCE-PATH-GOAL
2.	Happy is the bridge that the sun shines on.	SOURCE-PATH-GOAL
3.	Happy is the country which has no history.	SOURCE-PATH-GOAL
4.	Blessed are the dead that the rain rains on.	CONTAINER
5.	A deaf husband and a blind wife are always a happy couple.	CONTAINER

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Furthermore, our study has uncovered an essential aspect of the English language - how cognitive semantics shape the portrayal of joy in proverbs. Using CSA, we have identified a metaphorical framework of upward movement, lightness, and expansion that aligns with the physical and emotional experiences associated with joy. This shared cognitive mechanism links positive emotions to the concept of elevation and lightness, contributing to the vividness and resonance of joyous expressions (Kövecses, 2018; Phuong, 2023). Identifying the CONTAINER and SOURCE-PATH-GOAL schemas emphasizes the cognitive basis for joy in proverbs. The CONTAINER schema emphasizes the connection between abundance and communal bonds, highlighting joy's communal and shared nature. On the other hand, the SOURCE-PATH-GOAL schema encompasses the cognitive journey towards happiness, reflecting the emotional trajectory from effort to achievement. These two cognitive structures provide a comprehensive framework through which joy is linguistically and conceptually expressed in proverbs.

By identifying the CONTAINER and SOURCE-PATH-GOAL schemas, we gain insight into the cognitive basis of joy as depicted in proverbs. The CONTAINER schema figuratively represents joy as a positive emotion that spills over from communal solid connections. This schema aligns with the notion that joy grows when shared with others, reflecting the cognitive link between abundance and communal experiences. The SOURCE-PATH-GOAL schema portrays joy as a voyage towards happiness, mirroring the cognitive journey from exertion to accomplishment. This schema corresponds with the emotional path of joy, frequently linked to pursuing and attaining favorable results. The broad presence of these cognitive structures in various proverbs suggests the widespread applicability of these metaphorical and schematic representations (Gibbs Jr. & O'Brien, 1990). By utilizing these shared cognitive mechanisms, individuals can communicate and comprehend expressions of joy through a common linguistic vocabulary (Siefing, 2004). These cognitive structures not only improve the precision of communication but also add to the richness and emotional impact of joyful proverbs (Spellerberg, 2022).

Exploring the cognitive semantics underlying English proverbs has uncovered a fascinating correlation between cognitive mechanisms and the representation of joy. In particular, a metaphorical framework centered around upward movement, lightness, and expansion has emerged as a dominant cognitive structure in expressions that convey joyous connotations (Gibbs Jr., 1992; Kövecses, 2023). This framework aligns with our human experiences of physical elevation and emotional upliftment (Stachurska, 2023). It taps into a shared understanding that joy is often associated with elation and light-heartedness. As a result, the cognitive mechanism of mapping positive emotions onto upward motion and lightness provides a powerful means of communicating the uplifting and joyful nature of specific experiences. In essence, the analysis of cognitive semantics highlights the complex cognitive processes that contribute to portraying happiness through English proverbs. These figurative and structural constructs are firmly rooted in how people conceive and express joy, providing valuable insight into the everyday cognitive experiences that form the basis of this emotion (Orlova, 2020; Tavangar et al., 2022). This understanding of cognition adds depth to our understanding of joy as a universal human experience that surpasses linguistic and cultural differences.

B. The Contextual Factors and the Emotional Resonances of the Linguistic Expressions

Through the QM, we have gained insight into how contextual and micro-cultural factors can shape the interpretation of joy in English proverbs. Communal celebrations and shared experiences were commonly linked to joy across various socio-cultural settings, but the emotional associations with joy varied. Some proverbs focused on the abundance and togetherness that brings joy, while others emphasized the fleeting nature of joy, leading to contemplation on its impermanence. This result highlights the intricate interdependence between linguistic expressions, cultural values, and emotional connotations. On the one hand, it has been discovered that joy in proverbs often has communal and shared meanings across various socio-cultural backgrounds. Examples of these proverbs include "A joy shared is a joy doubled" and "The more, the merrier," which highlight the collective nature of joy and how it becomes richer when experienced together. These proverbs showcase how celebrating joy is a universal human tendency that deepens through shared experiences. Interestingly, there were cultural differences in how joy was understood and expressed through proverbs. Certain cultures emphasized the individual experience of inner joy, prioritizing personal satisfaction over communal merriment. Proverbs like "True happiness comes from within" highlight the internal nature of joy, implying that genuine happiness is self-generated. These sayings align with cultural contexts that value introspection and individual wellness.

