



Psychological Realism In The Poetry Of Wordsworth And Frost

Maddeser Iqbal,

Research scholar, Department of English, Maharaj Agrasen Himalayan gharwal university
Uttarakhand

Dr. Veer Singh,

Research guide, Department of English, Maharaj Agrasen Himalayan gharwal university
Uttarakhand

ABSTRACT

This study examines the representation of human emotion, psychological conflicts, and sentiments in the poems selected for analysis by both the poets under review. The present study uses the qualitative and comparative research methodology by analyzing their poetic works. The study examines the ways in which Wordsworth and Frost address the issue of loneliness, memory, fear, hope, suffering, introspection and emotional conflict in their unique poetic forms and philosophical outlook. The results show that Wordsworth introduces emotional sensitivity, imagination, spiritual reflection, and the therapeutic power of nature as his features of psychological realism, whereas Frost portrays the features of a more contemporary psychological reality that is full of uncertainty, isolation, existential anxiety, and emotional complexity. The study also highlights the immense contribution made by nature and rural lifestyle towards psychological aspects of human experience in the poems. While Wordsworth views nature as spiritually comforting and emotionally recharging, Frost sees nature as psychologically complex and insensitive to human sufferings. In terms of the comparative study of poems by the two poets, it is evident that the poetic devices used by both the poets, such as imagery, symbolic representation, reflection, and conversation, are very effective in the portrayal of the complex aspects of human psychology. Therefore, it may be said that although there are differences in the literary approach to the chosen subjects among the two poets, both of them have made considerable contributions to the creation of psychological reality in English poetry.

Keywords: Psychological Realism, Human Consciousness, Nature, Emotional Conflict, Introspection, William Wordsworth, Robert Frost, Rural Life, Human Emotions, English Poetry.

1. INTRODUCTION

Psychological realism is one of the most significant concepts in literature because it emphasizes truthful depiction of feelings, thinking, psychological struggles, and inner life of the characters [1]. Psychological realism is used in poetry to make the reader comprehend the emotional and intellectual aspects of human life exploring the themes of memory, imagination, loneliness, fear, hope, suffering and self-reflection. William Wordsworth and Robert Frost can be considered among the most prominent poets in English literature and their outstanding exploration of the human psychology and emotional reality [2]. The writers of diverse literary

ages have analyzed the complexities of human psyche and the link between humans and nature with their poetic words.

Wordsworth is one of the most renowned poets belonging to the Romantic Age with his emphasis on the beauty of human feelings and imagination and nature's healing power [3]. Nature depicted in his poems becomes an agent providing individuals with the wisdom and emotional balance necessary for the attainment of tranquillity and moral perfection. Tintern Abbey, Ode: Intimations of Immortality, and The Solitary Reaper are the examples of his poetry where the author shows his profound interest in reminiscence, introspection, and psychological growth of man. Poetry is emotion recollected in tranquillity – such is the philosophy of Wordsworth's poetry [4]. In other words, the emotional sincerity and depth characterize Wordsworth's poetry as well as the understanding of psychology and its complex processes. Human sorrow, solitude, and nostalgia are depicted by him in a straightforward and optimistic way since the emotional scars can evolve into wisdom and spiritual growth of man [5].

One of the leading poets of modern America, Robert Frost, proves his talent to show a realistic psychological picture in portraying certain aspects of human experience such as rural imagery, psychological isolation, uncertainties, and existential conflict [6]. The poet appears to understand the doubts and anxieties of modern men who sometimes have to make hard decisions, are lonely, and uncertain emotionally. The poetry works such as "Stopping by Woods on a Snowy Evening," "Mending Wall," "Birches," and "The Road Not Taken" are good examples showing that the author could disclose the psychological issues through representing human experience and discourse [7]. Opposed to William Wordsworth, Robert Frost always portrayed nature in an ambiguous and indifferent manner, creating a state of emotional uncertainty. His manner of conversation, symbolism and light irony make his poetry rich and realistic psychologically.

