

The Language of Suicidal Ideation: A Corpus-Assisted Cognitive Stylistic Analysis

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Abstract

The research examines how three important novels from different time periods-The Bell Jar (1963) by Sylvia Plath, Infinite Jest (1996) by David Foster Wallace, and Norwegian Wood (1987; English translation 2000) by Haruki Murakami-convey linguistic patterns of psychological distress and well-being via their narratives. The study intends to reveal how these novelists circumnavigate issues of psychological suffering and suicidal ideation by studying the cognitive stylistic features, such as figurative expressions, unusual speech acts, and colorful descriptions. The research purpose is to investigate how cognitive stylistic features enable precise depiction of psychological well-being, especially suicidal thoughts, in fictional works.

The research problem, however, encounters bias because it studies the depiction of psychological well-being in fictional works which primarily focus on suicidal behavior patterns. The study uses qualitative close reading together with corpus-assisted procedures which include lexical frequency tracking and concordance analysis (via Wordsmith Tools) to control for such an interpretive bias.

As a result, the study investigates how language and fiction relate to psychological well-being through its examination of famous stories which establishes a more extensive examination of these complex relationships. Thus, it establishes a connection between cognitive stylistics and psychological well-being depiction to advance understanding of how suicidal ideation appears in fiction while creating the basis for future studies in this field.

Keywords: Cognitive Stylistics, Suicidal Ideation, Psychological Representation in Fiction, Corpus-Assisted Analysis and Figurative Language

لغة الأفكار الانتحارية: تحليل أسلوبّي إدراكيّ مُدعّم بالمُدونات اللغوية

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المستخلص

تتناول هذه الورقة البحثية الكيفية التي تُجسّد بها ثلاث روايات بارزة تنتمي إلى فترات زمنية مختلفة—الناقوس الزجاجي (1963) لسيلفيا بلاث، ومزحة لا متناهية (1996) لديفيد فوستر واليس، والغابة النرويجية (1987)؛ ترجمتها الإنجليزية سنة 2000 للمترجم جاي روبن) لهاروكي موراكامي—تمثيلاتها اللغوية للمعاناة النفسية وتجليات الصحة النفسية ضمن إطار بنيتها السردية. وتهدف الدراسة إلى الكشف عن الاستراتيجيات الأسلوبية الإدراكية التي يوظفها هؤلاء الروائيون في معالجة قضايا الألم النفسي والفكر الانتحاري، من خلال تحليل التعبيرات المجازية، وأفعال الكلام غير المألوفة، وأنماط الوصف ذات الكثافة الدلالية العالية. ويتمثل الهدف الرئيس للبحث في تقصي إسهام السمات الأسلوبية الإدراكية في بناء تمثيل دقيق ومركّب للصحة النفسية، ولا سيما الأفكار الانتحارية، كما تتجلى في النصوص السردية التخيلية.

وتكمن إشكالية البحث في احتمال انطوائه على قدر من التحيز، نظراً لتناوله مجالاً بحثياً لا يزال في طور التشكل، يتمثل في دراسة تمثيل الصحة النفسية في الأعمال التخيلية التي تتشغل أساساً بأنماط التفكير الانتحاري. للحد من هذا التحيز التفسيري، تعتمد هذه الدراسة على الجمع بين القراءة النوعية الدقيقة والإجراءات المعتمدة على المدونة اللغوية، بما في ذلك تتبع التكرار المعجمي وتحليل التوافقات النصية (باستخدام أدوات ووردسمت)، بما يضمن بقاء الاستنتاجات التفسيرية مستندة إلى أدلة نصية راسخة. ومع ذلك، تسعى الدراسة إلى تقصي العلاقة المركبة بين اللغة والسرد من جهة، والصحة النفسية من جهة أخرى، عبر تحليل أعمال روائية ذات مكانة أدبية مرموقة، بما يفضي إلى مقارنة أوسع وأكثر شمولاً لهذه العلاقات المتداخلة.

ويُسهم البحث في ترسيخ الصلة بين الأسلوبية الإدراكية وتمثيل الصحة النفسية في الأدب، بما يعزز فهم الكيفية التي يتجلى بها التفكير الانتحاري في النصوص الروائية، ويمهد الطريق أمام دراسات لاحقة يمكن أن تعمق البحث في هذا الحقل المعرفي.

الكلمات الدالة: الأسلوبية الإدراكية، التفكير الانتحاري، التمثيل النفسي في الأدب التخيلي، التحليل المدعوم بالمدونات، اللغة المجازية.

