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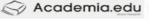E-mail: Smartex@kfs.edu.eg

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On the Edge of Ours's Seat: Depicting the Fear in the English Proverbs

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Abstract

This academic exploration delves deeply into the intricate portrayal of fear within English proverbs, meticulously examining its linguistic manifestation and contextualization. Through a comprehensive analysis of a diverse range of proverbs, the study identifies recurring patterns, metaphors, and linguistic cues that contribute to constructing fear-related concepts. Moreover, the study aims to shed light on the underlying cognitive mechanisms that facilitate the representation of fear in language. The findings of this study provide invaluable insights into the intricate relationship between language and emotions, making a significant contribution to the field of cognitive linguistics by revealing the intricate cognitive processes involved in the conceptualization of fear within a linguistic framework. First, proverbs frequently use metaphors to convey fear through source-target domain mappings. These metaphors draw on diverse domains such as physical danger, darkness, human body or animals, and the unknown. Second, the metaphor was frequently used to illustrate fear as an uncertain path, connections between human fear and animal behavior, and physical sensations. Third, there is an evidence that the societal anxieties, historical events, and cultural norms (see Example 9) all shape fear-related expressions. To further advance this investigation, future research might conduct cross-linguistic comparisons to investigate how fear is portrayed in proverbs across diverse languages.

Keywords: *Cognitive semantics, Fear, English proverbs, Linguistic representations.*

INTRODUCTION

Fear is a complex human emotion that shapes our perceptions, behaviours, and interactions with the world. Its impact extends beyond psychology and affects various aspects of our lives, including language (Julich-Warpakowski & Sobrino, 2023; Kövecses, 2010). Language is a powerful tool for expressing and understanding emotions within cultural contexts (Gibbs Jr. et al., 2004; Kövecses, 2012; Nugraha, 2019). As concise expressions of cultural insights and folk wisdom, English proverbs offer an intriguing opportunity to examine the intricate connection between fear and language. This research utilizes the analytical methods of Cognitive Semantics Analysis (hereafter CSA) and Qualitative Methodology (hereafter QM) to explore the nuanced depiction of fear in English proverbs.

Scholars from diverse disciplines have been fascinated by the relationship between language and emotion for decades (Ajayi, 2023; Giang, 2023; Gibbs Jr., 1992; Kövecses, 2023; Lemghari, 2022; Yuan & Sun, 2023). Our choice of words reflects our emotional state and shapes our understanding and depiction of emotions. Through examining the use of language in proverbs to express fear, this study seeks to reveal the intricate subtleties, metaphorical structures, and cognitive foundations that underlie the depiction of fear in this culturally and linguistically diverse landscape.

The CSA presents a theoretical framework showing how language mirrors cognitive processes and conceptual structures. When paired with QM which facilitates a thorough examination of linguistic subtleties within their cultural contexts, this research offers a comprehensive perspective on the multi-faceted aspects of fear as expressed in English proverbs. The findings gleaned from this analysis enrich the expanding realm of cognitive linguistic research and deepen our comprehension of how fear is linguistically embedded and communicated in everyday language.

Furthermore, the emotion of fear has long captivated scholars across diverse fields as it impacts our cognition, actions, and language. With their concise and deeply ingrained nature, English proverbs provide an ideal framework for delving into the complex

interplay between fear and linguistic expression. This study situates the object of analysis within the broader context of CSA, qualitative research techniques, and the investigation of emotions in language.

For many years, experts have acknowledged emotions' significant role in shaping human language and communication. Emotions manifest themselves in language and serve as the building blocks for the concepts and metaphors underpinning language. Lakoff and Johnson (1980) were trailblazers examining how emotional metaphors shape our interpretation of abstract ideas. This metaphorical foundation of emotions within language is vital for exploring how fear is expressed linguistically in English proverbs.

The study of CSA suggests that our language reflects our cognitive structures. This concept offers a robust framework for analyzing the conceptualization and communication of fear through proverbs. In his work, Kövecses (2000) examined the use of metaphors in everyday language to express emotions, particularly fear, highlighting the significant role of conceptual metaphors in shaping our linguistic expressions. By applying this framework to the study of proverbs, we can gain insights into how fear is metaphorically embodied and broaden our understanding of how emotions influence language use.

