

# CONCEPTUAL METAPHORS OF MENTAL DISORDER ISSUES (A COGNITIVE LINGUISTIC STUDY)

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**Abstract.** Human uses metaphorical expressions to describe what is on their minds which depends on their life experiences. This study aims to (1) describe the meaning of metaphorical expressions related to mental disorder issues (MDI) found in social media, (2) classify the types of MDI and create the concept of metaphors from each type, and (3) identify the figures' role in expressing of thoughts regarding MDI. The method of this study is descriptive qualitative, which focuses on a cognitive linguistic approach. The research data in the form of written texts (quotes) comes from social media such as Instagram and blogs, while the instrument used is textual analysis. The results show that there are five types of MDI that could be identified, namely Depression, Anxiety Disorder, Post-Traumatic Stress Disorder, Bipolar Disorder, and Schizophrenia. Each of these types can create metaphorical concepts, including: [DEPRESSION IS A DARKNESS]; [DEPRESSION IS A JOURNEY]; [ANXIETY IS SWARM OF THOUGHTS]; [TRAUMATIC IS INDISCERNIBLE WOUNDS]; [BIPOLAR IS A ROLLER COASTER]; and [SCHIZOPHRENIA IS WHISPERS MONSTER DIMENSION]. It can be concluded that metaphors of MDI represent embodied experiences that can be symptoms of the types of mental disorders.

**Keywords:** conceptual metaphors, mental disorders, social media, cognitive linguistic approach

## INTRODUCTION

Understanding metaphor is important since metaphor is widely utilized in different sectors in expressing or transmitting ambitions, ideas, thoughts, or even individual or group expressions in everyday life. Many individuals are aware of various ways in which language can be used in communication. One of them is to employ metaphorical expressions in a linguistic style that many people use frequently or generally while speaking in any circumstance.

Lakoff and Johnson state that metaphors are often used by humans in their daily lives because their conceptual system tends to be metaphorical, so, it is certainly pervasive in their lives (Lakoff and Johnson, 2003). Moreover, the generally abstract character of these issues implies that metaphors, which may be utilized to comprehend and communicate the abstract in terms of the concrete, may have therapeutic value (Tay, 2017).

Metaphors can also be used in the realm of psychology, particularly in relation to mental health and mental disorders. It is often found in everyday life that the metaphors are used in this field, for example in the process of sharing sessions between a psychologist and their patient, or also the general public who are in an environment of mental disorder cases. In the same way, linguists also play a role in paying attention to how the discourse texts that are widely circulating in the public relating to mental health do not bring unwanted negative effects. Furthermore, the use of social media as a channel of communication may have both positive and negative consequences for society. There are many kinds of metaphors and memes about mental health issues on social media, such as Instagram, Twitter, Facebook, YouTube, and other social media, which may be confusing to the person who has been diagnosed or to the general public.

This study is an academic investigation of cognitive linguistics about how the metaphors represent something that is in the mind of every human being from what they think, thus creating a variety of language forms that are unique and also have different meanings. Ultimately, it will lead to a greater understanding of how they are interpreted by people from different backgrounds.

Researchers understand that need for subject limits in the research that are doing, so that they are more focused and there are no discussions that are not related to the main topic under the study. Therefore, researchers can formulate several research problems including: (1) What are the meanings of metaphors and embodiments in cases of mental disorders? (2) What types of mental disorder (MDI) can be categorized that have been found from social media? (3) Who has a role in expressing their thoughts in the form of metaphors in this MDI case? (4) What are the metaphorical concepts that can be formed from the results of the data analysis that has been obtained in the MDI case?

Then, there are some purposes of this research based on the formulation of the problem mentioned above, those are (1) to analyze the meaning of metaphorical expressions related to MDI found on social media, (2) to classify the types of MDI based on the metaphorical data found on social media, and create the concept of metaphors from each type, and (3) to identify the role of the figures towards their views in expressing their thoughts regarding MDI. This research is expected to provide benefits in the field of linguistics itself or other multidisciplinary linguistic fields, related to important topics that occur in society today and in the future.