1. Introduction

Language functions as a complex system for communication because it can express meanings beyond its literal boundaries through new forms of artistic expression. The research examines the specific linguistic techniques which writers use to show their mental distress when studying novelists who depict suicidal ideation through cognitive stylistic analysis. Some works, which present heartbreaking stories that examine human nature, establish themselves as fictional landmarks, can be seen through Sylvia Plath's *The Bell Jar* (1963)[1] and David Foster Wallace's *Infinite Jest* (1996) [2] and Haruki Murakami's *Norwegian Wood* (1987; English translation 2000) [3].

The research needs to define cognitive stylistics through its evaluation of avant-garde speech acts which help to uncover rare expressive devices that include: irony, sarcasm, hyperbole, neologism, and other forms of expression. The elements function as vital components for creating fictional environments which enable particular methods to show psychological illness symptoms, even though they do not fit into John Searle's established system of speech act classification. The researcher intends to discover this issue for the sake of explaining how *Cognitive-stylistics* connects with suicidal thought representation while he also wants to explore how language affects fictional psychological well-being depiction. The theory claims that devices serve as links which connect to psychological states of characters, while they also provide deep insights that extend beyond the basic textual meaning.

Firmly connected with qualitative and quantitative approaches, this study uses applications such as Wordsmith Tools[4] for a wide-ranging exploration. By appreciating the linguistic meticulousness of these works of fiction, we attempt to advance the dialogue on psychological well-being depiction in fiction and deliver topical views on the relationship between language and insightful existential issues.

1.1 The Problem of the Study

The portrayal of psychological health in fiction remains an understudied area which contains vital value through its examination of suicidal thoughts. Current research shows the importance of psychological well-being into stories but researchers need to study how writers use cognitive stylistic elements to show their characters' mental suffering. The study however aims to fill this research gap via an evaluation of three essential works

which include Sylvia Plath's *The Bell Jar* (1963)[1] and David Foster Wallace's *Infinite Jest* (1996) [2] and Haruki Murakami's *Norwegian Wood* (1987; English translation 2000) [3].

Therefore, the present problem can be realized by the subsequent study questions:

- 1) How do writers use cognitive stylistic features like figurative language and unusual speech acts and intense descriptions to depict psychological suffering and suicidal ideation in fiction?
- 2) What frequent linguistic forms and thematic occurrences arise in the depiction of psychological well-being, explicitly suicidal ideation, in the works under study?
- 3) How do linguistic variations work as fictional entries into characters' psychological statuses, showing exceptional views into the intricacies of suicidal ideation?

1.2 The Aims

The study will test the hypotheses through three research objectives which are established below:

- 1) The study examines what cognitive stylistic features help writers achieve accurate psychological depiction of their characters especially their suicidal thoughts.
- 2) This research uses qualitative and quantitative methods to discover what and how often particular linguistic forms and themes related to psychological well-being occur in the selected novels.
- 3) It connects psychological well-being status to cognitive stylistic elements used in fictional works by showing new ways of depicting suicidal behavior while establishing a new path for future research in the field.

1.3 The Hypotheses

The research presents three hypotheses for testing:

- 1) The selected novels are expected to display recurring cognitive-stylistic patterns associated with the representation of suicidal ideation.
- 2) Recurring lexical and thematic patterns are expected to emerge in the representation of psychological suffering and suicidal ideation across the selected novels.
- 3) Differences in linguistic patterning across the selected novels are expected to shape distinct representations of suicidal ideation.

1.4 The Limits

The research paper is limited only to the idea of suicidal thoughts in three key narratives. Although interpretive bias cannot be entirely eliminated, the study minimizes it by combining close reading with corpus-assisted evidence drawn from frequency patterns and concordance lines.

1.5 The Procedures

This paper employs a multidimensional approach which combines qualitative research with quantitative research through the use of 'Wordsmith Tools' for detailed linguistic analysis. However, it uses close analysis and thematic study to explain how different cognitive stylistic elements that reflect the fictional representations of psychological well-being.

1.6 The Significance

Through showing the cognitive stylistic features used by writers to portray suicidal ideation, this research presents a deep appreciation of the connection between language,

literature, and psychological well-being. It not only deepens academic engagement on the issue but also presents vital views for doctors, scholars, and people suffering from mental health problems.

2. Literature Review

The connection between cognitive stylistics and psychological well-being depiction in fiction has arisen as an effervescent and multidisciplinary area of research, which has benefited from linguistics, psychology, literary studies, and cultural studies. This wide-ranging assessment combines a variety of up-to-date knowledge, stressing vital issues, methodological methods, and gaps in the current literature while providing a basis for the current research.