In addition, utilizing QM is crucial in revealing the intricate nuances of fear as expressed through English proverbs in their respective micro-cultural contexts. Proverbs are significant cultural artefacts that encapsulate shared beliefs and values. Therefore, contextualizing the linguistic examination within its cultural milieu is paramount. Ritchie and Lewis (2003) underscore the significance of context in qualitative research, stressing the exploration of overt and covert meanings. This approach is especially invaluable in uncovering how fear is interwoven into proverbs across distinct societies and historical epochs.

Despite being limited, past studies on emotions found in proverbs suggest that exploring the theme of fear within this genre could yield valuable insights. Scholars (Gibbs Jr. et al., 1997; Gibbs Jr. & O'Brien, 1990; Kövecses, 2022) have delved into the metaphoric expressions of emotions in proverbs, revealing how these sayings embody cultural knowledge and conceptual metaphors about emotions. Nevertheless, a thorough examination of how fear is manifested and conceptualized in English proverbs remains an untapped area of research that demands further exploration.

To summarize, existing literature emphasizes how emotions, language, and culture are intertwined, serving as a convincing basis for our current research. Utilizing the analytical techniques of CSA and QM, our study endeavours to enhance comprehension of how fear is linguistically conveyed through English proverbs. By doing so, we can uncover the cognitive mechanisms and cultural subtleties that influence articulating this essential emotion.

This study delves into the intricate layers of fear's representation in English proverbs, shedding light on the intersection of linguistics, emotions, and language. The research seeks to answer the following questions: (1) how is fear linguistically manifested and conceptually represented in English proverbs using CSA; (2) what are the recurring patterns, metaphors, and linguistic cues contribute to the depiction of fear in the selected English proverbs; (3) how does the context influence the portrayal of fear in English proverbs, and how can QM insights enhance our understanding of fear's nuanced expressions within this genre?

METHOD

By utilizing a combination of CSA and QM, a thorough examination of the depiction of fear in English proverbs can be achieved. This approach allows for a comprehensive and insightful understanding of the subject while considering cognitive dimensions. Such an approach promises to yield valuable insights and answers to pertinent research questions. *First,* Data Collection. To comprehensively explore the portrayal of fear through English proverbs, a diverse and representative corpus of fear-related expressions gathered from reputable source (Speake & Simpson, 2008)**,** linguistic database (Siefring, 2004)**,** and cultural repository (Collis, 1992)**.** The proverbs were selected from various historical periods and cultural backgrounds to ensure a thorough and inclusive examination. This approach enabled a nuanced understanding of the role of fear in English language and culture.

Second, Cognitive Semantics Analysis. Utilize conceptual metaphor analysis, following the framework of Lakoff and Johnson (1980) (Lakoff & Johnson, 1980), to identify the metaphorical expressions and conceptual mappings related to fear in the chosen proverbs. Analyze how these metaphors' source and target domains intersect to unveil the cognitive structures that shape the linguistic depiction of fear. Additionally, recognize the cognitive functions of metonymic expressions in portraying fear, as they play a crucial role in intensifying emotional impact within proverbs.

Third, Qualitative Methodology. Performing contextualization involves conducting a comprehensive qualitative analysis of proverbs within their micro-cultural and socio-historical settings. This analysis aims to identify how societal beliefs, experiences, and norms impact the portrayal of fear. To fully comprehend the semantic nuances of the proverbs, it is necessary to scrutinize the subtle meanings ingrained within them, both evident and hidden. Discourse and content analysis are valuable tools to explore the underlying layers of fear expression. *Lastly,* Interpretation and Discussion. Examine the analysis results with the research inquiries, offering extensive perspectives on the linguistic portrayal, conceptual organization, and cultural context of fear in English proverbs.

FINDINGS AND DISCUSSION

A.   Linguistic Representations of Fear

The findings from the CSA indicate that English proverbs frequently use metaphors to convey fear through source-target domain mappings. These metaphors draw on diverse domains such as physical danger, darkness (*see* Example 1), human body or animals (*see* Example 2), and the unknown (*see* Example 3). For example, expressions like "In the dark, all fears are real" and "Afraid of their own shadow" utilize the domain of darkness and shadows to symbolize the intangible quality of fear. This analysis underscores the importance of metaphoric structuring in capturing fear's intricate and elusive nature, as proverbs portray.