There are some previous studies that explore the function of metaphors in mental health, mental illness, psychotherapy, and are also connected to conceptual metaphors in general with other domains that are relevant to health.

Wilson and Hay (2013) conducted a study on conceptual metaphors and ethnicity by examining the use of metaphors in promoting Ulster-Scottish identity. The metaphors commonly used and encountered in the construction of collective identity and history based on The Ulster-Scot collection that can be identified are personification metaphors, classical movement-path metaphors, root/arboreal metaphors, and dramatic narrative metaphors. Likewise, Reali et al. (2015) conducted research on the metaphor of one sort of mental condition, depression. Using corpus analysis, they concentrate on the Spanish case. According to the findings of the study, depression might be considered a disease frame. Furthermore, participants' initial judgments of the involvement of social causative variables were impacted by disease-like descriptions and metaphorical frameworks.

Then, Tay (2017) claims that the capacity the structural characteristics of recognized time series analysis (TSA) models to knowledge of the contextual circumstances underlying metaphor use. Therapist and client have a consistent 'base average' level of metaphor usage, but this level is altered by individual situations, resulting in unanticipated shifts in metaphor frequency. In the same year, Lendik, et al. (2017) analyzed universal metaphor and representation of health and illness that are prominent in conveying embodied experiences, although culturally modified metaphors are crucial as vehicles of expression derived from their surroundings and folk beliefs. There are several categories of metaphorical expressions produced, including "metaphors of universal; physically real, yet unseen; wars and battles; blood as a life's symbol; Metaphors of culture-specific; blood clots are alive - they cause problems; and soul within the body." Each of these categories has its own distinct analogy.

Coll-Florit and Climent (2019) propose and outline a Metaphor Identification Procedure (MIP) approach for detecting and formulating conceptual metaphors in corpora and identifying them using text to create a corpus test. Meanwhile, two additional studies published the same year (Coll-Florit et al., 2021a, 2021b) looked at first-person reports of mental diseases such as depression. They analyze their data using a corpus technique. According to the findings of their study, there are two sorts of metaphors employed by all patients and experts when presenting stories about their initial experiences with mental health, namely WAR and JOURNEY. Moreover, subsequent research (2021b) indicates that the containment and restriction that characterize a key element of the metaphorical discourse of depression are imposed not only by disorder itself, but also by contextual factors such as shame, a miscommunication, or medical practice perceived as a repressive power that can have a significant impact on the lives of people suffering from depression.

Research by Woodgate et al. (2021) analyses the lives of teenagers who use metaphors to describe their anxiety experiences. By supporting the use of narrative and visual metaphors as a communicative tool to express youth's lived experience of anxiety to researchers, clinicians, and the general public, this study helps to reduce obstacles in knowledge translation. Kinanti & Nirmala (2021) discussed mental health during the COVID-19 pandemic which was expressed by many people. The results of analysis using a semantic approach, it was found that there are 3 types of mental disorders that often occur during a pandemic such as depressive disorder, anxiety, and suicidal thoughts. One example of phrases of sense that describe suicide is *"ending your own life, sometimes this is a way for people to escape excruciating pain or suffering"*. Meanwhile, expressions on reference types of anxiety are *"fears, loneliness, and guilty"*. Then, Noviana & Saifudin (2021) also used a cognitive linguistic approach in researching Javanese proverbs on the conceptual metaphor of the word "water". The finding is that there is a conceptualization of ideological values in the Javanese language which is generally used in social relations and behavior in the community. Thus, a proverb formation that is used as a language expression can be formed, namely *"the pattern of reality – cognition – proverbs"*.

Overall, the researchers have different perspectives and find gaps from some previous studies. The analysis that establishes the notion of conceptual metaphor theory (CMT) with the supporting embodiment aspect is what distinguishes this research from other studies. These components serve as a reference for understanding and recognizing the metaphors contained in the content on various social media platforms related to mental disorders.

## RESEARCH METHOD

In this section, the researcher explains in detail how the research process carried out and the types of research methods selected.