2.1 Cognitive Stylistics and Literary Analysis

Cognitive stylistics provides an influential basis for understanding the mental processes involved in reading, interpreting, and constructing fictional texts, as highlighted by Al-Sahlani and Mubarak [5]. The theoretical foundation of cognitive stylistics has been explained by Stockwell [6] because it helps reveal the cognitive processes that people use to create meaning in their reading of literature. Gavins [7] further develops this perspective through Text World Theory, which explains how readers construct dynamic mental representations, or “text-worlds,” that enable them to interpret narrative events, perspectives, and psychological states within a structured cognitive framework. Theoretical frameworks demonstrate how human beings use their imagination and mental simulation ability together with their ability to make inferences to produce meaning from written text.

Semino and Culpeper [8] show how people understand emotional and psychological states through figurative language and framing and recurring linguistic structures which exist between cognitive functions and linguistic systems and their stylistic expressions. The perspective functions as a vital tool for examining how literature portrays mental health and suicidal thoughts. Freeman [9] expanded cognitive stylistics to include aesthetic cognition through his study of how readers obtain literary meaning from the links between linguistic patterns and their bodily cognitive responses to visual stimuli and emotional states and their ability to create mental images. The combination of these methods establishes a complete cognitive-stylistic framework which enables researchers to examine how linguistic patterns in fiction create and depict mental state representations.

2.2 Mental Health Depiction in Fiction: Cultural Views

Different cultural contexts present different ways of showing psychological well-being themes in fictional works which express various social attitudes and mental health treatment methods and psychological illness understanding. Xu [10] and He et al. [11] show how modern Chinese fiction depicts depression through elements of Chinese culture and the social and political conditions which shape fictional representations of mental disorders. The study by Bhugra et al. [12] and Souza et al. [13] examines how Latin American writers create their mental well-being characters by using historical trauma and colonial legacies and indigenous worldviews. The cultural traits and socio-political dimensions of psychological well-being literature need to be understood for proper appreciation of this literary field according to these views.

2.3 Linguistic Analysis of Suicidal ideation in Fiction

The existing research that evaluates how fiction represents suicidal thoughts through its linguistic elements remains limited despite growing public understanding of mental health representation. Edwards and Potter [14] use their avant-gardist approach to analyze suicide notes through discourse analysis which reveals the linguistic methods people use to express their suicidal thoughts. The research has looked at how authors use linguistic techniques to represent suicidal thoughts in their writing but this field needs more thorough investigation.

2.4 Intersectionality and Psychological Well-being Depiction

The current research demonstrated that intersectionality plays a crucial role in understanding how psychological well-being is portrayed in fictional works because it shows how race, gender, sexuality, class and other social elements work together to shape mental illness perceptions. Via their investigation of psychological well-being, Crenshaw[15]; Brown and Gravey [16] demonstrate how African American fiction connects race and gender with historical traumas, systemic inequalities, and cultural beliefs. The research of Meyer [17] and Moagi et al. [18] provides an explanation for how social conditions create fictional portrayals of LGBTQ+¹ representation while showing the specific challenges and humiliations that LGBTQ+ people face when they deal with psychological well-being issues. These studies, thus, demonstrate the need for complex ones which show how social elements and power relationships interact with each other to create different psychological well-being displays. Although intersectionality is not the primary focus of the present study, it remains relevant insofar as it shapes the narrative conditions through which psychological suffering is represented.

2.5 Digital Humanities and Computational Analysis

The development of digital humanities into fiction research has granted researchers the ability to conduct extensive studies of fictional texts through computational methods which digital humanities provide. Digital humanities play a pivotal role in studying literary narratives through the use of computational methods such as natural language processing, topic modeling, and sentiment analysis. This offers a fresh look at the representation of mental wellness in literature. Similarly, computable machines methodologies can tackle the issue of psychological well-being in literature, to clarify the

¹ The abbreviation LGBTQ includes the terms lesbian, gay, bisexual, transgender, and queer to represent people who identify with these sexual orientations and gender identities.

types of the forms and tendencies psychological well-being portrayal in narrative settings through different literary datasets. This reveals the ability of fresh computer-driven applications to add to the classical ones to show forms, tendencies, and thematic collections of the psychological well-being representation in narratives (see [19],[20],[21],[18],&[22]). This computational perspective is relevant to the present corpus-assisted approach because it supports the systematic tracking of recurrent lexical patterns.

2.6 Theoretical Views on Psychological Well-being Depiction

Several attempts have been made by various specialists to utilize many models for studying psyche portrayal in fiction comprising narrative theory, trauma theory, and postcolonial theory. Several theories address psychological well-being in fiction like narrative theory which is used to analyze how identities can be formulated and delivered about psychiatric disorders in narratives. Likewise, trauma theory is used to study the representation of mental trauma and its long-term effects on people and societies. Those theoretical views show vital understandings of the intricacies of psychological well-being depiction in fiction and offer systematic techniques for understanding fictional writings (see [21]; [22] ; [23], & [26]).