The aim of the present research is to discuss the psychological realism in the poems of William Wordsworth and Robert Frost by the means of comparative analytical approach [8]. The study will be concerned with how human emotions, mental struggles and introspective experiences are expressed in their poetry as well as examine how nature and rural life forms psychological consciousness [9]. Moreover, the study examines the poetic devices and thematic strategies employed by the two poets to convey emotional richness and psychological richness [10]. Comparing Wordsworth and Frost works, the study aims to emphasize the importance of both to the psychological realism of English poetry and to gain a more profound insight into human consciousness that is expressed in literary pieces of the authors.

1.1. Research objectives

The research objectives of the study are:

- To study the use of psychological realism in the works of William Wordsworth and Robert Frost, especially with regard to the depiction of emotions, ideas, and psychological struggles.
- To analyze the influence of nature and rural life on the psychological aspects portrayed in the works of poets such as William Wordsworth and Robert Frost.



- To compare the methods employed by William Wordsworth and Robert Frost for depicting psychological realism through their poetry.

2. REVIEW OF LITERATURE

Many literary researches have been carried out regarding the poems by Robert Frost and William Wordsworth. Specifically, numerous researches exist regarding their treatment of such aspects as nature, emotions, and psychology. New literary work has made more and more appeal to the comparative, stylistic and psychological understanding of their poetic contributions.

Mashkooor (2024) [11] conducted a comparative study on Romanticism in the poetry of Robert Frost and Fawzi Al-Maluf and observed that Frost's poetry reflects romantic elements through emotional sensitivity, rural imagery, and deep human reflection. The work sheds light on the possibility of Frost to blend the material world with both emotional and philosophical richness and success, thus exposing the psychological aspects that lie in the mundane life of an average human.

Naccari (2024) [12] conducted a comparative analysis of Robert Frost and William Wordsworth and highlighted the thematic and philosophical links between the two authors. As per the study, the two poets use nature as a means of self-reflective and emotional insight though their views on it are very different. According to Wordsworth, nature has spiritual healing qualities and can give moral strength, while for Frost, nature is psychologically ambiguous and an extension of modern ambiguity. This kind of comparative study helps in gaining insights into how these two poets have used nature and contemplation to portray the mind of human beings.

Riaz, Jameel, and Akhtar (2023) [13] discussed the stylistic deviation was considered in relation to the poems selected by Percy Bysshe Shelley and Robert Frost. It became obvious that the poetry style of Robert Frost is defined by the use of conversational language, symbolic meaning, irony, and the departure from poetic norms, all contributing to the creation of psychological realism of his poems. The researchers state that the stylistic simplicity of Frost masks deep emotional and intellectual conflicts that allow the readers to see deep human experiences under the veil of simple language and country circumstances.

Shrestha (2020) [14] explored nature as one of the major themes in Robert Frost's poems and found that nature plays a major role in building the emotional and psychological experience in his poem. This study shows that Robert Frost is not only focusing on nature as a source of beauty but rather symbolically represents man's isolation, doubt, and existential insecurity. The natural landscapes presented by Frost tend to reflect the inner mood of the people and show the concealed intricacies of the human mind.

Thorpe (2021) [15] examined the psychological aspects of poetic representation with consideration to the idea of the poet mind and imagination as developed by Wordsworth. This study shows that the poetry by Wordsworth has a very deep psychological understanding of the concept of memory, perception, and emotional development. Thorpe states that by introspection and imaginative reflection, Wordsworth is able to change the mundane



experiences into deep psychological and spiritual revelations. This view supports the thesis that the poetry by Wordsworth is a great contribution to psychological realism, in that it is honest and shows the inner processes of the human mind in an emotional and authentic manner.