Through the CSA, we explored the intricate linguistic expressions of fear in English proverbs. The results revealed a complex web of metaphorical language and conceptual mappings, highlighting that fear is not always conveyed directly but through a diverse range of domains and figurative expressions.

Using metaphors to describe fear is not random but stems from the fundamental cognitive structures underlying human thinking. For instance, the metaphorical connection of fear to the physical realm of "danger" has given rise to idioms such as "Walking on thin ice"

and "Jump out of one's skin." These sayings employ the dangerous physical context to convey the intense feeling of fear by linking it to precarious circumstances that require vigilance.

Moreover, the conceptualization of fear as an entity that elicits a physical reaction is evident in proverbs such as "Heart in one's mouth" and "Heart skips a beat." This metaphorical mapping of fear onto the body reflects the physiological manifestations of fear, emphasizing the strong connection between the emotional experience and bodily sensations.

Through extensive analysis, it has been revealed that there exists a standard correlation between the emotions of fear and the concept of obscurity. This correlation is exemplified in several well-known proverbs, including "Ignorance is bliss" and "Fear of the unknown." These proverbs metaphorically utilize the realm of the unknown to encapsulate the unsettling essence of fear that arises from ambiguity and a lack of understanding. This relationship between fear and the unknown highlights the importance of knowledge and understanding in mitigating apprehension and unease.

The CSA has shed light on the complex web of metaphors and conceptual mappings that shape the linguistic portrayal of fear in English proverbs. These metaphors are rooted in various domains, such as danger, the human body, and the unknown, providing a sophisticated comprehension of the intricate nature of fear. The analysis emphasizes how these figurative expressions convey the multifarious facets of fear that are often difficult to articulate through literal language.

(1)   Example 1
Proverb: "Walking on thin ice"
Metaphor: This proverb cleverly compares fear to walking on thin ice - a treacherous and precarious situation that demands careful attention. Like treading gingerly on fragile ice, fear can create a delicate and potentially hazardous scenario, requiring one to navigate cautiously to avoid undesirable outcomes.

(2)   Example 2
Proverb: "Heart in one's mouth"
Metaphor: The proverb draws a figurative comparison between fear and the sensation of the heart being in one's mouth, a common physical reaction to fear. This metaphorical link highlights the physiological aspect of fear by equating it with a tangible bodily response, specifically the racing or pounding of the heart. This comparison effectively captures fear's intensity and palpable nature, as it is felt within the body rather than just in the mind. Overall, this proverb provides a vivid and relatable depiction of the physical and emotional experience of fear.

(3)   Example 3
Proverb: "Fear of the unknown"
Metaphor: This particular proverb utilizes a metaphorical representation of fear, drawing upon the notion of the unknown. The metaphor emphasizes the unease and discomfort that commonly arise in situations that lack familiarity or predictability. In this context, fear is thus linked to the idea of the unfamiliar, and the proverb reminds us of the power of the unknown in shaping our emotions and responses.

The instances above clearly demonstrate how the sensation of fear is expressed linguistically via metaphors that originate from various domains, such as peril, the physical form, and the unfamiliar. Each metaphorical representation offers a unique perspective through which the emotion of fear is conceptually portrayed in English proverbs.

Incorporating the research questions' outcomes, the discussion segment demonstrates the collaborative impact of CSA and QM on enhancing our comprehension of fear's representation in English proverbs. The analysis illuminates the complex interrelationships among linguistic techniques, metaphors, and cultural influences, underscoring the pivotal role of language in portraying and influencing human emotions and cultural subtleties.

The results of the CSA highlight how English proverbs rely on metaphorical expressions to convey the emotion of fear. The analysis uncovered the various domains that metaphorically represent fear, including danger, the body, and the unknown (*see also* Table 1). This metaphor portrays fear in a dynamic and multi-dimensional way that captures its complexity. The analysis also reveals that metaphorical language is crucial in communicating the emotional nuances of fear that straightforward language may not be able to convey. Ultimately, the metaphorical mappings identified in this analysis align with the theoretical framework of cognitive semantics, showing how metaphorical expressions reflect the cognitive structures that underlie our experience of fear.

