

"Decoding the Hidden Meanings of 'Not Waving but Drowning' by Stevie Smith: A Semiotic Analysis"

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Abstract

This paper provides a semiotic interpretation of the poem 'Not Waving but Drowning' by Stevie Smith. The paper studies many aspects of meaning and symbolical support of the poem so that to understand the reflected issues in a deeper way. The results suggest that the poem provides a discourse on broader socio-cultural issues mirrored in mental health, gender bias, and representation in the society. With the help of analysis of different symbols in the poem, we understand the psychological challenges that individuals and as a whole society do not master in their attitude toward mental ill persons and that empathy and communication are the things that help to undermine societal norms. Also, the role of the broader cultural and historical contexts which influence our perceptions, values, and beliefs and, consequently, our understanding of literature is highlighted. The recommendations to assist mental health should be empathy, active listening and, the literature analysis to deal with the society's issues and problems. In conclusion, this research paper serves as a criterion of reflection of literature as a media of many sociocultural problems and it answers to the challenges of societal struggles, and one of such answer is setting up some approaches intended to rise an awareness, empathy and a critical approach to everything.

Keywords: Semiotic, Linguistics, Literature, Stevie Smith, Poetry

Introduction

The semiotic analysis of a poem centers on the examination of the diverse signs, symbols, as well as meanings that are embedded in the language and structure of the poem. This method exceeds the simple definitions of words and expressions to show the underlying connotations and cultural aspects of the poem. The enigmatic nature of Stevie Smith's poem, 'Not Waving but Drowning' has made the poem a subject of so many arguments and interpretations among the literary critics for the many years. The poem tells the tale of a man who drowned in the sea and his behaviour was a crude example of waving. However, the speaker reveals the man's true plea for help, but he is not heard. This study paper aims at executing a semiotic analysis of this poem to decrypt its many underlying meanings and see what role they play in the understanding of the poem as a whole.

Significance of Research

It is one of the most important researches that helps to comprehend the wider socio-cultural aspect of the poem "Not Waving but Drowning." Through semiotical approach, the research paper has stripped of the numerous significations that are hidden in the intricate images and

symbols of the poem. The society-wide issues that this research paper has considered includes mental health, gender bias, and representation but these are prevalent in the modern-day societies. As such, this research will offer a lot of detailed enlightenment on these issues themselves and its impact on people and the society. The paper, by analyzing the wider themes of the text, has emphasized on the importance of cultural and even historical contexts that influence our attitudes, opinions, and values. Thus, this article also adds to the understanding of the requirement to change the modern social clichés and reconsider the old stereotypes that have been preserved for so long. This paper opens the way for many other dialogues and studies on the role of literature as a kind of interpretation of the critical social and economic issues and principles of what we perceive and what we value and who we are and how our society works.

Limitations and Scope of Research

Despite the fact that this research paper has limitations many of which are connected with the whole array of socio-cultural issues in ‘Not Waving but Drowning’, this one should be emphasized. The subjective evaluation of symbols and metaphors is a big problem of the semiotic analysis of the literary work. Literature is complicated and carries a lot of symbolism, thus, a number of interpretations may be possible based on the person’s culture, sociological observations, history and psychological views. However, the paper in question covers only the poem ‘Not Waving but Drowning’, although such analysis can be applied to other literary works of different authors and different genres of literature, each having its own set of socio-cultural implications. At last, the social and cultural context to which literary works are created gives the meaning that literary works leave the musical or intermedial context. This choice determines the scope of this research review as the selected interpretative reading and the historical, psychological, and socioeconomic contexts of this context other than the analysis in this review will be left unexplored. This research paper lies in the area of literature. This paper provides by semiotic analysis of the poem how language and symbols signify meaning, show social norms and mirror socio-cultural problems. Nevertheless, it is an extremely valuable contribution to the application of a semiotic approach to literature analysis and enlightens researchers of literature, psychology, history, and sociology. Other than that, literature now is still among the most important resources, when it comes to examining the development of social norms and human struggles overtime so the present research paper may serve an illustration on how to deal with particularly important pieces.

Research Questions

1. What are the key signs and symbols applied in ‘Not Waving but Drowning’ by Stevie Smith?
2. How do these signs and symbols affect the overall sense and theme of the poem?
3. What are the different dimensions of meaning assigned to the signs and symbols in the poem, and how do they interplay?
4. What relevance does a semiotic analysis of the poem to the poem’s larger social and cultural backgrounds along with the questions related to mental health and the disclosure of women that the poem pictures?
5. Can the semiotic analysis of ‘Not Waving but Drowning’ be used for any other literary works?