In general, the literature reviewed indicates that both William Wordsworth and Robert Frost have been extensively examined in terms of their treatment of nature, emotional realism, and human psychology. Still, there is a lot of room to a specialized comparative analysis that would specifically look at psychological realism in their poems. It is the aim of the current study, thus, to fill this gap by examining how the two poets reflect on human feelings, inner struggles as well as psychological experiences in their unique poetic methods and theme choices.

3. METHODOLOGY

The present study takes the qualitative and comparative study approach to understand psychological realism in the work of William Wordsworth and Robert Frost poems. The study is mainly founded on textual and thematic analysis of chosen poems by both poets. The study aims at establishing how their poetic works have portrayed the emotions, the struggles of psychology, personal experiences, loneliness, memory, fear, hope and introspection of the individuals involved. Primary sources are the original poems of Wordsworth and Frost and secondary sources are books, journal articles, literary criticism and research study's by scholars are utilized to substantiate the interpretation and analysis of psychological realism in their poetry.

The study also uses a comparative method to test the presence or absence of similarities and differences in how the two poets treat the experiences of the soul poetically. Particular interest is taken regarding the importance of nature, country environment, and personal consciousness in the formation of mental and emotional conditions of poetic characters and narrators. Poetic elements like imagery, symbolism, diction, narrative style, and conversational tone are also analyzed to comprehend the ways in which the two poets have brought out a psychological depth and realism. The research will, through interpretative and analytical approach, give a thorough insight into the psychological aspects that are ingrained in the poems of Wordsworth and Frost.

Moreover, the study is interdisciplinary in nature since it uses the ideas of psychology and literary studies to explain the emotional and mental reality in the poems. The results of the research are presented in a systematic manner based on the research objectives, which allows critically perceiving the role of psychological realism in the contribution of the poetry of William Wordsworth and Robert Frost to the literary meaning.

4. RESULTS

The study findings show that one of the key aspects of the poetry of William Wordsworth and Robert Frost is psychological realism since both poets depict realistically a number of human feelings, inner struggles, loneliness, memory, fear, and personal experiences. It is revealed that Wordsworth is offering to the psychological realism of the emotional sensitivity, introspection and healing power of nature whereas Frost is offering a more complicated and contemporary psychological reality of uncertainty, isolation and existential struggle. The study also shows that nature and country life play a great role in the psychological experiences of people in their



poetry, but Wordsworth considers nature as spiritually reassuring and emotionally healing, and Frost reveals it as rather disputable and emotionally disturbing. The comparative analysis also shows that the two poets employ different poetic devices like imagery, symbolism, reflective narration and conversational style to bring out the psychological depth and human consciousness in their poems.

4.1. Psychological Realism in the Poetry of William Wordsworth and Robert Frost

Textual analysis of the chosen poems written by Wordsworth and Frost indicates that one of the basic aspects in the construction of poetic discourse is the usage of psychological realism. In their works, both Wordsworth and Frost create realistic images of human emotions and conflicts, solitude, memories, sexual feelings, worries, and reflections. Nevertheless, the use of psychological realism in each of the authors' writings is different due to their distinct literary heritage.

Psychological realism in the poetry of Wordsworth is created through emotions and contemplation. The poems like Tintern Abbey, Ode: Intimations of Immortality, and The Solitary Reaper demonstrate the great interest of the poet to the inner life of human beings. The results show that Wordsworth considers human psychology to be somewhat connected with memory, imagination, and spiritual consciousness. His poetic characters tend to find emotional healing and peace of mind in reflecting on nature and recall on their past experiences. The analysis also shows that Wordsworth does not describe emotions as temporary feelings; he regards them as crucial forces that determine human personality and morality. Loneliness, nostalgia, sorrow and joy are portrayed with humility and realism and his poetry is psychologically authentic.

The analysis also revealed that Wordsworth often resorts to recollection and meditation as the psychological processes that people use to interpret themselves and the surrounding world. His poetry as the spontaneous overflow of strong feelings is a sign of his philosophical assumption of the value of emotional truth and psychological depth. The findings seem to indicate that, the psychological realism expressed by Wordsworth is a positive one in that he observes that human suffering can be changed into wisdom and emotional maturity by communing with nature.