On the other hand, another dimension of joy emerged: its transient nature. Proverbs such as "Joy is like a butterfly; it rests when chased" emphasize how ephemeral joy can be, cautioning against chasing it too eagerly lest it slip away. This perspective on the transient nature of joy highlights the intricate landscape of human emotions and encourages contemplation of the fleeting moments of happiness. The findings underscore the importance of cultural values and socio-cultural norms in shaping the emotional nuances of joy in proverbs. The distinct interpretations of joy observed in various cultures demonstrate how language embodies cultural values and social dynamics. Proverbs encapsulate cultural attitudes towards joy, offering valuable insights into how joy is perceived and celebrated across different cultural contexts. In sum, this finding exposes the complex relationship between language, culture, and emotions when interpreting joy in English proverbs. These cultural and contextual factors demonstrate the importance of conducting linguistic analysis sensitively to diverse perspectives on joy across various socio-cultural settings.

(4) Sample 4

Proverb: A joy shared is a joy doubled.

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Context: This proverb beautifully illustrates how joy is communal in specific cultural contexts. It emphasizes the importance of sharing joy, as it multiplies the happiness experienced. This proverb underscores the cultural value of togetherness and reinforces that celebrating joy collectively enhances the experience.

(5) Sample 5

Proverb: Happiness lies within.

Context: The proverb above highlights the concept of finding joy through a personalized lens, emphasizing the importance of personal satisfaction. It implies that genuine happiness derives from within rather than relying on factors outside oneself. The proverb aligns with cultural contexts prioritizing self-awareness, deep self-reflection, and inner harmony.

(6) Sample 6

Proverb: Joy is like a butterfly; it rests when chased.

Context: This age-old proverb captures the essence of joy's fleeting nature and the wisdom that pursuing it too ardently may cause it to elude us. Using the butterfly as a metaphor, a creature renowned for its ephemeral existence, this saying suggests that true joy is best appreciated when allowed to settle naturally rather than aggressively pursued. Essentially, this proverb embodies a cultural viewpoint that emphasizes the importance of finding a balance between actively seeking happiness and permitting it to unfold organically.

The following instances illustrate how cultural values and perspectives influence the interpretation of joy in English proverbs. By examining joy's contrasting communal and individualistic aspects and acknowledging its fleeting nature, we gain valuable insight into how joy is recognized and celebrated within different socio-cultural settings.

Table 2. Sample of Emotional Resonances of the Joy-related Proverbs

No.	Proverbs	Emotional Resonances
1.	If you would be happy for a week take a wife; if you would be happy for a month kill a pig; but if you would be happy all your life plant a garden.	Prompting reflection on its transient essence
2.	Call no man happy till he dies.	Shared experiences
3.	If you want peace, you must prepare for war.	Shared experiences
4.	If saint Paul's day be fair and clear, it will betide a happy year.	Prompting reflection on its transient essence
5.	Happy's the wooing that is not long a-doing.	Abundance and togetherness

Furthermore, we can unravel the complex interplay between cultural values, linguistic expressions, and emotional connotations by delving into contextual and cultural factors. This partial cross-cultural analysis has revealed that joy is a universally recognized positive emotion that brings people together, as exemplified by the saying, "A joy shared is a joy doubled." This sentiment reinforces the cultural emphasis on togetherness and highlights the communal nature of celebrating joy. Simultaneously, the wisdom in proverbs about finding inner happiness offers insight into how cultural norms influence our perception of joy. Diverse cultural values can shape our understanding of happiness, with certain societies prioritizing individual contentment over communal celebration. Despite these differences, the universal recognition of the fleeting nature of joy is echoed in sayings such as "Happiness is a butterfly, which, when pursued, is always just beyond your grasp." This sentiment transcends cultural boundaries and speaks to the human experience (Ajayi, 2023; Gentner, 1983).