Objectives of Research

- To identify and describe the main signs and symbols in “Not Waving but Drowning” by Stevie Smith.
- To study the role/significance of these signs and symbols in communicating the required theme and meaning of the poem.

- To scan the various levels where the signs and symbols in the poem point, and how they intersect.
- To contextualize the signs and symbols employed in the poem within wider social and cultural attitudes and issues.

Literature Review

Semiotics is a really expressive tool of the literary criticism that appears to be in the right place to shed the light on and unravel the sense of the signs and the symbols in the text. Barthes (1972) views the semiotics as a key element to the interpretation of text where the meaning of the story mirrors the historical and also social-political context of the culture that is being portrayed. Rabbionych (2003) points out that semio analysis helps to unveil the meaning which is hidden for the reader's eyes not just on the literal level.

Moreover, Baudrillard (1981) asserts that the literature and the artistic language are often utilized in the process of cultural interpretation and subversive questioning of hegemonic cultural standards, which opens up the way for the unveiling of gender connotations through the semiotic analysis. The mental health development as a vogue topic of Geoffrey H. is underlined by one more study, which was just published, 2020, and makes an accent on the literary works being able to contribute towards understanding and sympathy of the individual pain (Mitchell, 2020). "Not Waving but Drowning" is one of these works. We suggest the importance of hearing the voice of the people who may be affected by various psychological disorders expressed in the spark notes. Besides that, the poem also talks about the devastating social taboo associated with mental symptoms which make it impossible for people to get help and which can lead to disastrous effects. One may argue that in the case of this poem, gender role making is shown. Diduca (2017). According to the author, symbolized female element reveals the oppression of women by objectification and repression in the society which is the issue that has been long discussed in the feminism literature. The analysis of the article 'Not Waving but Drowning' causes a wide range of implications for the comparing and literary theories investigation.

Eagleton (2008) contends in the article that literature goes the long way when it comes to describing the social schemes and cultural standards. In the essay, writers state that literature is a vital device for the historical and cultural message delivery by symbols, metaphors, and other literary tools. My research paper will provide extended evidence for Eagleton's argument which states that any literary work and the semiotic analysis of it can provide a lot of proper knowledge about our socio-cultural issues. In "Reclaiming the neglected modernist Stevie Smith," Levin (2015) develops the argument that Smith's poetic works are very underrated in the field of modern British poets. In the course, I am going to study Smith's literary legacy and the unique features within the context of gender, representation, and mental health. Aside from other things, the semiotic analysis of 'Not Waving but Drowning' has a great number of remarkable repercussions of the literary criticism too.

For Rimmon-Kenan (2016), it means that one literary work can be examined from various angles and therefore, may result in the multiply of meanings that a reader can get out of the text. This scholarly article describes it as one of the literary criticism perspectives. The article, Not Wave but Drowning, has a wider scope in regards to the mental healthcare advocacy. In accordance with the thoughts expressed in Schrag and Edgeron (2019) paper, literature may develop the demystification process of mental health issues, and thus the empathy and understanding increase. In this study I apply 'Not Waving but Drowning' as the best example of how literary pieces help us identify the unfathomable pain certain people experience and then to increase our general societal empathy for individuals who suffer from

mental health problems. The article 'Not Waving but Drowning' also highlighted the fact that language is a critical tool of shaping cultural evocations.

In de La Saussure (1916) research the author suggests that language is a social organization which reflects the values of a society, biases and the politics of power. We have established that the language that the poet uses is used mostly to represent the cultural issues we see in the bigger society like mental illness, gender segregation and social norms. On the other hand the semiotic reading of 'Not Waving but Drowning' puts up essential demands for the innovative role of the literary education and teaching. There is a writing of Bakhtin (1986) paper which says that literature plays an inseparable role in the culture of every human and forms cultural values, cultural norms and cognitive culture. The literature review argues that literature has been found to challenge prevalent ideologies and spike the sense of compassion, and this phenomenon is captured through symbols and meaning in literary works. Being already prepared for my second research paper writing on 'Not Waving but Drowning' one might see some significance of mental health advocacy in it.