Extensive analysis has revealed that using metaphors in proverbs is significantly associated with expressing fear in language (Kövecses, 2015; Lakoff & Kövecses, 1987; Omarova & Kadachiyeva, 2016). These metaphors act as mental shortcuts that simplify the complexities of emotional experiences into brief phrases, enabling people to grasp and interact with the underlying emotional nuances. For instance, phrases like "walking on thin ice" and "heart in one's mouth" vividly capture the emotional sensations of vulnerability and intense physiological reactions. By compressing the intricacies of fear into relatable metaphors, communication becomes more streamlined, and readers can effortlessly connect with and understand fear-based experiences.

Table 1 Other Proverbs of the Fear

No	Proverb	Root of Metaphors
1.	Better to light one candle than to curse the darkness.	Domain of darkness
2.	Big fish eat little fish.	Domain of human body or animals
3.	Dreams go by contraries.	Domain of the unknown
4.	The nearer the church, the farther from God.	Domain of the unknown
5.	Robin Hood could brave all weathers but a thaw wind.	Domain of human body

In addition, using metaphors to depict fear reveals how our thought processes shape the emotion. The metaphorical transfer of fear into situations involving physical danger illustrates our inclination to link fear with potential harm while equating fear with the heart emphasizes the bodily component of the emotion. These metaphors reflect the cognitive frameworks that mould our comprehension of fear and play a role in shaping cultural beliefs surrounding it (Kövecses, 2018; Lakoff, 1993).

The study of CSA highlights the challenges of expressing complex emotions like fear through straightforward language. However, proverbs provide a solution by using metaphorical expressions that transcend the constraints of literal language. This approach allows for a more nuanced depiction of fear's emotional intricacies. By

employing metaphorical language, proverbs strike an emotional chord that resonates with readers on both cognitive and emotional levels (Gentner, 1983; Kövecses, 2005).

According to CSA, English proverbs utilize metaphorical expressions to convey and represent fear effectively. These metaphors capture intricate emotional states by utilizing cognitive mappings that align with our understanding of fear. Through metaphorical language (Kochman-Haładyj, 2020), proverbs provide a more comprehensive portrayal of fear beyond literal language, allowing readers to connect with the emotion on various cognitive and emotional planes.

B. Metaphor Cues of Fear

Through our analysis, we observed recurring patterns and metaphors. The metaphor of a "journey" was frequently used to illustrate fear as an uncertain path (*see* Example 4), as exemplified in proverbs like "Fear is the path to the dark side" and "Afraid of what is around the corner." "Animal symbolism" was also commonly employed, with proverbs like "Scaredy-cat" and "Like a deer caught in headlights" drawing connections between human fear and animal behavior (*see* Example 5). In addition, linguistic techniques like vivid imagery intensified language, and contrasting elements were employed to amplify the emotional impact of fear-related proverbs.

Upon analyzing a variety of English proverbs, we discovered recurring patterns, metaphors, and linguistic cues that effectively depict and communicate the emotion of fear. These strategies collectively enhance the emotional impact of fear-related proverbs, allowing for assertive communication of this complex emotion. Overall, our findings offer valuable insights into how fear is conveyed and portrayed through language.

Numerous fear-related proverbs displayed recurring patterns that reinforced a consistent depiction of fear. "Journey metaphors" were widespread, portraying fear as a treacherous path or expedition. For instance, proverbs such as "Fear is the path to the dark side" and "Afraid of what's around the corner" utilized this pattern to convey fear as a journey filled with uncertainties and obstacles.

Metaphors have proven to be a crucial tool in conveying the intricacies of fear. The repeated use of "animal symbolism" was particularly impactful. Familiar sayings like "Scaredy-cat" and "Like a deer caught in headlights" draw comparisons between human fear and animal behaviours, effectively capturing the intensity and vulnerability that are hallmarks of fear.

One approach involved detailing (*see* Example 6) in the realm of metaphorical strategies for describing fear. By utilizing expressions such as "Shaking like a leaf" and "Cold feet," individuals could evoke a visceral understanding of the bodily experiences associated with fear. These proverbs served as powerful tools for conveying the physiological impact that fear can have on a person.