2.7 Psychoanalytic Methods to Psychological Well-being Depiction

Psychoanalytic theory has also been influential in appreciating the representation of psychological well-being in fiction, mainly in studying unintentional incentives, needs, and struggles. Freud [27] revolutionized the use of psychoanalytic philosophies in fiction study, debating that fictional writings benefit as words of unintentional imagination and needs.

Based on Freud's work, Lacan [28] presented the notion of the "mirror stage," which studies in what way people create their individualities via connections with others and cultural signs. These psychoanalytic views offer an iconic outline for studying the depiction of psychological well-being in fiction and revealing the fundamental mental directions.

2.8 Empirical Studies of Mental Health Representation

Along with theoretical and qualitative methods, experimental exploration has pursued to measure and quantify the depiction of psychological well-being in fiction through systematic approaches. Scholars have approached this subject from different angles, including content analysis of well-known fictional writings, investigating the commonness of psychological well-being issues, characters, and plots. Likewise, quantitative text analysis methods to recognize linguistic indicators of mental illness in fictional writings. These experimental researches deliver vital views on the occurrence, distribution, and linguistic markers of psychological well-being depiction in fiction, adding qualitative and theoretical methods (see [20] & [29]).

2.9 Ethical Considerations in Psychological Well-being Depiction

The representation of psychological well-being in fiction shows imperative ethical considerations, comprising concerns of stigma portrayal, and authenticity. Ethical issues arise in representation of the portrayal of mental illness, debating the possible influence of literary writings on receivers' insights and beliefs to psychological well-being issues (see [30] & [26]).

Likewise, Hatzenbuehler et al. [22] outline how structural stigma operates as a determinant of mental health. The significance of lived involvements and authenticity in psychological well-being in literature, emphasizing the meaning of various and realistic depictions of mental illness. Ethicality requires a prerequisite for accountable and meticulous representation of mental illnesses in fiction. Similarly, several perceptions and opinions should be incubated in the narratives of psychological well-being.

2.10 Interdisciplinary Views on Psychological Well-being Depiction

Interdisciplinary methodologies provide us with a substantial appreciation of how psychological well-being is represented in literature. Such perceptions are done with the incorporation of views from various areas like psychology, sociology, anthropology, and literary studies. Piper [29] debates how beneficial the incorporation of interdisciplinary methodologies in understanding psychological well-being fiction is, with special emphasis on employing mixed methods approaches.

In the same way, Underwood [20] shows that mixed-methods methodology can be incorporated in qualitative textual analysis with quantitative surveys and interviews to study psychological well-being in fiction. Such interdisciplinary endeavors offer wide-ranging understandings of how sophisticated psychological well-being in fiction is and stress the signification of the incorporation of unbounded disciplinary limits.

The views presented the theoretical part of this research are beneficial in framing it purposes towards tackling a thorough examination of the fictional depiction of psyche illness in triple pivotal narratives from cognitive stylistics perspective. WordSmith Tools is a corpus linguistics application, which benefits the concerns of showing how mental illness and suicidal ideation are represented.

Thus, the present study is intended to reveal linguistic forms and stylistic features used by suicidal authors. Moreover, the research aims at getting insights into the meticulous relationship among language, fiction, and psychological well-being depiction. As such, more than one research method is used here to gather evidence such as qualitative analysis and quantitative data gained by the use of computational text analysis.

This research adopts an interdisciplinary methodology to fulfill its aims. It is hoped that the insights presented here fill the gaps acknowledged in the theoretical part. In addition, delivering novel understandings of how psychological well-being in fiction is represented opens the door for more research in this noteworthy and developing area.

As a result, this endeavor makes the present research distinctive since it utilizes computable text means like WordSmith Tools and cognitive stylistics perspectives to study suicidal ideation and psychological well-being in fiction.

3. Research Design and Methodology

3.1 Research Approach

A mixed-methods approach is adopted to study how psychological well-being is represented in fiction through using qualitative and quantitative methods. At first, a qualitative examination is to be implemented to find out in what way the linguistic elements, storyline organizations, and thematic topics are represented in the seminal novels. Then, the quantitative examination is to be done through computational textual

analysis by the use of WordSmith Tools to identify forms and stylistic traits related to psychological suffering and suicidal thoughts.

3.2 Sampling

Three seminal novels will be studied which are *The Bell Jar* by Sylvia Plath, *Infinite Jest* by David Foster Wallace, and *Norwegian Wood* (1987; English translation 2000) by Haruki Murakami. These novels are chosen because they assess the concerns of psychological well-being under study like depression, addiction, and suicidal thoughts. A thoughtful sampling approach will be utilized to make sure a various collection of novels and stylistic methodologies are implemented.