According to Lopez-Maya conjunction (2019), literary works can be used as part of a mental health treatment that is why there is a greater awareness and compassion towards mental health problems. The research is an example of literature in the establishing of mental health problems during the awareness and their understanding. The thing titled "Not Waving but Drowning" is the discussion of the cultural context and how it matters to the process of literary works interpretation. For example, in the research by Greenblatt(1990), he points out that literary pieces are a microcosm of their historical and cultural circumstances and hence knowing these contexts is crucial when seeking deeper interpretations. The research paper is the semiotics' tool that can shed light on even the anti-intuitive meanings that form part of the cultural context. It concerns also the study of literary genre profile of the gender representation.

The paper of Butler (1990) is being advocated which demonstrates that gender identity is a social construct and the literature often serves to reinforce or challenge a particular role assigned to this social construction. The essay on 'Not Waving But Drowning' is a good example to showcase how women are marginalized or kept on the periphery in social life and symbolically objectified through the way the female voice is presented in the poem. The additional level of meaning that the poem 'Not Waving but Drowning' carries is quite amplified through its semiotic assessment, thus influencing the understanding of human experience. According to Freud (1917) in his work we can find that human life is symbolic in nature, and if we do not understand symbolisms of people then it becomes difficult to understand their individual and social issues. The article goes on to illustrate, by taking up an instance from a literary work just how symbols can lead to wider cultural and historical processes. The writing regarding "Not Waving But Drowning"also produces some consequences in the picture of research of mental health.

The researchers in a study by Kessler et al. (2012) insist that mental illnesses are common in our society and people leave them untreated because of prejudice and lack of recourses. The research paper allows to consider mental health problems from the literary analysis angle which enables to find out the persons who experience these issues are encountered to. In addition, semiotic analysis of 'Not waving but Drowning' has relevance for literary translation and cross-cultural studies. According to a paper by Venuti (1995), literary translation can reiterate cultural prejudices and dominant power relations. The research paper is an excellent illustration of the fact that the symbols in literary works may be peculiar to cultural contexts, thus, underscoring the necessity of cultural nuance in literary translation. Eventually, the research paper about 'Not Waving but Drowning' sheds light on the influence

of literature on social change. Fanon (1961) in a paper contends that literature can be a very strong instrument in awakening the society on injustices and advocating changes in the society. The research paper of how literary works can aid in the debates about mental health, gender, and social norms, and can act as mediators towards awareness and change.

Methodology

This study employs qualitative research method using a semiotic analytic approach. The poems are interpreted with the help of instruments like signs, symbols, and signifiers, which are the fundamental components of semiotics. It will look to the role of each element in the general meaning of the poem and their interaction in creating profound themes and messages. In addition, the research will refer to the general sociocultural conditions of the poem's creation in order to describe the implied messages of the author.

Discussion and Analysis

Major Signs and Symbols

The major signs and symbols used in *'Not Waving but Drowning'* by Stevie Smith are as follows: The main signs and symbols in *'Not Waving but Drowning'* by Stevie Smith are:

Waving: The waving of the flag, though, is not a gesture of peace but an appeal for assistance. Thus, it is a symbol of the victim's inability to save himself from the water.

Drowning: The drowning murder is the victim's defiant effort of rising up, both physically and symbolically, over the hassles of life.

Sea/Ocean: The sea/ocean as a symbol of the life's unpredictability and destructiveness in general can also be a very dangerous and demanding place of stay.

Crowds/Onlookers: Bystanders usually belong to the society, consequently, they participate in their own problems and avoid being aware of the victim's pain or simply refrain from paying attention to it.

Death: The recurring image in the poem is death. Last desperate cry for help is for example, a last resort of a victim to show how severe the matter is and that there is no hope and helplessness in life's hardships.

Secondly, the series of symbols and signs reflect loneliness and despair, which eventually causes the mental health related to more wider sociocultural problems.

Examples from the text

Example 1: *"Still no one saw him, the dead man, but he still moaned, I am not really far off but rather you are drowned."*

This verse depicts the grief of the drowned male, whose pointing of help mistaken was as the signal which he was making for help. The friendly waves, a regular symbol of warmth, do not wave with friendliness anymore, but of the thrashing movement of the victims. His pleas have fallen on deaf ears. Here the sea signifies the hazards of everyday life that a person is always confronted with and yet one has to manage somehow. The terrible destiny of the man is an accurate description of all problems that people have, but wanting help they remain alone because nobody hears.

