

Psychological Perspective of Nature in the Poems of William Wordsworth : A Need for Harmony

RUPA SARKAR

PUJA SRIVASTAVA

Abstract. Poetry is the essence of one's thought. It is the perception of the inner soul. A poem on nature is the picturisation of the beauty of nature like trees, birds flying overhead, the struggle of a seed for its survival that also gives life lessons to us. In the midst of the surrounding allurement, the reflection of dirt could be perceived easily creating an imbalance in the mind or the psychology of a person. Though we do not take much care towards it in our hectic life style and stressed daily routine, psychology plays a major role in the building up of a personality. The attitude of a person is the outcome of his experiences around the surrounding. Good vibes bring positive thought while bad vibes fill negative and unpleasant thought in the mind of a person. The role of nature is crucial over here. The environment spread around us, co-operates and supports a person to take strong and affirmative decisions. Thus, nature portrays an important effect on the person's thinking, behaviour, decision and execution of planning. Different elements of nature characterize various personality traits in human beings like climate, atmosphere, as well as human - nature relationship. Each has its specific outcome and leads to major changes in the plight of a person. No doubt, presence of nature around us has only positive effects and helps to maintain the balance in our life. The present article states the essence of Wordsworth's poetry towards the significance of nature and its positive psychological aspects in human life.

Keywords : Psychology; nature; positive; personality; environment; human-nature; relationship.

All live in accord with their genuine selves and bring into line their work, habits, relationships, money, thoughts, and actions with our true values; all acknowledge a greater wisdom of peace and pleasure in every aspect of their lives. All are able to accomplish things that before, they could only dream about. Though life is full of rush, hurdles and bundles and in this strife of achieving fulfilment the joy of living gets secluded. No matter how hard we try but in the midst of the modern time where the development in the form of urbanization, technological innovations and social media are at pace, the closeness of ours with nature is at stake. But no one can deny the fact that a walk in the woods or by the beach can awaken the innermost feelings of happiness and peace in our hearts. This is the reason that in the midst of stress people crave for time to figure things amidst nature. The touch of soft breeze or the warm sun to our body gives a sense of pleasure to our inner soul and fills us with the feeling of contentment. Staying close with nature improves the physical, mental, and spiritual well- being and also makes one feel alive and fresh from inside. On the contrary, being apart from nature develops different sorts of

Received : 18th May, 2021; Accepted : 9th June, 2021

disorder in the mind of a person. Nature has greatly affected the health of people. The people who spend their time in forest they have better health in comparison to those who refuse to go to Nature. Even children who play outdoors have reduced their chances of any problem related to eye sight. In the poetic thoughts by Wordsworth it has been proved that Nature is the source of all happiness. One feels happy and joyous in its company. Nature behaves as a source of perpetual joy. Through the poem "Daffodils" this statement may be proved clearly:

The waves beside them danced; but they
Outdid the sparkling wave in glee:
A poet could not but be gay,
In such a jocund company.
(Daffodils, 13-16)

The poem "Daffodils" is an optimistic poem that gives positive outlook towards the world. It brings out the sense of togetherness between humanity and nature. To feel this effect of nature one needs to be in communion with Nature. In the poetic thoughts by Wordsworth it has been proved that the solitude often gives peace to all. Even through the poems of Wordsworth it has been clearly stated that not only being in nature but also by being connected with nature through imagination brings out the positive effects in the person:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasures fills,
And dances with the daffodils. (19-24)

Human psychology is all about the study of behaviour and the way a person's mind responds in different condition. It is dependent on the society and the surrounding in which the person is spending his life. The lines quoted here by Frank Lloyd Wright rightly testify to it, who said, "Study Nature, love Nature, stay close to Nature. It will never fail you." (www.goodreads.com) we shall always agree to the studies that state that one should always point towards nature as it is nice for the overall development of the human being. Emotions play a great role in our day to day life. Be it happiness or sadness, stressed or relaxed every mood can get better regulation and confinement in the lap of nature. It not only relieves our mind and soul but also is the source of improvement of memory since it has the capability of keeping mind fresh and active with enhanced absorbing power. Spending time in the bosom of nature helps to treat people suffering from depression thus uplifts their mood. The growth of good hormones in the body due to being in fresh and relieving atmosphere also results into better performance with high concentration. Even this lessens the chance and time of spending valuable time with electronic gadgets which again helps in the working of brain and increases the problem

solving skills with improved creative abilities. Human – nature relationship has value component added in it. By living in close contact with nature we have the feelings of being grateful and appreciative towards it and also it fosters us to protect it. Through the poem “Lines Written a Few Miles above Tintern Abbey, On Revisiting the Banks of the Wye During A Tour, July 13, 1798”, Wordsworth states that nature has always influenced him, brought him peace and tranquility of mind whenever he was in the din and bustle of the city:

These beauteous forms,
Through a long absence, have not been to me
As is a landscape to a blind man's eye:
But oft, in lonely rooms, and 'mid the din
Of towns and cities, I have owed to them,
In hours of weariness, sensation sweet,
Felt in the blood and felt along the heart;
And passing even into my purer mind
With tranquil restoration:
(Lines Written a Few Miles above Tintern Abbey 23-31)

These lines makes it very clear that Nature is the one which has ultimate power and is capable of providing solace in the midst of any sort of issue. And as Wordsworth has stated, “Nature never did/ Betray the heart that loved her;” (Lines Written a Few Miles above Tintern Abbey, On Revisiting the Banks of The Wye During a Tour, July 13, 1798 , 125-126) Nature contributes a lot in the development of a person's thought, feeling and behaviour with others. It also helps us to promote a healthy natural ecosystem and makes the society understand the fact about the effect of malfunctions in the habitat which is and will keep affecting the human behaviour, demographic variant as well as the society as a whole. Nature has great and magical effects on human kind. Natural things are more adaptive than man-made things. Natural light that is sunlight is the cure for many sorts of problems of human beings to lead a healthy lifestyle. It not only keeps the eyesight proper but also controls the stress, blood pressure and immune system. Being in connection with nature enhances the working of mind that again boosts up the thinking and problem resolving capacity of human mind, thus assuring the peaceful and positive condition for everyone. Nature is the best teacher and it gives the life lessons which are the real knowledge needed for the survival of any living organism on the earth. Roaming or spending peaceful time in the midst of nature can give the solution to such problems that seems to be impossible at times even after spending days in the man-made luxury. As stated in the poem “The Tables Turned” of William Wordsworth, “Come forth into the light of things,/Let Nature be your teacher.” (15- 16)

Human beings should cherish and be obliged to nature for being a part of it and dependent on it. It is difficult to gauge the benefits that we derive from the closeness of nature. Be it our mind, body or the soul, everything has a lasting

positive impression on every aspect of our existence. Witnessing the natural phenomena like movement of the leaves, or the floating of clouds, make us more observant and attentive. Nature has some soft fascinations that help in restoring attention at the time of distraction or mentally tied down condition. These soft fascinations are nothing but the soothing natural elements like flowers, breeze, or gentle sunshine in which we effortlessly emerge ourselves into new experiences. These natural elements brings the feelings of pleasure and contentment due to which person spending more time in the midst of nature become more intuitive, energetic and consciously attentive. Change in the climate also has the quality of uplifting the mood and manner of person. Like moving to colder climate from warmer or vice versa helps in initiating the mind and body by releasing the good hormones that make one feel rejuvenated and energetic. Human – nature connection has positive effects on every direction, be it physical, psychological, social or spiritual well being. Staying in close to greenery like farms, parks and fields increases the chances of related outdoor activities like walking, gardening, farming, playing and so on which in return improves the mental health and physical fitness in adults and children. Even these types of urban settings are also useful in promoting social connections and interpersonal connections. Hence contact with nature in any form enhances the spiritual health and it fills the mind with a deeper insight. Even children spending more time outdoors are the owner of good physical and mental health which makes them less prone towards the issues like obesity, anxiety or depression leading to be more focused. The old-aged people feel positive and hopeful by spending some quality time in green surrounding.

Spending time and observing greenery around us is always helpful in keeping and maintaining the healthy and positive mind. But in order to be able to gain more and forever benefits one needs to be regulated and to maintain a habit which is near to nature. For example, walking in the natural environment improves the physical and emotional health too. Walking in the mid of greenery increases attention and focus by making the person less engaged in negative thinking and feel more confident than those who walk on treadmill. In the words of William Wordsworth, Nature provides good impact on human mind. Even it has the capability of enhancing the academic as well as spiritual side of a person. When good affiliation is formed with nature then nature also connects a person to both mystical and the communal worlds which is the journey towards a positive and peaceful life:

She has a world of ready wealth,
Our minds and hearts to bless-
Spontaneous wisdom breathed by health,
Truth breathed by cheerfulness.