The qualitative method used in this study. Moreover, this approach requires instruments to assist the research process and also play an important role in fulfilling the research objectives. Because research instruments according to Kusumastuti and Khoiron (2019), are tools used to get or collect data in order to answer research issues or attain research objectives. Then, some kinds of text can be evaluated by qualitative method. It is described in qualitative studies to involve spoken word (humans' memories, conversations, or speeches), and written texts including; historical documents, books, newspaper articles, reports, prose or poetry (Vanderstoep & Johnston, 2009).

The sample data of research has taken randomly from some content on social media such as Instagram, Pinterest, and website blogs. The number of data samples taken is 50 quotes that express in the form of a metaphor. Meanwhile, data from social media that are participants here include taking from Instagram as many as 8 accounts, Pinterest sites as many as five contents, and two websites and blogs.

The data collecting instrument in this study is text analysis, which focuses on written content obtained on social media linked to the topics discussed in this study. Researchers look for many social media accounts that relevant to mental health and/or mental disorder, then choose quotations that create metaphors and use them as data of the study.

A descriptive approach is used to analyze the data. The procedures or steps for data analysis in this article include; firstly, classifying data in the form of quotation metaphors based on the type of mental disease. Secondly, identify the figure behind the metaphorical expression. Then, analyze and describe the meaning contained in the data, and lastly, draw conclusions from each data that has been analyzed by establishing a new metaphor concept to describe the overall content of each metaphor based on the type of mental disorder that has been classified.

## RESULT AND ANALYSIS

### 1.1 Result

In this section, data that has been collected from various sources contained in several contents on social media and randomly selected, conceptual metaphors in MDI analyzed and classified based on the type of MDI, the expression and meaning of the metaphor, the role of the characters behind the language expression for originating from their mind, and also added to the category of metaphorical concepts based on cognitive function.

Conceptual metaphors are normally expressed in capital letters in the discipline of cognitive linguistics as: TARGET DOMAIN IS SOURCE DOMAIN. The topic of reference relates to the target domain, and the idea from which we make conclusions about the target belongs to the source domain (usually more concrete than the target) (Reali, et al., 2015).

The results of this study has been analyzed by researchers that there are metaphorical forms contained in five types of mental disorders. Next, the researchers conceptualized new metaphors for each type of mental disorder issues (MDI) analyzed below. Then, it is written by capital letters as previously described. The following description can be seen more clearly through a table made to facilitate the classification of data in a succinct manner.

**Table 1.** Metaphorical Concept of Mental Disorder Issue

No.	Types of Mental Disorder Issues	Metaphorical Concepts
1.	Depression	- DEPRESSION IS A DARKNESS - DEPRESSION IS A JOURNEY
2.	Anxiety	ANXIETY IS SWARM OF THOUGHTS
3.	Post-Traumatic Stress Disorder (PTSD)	TRAUMATIC IS INDISCERNIBLE WOUNDS
4.	Bipolar	BIPOLAR IS A ROLLER COASTER
5.	Schizophrenia	SCHIZOPHRENIA IS WHISPERS MONSTER DIMENSION

In Table 1 above, the concept of metaphor has been classified based on the findings of the data that have been analyzed. A more detailed explanation will be given in the next section below.

### 1.2 Analysis

The following is a detailed explanation based on the discovery data previously mentioned in the form of table 1 related to the concept of metaphor in MDI.

#### 1.2.1 Metaphors of Depression

Definition of depression is an emotional state marked by melancholy, poor self-esteem, guilt, or a diminished capacity to enjoy life. It's the umbrella term for a set of mental illnesses referred to as depressive disorders. Depressive symptoms (feeling sad or blue) affect the majority of people at some time in their life. These symptoms are considered typical emotional reactions when they are moderate and short-lived. They are classified as a depressive disorder when they are more severe and have a considerable impact on everyday functioning (Sperry, 2016).

Thus, Luyten et al. (2012) developed a mentalization-based treatment to depression within the context of attachment theory. Depression can be regarded as a reaction to negative early childhood events, according to John Bowlby, the first attachment theorist. Furthermore, it is theorized that sad mood leads to increased arousal and stress levels, leading in mentalization deficits and distortions, which, in turn, may lead to a lack of resilience in the face of stress, and a vicious cycle of greater negative mood (Kern and Tmej, 2019).