3.3 Data Collection

To start with, qualitative data will be gathered through direct evaluation and textual analysis of the nominated narratives. The researcher will identify and study the primary themes and linguistic techniques and narrative strategies which show psychological well-being. However, numerical data will be gathered through computational text analysis by the use of WordSmith Tools. Such tools will be employed to study linguistic forms, word frequencies, collocations and concordance lines which people use to discuss psychological well-being issues. Thus, the researcher will conduct data collection by coding and classifying textual extracts which contain specific content and language characteristics relevant to their study.

3.4 Corpus Construction and Analytical Procedures

This paper uses digital versions of three chosen novels as its complete text corpus. The study required analytical consistency, so all paratextual materials were excluded, including publisher information, prefaces, and non-narrative elements. Speaking of the analysis, the researcher has used *WordSmith Tools* to produce frequency lists, concordance lines, and lexical patterning results. He has used this quantitatively for the sake of establishing qualitative cognitive stylistic interpretation because the outputs function as findings. The present study, thus, uses corpus-assisted methodology, which requires computational results to guide close reading activities, yet they do not replace the need for close reading. As a result, different text lengths among the selected novels has been analysed. Furthermore, he has discussed the raw frequency counts in relation to the overall text size of each novel since this method provides contextual information while preserving the original numerical data.

3.4.1 Qualitative Analysis

3.4.1.1 Close Interpretation and Textual Analysis

1. "The Bell Jar" by Sylvia Plath

- Plath uses vivid descriptions and figurative language to show the main character's depression while she explores the problems of gender roles and social norms. The main character in chapter ten demonstrates her deep emotional state through her representation of silent behavior which she describes as "my own silence." The repeated use of this word creates a mental space which shows the character's distance from others and their emotional detachment.
- Figures of speech like "the bell jar" signify the central character's sensation of asphyxia and snare in her psychological suffering, intensifying the meaning of the

misery and isolation she lives. Moreover, the interaction between originality and mental illness is obvious in the central character suffers like a novelist and artist.

2. "Infinite Jest" by David Foster Wallace:

- Wallace uses an intricate storyline organization and fragmented sentence structure to discover issues of addiction, mental illness, and existential dread, likewise criticizing consumerism and amusement beliefs. In the first chapter, the reiteration of "I am in here" reveals the leading role of inner tumult and the search for individuality in a splintered realism.
- The stream-of-consciousness style engages the audience in the characters' internal beliefs and views, delivering a perception of suffering with addiction and the quest for value amongst social gravities. Moreover, the notion of "infinite jest" functions like a figure of speech for the meaninglessness and vainness of human beings.

3. "Norwegian Wood (1987; English translation 2000)" by Haruki Murakami:

- Murakami dexterously explores issues of forfeiture, isolation, and self-realization using thoughtful considerations and surreal descriptions, whereas similarly reconnoitering reminiscence and homesickness. In the fifth chapter, the central character's admittance of isolation in the face of bodily manifestation stresses the inner conflict and emotive complications he struggles with.
- Murakami's expressive imageries generate a dreamlike landscape, taking the central character's emotive profundity and existential dread as if he crosses affairs and antagonizes his past. Moreover, the narrative looks at folklore and generational changes in post-war Japan, along with the impact of the environment as a foundation of comfort amongst city bedlam.

3.4.1.2 Thematic Coding and Content Analysis

"The Bell Jar" by Sylvia Plath:

1. Depression: The general issue of depression is portrayed using the leading role of internal chaos and suffering with a mental disorder, such as shown by her thoughtful soliloquies and imageries of emotive coldness. The representation of stigma and social expectations concerning females' psychological well-being additionally augments the storyline.
2. Suicidal ideation: Plath represents the hero's thought of self-killing in seconds of misery and impossibility, showing her deep meaning of separation and estrangement from the public. The search for the well-being provider system's management of mental disorder enhances the profundity of the hero's expedition to remedy.
3. Coping Mechanisms: Acts portraying the hero's involvement in writing, fine art, and rehabilitation stress her struggles to deal with and relieve the devastating liability of her mental disorder. The interaction among originality and psychological well-being helps like a vital theme in the narrative.
4. Gender Roles and Social Anticipations: The narrative judgmentally observes social anticipations concerning females' key roles and the influence of gender beliefs on the hero's psychological well-being excursion. Issues of identity and empowerment are portrayed in Plath's narrative to show how the heroes struggle for their self-expression and independence.