(The Tables Turned, 17-20)

Wordsworth also brings forth the fact that even a single component of nature can teach more which cannot be learned even in the books. All the knowledge can be gained in the bosom of nature which is impossible to learn from any book:

One impulse from a vernal wood
May teach you more of man
Of moral evil and of good,
Than all the sages can. (21-24)

Nature needs to be felt, heard and imbibed within self. This can also be done by writing a nature journal. This creative way will help to imbibe the positive vibes of nature in everyday life. It helps to express the feeling of inner joy and peace. Not only this it also keeps the memory alive in our life whenever one looks back in the diary where they have inserted the part of the journey in the forms of write up or drawing or the things collected from that place like pebbles, flowers, feathers or leaves and so on. Psychologist Ester Buchholz links the solitude to creativity and states his views after doing a research on teenagers that the youngsters who seem to be most talented are the ones who enjoy and treasure solitude in their life. Even spending some working hours in nature can also be taken as a good way of being with nature. Thanks to technology, one can manage the work from different places. Thus choosing to spend a part of working day may be in the form of meeting in the park or having a conference in the garden, whether alone or with co-workers anything that amalgamates with nature gives an instant boost of freshness to the mind, henceforth reducing the stress and frustration that comes from working tonelessly for hours at a stretch. As is always praised by Wordsworth the power of human mind through which an individual can overcome any sort of difficulty and pain. It is all about the time to devote in the midst of nature. As stated in the poem "Lines Written a Few Miles above Tintern Abbey, On Revisiting the Banks of the Wye During a Tour, July 13, 1798, "Thoughts are more deep seclusion; and connect/ The landscape with the quite of the sky". (7-8)

The closer life we lead in nature, better the overall growth happens. To achieve this, growing plants at home not only have aesthetic value and beauty but also contribute in purifying the air we breathe. Growing plants at home soothes the ambience and also helps to maintain the mental health of the people residing there. Growing plants in home connects the individual to nature, please the senses and also brings serene feeling when one stays close with them. Even the consumption of balanced diet with more of plant-based food helps to lead a healthy and peaceful life for longer period.

William Wordsworth, being the most influential poet of his time has stated evidently in his poems regarding the positive effects of nature on the human psychology. The present article seeks to project the realization that the poet at his time felt but in today's scenario one could always agree to the need of harmony. The poems like Tintern Abbey or The Tables Turned, we will find the psychological

perspective of nature. In today's technologically advanced society staying close to nature, observing all the little and significant elements of it and appreciating it from the core of our heart is therapeutic and is full of positivity. Every knowledge and wisdom that nature teaches us is filled with sweet emotions and expressions which has an optimistic effects on human kind and gives peace to human mind and soul. But if we gaze at the behaviour of human being then they are in a habit of mis-shaping the things which are attractive. The over enthusiastic mind of human kind, in order to search the objective of each and everything around tends to take away the beauty of everything:

Sweet is the lore which Nature brings;
 Our meddling intellect
 Mis- shapes the beauteous forms of things:
 We murder to dissect.
 (The Tables Turned, 25-28)

Hence, with the attitude of taking it is also important for us to retain and enhance the natural resources that have been gifted to us by nature. Doing little bit on every day basis will not only keep us connected but will also fill us of with enthusiasm. It has the capacity to give us the perspective of healthier living, motivation to carry on and the energy to keep trying till success is achieved. In deed nature has greatly affected the psychology of human mind. It should be adapted and worked upon especially in the present scenario of the society where life is becoming a challenge day by day. It is a fact that living in harmony is a practice of having a conscious choice of how we choose to live.

Rupa Sarkar

Assistant Professor

Department of English, School of Humanities

Arka Jain University, Gamharia, Seraikela, Jamshedpur, Jharkhand

Puja Srivastava

Research Scholar

Department of English, School of Humanities

Arka Jain University, Gamharia, Seraikela, Jamshedpur, Jharkhand

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