The strategic employment of linguistic cues was utilized to heighten the emotional impact of fear-related proverbs. These cues featured amplified language, vivid imagery, and contrasting elements. For example, proverbs such as "Terrified beyond words" and "Paralyzed with fear" utilized intensified language to communicate the intense emotional states that fear can induce effectively.

In addition, evocative and detailed language played a crucial role in evoking sensory perceptions for the reader. By integrating well-known sayings like "hair-raising" and "heart-pounding," the author could create a vivid and immersive depiction of fear's physical and emotional impact. This, in turn, allowed the reader to fully engage with the content, fostering a deeper emotional connection with the subject matter.

Juxtaposing fear with its antithesis, safety or courage, was achieved through the use of contrasting elements. Proverbs such as "Only the brave know fear" and "Courage is not the absence of fear" effectively emphasise that courage is not the absence of fear but rather a response.

After examining the recurring patterns, metaphors, and linguistic cues, we have gained a deeper understanding of how fear is portrayed in English proverbs. Together, these techniques create a captivating depiction of fear, using figurative language, vivid imagery and contrasts to evoke strong emotions and convey powerful messages. This incorporation highlights the expressive and communicative power of these sayings.

(4) Example 4
Proverb: "Only the brave know fear."
Explanation: This proverb employs the power of contrast to underscore the complex relationship between fear and courage. The adage suggests that those who embody bravery are intimately familiar with fear by juxtaposing the words "brave" and "fear" in close proximity. This saying effectively illuminates the coexistence of these seemingly contradictory emotions through its consistent use of contrast, challenging the notion that courage is synonymous with fearlessness. This pattern aligns with the idea that confronting and overcoming fear is a hallmark of true bravery.

(5) Example 5
Proverb: "Scaredy-cat"
Explanation: This idiom employs animal imagery to portray someone who is easily frightened. This expression creates a powerful image of timidity and unease by likening the person to a skittish cat. Its frequent use of animal symbolism is evident, as it utilizes the connection between certain animal behaviours and human emotions to convey fear in a manner that resonates and remains memorable to its audience.

(6) Example 6
Proverb: "Shaking like a leaf"
Explanation: The "physical sensations" metaphor in this proverb paints a vivid picture of the physiological effects of fear. The expression "shaking like a leaf" evokes a sensory experience of an individual trembling uncontrollably in the face of fear, aptly capturing the depth of the emotional response. This example represents a common practice of describing fear through bodily sensations, allowing readers to connect with the physical and emotional reactions accompanying fear.

English proverbs often use recurring patterns, metaphors, and linguistic cues to convey a fear in a skilful manner. The contrast of elements, animal symbolism, and vivid imagery heighten the emotional impact of these expressions and communicate nuanced feelings of apprehension and unease. These examples showcase the power of language (Andersson, 2013; Lau et al., 2004) in effectively conveying fear.

Examining proverbs that tackle fear makes it clear that this intricate emotion is often depicted subtly. Delving deeper into these proverbs reveals that "journey metaphors," "animal symbolism," and "physical sensations" are recurring themes that add layers of meaning and complexity to the portrayal of fear. By

relying on these patterns, proverbs can effectively communicate the intricacies of fear and elicit emotional responses from readers. Moreover, heightened language, vivid imagery, and contrasting elements further intensify the emotional impact of fear-related proverbs. Ultimately, these proverbs showcase the power of metaphorical language (Zaikauskienė, 2021; Zhao, 2012), demonstrating how relatable images and sensations can convey fear's subtleties.

Table 2 Other Proverbs of the Fear

No	Proverb	Metaphor Targets
1.	Fools rush in where angels fear to tread.	An uncertain path
2.	The man who has once been bitten by the snake fears every piece of rope.	Connections between human fear and animal behavior
3.	Whosoever draws his sword against the prince must throw the scabbard away.	Physical sensations
4.	Don't count your chickens before they are hatched.	Connections between human fear and animal behavior
5.	Do right and fear no man.	Physical sensations

By recognizing recurring patterns (*see also* Table 2), such as "journey metaphors," we can uncover a thematic consistency in how fear is depicted. Using these metaphors to represent fear as an unpredictable journey resonates with our shared human experiences, highlighting fear as an inherent aspect of life's unpredictable path. Through journey metaphors, proverbs convey that fear is not an isolated emotion but an integral part of the complex tapestry of human emotions.