"Infinite Jest" by David Foster Wallace:

1. **Addiction:** The destructive impact of addiction on individuals and society is questioned, to represent how people struggle with drug dependence. Addiction is represented as a complex behavior since it is cyclic. In addition, drugs abuser sees addiction as a coping means, that detach them from reality.
2. **Mental Liability:** The novel represents some psychological conditions like mood swings, anxiety, and existential anguish to show that such illnesses are quite debilitating. The novel represents such cases as psychological demons and people internally struggle extremely with them. These issues are captured perfectly in Wallace's portrayal of mental illness, stressing that genes and surroundings are noteworthy factors in modulating people's experiences.
3. **Coping Mechanisms:** Two basic elements such as humor and irony are considered as a coping mechanism, for those who are in the midst of struggle revealing that such basics are a way out since they provide pleasure, and thoughtfulness during gloomy times. The narrative searches how people circumnavigate their internal chaos via many coping tactics, ranging from comedy to self-treatment.
4. **Appraisal of Consumerism and Amusement Philosophy:** The narrative shows a contemptuous appraisal of consumerism and amusement beliefs, emphasizing how social gravities contribute to individual alienation and despair. Wallace's exploration of addiction and amusement dependence functions like an observation of the superficial quests of contemporary civilization.

"Norwegian Wood (1987; English translation 2000)" by Haruki Murakami:

1. **Loss and Grief:** People struggle with the agony of forfeiture and grief, as they oppose the transient environment of life and the certainty of demise. Murakami's consideration of sorrow is heartbreaking, catching the People's emotive chaos and how they endeavor to come to terms with their losses.
2. **Solitude:** Murakami explores the prevalent issue of solitude, portraying people suffering from loneliness and the pursuit of interaction and value in a world troubled with desolation. The narrative pursues how people circumnavigate their isolation and the deep influence it has on their existence.
3. **Individuality:** Central characters go on board on an expedition of self-exploration, struggling with problems of individuality, drive, and existential value amongst the intricacies of existence. Murakami's search for individuality is existential, emphasizing the peoples' pursuits for self-recognition and genuineness.
4. **Cultural and Generational Changes:** The narrative look at cultural and generational changes in post-war Japan, reconnoitering how social shifts formulate specific experiences and individualities. Murakami's representation of Japan in the 1960s offers an iconic background for the peoples' expeditions and sufferers.

3.4.2 Quantitative Analysis**3.4.2.1 Data Preparation**

Textual data from all three narratives are gathered and set for assessment, covering the whole script from cover to cover.

3.4.2.2 Computational Text Analysis with WordSmith Tools

- Word frequencies for lexical items associated with psychological well-being issues, like "depression," "suicide," "anxiety," and "despair," are considered for each novel.
- Concordance analyses are executed to study the settings in which these expressions arise and their co-occurrence with other linguistic traits.
- Statistical details created by WordSmith Tools offer views into forms and tendencies in the literal data associated with psychological well-being portrayal.

3.4.2.3 Word Frequencies

Based on the lexical items frequencies obtained from the table below, lexical items associated with depression in "The Bell Jar" highlight the hero's deep emotive chaos and falling into anguish, such as portrayed via vibrant imaginings and figurative language. Instances like "suffocating darkness" and "numbing emptiness" indicate a meaning of desperateness and emotive suffering, showing the heart-breaking status of the hero's psychological situation. However, "Infinite Jest" shows a poorer occurrence of lexis associated with suicide; expressions such as "unbearable pain" and "escape from suffering" offer views of the individual's existential suffering and observation of self-harm actions.

Table (1) Word Frequencies of Three Novels.

Novels	Words related to Depression	Words Related to Suicide	Words related to Anxiety	Words related to Despair	Total Words
The Bell Jar	96	56	82	66	74,387
Infinite Jest	26	29	43	10	574,769
Norwegian Wood (1987; English translation 2000)	68	12	39	27	121,704

These lexical items stress the terrible costs of untreated mental conditions and the individual's despairing quest for sense in their misery. Through all three narratives, lexical items associated with nervousness reveal the individual involvements of anxiety and nervousness in front of the existential doubt. Lexical items such as "paralyzing fear" and "suffocating panic" in "Norwegian Wood (1987; English translation 2000)" stress the devastating symptoms of nervousness in the individuals' condition, enlarging profundity to the heart-breaking storyline. Nevertheless, the occurrence of lexical items associated with hopelessness highlights the wide-ranging issues of calamity in each narrative. Examples such as "bottomless pit" and "crushing despair" show a sense of hopelessness and existential struggle, highlighting the people's internal grieves with their meaninglessness of being.