Moreover, Moreh and O'lawrence (2016) cite definition of depression from World Health Organization (WHO) in 2012, that is a medical condition characterized by a continuous sense of sadness and loss of interest. The World Health Organization has classed it as the greatest cause of impairment in people of all ages and genders, emphasizing the significance of recognizing, diagnosing, and treating this condition.

The metaphorical expressions related to depression obtained from various sources have described a series of human thoughts on the bad phase experienced by themselves, or those of others around them, giving rise to various expressions but still related to one another. Researchers analyzed these into a concept related to depression, which can be said to be a phase or journey full of concern, lack of enthusiasm for life, and can even be called something full of darkness. Therefore, this concept refers to the metaphorical concept of depression, namely "DEPRESSION IS A DARKNESS" and "DEPRESSION IS A JOURNEY". Those can be seen also through the expression below.

**Table 2.** Expression of Depression

No.	Expression of Metaphors	Role of Figures
1.	If they knew just how much energy it takes to fake a smile and survive my <i>darkest days</i> .	Patient
2.	You survived the <i>darkest periods</i> in life, don't shy away from the opportunity to finally experience the light.	Friends
3.	<i>Darkness</i> took me and I strayed out of thought and time. Stars wheeled overhead, and every day was as long as the life age of the earth.	Patient
4.	Don't let <i>the darkness steal</i> the beautiful person you have inside.	Friends
5.	I wish it would just always be nighttime because I like <i>fading away</i> .	Patient
6.	Everything is <i>muted</i> and <i>fuzzy</i> .	Patient
7.	I see a never-ending <i>fog around me</i> .	Patient
8.	I feel a cozy blanket that is <i>suffocating</i> me.	Patient
9.	When you're feeling <i>down</i> , put your face muscles into a smile.	Friends
10.	You are still <i>valuable</i> , even if you struggle to get out of bed in the morning.	Family
11.	Enjoy <i>the journey</i> of self-discovery.	Professional
12.	You might see <i>setback</i> on the recovery journey.	Friends
13.	You are so much more than your mind is telling you. <i>Depression is a liar</i> .	Friends

Some of the examples in table 2 have shown various human thought patterns in expressing what they are feeling for people diagnosed with depression, as seen in examples number 6 to 8. The depression phase for him is a confusing thing, seems quiet and empty that he feels. In fact, sometimes the patient cannot recognize the surrounding environment such as fog that continues to cover his vision and also the tightness that is felt to make this patient feel like he has lost direction in his life.

Some expressions are found from other people who have concern for people with depression, they can come from family, friends, or even professionals. It can be seen in expression 9 that a person who expresses his or her support for the sufferer so that he can still smile to rise from the adversity he is experiencing. In this example, it can also be categorized into orientational metaphors. Because as explained by Lakoff & Johnson (2003), the metaphorical orientation arises from physical and cultural experience. So, it can be described that the physical basis in example 8 illustrates the expression of a patient who is depressed because of his sadness and depression, it can even be supported by expression 4 which completes the picture of the patient's condition who almost lost his beauty because of the bad situation.

Embodied experience is represented by the metaphor in two concepts of depression including the first, "DEPRESSION IS A DARKNESS". This concept refers to the lifestyle, behavior, and circumstances of a person who suffers from depression in different levels can cause different symptoms as well. Patients can lose their zest for life to live a normal life, due to several symptoms such as a bad mood or continuous sadness, closing themselves off from the environment because they do not have motivation for everything, feeling hopeless and their life is gloomy, and

others. It can be described how the sufferer feels his days are full of darkness. Meanwhile, in the second concept “DEPRESSION IS A JOURNEY” refers to the phase of life that patients go through which requires stages to rise from the adversity they are experiencing, which from their lowest point phase to being at the recovery level is by requiring a support system and treatment that does not short. These stages can be interpreted as a journey of their healing.