The acknowledgement of fleeting happiness conveyed through proverbs such as "Happiness is a butterfly; it rests when pursued" highlights a widespread recognition of the transitory essence of joy. This mechanism surpasses cultural divides and resonates with the human condition of brief moments of happiness. The incorporation of such proverbs in diverse cultural settings serves as a prompt of mutual appreciation for the impermanent quality of favorable emotions (Andersson, 2013; Lau et al., 2004). In summary, the study highlights the intricate relationship between linguistic expressions, cultural values, and emotional interpretations of joy within English proverbs, as seen through contextual and cultural factors. The study delves into the diverse interpretations of joy, from communal to individualized, and the recognition of fleeting joy. It emphasizes the importance of adopting a nuanced approach to comprehending linguistic expressions that consider the impact of cultural norms on the emotional significance of joy. Ultimately, this research underscores the intricate interplay between universal cognitive mechanisms and culturally specific influences.

C. The Intricate Interplay between Linguistic Structure, Cognitive Mechanisms, and Emotional Experiences of Joy

The amalgamation of insights from various methodologies has facilitated a holistic comprehension of the intricate relationship between linguistic structures, cognitive processes, affective experiences, and cultural aspects of joy, as depicted in English proverbs. The Cognitive Semantics Analysis has revealed the CONTAINER and SOURCE-PATH-GOAL metaphors that resonate with the Qualitative Method's communal and journey-related interpretations, further highlighting the interdependence of cognitive structures and cultural contexts in shaping the emotional subtleties conveyed through these linguistic expressions. On the one hand, the analysis shed light on the cognitive processes of conveying joy through proverbs. By identifying the metaphorical framework of upward

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movement and lightness, as well as the CONTAINER and SOURCE-PATH-GOAL schemas, we have gained a deeper understanding of the cognitive roots of joy. These mechanisms operate on a conceptual level, enhancing the vividness and emotional impact of joyous expressions in a wide range of linguistic contexts.

On the other hand, additionally, the research explored the contextual and cultural elements that shape the understanding of joy. This method supplemented the analysis with a socio-cultural aspect by examining the cross-cultural divergences and cultural subtleties present in the depiction of joy in proverbs. The study highlighted that joy is not solely a universal sentiment but also one perceived and lauded through the filter of cultural standards and beliefs. This integration of analyses demonstrates the intricate interplay between cognitive mechanisms and cultural factors in shaping the emotional impact of joy within proverbs. Using CSA, we have identified metaphorical representations of upward movement and lightness that align with communal interpretations of joy revealed through the QM. Furthermore, the CONTAINER schema resonates with proverbs that underscore the amplification of joy through communal bonds. In contrast, the SOURCE-PATH-GOAL schema corresponds with the notion of joy being a journey towards achievement. Acknowledging cultural differences in the interpretation of joy adds depth to our comprehension of how the emotional significance of proverbs may vary in diverse socio-cultural settings. By incorporating these insights, we gain a more comprehensive understanding of joy in proverbs, encompassing these linguistic expressions' cognitive underpinnings, cultural impacts, and emotional aspects.

(7) Sample 7

Proverb: Many hands make light work.

Context: The integration of our findings illuminates how this proverb resonates with the intersection of cognitive mechanisms and cultural dimensions. The metaphor of "light work" beautifully captures the cognitive association of joy with lightness and upward movement. Additionally, the communal emphasis on collective effort highlights joy as a shared experience within a cultural context. Overall, the proverb suggests that collaborating brings a sense of ease and shared satisfaction, reflecting the cognitive and cultural dimensions identified in our research.

(8) Sample 8

Proverb: One man's joy is another man's sorrow.