Example 2: *"Poor chap, he always loved larking / And now he's dead / It must have been too cold for him his heart gave way."*

However, those lines also have the readers less sympathetic towards his pain, no matter their sorrow at the many trials he had suffered in the sea. They looked at his pain as a diversion activity and wanted him dead and his death being as a result of harsh environment and the fact that his heart might have stopped due to low temperatures. Apart from that, the poem is explicitly demonstrating the broad apathy of the people towards the problems of the mental kind, failures and calamities the people encounter.

Example 3: *All the years / Before me I swim blindly.* Thus, the poet implies that the person feels as he or she is at least one hundred miles away for the social group and struggles with

illnesses of life. The expression "the last of such" is an indication that all has been terrible and he has persevered without any help all the while expressing his loneliness and hopelessness. Out of this context, "*she is far out*" implied that the observer may distinguish herself in form and connection but her situation was dangerous. The materialization of the symbols and notion which the "*Not Waving but Drowning*" succeeds to present are the thematic elements such as the mental health, social alienation, and neglect during the tough conditions.

Impact of Signs and Symbols to the Overall Meaning and Theme of the Poem

Such symbols and signs are essential because they emphasize the vulnerable mind of the lonesome soul grappling with society's apathy towards its suffering souls. The phrase "*waving*" is a call for a help but the address is unheard or is ignored. "*Drowning*" metaphor nicely sums up the main character's experiences of being a victim who is suffocated and overwhelmed and yet can't cope with all these issues on their own. Comprising English instead, this combination of symbols and signs points to the greater idea of ensuring health and asking for help when needed rather than staying alone and rejected. The city's conduct in response to the victim's "*waving*", member ascribing a casual meaning to it, leads to a demonstration of society apathy to the individual's plea for help. The society's neglect of deceased life is revealed by the quoted sentence, "*It must not have really been warm for him, thus his heart gave out.*" This proposition indicates the high lack of empathy from the community and portrays that the outside world is less sympathetic to one's emotional pains. The poem is sending an all-encompassing message through these signals and signs that society has inadequate solutions when approached by the tough cases of people's experiences and their struggles with mental health and other life issues. The basic idea of the conversation is that in any society the people in power need to clean their ears and put their hands on the helping people instead of going on with business-to-business relationships and ignoring people.

Different Levels of Meaning Associated to Signs and Symbols

Upon interpretation, the signs and symbols in the poem '*Not Waving but Drowning*' by Stevie Smith can be given various meanings. On the level of the text, the signs and symbols are the waving and drowning gestures, the sea, etc, which symbolises the victims' struggle to stay alive and the community's inability to help. Deeper, the waving gesture embodies loneliness. It indicates how members of the society may shout out at each other for emotional support, but most of the times such calls are misunderstood that in turn increases the sense of isolation and disconnect. Besides, the poem also refers to some social-cultural issues connected with mental health, gender and social indifference. The victim's incapacity to denote that he is in a state of drowning rather than waving is a typical representation of challenges that individuals face in expressing themselves, and how society can misinterpret their communication. Some other related themes further aid to the semiotics interpretation of the poem and its meaning. The symbols and signs in the poem are interwoven with each other, thus turning the poem into a complicated game of meanings. That waving gesture of the victim and her community's failure in appropriate responding together led to her death, which promotes a thorough consideration of the negative impacts of insufficient social support systems and the need of mental health awareness, and the associated importance. In few words, the symbols and signs function together to develop the message of the poem and through studying them by means of the semiotics it is possible to realize more about their importance and the overall meaning of the poem.

Examples from the text

Example 1: "*I was much too far out all my life, /And not waving but drowning.*"

This line represents the victims pervasive experience of isolation and disconnection from society in general all of his life, where he is misunderstood by others and treated badly,

resulting in his feeling left alone. The drowned as a metaphor signifies the state of a person drowning in despair, and the lack of help from others that makes this struggle worse. Moreover, it is used to describe people who do not feel connected to the rest of the society that in turn leads to a vicious cycle of loneliness to poor isolation, which in turn solidifies evil isolation of that person forever.

Example 2: *“And nobody heard him, the dead man, / But still he groaned.”* This line communicates the insufficiency of internal communication between individual and society because of systemic problems. The “moaning” of the victim, whilst “dead”, makes us aware of the silent struggle a person might have, keeping their problems within themselves, and failing to let other people know of their being alive or dead, leaving them behind and disconnected from everyone else. The metaphorical use of the word ‘dead’ signifies the power of societal ignorance and scarce support that such people may have a feeling as if they are not living.