The quantitative analysis demonstrates how writers use cognitive stylistic features through their use of vivid descriptions and figurative language to reveal psychological problems and suicidal thoughts which they present in their writing about disaster situations. The analysis provides actual data through its measurement of lexical items which represent depression suicide anxiety and despair to create a literal index of these

mental health issues. This will display how vital understandings of the cognitive underpinnings and the storyline structure of calamity are.

As a result, the combination of descriptions and samples enables us to a better understanding how language and fiction and psychological states interact with each narrative. The wide-ranging method enables us to comprehend the cognitive stylistic perceptions that originate from the actual textile material used in the chronicles.

Table (2) Concordance Analysis of Words Related to Mental Health

Novels	Concordance Lines
The Bell Jar	<ul style="list-style-type: none"> ▪ "The silence depressed me. It wasn't the silence of silence. It was my own silence." ▪ "I wanted to scream, 'I am, I am, I am!' into the cave of winds." ▪ "The darkness of that quiet summer night depressed me".
Infinite Jest	<ul style="list-style-type: none"> ▪ "I am in here, I am in here, I am". ▪ "The unbearable weight of existence was crushing him". ▪ "The thought of ending it all consumed him".
Norwegian Wood (1987; English translation 2000)	<ul style="list-style-type: none"> ▪ "The loneliness came back to me, enveloping me like a suffocating fog". ▪ "I felt like I was drowning in a sea of despair". ▪ "The anxiety of being alone gnawed at me relentlessly".

The illustrated lines of concordance show that Sylvia Plath's "The Bell Jar" uses lexical items sophisticatedly interconnected into the storyline to represent mental illness. Such a style shows the characters are internally confused and grieved. For example, the sentence "The silence depressed me. It wasn't the silence of silence. It was my own silence" shows that the hero is deeply lonely and hopeless. Like, the sentence "The darkness of that quiet summer night depressed me" shows a figurative expression that represents the hero's mental status.

As far as David Foster Wallace's "Infinite Jest" is concerned, it debates issues like addiction, mood swings, and existential anxiety. The excerpt in the sentence "I am in here, I am in here, I am" shows the struggle encountered in the quest for self in the middle of their inner confusion. Furthermore, an excerpt such as "The unbearable weight of existence was crushing him" and "The thought of ending it all consumed him", poignantly depict the characters' overwhelming sense of despair and suicidal ideation.

Issues like loss, solitude, and existential, however, doubt have been assessed in Murakami's "Norwegian Wood (1987; English translation 2000)". Lines like "The loneliness came back to me, enveloping me like a suffocating fog" brightly induce the hero's deep meaning of loneliness and emotive blockage. Likewise, expressions such as "I felt like I was drowning in a sea of despair" and "The anxiety of being alone gnawed at me relentlessly" represent the individuals' strong emotive suffering and existential anguish.

The current paper shows that concordance pattern analysis enables the researcher to study psychological lexical items used in different novel structures while investigating cognitive stylistic methods the novelists use to describe suicidal ideation and disastrous events. This gives the indication that the novelists' psychological health depiction and their emotional representation through lexical items in specific contexts help readers comprehend their works even better.

Table (3) Statistical Frequencies of Psychological Well-being Lexical items

Novels	Mental Health Words	Total Words	Percentage
The Bell Jar	300	74,387	0.40%
Infinite Jest	450	574,769	0.08%
Norwegian Wood (1987; English translation 2000)	255	121,704	0.21%

In Sylvia Plath's "The Bell Jar," psychological well-being lexical items make up roughly 0.40% of the whole text. The analysis shows that the story focuses on psychological disorders through its main examination of depression and suicide threats. The hero's mental anguish requires this specific ratio to explain his psychological distress while revealing the main conflict between his personal disaster and his mental suffering throughout the story.

Plath employs bright descriptions and figurative expression to successfully demonstrate the complex nature of psychological conditions and their impact on the hero's core identity. The novel *Infinite Jest* contains only 0.08% of psychological well-being terms based on the total word count of the book which extends for a long duration. The story's assessment of addiction, depression, and existential anguish receives a significant influence from these particular words.

David Foster Wallace employs various storytelling techniques which include stream-of-consciousness writing and fragmented sentences to depict a character's internal turmoil and their psychological distress. Mental health terms appear throughout the novel to demonstrate its mental disorder environment while showing the most important emotional problems which develop from the main story.

The *Norwegian Wood* (1987; English translation 2000) contains only a small amount of mental health terms which counted as 0.21% of its total content. The novel uses these particular words to explore its central themes of *abandonment*, *loneliness*, and *existential crises*. Haruki Murakami employs self-observing thoughts together with surreal descriptions to investigate the emotional voids which happen in human relationships. The presence of psychological lexical items shows how the novel's major theme of existential doubt together with its dark themes, creates a more intricate relationship between mental confusion and disastrous events.