Using "animal symbolism" in proverbs related to fear is a powerful tool for creating impactful depictions. This figurative technique taps into our shared cultural symbolism surrounding animals, effectively conveying emotional states through relatable and familiar imagery (Zheng, 2018; Zhou, 2021). Proverbs such as "Scaredy-cat" and "Like a deer caught in headlights" draw connections between human behaviour and animal actions, conjuring vivid mental pictures that resonate across cultures. By employing this approach, readers can easily understand and empathize with the effects of fear.

In order to maximize the emotional impact of fear-related proverbs, it is essential to utilize linguistic cues such as intensified language (Bredis et al., 2020; Shaimardanova & Akhmetova, 2015), vivid imagery, and contrasting elements. Intensified language, including phrases like "terrified beyond words" or "paralyzed with fear," effectively elicits solid emotional reactions that fully convey the intensity of the feeling. Vivid imagery, exemplified by "shaking like a leaf," provides readers with a sensory experience that makes fear more tangible and relatable. Contrasting elements, as seen in "Only the Brave Know Fear," offer insight into the complex relationship between fear and courage, challenging traditional notions of bravery.

Fear-related proverbs contain recurring patterns, metaphors, and linguistic cues that are powerful tools for creating emotional expressions that resonate with readers. These patterns effectively convey intricate emotional states, establish cultural connections, and engage readers on both cognitive and emotional levels.

Drawing upon shared human experiences and cultural symbolism (Sultangubiyeva et al., 2021; Villers, 2022), these linguistic strategies communicate the multifaceted nature of fear, transcending language barriers.

C. Nuanced Expressions of Fear

Using CSA and QM, we comprehensively understood the micro-cultural nuances that underlie various proverbs. Our research uncovered that societal anxieties *(see* Example 7)*,* historical events *(see* Example 8), and cultural norms *(see* Example 9) all shape fear-related expressions. For example, proverbs like "Better safe than sorry" reflect a culture that values caution and risk aversion, whereas others like "There is nothing to fear but fear itself" are rooted in historical contexts of uncertainty. Moreover, our analysis revealed subtle yet significant meanings within these proverbs, providing insight into the intricate socio-cultural interpretations contributing to the multi-dimensional portrayal of fear.

After conducting a thorough analysis of the cultural context in which English proverbs are rooted, it has become clear that societal beliefs, historical contexts, and collective experiences significantly impact how fear is portrayed. CSA has been instrumental in uncovering the many layers of cultural significance that enrich our understanding of how language expresses fear. This approach gives us a more nuanced and comprehensive understanding of the intricate interplay between language, culture, and emotions.

Through a comprehensive analysis, it has become evident that societal beliefs and norms play a significant role in shaping the portrayal of fear in proverbs. An excellent illustration of this phenomenon is the famous adage "Better safe than sorry," which reflects a cultural inclination towards risk aversion and the importance of exercising caution and prudence when faced with potential hazards. This overarching set of values is firmly rooted in proverbial language and highlights the intimate connection between fear and the desire to prevent unfavourable results.

Moreover, when examining proverbs, it is essential to consider the historical context, as it can significantly shape their meaning. For example, the famous saying, "There is nothing to fear but fear itself," has particularly resonated during times of uncertainty, such as the Great Depression. The proverb takes on a more profound significance in this context, emphasizing that era's psychological and societal struggles. The cultural background thus adds an emotional element to the portrayal of fear, making it all the more poignant. One can uncover deeper meanings embedded in proverbs. Such an approach can be instrumental in exploring socio-cultural perspectives. For example, the proverb "No one is so brave that he is never afraid" implies that fear is an inherent human condition. This socio-cultural perspective recognizes fear as a universal phenomenon and underscores its prevalence across the human experience.