Example 3: *“He’s always been a lark / And now he’s dead.”*

This line calls attention to the stereotypical nature of people in ignoring or minimizing an individual’s suffering as a result of systematized fear or misunderstanding which inflict additional harm. The saying “loved larking” illustrates society’s typical perception of depression or similar mental health problems as a temporary problem or a kind of theatre and ignores them. Moreover, this line illuminates the nexus between the outlook of the society and how it affects one’s mental and emotional health which, in turn, causes the person in question to die. These examples demonstrate various levels of implication attributed to the signs and symbols in *‘Not Waving but Drowning,’* shifts from personal to the general sociocultural aspects. Cyclical character of an individual’s emotional suffering, communicational impotence and impact of indifference of the society are some levels of meaning revealing complexity of the signs and symbols interpreting through semiotics of the poem.

Poem's Social and Cultural Contexts

By undertaking a semiotic analysis of the poem *‘Not Waving but Drowning’*, we come to know about its broader social and cultural contexts through various means. In the first place, the poet muses on the essence of spirituality and the influence of societal norms. The drowning figure is a metaphor for the person’s diseased mental condition, which, in turn, can result from the inability to adapt to the life’s tension load and have the support. In contrast, the indifference and miscommunication of the community to the call for help of the victim stress the tendency of society and culture to devalue the struggles of the people. Regarding the waving illustrate expert of the victim’s begging, deeper interpretation pointing out that waving is the representative of a human’s desire for support and psychological balance was carried out as a result of the semiotics. Next, the verse also emphasizes the presentation of women in the society and their social issues. It recognizes themes of alienation and isolation of women which illuminate the issue of gender bias and how it affects one’s mental health. Allusion made by the victim’s incapacity to speak of his emotional state may serve as a reference for the role that society gives to women, as per expected and traditional characteristics. It leads to the deterioration of the mental health of women and their representation in society. The semiotic texture of the poem provides a prism for the ‘reading’ of wider social matters as well as cultural topics. This poem essentially represents signs and symbol that the victim of this poem is emotionally battling for support and also the system failure of society to attend mental needs of everyone notwithstanding their gender or background. Semiotics helps to ascertain how these symbols correspond to certain mind and social presuppositions of society and contemplate their wider social aspects. At last, the poem highlights the role of empathy and communication in nurturing the welfare of people and community. Through delving into the multifaceted meaning of signs and

symbols, both at personal and socio-cultural levels upon interpreting the poem, the semiotics of view, offers to appreciate the poem's themes and their relevance to modern life.

Examples from the text

Some examples focus on the wider social and cultural contexts such as the aspects of mental health and the representation of women that are mirrored in the poem. Example 1: Not waving but drowning. But this famous line from the poem carries a deeper interpretation – the fact that the people themselves cannot communicate and connect personally in the society. This line is an allegory which can be very well perceived as a call for a rescue carrying the gloominess of one's own personal soul. It stresses the need of a true expression of one's feelings and the failure of the society to know the person in his mental conflict. This line is a rather a reflection of a society that does not appreciate the people who are suffering from mental health's underlying meaning.

Example 2: No one listened to him, the deceased was still moaning alot. This line focuses on the value of empathy and also communication in the mental health matters. The phrase "*nobody heard him*" emphasizes a significant societal challenge we are currently facing in society: The absence of Active Listening. It focuses on the value of being kind and also sympathetic since these values can really help the people to get rid of their emotional pain and mental agony. It also deals with the question of the gender bias and the way the society can tend to ignore the emotional distress of the men, displaying the 'tough guy' culture.

Example 3: *They kept saying, this liar, he never had much fun.*

This line concentrates on the adverse societal attitude to the feelings which the individuals have or their sufferings and underlines the stigma since there are many mental health problems. The metaphorical meaning of "floating away" represents the release from the manner of one's overwhelming emotions and pain. But what is the the society reaction is that seeking help is for the weak and expressing one's feelings of an illness, therefore strengthening the stigma of mental health problems. It also states how the society only sees the face an individual holds, rather than the early warning signs of mental distress and promoting the mental health awareness and support.

In conclusion, the semiotic analysis of the poem makes it very obvious that the signs and symbols are alot deeper socio-cultural connotations which reflect mental health issues and the presentation of the gender discriminations. The symbol illustrates the importance of the solidarity and understanding within the society, exhibiting that the active listening and empathy can help to deal with the mental suffering of the people.