### 1.2.2 Metaphors of Anxiety disorder

Anxiety disorder is a negative emotional state characterized by emotions of anxiety, concern, and apprehension over a perceived risk. Anxiety disorders, on the other hand, lead people to feel abnormally terrified, upset, and uneasy in settings when others would not experience similar symptoms. These illnesses might be difficult to see because people try to hide them or get them mixed up with other problems. (Sperry, 2016).

The mental disorders that have been mentioned above are cases that currently occur in many communities, especially when the pandemic situation that has not ended yet makes many people think about an unclear future, goals or even plans that have been made to fail and so on. Anxiety that often starts through thoughts that are sometimes unconsciously become branched which brings other excessive thoughts, and is also known as overthinking. The researcher has selected several metaphorical data related to the anxiety.

**Table 3.** Expressions of Anxiety disorder

No.	Expression of Metaphors	Role of Figures
1.	My thoughts are <i>scattered</i> .	Patient
2.	<i>Battling a war</i> in my mind 24/7.	Patient
3.	Nothing in this world can <i>torment</i> you as much as your own thoughts.	Friend
4.	Overthinking is <i>annoying</i> .	Patient
5.	<i>Suffocated</i> by my thoughts.	Patient
6.	I'm being <i>murdered</i> by my own mind	Patient
7.	You are <i>consumed</i> by negative thoughts.	Friend
8.	Dance above the surface of the world. Let your thoughts <i>lift</i> you into creativity that is not hampered by other people's opinion.	Friend
9.	An elephant <i>sitting</i> on my <i>chest</i> .	Patient
10.	I feel wearing <i>ski clothes</i> when it's too hot outside.	Patient
11.	Setting <i>sky-high goals</i> for yourself that simply aren't attainable.	Friend
12.	A flower does not think of <i>competing</i> to the flower next to it. It just blooms.	Family

After being analyzed based on what they think and express through metaphorical language, researchers can create a concept related to this, namely “ANXIETY IS SWARM OF THOUGHTS”. The concept is formed because seeing the data reveals the thoughts of people who have experienced situations in the anxiety phase.

It can be seen as expression 1, that the thoughts in a person's brain are scattered and show that it is not easy to get focused on one thought alone. Added to expression 4, when someone has excessive thoughts, then what is felt is something that is annoying and makes him uncomfortable. In addition, people with anxiety will experience a feeling of being depressed by something that causes physical symptoms such as shortness of breath (see expression 9), and feeling an abnormal body temperature in situations that other people feel are normal. This can be seen in expression 10, which illustrates the feeling of nervousness, anxiety, or worry when they have to deal with the many negative thoughts they receive. This disorder can also make sufferers feel insecure about their own plans and goals, case 11 presents their expression as getting tired from worries about the future and feeling deflated that they cannot control them as much as they wish they could.

The experience embodied is represented by the anxiety disorder metaphor is “ANXIETY IS SWARM OF THOUGHTS” People with anxiety disorders' thoughts reveal that the activities made to think about something do not only focus on one item, but also on the existence of other things that are grouped in the brain at the same time. When the sufferer is eating, the body parts that will



take action are the mouth and hands, while in his mind he is not only thinking about the food he eats, but also thinking about chatting with family or friends, thinking about looking for ideas for the next task, thinking about gardening, and so on. These ideas occur concurrently while eating, as though a number of individuals have gathered to assault something at the same time. The term “people” is likened to thoughts that come more than one or “clusters or swarms” that attack the brain at the same time. In addition, symptoms of panic, worry, nervousness, and depression due to feelings of fear if they can't finish something they are thinking are also often experienced.