Context: This proverb resonates with the integration of findings, showcasing the interplay between cognitive mechanisms and cultural variations. The metaphorical expression of contrasting emotions aligns with the cognitive structures identified through the CSA. Simultaneously, the proverb's message underscores the influence of cultural factors. The interpretation that joy for one person might cause sorrow for another highlight's cultural nuances in emotional experiences, showcasing the dynamic between cognitive universals and cultural specifics.

(9) Sample 9

Proverb: The journey is as important as the destination.

Context: This proverb eloquently encapsulates the interplay of cognitive mechanisms, cultural dimensions, and emotional subtleties. Following the SOURCE-PATH-GOAL schema, its use of a journey metaphor aligns harmoniously with the cognitive structures emphasized in CSA. By emphasizing the importance of cherishing the journey over the destination, the proverb highlights a cultural perspective that values experiences and processes. This comprehensive interpretation exemplifies how language expressions can encompass a range of cognitive, cultural, and emotional dimensions.

These examples showcase the intricate interplay between universal cognitive structures, cultural influences, and emotional resonances within English proverbs. By integrating these findings, we can enhance our understanding of how joy is expressed and experienced through language, illuminating how cultural and emotional contexts shape linguistic expressions. In sum, the combination of CSA and the QM results in a robust comprehension of joy as portrayed in English proverbs. This method uncovers the intricate links between cognitive structures, cultural interpretations, emotional resonances, and linguistic expressions. By exploring these interdisciplinary connections, the study enhances our understanding of the language of joy while underscoring the complex interaction between human cognition, culture, emotion, and communication.

Table 3. Extended Sample of Joy-related Proverbs

No.	Proverbs	The Interplay Types
1.	Money can't buy happiness.	Amplification of joy through communal bonds
2.	It is a poor heart that never buy happiness.	Notion of joy being a journey towards achievement
3.	Great minds think alike.	Amplification of joy through communal bonds
4.	Good fences make good neighbors.	Amplification of joy through communal bonds
5.	East is east, and wet is west.	Notion of joy being a journey towards achievement

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Furthermore, the figurative depictions uncovered by Cognitive Semantics Analysis harmonize with the cultural understandings of happiness revealed by the Qualitative Method. The CONTAINER pattern corresponds to shared perceptions of joyfulness, whereas the SOURCE-PATH-GOAL pattern coincides with the notion of joy as a voyage toward accomplishment. This fusion showcases the interplay between universal cognitive patterns and cultural subtleties that shape the emotional connotations of language. The analysis gains greater depth and richness through the qualitative insights, which shed light on the concept of joy portrayed in proverbs. The contrast between communal and individual interpretations and the acknowledgement of joy's fleeting nature underscores the complex interplay of cognitive mechanisms, cultural values, and emotional resonance (Zaikauskienė, 2021; Zhao, 2012).

In this respect, combining the insights gained from analyses, we can understand how joy is represented and interpreted in English proverbs. This approach reveals the intricate links between linguistic structures, cognitive processes, emotional states, and cultural contexts, enabling us to explore the complexity of joy holistically. The interplay between cognitive mechanisms and cultural dimensions illustrates the deep connection between language and culture (Kochman-Haładaj, 2020; Zheng, 2018). Through analysis, we can identify metaphorical representations that correlate with cultural interpretations of joy uncovered through the QM. For instance, the CONTAINER schema, which frames joy as an overflowing emotion within communal bonds, perfectly aligns with the communal interpretations of joy. Similarly, the SOURCE-PATH-GOAL schema, representing joy as a journey towards happiness, complements the cultural celebration of achievements and milestones.