Application of Semiotics to Other Literary Works

The outcomes of a semiotic analysis of '*Not Waving but Drowning*' can be transferred to other literary works. The semiotic analysis process is aimed at examining the signs and symbols implemented by a text to unveil the different levels of meanings addressed to them. In short, it is a more or less useful tool, which enables us to get to the gist and main idea of any literary work dealing with meaningful imagery like metaphors, motifs and symbolization. Articles of literature, especially poetry and novels as its accessories, arel of different forms having extensively distinctive meaning levels. The usage of symbolic analysis as a device to us makes unmasking symbols' meaning and strength that the latter is exactly what they stand for in cultural and social systems possible. For further analyzing using semiotic approach other literary works, we should consider the signs and symbols present within the text and their interpretations related to broader societal and cultural issues. Also, language, literary devices, and historical context need to be analyzed. For example, in William Shakespeare's 'Hamlet,' we can scrutinize its numerous symbols like the ghost, the skull and the sea and see what they may represent. In the same way, Charlotte Perkins Gilman's 'The Yellow Wallpaper' allows semiotics to be applied on

symbols of the wallpaper and the barred windows and explore the related broader issues of women's mental health and gender bias. On the whole, Semiotic analysis is a very important approach for various types of literary texts that enables the outpours of new appreciations and understanding the signs and the themes of literary works.

Conclusion

Besides 'Not Waving but Drowning', the semiotics theory focusing on the poem can illustrate a prominent issue – and this issue is more general, it includes the social and educational issues primarily related to mental health and role of women. It is the use of comprehensive multi-level imagery and symbols demonstrate the worth of mutual dancing with considered the literacy and historical background which are being observed in this modern poem. We have already unveiled explicit semantics of the poem through the exploration of the individual psychology disorders; the generation failed to address the mental health problems; the value of empathy and communication; and the stigma of gender imbalance. Therefore, it can be concluded that we have come at a deeper reading poetry. Not only that, the utilization of semiotic approach in the research of other genres of literature within the curriculum can provide the chance for another level of division into themes and symbols, and may likely expose the relevant matters of our era in a contemporary society. The culture-centered approach suggests that literature is not a separate entity but is part of the overall life of the given culture and therefore the environment in which we live gives us a chance to understand what notions the society imposes and also what the values and fears are and this awareness helps change our point of view as well as the attitude to the world around us. Such an approach may, probably, provide a good basis for bringing to the forefront the naturalness of the human social, cultural and mental aspect as the core of the human experience and society. Via this approach, we can discuss the health, gender, social structure and stereotypes issues, just to name some.

Recommendations

In fact, the result of the paper written for this purpose consists of several recommendations.

1. There is a need to proliferate information and education concerning mental health. He may create education campaigns via social media or educational programmes as well as come up with the affordable mental health resources that can be accessed easily.
2. Inculcate empathy and active listening by development of the practice of empathy and active listening, thread of listening to an individual during discussions, and holding discussions to create support systems and edge getting the positive mental health.
3. Reduce gender gap by further attention to discrimination between genders and its becoming factor of mental health and equality of genders as a powerful weapon to dispel stereotypes and develop positive attitudes.
4. Encourage critical analysis: A significant point is to circulate a type of thorough reasoning and critical thinking which helps one to consider different sides of the matter and provide opportunities for discussing social, psychological, and historical issues which are discussed in the literary works.
5. Increase support for mental health care: The growth of mental health promotion through the publicity and backing of the government policies, philanthropic activities, and private-sector programmes that are working on the accessibility and affordability of the psychological services to meet the needs of the public.

The proposed recommendations allow to build up awareness about the mental health issues, form support systems and convince people to the importance of critical thinking. This strategy, in turn, makes a positive contribution to overcoming the current social plight and improve people's well-beings both as individuals and the community. Adapting to the

aforementioned measures, we will be able to effectively amplify mental healthcare and even shape a society that is kinder and more compassionate towards its members.

THE END

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APPENDIX

'Not Waving but Drowning' by Stevie Smith

Nobody heard him, the dead man,
But still he lay moaning:
I was much further out than you thought
And not waving but drowning.

Poor chap, he always loved larking
And now he's dead
It must have been too cold for him his heart gave way,
They said.

Oh, no no no, it was too cold always
(Still the dead one lay moaning)
I was much too far out all my life
And not waving but drowning.