CSA insights can shed light on the symbolic representations of fear in proverbs. Take, for example, the proverbial phrase "Afraid of their own shadow," which carries significant symbolism and suggests an unwarranted or exaggerated sense of fear. This symbolic depiction reflects cultural narratives about self-reflection, self-awareness, and the potential to project fear onto even the most innocuous aspects of life. In summary, utilizing the approach to investigate cultural context has dramatically improved our understanding of the nuanced expressions of fear in English proverbs. By exploring societal beliefs, historical circumstances, socio-cultural interpretations, and symbolic representations, we

have discovered that these linguistic expressions are not independent but deeply embedded within the fabric of culture. The combination of linguistic analysis and qualitative viewpoints has resulted in a comprehensive understanding of how fear is conveyed, illuminating the complex interrelationship between language, culture, and emotion.

(7) Examples 7

Proverb: "Better safe than sorry."

Explanation: This proverb highlights the impact of societal values and beliefs that prioritize prudence and risk management. The cultural background of valuing safety over possible remorse is ingrained in the phrase. The historical and cultural milieu probably includes instances where cautionary steps were preferred to evade unfavourable outcomes. This backdrop adds to the nuanced interpretation of fear, underscoring that fear can originate from the aspiration to avert unfavourable consequences.

(8) Example 8

Proverb: "There is nothing to fear but fear itself."

Explanation: This renowned adage holds significant historical relevance, especially in light of Franklin D. Roosevelt's inaugural address amidst the Great Depression. Against economic turmoil and unease, the proverb's message is all the more poignant. The proverb is also imbued with greater cultural significance due to the societal struggles and anxieties of the time, adding depth to its meaning beyond its surface level. The fear alluded to in the saying is emblematic of the broader societal challenges of that era.

(9) Example 9

Proverb: "Afraid of their own shadow."

Explanation: This proverb utilizes symbolism to express an extreme or irrational apprehension. Its cultural significance is rooted in the universal representation of shadow as a symbol of a person's inner self. Using this analogy, the proverb implies that an individual may be so fearful that they become overly cautious even towards harmless things, such as their shadow. Its cultural interpretation underscores the idea that fear can extend to the subtlest aspects of one's life, revealing the extent to which fear can manifest.

Upon close examination of particular English proverbs *(see also Table 3)*, it becomes evident that the cultural background, historical circumstances, and symbolic imagery play a significant role in shaping how fear is represented. The complex interplay between language and culture within these expressions reveals a more profound comprehension of how fear is portrayed in connection to the societal narratives and beliefs that influence them. By delving into the subtleties of these proverbs, one can unearth veiled meanings that reflect the intricacies of the human psyche and how the world around us moulds our encounters.

The use of approach in this research has proven to be an essential tool in revealing the significant impact of cultural context on the portrayal of fear in proverbs. By delving into societal beliefs, historical contexts, socio-cultural interpretations, and symbolic representations (Altohami, 2023; Spellerberg, 2022), this study has highlighted how proverbs are deeply embedded within broader cultural narratives. Through analysis, it is evident that proverbs reflect cultural norms and values, as seen in risk-averse proverbs like "Better safe than sorry." Moreover, historical events such as the Great Depression have infused proverbs with multi-layered meanings that extend beyond their literal interpretation, as exemplified by the well-known phrase, "There is nothing to fear

but fear itself." Ultimately, this QM has provided valuable insights into the intricate relationship between proverbs and cultural experiences and interpretations.

On the one hand, delving into cultural context uncovers the interconnectedness between proverbs and the broader cultural landscape (Phuong, 2023; Stachurska, 2023). Proverbs reflect societal beliefs, values, and historical experiences and are not isolated linguistic expressions. The adage "Better safe than sorry" exemplifies how cultural norms of caution and prudence are interwoven into the depiction of fear. This cultural context allows readers to immediately connect with the emotion, as the proverb resonates with universally understood ideals of risk aversion. By blending proverbs with cultural norms, the portrayal of fear is enriched and grounded in relatable cultural narratives.

On the other hand, the power of historical context is evident (Khakimzyanova & Shamsutdinova, 2016; Szpila, 2017) in the famous adage, "There is nothing to fear but fear itself." This proverb takes on added layers of complexity due to its associations with the Great Depression. The societal hardships of that era imbue the proverb with a resonance that extends beyond its literal meaning, amplifying the emotional impact of fear. It becomes a powerful symbol of human resilience in adversity, transforming fear into a metaphor for broader societal challenges.