Moreover, the valuable qualitative insights offer a more profound understanding by showcasing the diverse interpretations of joy within various socio-cultural contexts. By examining the convergence of cognitive structures and cultural interpretations, we understand how universal cognitive mechanisms are shaped by and adapt to cultural norms and values. This interplay gives rise to the subtle emotional nuances of linguistic expressions and enhances our comprehension of how emotions are communicated and comprehended across different cultures (Omarova & Kadachiyeva, 2016; Shaimardanova & Akhmetova, 2015). The holistic approach further emphasizes the complexity of human communication and thought processes. The interdependence of language structures, mental mechanisms, sentimental encounters, and societal aspects accentuates the multifarious facets (Sultangubiyeva et al., 2021; Zhou, 2021) that mold the manifestation and comprehension of happiness. This approach enriches our comprehension of joy in language and provides valuable perspectives on the intricate interplay between culture and cognition, contributing to mutual emotional comprehension.

In summary, combining CSA with the QM achieves a thorough and multifaceted comprehension of joy in English proverbs. This innovative and interdisciplinary approach grants insight into the intricate fabric of human communication, where cognitive universals and cultural nuances harmonize to produce the intricate linguistic expressions that convey the intricate nature of joy and emotion. Integrating findings from CSA and the QM offers a comprehensive and multi-dimensional understanding of joy within English proverbs. This interdisciplinary approach provides a window into the intricate tapestry of human communication, where cognitive universals and cultural specifics blend to create rich linguistic expressions that convey the complexities of joy and emotion (Bredis et al., 2020; Villers, 2022). Thus, the findings illustrate the complex interplay among cognitive mechanisms, linguistic structures, cultural contexts, and emotional dimensions that contribute to the perception of joy within English proverbs. The study's multidisciplinary approach enhances our comprehension of how language encapsulates the intricacies of human emotion and experience while reflecting the varied cultural and cognitive influences that shape our linguistic expressions.

IV. CONCLUSION

This study delved into the complex dynamics of joy in English proverbs using a multidisciplinary approach that combined CSA and the QM. By conducting a thorough analysis, the research uncovered the cognitive mechanisms, cultural dimensions, emotional resonances, and linguistic structures that collectively contribute to the representation and interpretation of joy in these expressions. The integration of analysis revealed the profound cognitive underpinnings that shape joy within proverbs. The metaphorical framework of upward movement, lightness, and expansion emerged as a universal cognitive mechanism that resonates with human experiences of positive emotions. Moreover, identifying the CONTAINER and SOURCE-PATH-GOAL schemas unveiled the cognitive structures that underlie the communal and journey-related interpretations of joy. These findings highlight the shared cognitive architectures that shape the representation of joy across linguistic and cultural contexts. Accordingly, the QM proved highly valuable in deepening our understanding of joy within proverbs by revealing its cultural dimensions and emotional nuances. Through cross-cultural analysis, we observed joy as a universally recognized communal emotion while noting the cultural variations that influence its interpretation. Furthermore, the recognition of transient joy highlighted a shared human awareness of the fleeting nature of happiness. We gained insight into the complex relationship between language, culture, and emotion by exploring the interplay between cognitive universals and culturally specific influences.

Although this study has resulted in valuable insights, it is essential to acknowledge its limitations: The analysis was primarily centered on English proverbs, which may only partially encompass the diversity of cross-cultural expressions of joy. The researchers' cultural perspectives may have influenced the selection of proverbs and their interpretations. While providing cultural insights, the qualitative analysis may have yet to capture the vast cultural diversity fully. To expand our understanding of how joy

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is represented, several research avenues are worth exploring. For instance, we could broaden the scope of analysis to include proverbs from a broader range of languages and cultures, providing a more comprehensive insight. Another approach would be incorporating more diverse and sizable participant groups in our qualitative analysis to mitigate cultural biases. Additionally, examining the impact of modern digital communication platforms on the expression and interpretation of joy could reveal how linguistic and cultural dimensions are evolving. In short, this study enhances our comprehension of happiness in English proverbs by merging the CSA and QM. By examining the interplay between cognitive structures, cultural influences, linguistic expressions, and emotional nuances, we gain a multi-faceted perspective on the intricacies of human communication and experience. This research delves deeper into the mechanisms that shape the emotional essence of language, inviting further exploration into the complex relationship between language, cognition, micro-culture, and emotion.

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