### 1.2.3 Metaphors of Post-Traumatic Stress Disorder (PTSD)

The American Psychiatric Association designated Post-Traumatic Stress Disorder (PTSD) as a disease in the 1980s (Menyhért, 2017). PTSD is a mental illness that can develop as a result of seeing very scary or terrifying experiences. Following trauma exposure, many people demonstrate extraordinary resilience and recovery potential. PTSD can develop as a result of a single traumatic experience or as a result of repeated trauma exposure, such as sexual assault as a kid. Patients suffering from PTSD are more likely to have poor physical health, including gastrointestinal, cardiorespiratory, somatoform, musculoskeletal, and immunological diseases. It is also linked to significant mental comorbidity, an increased risk of suicide, and a significant economic burden (Bisson, et al., 2015). Additionally, Wake and Kitchiner (2013) state that PTSD has typically been linked to stressful stresses such as battle, violent assault, and natural catastrophe survival. There has recently been a greater understanding of symptoms that emerge after a catastrophic sickness or injury.

The explanation above is clear enough to describe the symptoms or characteristics of someone suffering from PTSD. If we analyze again, a trauma in the past has an impact to be implemented, not only physically, most of it is mental. Trauma that is deep enough can injure the sufferer's heart and mind, and perhaps only understand and know how the pain persists, because it is invisible to the naked eye. While, definition of trauma that explained by Sperry (2016) in his book by the title Mental Health and Mental Disorder is “a singular or recurrent event that is both extraordinary and severely distressing. It is also called traumatic event”. Therefore, the researcher took the concept of “TRAUMATIC IS INDISCERNIBLE WOUNDS” in this case. Some of the metaphors related to this disorder can be seen in the table below.

**Table 4.** Expressions of Post-Traumatic Stress Disorder (PTSD)

No.	Expression of Metaphors	Role of Figures
1.	I'm <i>damaged</i> .	Patient
2.	It is not the bruises on the body that hurt. It is <i>the wounds of the heart</i> and <i>the scars on the mind</i> .	Patient
3.	I hide all my <i>Scars</i> with an 'I'm fine'.	Patient
4.	My <i>dark days</i> made me stronger. Or maybe I already was strong, and they made me prove it.	Patient
5.	You may have to <i>fight a battle</i> more than once.	Professional
6.	Everyone you meet is <i>fighting a battle</i> you know nothing about.	Professional
7.	Your trauma is <i>valid</i> even if no one knows about it.	Friends
8.	Your trauma does not <i>erase your worth</i> .	Friends

The examples of expressions in table 4 have shown the existence of events from people who have experienced or are still going through a traumatic phase and have symptoms such as PTSD. The number of symptoms that appear in this disorder are negative things, as reported by the factsheet of PTSD by the Rethinking Mental Illness website (2022), including: Emotional overload due to flashbacks and nightmares; negative self-perception, such as a sense of worthlessness or failure; hyperarousal causes difficulties sleeping and concentration, among other things.

The metaphorical expression in number 1 is an example of the experience of a patient who has been traumatized by sexual harassment in the past, so that she thinks that she has been damaged. The meaning of damaged there does not refer to an object that is destroyed, but refers to the body and mind that have been damaged, which causes wound to the heart and mind (see number 2). This disorder is also considered a battle (see number 3, 4, and 5), which PTSD sufferers fight against bad trauma in the past to continue living in a better future. While the last two expressions can be expressed by friends, family or other people close to the patient to show their support so that the patient can rise from dark times.

The embodied experience is portrayed by a metaphor for this condition connected to the notion of “TRAUMATIC IS INDISCERNIBLE WOUND” which refers to the agony experienced by the sufferer that does not manifest physically, but is a scar that lingers in the heart and memory. Because wounds that are not apparent on the surface of the body take longer to heal. Traumatic incidents might return at any point in his life. Someone who has it will appear physically fit and will be able to lead a regular life. However, individuals may be unable to escape symptoms such as frequent nightmares, difficulties managing emotions, frequent poor self-perceptions, or recurring feelings of threat when the trauma resurfaces in their memory as a result of factors that might trigger it.

#### 1.2.4 Metaphors of Bipolar Disorder

Grubb (2019) has adopted the definition of Bipolar Disorder (BD) based on the American Psychiatric Association in the period 2013, that is BD is a mental disorder characterized by mood instability (cycling periods of mania, hypomania, and depression) that impairs “work and social functioning.” In addition, Bipolar disorder can be said that multifaceted, difficult-to-treat chronic condition that is still underdiagnosed. Both bipolar I disorder (BD-I) and bipolar II disorder (BD-II) cause severe mood and behavioural problems, have a lifetime episodic course, and are linked with a higher risk of death due to suicide and concomitant medical illnesses (Radua, et al., 2017).