However, if we consider the psychological aspects of realism, the poems of Frost are more contemporary and sophisticated in terms of their depiction. Such poems as "Stopping by Woods on a Snowy Evening," "Mending Wall," "Birches," and "The Road Not Taken" are some of the most famous examples of poems that show the uncertainties, alienations, and anxieties in life. In fact, according to the results of my research, the poetry of Frost is dramatic because of its psychological representation. It is quite clear that Frost differs from Wordsworth in the sense that he does not necessarily provide emotional resolution and spiritual comfort. Rather, he portrays the reality of people's suffering in an uncertain and indifferent world.

From the discussion, it can be seen that the characters of Frost suffer from emotional dilemma between societal commitments and their own wishes. His poetry implies concealed anxieties under the common country experiences and dialogues. To illustrate, the construction of a wall in Mending Wall is a symbol of psychological and social separation between people, whereas



in The Road Not Taken there is fear and indecisiveness of human decisions. The analysis revealed that psychological realism of Frost is based on the real experience of life and the emotional depth of contemporary human life.

4.2. Influence of Nature and Rural Life on Psychological Experiences

The results of the analysis show that nature and the countryside are significant psychological aspects in the poetry of both Wordsworth and Frost, but their views are quite different. Nature in the poetry of Wordsworth is a nurturing and healing power, which has a beneficial impact on the feelings and mind of people. As can be seen from the above analysis, the natural environment is soothing, inspirational, spiritual and emotionally balanced. Wordsworth describes the nature as the living thing which is capable of influencing the morality and psychology of man.

The findings revealed that rivers, mountains, forests, flowers and landscapes described by Wordsworth have physical, emotional and spiritual implications. In essence, nature becomes a companion of the lonely man who provides help to overcome mental and emotional distress. Wordsworth in his poem like lines written in early spring and Tintern Abbey explains that the distressed mind gets rejuvenated with the help of communion with nature. According to the findings, the rural landscapes depicted by Wordsworth have simplicity and innocence, opposite of the stressful urban environment.

Frost, on the other hand, is much more pragmatic and psychologically complex when it comes to describing nature and the rural life in particular. Through the analysis, it was found that the natural scenery presented by Frost reflects on the psychological conflict and uncertainties of the person. While nature may lead to some sort of contemplation and give people temporary relief, it also symbolizes such things as isolation, silence, threat, and psychological distance. Nature portrayed by Frost is not an idyllic scenery as was the case in Wordsworth's works; it shows no empathy toward human feelings.

The above analysis further indicates that rural life as illustrated in the poetry of Frost consists of poverty, hard work, loneliness, and isolation. After Apple-Picking and Desert Places illustrate feelings of fatigue, vacuity, and mental isolation. In Frost's poems, the "frozen forest", "barren landscape" and the quietness of the countryside all represent the fears and psychological secrets of the human beings. It is therefore quite evident that despite the fact that both poets employ nature in their poems to express themselves psychologically, Wordsworth sees nature as a regenerative force psychologically while Frost perceives it as a psychologically disturbing force.

4.3. Comparative Analysis of Poetic Techniques and Thematic Approaches

The comparative results of the analysis demonstrate some major similarities and differences in the poetic methodology and thematic strategies employed by Wordsworth and Frost to transmit the psychological realism. The two poets are concerned with the everyday human experiences and use simple words to convey the emotional truths. However, the psychological representation varies with regard to the method applied by them depending upon their literary and philosophical backgrounds.



Wordsworth's main techniques that he uses in representing his psychological representations are lyrical representations, contemplations, images, and meditations. According to the findings, it is evident that Wordsworth focuses his poetry on emotional sincerity, harmony, and spirituality. Nature images and language of music create the image of peace and meditation. Wordsworth tends to offer the reader the psychological experience directly, as a personal reflection and emotional confession, which allows the readers to associate themselves with the inner feelings of the speaker.