Table 3 Other Proverbs of the Fear

No	Proverb	Nuanced Expression
1.	Fear the Greeks bearing gifts.	Historical events
2.	A guilty conscience needs no accuser.	Cultural norms
3.	Hell hath no fury like a woman scorned.	Societal anxieties
4.	Man fears time, but time fears the pyramids.	Societal anxieties
5.	All cats are grey in the dark.	Historical events

CSA has proven instrumental in revealing the underlying meanings and societal interpretations surrounding fear, providing a more comprehensive understanding of its multifaceted expressions (Jibreel, 2023; Kayed et al., 2023). The widely known proverb, "No one is so brave that he is never afraid," serves as a cultural interpretation that recognizes the universal nature of fear, emphasizing that it extends beyond individual courage. This socio-cultural interpretation adds depth to the depiction of the emotion by encapsulating the shared human experience of vulnerability and bravery.

In addition, the use of QM illuminates the significance of symbolic representations, exemplified by the proverb "Afraid of their own shadow." This phrase taps into the power of cultural symbolism (Wu et al., 2023) to convey an overwhelming sense of fear, transforming an ordinary concept into a thought-provoking metaphor for escalating irrational anxieties. By delving into the cultural intricacies of this expression, we gain a richer understanding of the complexity of fear, as it is imbued with layers of symbolic meaning.

To encapsulate, the interplay of cultural context and English proverbs plays a crucial role in capturing fear's emotional and symbolic resonance (Bekkozhanova et al., 2022). Employing QM enables the exploration of cultural norms, historical connotations,

and symbolic interpretations, collectively enriching our comprehension of how fear is depicted in this genre. The dynamic fusion of linguistic expression and cultural context produces proverbs that transcend language barriers and effectively convey the complex tapestry of human emotions and experiences.

CONCLUSION

In our extensive study, we delved deep into the portrayal of fear within this genre. Using a combination of CSA and QM, we thoroughly examined the linguistic, cognitive, and cultural dimensions contributing to the nuanced representation of fear. Our research revealed the intricate interplay between language, culture, and emotion, providing valuable insights into the depiction of fear in English proverbs. Our research has revealed that proverbs often use metaphors from domains such as danger, the body, and the unknown to describe fear. These metaphors provide a concise and relatable conceptual framework for expressing the emotional intricacies of fear. By structuring fear metaphorically, we gain insight into the cognitive structures that underlie our understanding of this complex emotion. This reflects our shared human experiences and highlights the difficulties of expressing complex emotions through language.

Through the analysis of recurring patterns, metaphors, and linguistic cues, fear's portrayal within proverbs was multi-dimensional. The use of journey metaphors, animal symbolism, and heightened language collectively amplify the emotional impact of fear-related proverbs. These expressive techniques allow readers to connect with emotion on both cognitive and emotional levels, surpassing the constraints of literal language to capture fear's intricate dimensions. The utilization of approach was essential in revealing the pervasive influence of cultural context on the portrayal of fear in proverbs. Societal values, historical circumstances, and socio-cultural perspectives shape the language used to express fear. The resulting contextual depth imbues the proverbs with additional significance, intensifying their emotional resonance and providing valuable insight into the universal human experience of fear across diverse cultural and historical settings.

Although this study is informative, it has some limitations. The proverbs analyzed may not fully represent all fear-related expressions in English. Furthermore, the interpretation of cultural context is subjective, and differences in cultural interpretations could affect the analysis. To further advance this investigation, future research might conduct cross-linguistic comparisons to investigate how fear is portrayed in proverbs across diverse languages and cultures. Tracking the evolution of fear-related proverbs over time through longitudinal studies could yield valuable insights into cultural changes in the representation of fear. Additionally, quantitatively analyzing fear-related proverbs could provide statistical validation to complement the qualitative findings. To sum up, this research has deepened our comprehension of how fear is conveyed through English proverbs. The combination of CSA and QM has yielded a comprehensive understanding of fear's linguistic and cultural representations. Fear is a complex and ubiquitous human emotion, so its depiction in proverbs affords a valuable array of perspectives on the intricacies of language, culture, and emotion.

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