**Table 5.** Expressions of Bipolar disorder

No.	Expression of Metaphors	Role of Figures
1.	Life goes in <i>waves</i> .	Patient
2.	You feel <i>more irritated</i> by others and snap a lot quicker than usual.	Professional
3.	You get emotionally <i>drained</i> from absorbing other people's feelings.	Professional
4.	I am constantly <i>torn</i> between wanting to improve myself and wanting to destroy myself.	Patient
5.	The way you're <i>acting</i> I know you didn't take your meds.	Family
6.	I won't let my past trauma <i>define</i> me.	Patient

Based on the data that has been obtained from social media content in the form of expressions of human thoughts diagnosed with bipolar disorder or other people who work as therapeutic professionals for mental health, it can be seen in table 5 above. Some of these metaphorical data illustrate that the life experienced by those with bipolar disorder runs like a wave (see expression 1). Illustration the waves, feelings and behavior of bipolar people can never be predicted, because mood swings are at the core of the symptoms. It is also shown in expression 2, how the patient will behave in a drastically different and unusual way. Then, the dangerous thing about this disorder is that the patient can injure himself unknowingly, as well as others around him. How moods change with occasional anxiety when they are in a manic phase, a happy phase that makes them want to behave positively, but cannot be predicted if they have a desire to destroy it in their minds, as in number 4.

One therapy for sufferers of this illness is to take drugs that have been recommended by a psychiatrist. It was revealed by the patient's family that the symptoms of “acting” behavior (see expression 5) were unusual, so that the person who disclosed it gave information about the “meds” that should be consumed. Because these drugs can help sufferers relieve the symptoms they are experiencing or stop temporarily.

The explanation offered has piqued the interest of researchers, who have developed a metaphorical idea for this form of mental condition, namely “BIPOLAR IS ROLLER



COASTER.” The embodied experience may be represented by a metaphor for the notion as a parable of a roller coaster, which has a track like a train to be able to run, but the track is bumpy and is above the surface with a certain height. The roller coaster represents a person suffering from bipolar disorder, and the track depicts the state of that individual's emotions. Because this disease causes the sufferer's mood to fluctuate from extremely high to extremely low levels, which is similar to riding a roller coaster. It can also be stated that those who play this game can see or experience how it feels when they are on the highest track and the train is running at a high speed to leap into a low track, or conversely. Their feelings at such moment will be tense, worried, and they may even express their emotions by shouting, laughing, or even crying. Because these patients cannot always control their emotions. This is an example of a situation that can be witnessed in the lives of persons with bipolar illness in terms of manic and depressed symptoms that occur.

#### 1.2.5 Metaphors of Schizophrenia

Schizophrenia is a psychotic condition that affects behavior, thought, and emotion, making it difficult to tell the difference between real and unreal experiences. Hallucinations, delusions, cognitive and communication difficulties, symptoms (Sperry, 2016).

Wery and Cullinan (2016) explain that Schizophrenia is presently regarded as one of the severe mental illnesses under the schizophrenia spectrum and other psychotic disorders (SS&PD) group of the Diagnostic and Statistical Manual of Mental Disorders, fifth edition, clinical categorization system (cf. American Psychiatric Association, 2013; Heckers et al., 2013). SS&PD can be thought of in terms of its psychotic symptoms as well as its course, or how the condition is perceived and manifested through time. Then, despite statistics showing that the majority of violence committed by those with schizophrenia is mediated by substance abuse and is likely directed toward themselves, according to the National Alliance on Mental Illness, 60 percent of the population believes that those with schizophrenia are likely to be dangerously violent (Crane and McDonough, 2014).