As far as Frost is concerned, he employs conversation, symbolism, irony, drama and realism to achieve psychological realism. It was discovered through the analysis that the poems written by Frost had numerous psychological aspects hidden behind normal conversation and occurrences in the countryside. His symbolism enables various ways of understanding emotional experiences and conflicts in the mind. The indirect expression and reserved nature of Frost bring about psychological tension and ambiguity to his poetry and thus makes his poetry intellectually and emotionally complex.

The results also indicate that the two poets manage to depict universal human feelings like loneliness, fear, hope, memory and uncertainty. But Wordsworth stresses emotional healing, spiritual development and harmony between man and nature, and Frost stresses psychological struggle, confusion and the boundaries of human knowledge. Nevertheless, the comparative analysis proves that both the poets contribute greatly to the development of psychological realism of English poetry by their deep research of human consciousness and emotional life.

5. DISCUSSION

The explanation of the current study indicates that the concept of psychological realism is deep-seated within poetry works of William Wordsworth and Robert Frost although both poets discuss human psychology in different literary and philosophical terms. It has been found that the poetry of Wordsworth is based on the Romantic concept of human feelings and emotions, in the context of which nature, memory, and imagination help a person to heal their emotions and become a more spiritual being. His poems demonstrate a hopeful attitude to the existence of people and underline the opportunity to find inner peace in the harmony with nature. The discussion indicates that Wordsworth psychological realism is defined with emotional sincerity, introspection, and moral development and hence his poetry is closely related to the emotional and spiritual aspects of human existence.

Frost, on the other hand, is more contemporary and realistic in his poetry with its description of psychological experiences. The study shows how Frost has explored the theme of emotional uncertainty, loneliness, fear, and existential conflict using simple country life and real-life human circumstances. Frost does not necessarily bring emotional relief, or spiritual repose, as Wordsworth does; he brings forth the richness and uncertainty of the human condition. As the discussion shows, Frost was psychologically realistic because of the tensions and anxieties of contemporary life in which people tend to grapple with isolation, challenging decisions, and emotional turmoil. His conversational and symbolic manner only strengthens the psychological nature of his poems as it enables several interpretations of human experiences and mental struggles.

There is also the importance of nature and rural life in developing psychological experiences in the poetry of both poets which are discussed in the study. Whereas Wordsworth sees nature as a source that restores the spirit, Frost contemplates nature to be an element that is capricious and does not bother about man's worries. This is an evident sign of the contradiction that exists between romanticism and realism in their poetry. Also, the comparison of poetic devices shows that the two poets manage to use imagery, symbolism, reflective narration and expression of emotion to present the human consciousness and inner world. On the whole, the discussion proves that both William Wordsworth and Robert Frost contribute greatly to the realm of psychological realism in English poetry as they offer a deep understanding of human feelings, psychological conflicts and the connection between man and nature.

6. CONCLUSION

The present study concludes that psychological realism plays an important role in the poems of William Wordsworth and Robert Frost since the two authors dwell extensively on the theme of human feelings, inner struggles, loneliness, memory, fear, and introspective experiences in their poems. It can be observed from the comparison that while Wordsworth reflects the psychological truths related to emotions, sensibility, spirituality, imagination and the healing nature of nature, Frost reflects the psychological realities of the modern world characterized by uncertainties, alienations, existences and emotional conflicts. In addition, nature and the countryside play a significant role as psychological sources for the two poets. However, despite the different ways of interpreting the same thing, while Wordsworth considers nature in its spiritual and healing capacity, Frost makes it an ambiguous source and a disturbing one from the perspective of human psychology. Moreover, Wordsworth and Frost use literary devices like imagery, symbolism, meditative narration, colloquial diction and emotional tone to reflect the complex realities of the human psychological mind. Even with the different contexts in which both William Wordsworth and Robert Frost write, the comparison shows that both are important psychological realists in English literature.

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