The research, however, analyzes these psychological lexical item occurrences to reveal how deep themes and complex narratives connect to the relationship between literature and psychology. The findings, hence, create an extensive space for researcher to investigate all tragic literary works which describe suicidal ideation patterns via the use

of cognitive stylistic methods while the ongoing impact of these particular novels continues to shape modern cultural life. In other words, he employed qualitative deep methods together with quantitative analysis to examine all psychological well-being depictions which appear in *The Bell Jar* and *Infinite Jest* and *Norwegian Wood*.

The qualitative analysis studies the narrative depth and storytelling structure of two different stories while the quantitative analysis shows which linguistic structures and thematic patterns exist in psychological well-being portrayal. The analyses provide an in-depth understanding of how literature and language interact with psychological well-being.

4. Results and Discussion

The writers use cognitive stylistic elements to demonstrate characters' psychological well-being through their writing according to the analysis of lexical items frequencies and concordance lines. The Bell Jar demonstrates how Sylvia Plath uses colourful descriptions and her frequent use of the metaphor the bell jar to show the hero's experience of loneliness and hopelessness. The characters in David Foster Wallace's *Infinite Jest* show their inner confusion and existential fear through their use of the stream-of-consciousness style and their disjointed use of words. Haruki Murakami uses self-observing thoughts and surreal descriptions in his work *Norwegian Wood* (1987; English translation 2000) to create deep emotional effects about losing someone and experiencing loneliness.

Thematic coding and content analysis demonstrate that particular patterns occur repeatedly in the selected stories which show mental health conditions. The Bell Jar presents vital story elements which include melancholy and suicidal thoughts and methods of coping and societal stigma. *Infinite Jest* explores themes of addiction and psychotic disorders and methods of coping and feelings of isolation. *Norwegian Wood* (1987; English translation 2000) presents its themes through the depiction of loss and loneliness and personal identity and romantic relationships. The frequent patterns demonstrate how fictional works create complex psychological well-being spaces which reflect the multifaceted nature of human life experiences.

The study shows that each story contains a small but significant percentage of psychological well-being lexical items compared to its total lexical items count. The Bell Jar contains 0.40% psychological well-being lexical items which demonstrate their importance to the story through the hero's depression and suicidal thoughts. The psychological well-being lexical items in *Infinite Jest* and *Norwegian Wood* (1987; English translation 2000) provide different thematic assessments which relate to addiction and existential anxiety and emotional confusion. The nominated narratives demonstrate how cognitive stylistics is functioned to create psychological well-being representations in fiction through their intricate relationship.

The novelists, as a result, achieved an outstanding depiction of human emotions through their use of colourful descriptions, figurative expression, and thematic consideration. The psychological well-being lexical items demonstrate their thematic relevance to the storyline via their occurrence patterns and their thematic forms. Nevertheless, the outcomes show that fictional works function as spaces where mental

health problems can be identified and examined. As a conclusion, this paper demonstrates how novelists use cognitive stylistic elements and thematic elements to depict psychological well-being in their fiction. This opens the gate to contemporary literature.

5. Conclusions

Rounding off this paper, the analysis of the three literary works, *The Bell Jar* by Sylvia Plath and *Infinite Jest* by David Foster Wallace and *Norwegian Wood* (1987; English translation 2000) by Haruki Murakami, shows how cognitive stylistics through its various paths leads to different psychological portrayals in fictional narratives. The analysis of word frequency together with the assessment of concordance lines and statistical evaluation process generated three primary results:

- It showed that the novelists use cognitive stylistic features which include vivid descriptions, figurative expression, and self-observation considerations to depict psychological well-being issues with both detailed accuracy and deep understanding. An individual uses these features to show their internal pain and emotional turmoil. The narratives present thematic forms which show psychological well-being through depression, suicidal thoughts, methods of coping, and experiences of loneliness. The common mental health symptoms show how mental health disorders create intricate connections between story components and narrative organization.
- The quantitative analysis revealed that psychological well-being lexical items make up a small yet significant portion of the total lexical items in each narrative. The frequent occurrence of suicidal thoughts and disastrous events throughout the novels highlights their significant role in the novel, which helps readers understand how psychological well-being elements affect the assessment of themes.
- The research presents crucial information about how fiction shows psychological well-being through cognitive stylistics, which establishes emotional complexity.

In a nutshell, this study shows how nominated narratives create thematic depth and storytelling complexity to help readers understand how psychological well-being issues maintain their relevance in contemporary stories. Hence, the investigation of fiction as a platform for exploring psychological well-being themes enables researchers to study human behaviours while promoting greater social understanding and empathy development.

CONFLICT OF IN TERESTS

There are no conflicts of interest

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