**Table 6.** Expressions of Schizophrenia

No.	Expression of Metaphors	Role of Figures
1.	I have a whole different <i>little world</i> going on inside my head, and sometimes I get really lost there.	Patient
2.	There's <i>someone</i> in my head but it's not me.	Patient
3.	If I could change one thing about myself, it would be <i>the voices in my head</i> . They don't like me.	Patient
4.	I really hate it when <i>the voices in my head</i> argue among themselves as though I wasn't even in the room.	Patient
5.	Please forgive me if I don't talk much at times. It's <i>loud</i> enough in my head.	Patient
6.	I respond to <i>text message</i> in my head, sometimes weeks go by before I realize I didn't respond in real life. I'm working on that.	Patient
7.	I'm not crazy. My reality is just <i>different</i> than yours.	Patient
8.	I have never seen <i>battles</i> quite as terrifyingly beautiful as the ones I fight when <i>my mind splinter and races</i> , to swallow me into my own madness again.	Patient
9.	You have a very rich and deep <i>inner world</i> .	Friends
10.	You may not rest now, there are <i>monsters</i> nearby.	Friends

Based on the schizophrenia metaphorical data shown in table 6, it has been revealed that there are similar expressions, discussing about “voice”. In this case, the patients state how they feel about the symptoms they experience from this type of disorder. There is an element of other people's hallucinations in oneself, such as hearing strange voices that can only be heard by themselves, but other people do not hear, and also doing things that are beyond their control. This

is revealed through these metaphors. In example 1, the patient illustrates the “little world” as another dimension of himself, which he can only feel to hear the voices of his hallucinations and delusions (see expressions number 3-5). In fact, people around him dub another figure in the patient as a “monster” (see number 10). The monsters here are imagined as things that are invisible to others, but are thought to exist only by the patient.

The schizophrenia case is considered a strange thing for some ordinary people. In fact, it is not uncommon for people to think that the sufferer is a crazy person. However, there is one patient expression here which is seen in number 7, which states that he is not “crazy”, he only admits that he is “different” from most people who live a normal life. In addition, the lives of these patients can also be said to be a “battle”. It is not only other types of mental illness such as depression, PTSD, or even anxiety, which assume a struggle in life, but also schizophrenia as well as fighting something called a “monster” in themselves through the dimensions of the mind in their head. Therefore, the researchers looked at the perspective of schizophrenia cases with the concept of metaphor is “SCHIZOPHRENIA IS WHISPERS MONSTER DIMENSION.”

The embodied experience symbolized by this metaphor in schizophrenia is related to the concept that can be described from the symptoms of people with schizophrenia, affecting not only the way they think, but also the way they see and hear things in real life from the perspective of their hallucinations. Telling that the phrase “WHISPERS” there is what they hear exclusively to their ears, it is like being in a calm environment, but there are noises that they hear that other people around them do not hear. Meanwhile, as briefly mentioned in the preceding paragraph, “MONSTER” is a form of figure that only these schizophrenic patients can sense and envision. Then, “DIMENSION” is the other side of life that is considered to exist by sufferers from real life.

## CONCLUSION

The results of research that have been carried out by researchers have been described above. It can be concluded that the conceptualization of metaphors in the mental disorder issue concept has a variety of word choices to express other meanings of an event, experience, or human thought using metaphors which are then used in many ways in everyday life. It can be represented embodied experience which can be the symptoms of the mental disorder types. This research data is taken from content in the form of quotes, tips, and information about MDI on social media.

Based on the data obtained and analyzed, it can show various kinds of metaphorical expressions from various types of MDI. Researchers have created concepts of each type, including (1) DEPRESSION IS A DARKNESS and DEPRESSION IS A JOURNEY for depressive disorders; (2) ANXIETY IS SWARM OF THOUGHTS for this type of anxiety disorder; (3) TRAUMATIC IS INDISCERNIBLE WOUNDS for Post-traumatic stress disorder (PTSD); (4) BIPOLAR IS A ROLLER COASTER for the metaphorical concept of bipolar disorder; and (5) SCHIZOPHRENIA IS WHISPERS MONSTER DIMENSION for the metaphorical concept of schizophrenia. Researchers hope that the concept will be different and new from previous studies.

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