

THE METAPHOR OF MODALITY IN THE BOOK *CONVERSATIONS ON LOVE* BY NATASHA LUNN

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ABSTRACT

The metaphor of modality is a language variation in the expression of modality. Analyzing the metaphor of modality is essential to see the validity of the speaker's statement in interpersonal communication. The theory of the metaphor of modality by Halliday and Matthiessen (2014) was applied to see the use of the metaphor of modality in the self-development book. This study aimed to find the types and values of the metaphor of modality used by speakers during conversations in the book. The method of this study was descriptive qualitative. This study found 53 data containing the metaphor of modality in the book *Conversations on Love* by Natasha Lunn. The data were categorized into types and values of probability, obligation, and inclination. The type of probability has 40 data, the type of obligation has 6 data, and the last type of inclination has 7 data. Then, the value of metaphor of modality was found with a median value of 28 data, a high value of 23 data, and a low value of 2 data.

Keywords: *Metaphor of Modality, Modality, Self-improvement*

A. INTRODUCTION

Modality relates to the interpersonal meaning of communication, specifically how the speaker or writer indicates an attitude, perspective, or opinion of a proposition. Modality represents the validity of the strengths and weaknesses of a statement. (Halliday & Matthiessen, 2014). Modality focuses on how a speaker conveys their perspective or view regarding the veracity of what they have said (Dong, 2013). Further, modalities are not always realized congruently using modal elements in the clause, but they can be realized metaphorically in separate clauses; this phenomenon is called metaphor of modality (Poyungi et al., 2021). It refers to the modality that allows us to communicate with others, construct roles, and express and comprehend feelings, attitudes, and judgments.

If modality is a type of modal judgment, then the metaphorical realization of modality is another level formed by a particular grammatical environment (Halliday & Matthiessen, 2014). There are two modal concepts in systemic functional linguistics: modalization and modulation. Each has levels of probability, usuality, obligation, and inclination assessment. Halliday defines probability and usuality as modalization linked to propositions. Then there is obligation, which refers to command, and inclination, which refers to offer as modulation, which is related to

proposals. The use of language to express modality that can be realized congruently through finite modal (e.g., may, must, can, etc.) and mood adjuncts (e.g., probably, certainly, usually, etc.). Alternatively, it can be realized metaphorically (e.g., I think, I want, it is expected, etc.). The metaphor of modality refers to expressing the meaning of a sentence in communication. Knowing the types and values of the metaphor of modality assists us in understanding the meaning of the text provided by the speaker or author. Therefore, the metaphor of modality is helpful in linguistics since it allows for the nuanced expression of modes that influence aspects of communication.

The metaphor of modality is one of the language phenomena important to discuss in order to understand the context conveyed by language users more deeply. Moreover, when expressing their ideas in spoken or written language, the speaker or writer would apply different word styles and choices. The styles and choices of words could be in the form of ideas, opinions, and proposals. The metaphor of modality are realized in the form of a projection clause that contains a proposition or a word that indicates certainty, belief, possibility, or others as long it expresses a judgment or statement.

Previous studies have examined the metaphor of modality. “A Systemic Functional Analysis of Metaphors of Modality in Selected Scientific Texts” (Omar & Faddiyah, 2018) aims to analyze the expressed the metaphor of modality through the explicitly subjective and explicitly objective in selected scientific texts. Second, the “Metaphor of Modality in Eighty Days Yellow Novel by Vina Jackson” (Mutia, 2018) aims to analyze the types of metaphor of modality in the context of the novel. Third, the “Metaphor of Modality in Classroom Interaction” (Sati et al., 2020) aims to analyze the types of the metaphor of modality in classroom interaction of grade eleven Global Prima National Plus Medan in the academic year 2018/2019. Then, “Exploring the Interpersonal Meaning Reflected by Epistemic Modality in Business Emails: A Corpus-Based Study” (Xiao, 2020) aims to analyze the interpersonal meaning in business emails using epistemic modality, including congruent and metaphorical expression. The last, “Translation Techniques of Modality Metaphor in the Novel Anne of Green Gables” (Poyungi et al., 2021) aims to study the types of the metaphor of modality and translation procedures in the novel using data collected through content analysis and group discussion.

Based on the review of the related studies, all articles apply the theory metaphor of modality proposed by Halliday and Matthiessen (2014) in Systemic Functional Linguistics for analyzing the data. It is similar to current research, which uses the same theory to analyze the data presented in the book. Some of the research also aimed to see the types of metaphorical expressions of modality. However, there are some differences in the data source stage between the previous and current studies. All the previous studies analyze different types of text, which are novel, scientific text, research articles, business emails, and interaction in the classroom, but none of them have analyzed the text of self-improvement books. Furthermore, this study focuses on identifying the types and values of the metaphor of modality, which have not been explored in previous studies. This study also aimed at clarifying the metaphor of modality, including the types and values of the metaphor of modality found in the self-improvement book.

B. RESEARCH METHOD

The researcher utilized a qualitative research design for this study. Creswell (2018) defines qualitative methodology as collecting data in written and spoken words to understand and describe a phenomenon based on the perspective and context offered by participants and literature. This design is appropriate for this study because it seeks to identify and interpret statements that contain the meaning of metaphor of modality in the book *Conversations on Love* by Natasha Lunn.

This study will use data from the book titled *Conversations on Love* by Natasha Lunn. Natasha Lunn is a news director and journalist for Red magazine and the popular and well-known email weekly *Conversations on Love*. Penguin Publishing published *Conversations on Love* in July 2021, with 297 pages divided into 5 chapters: introduction, three main chapters, and a conclusion. However, this book is rich in metaphor of modality so researchers can't analyze the entire book. In the data collection process, the researcher will focus on the clause in each sub-chapter in the first part, representing the three main chapters of the conversation about love. Each chapter of the book's content concerns the writer's questions to the interviewers.

In this study, the researcher employed some steps to collect the data. There are a few steps to collect the data (1) The first step is to read the book *Conversations on Love* by Natasha Lunn carefully and multiple times. (2) Identify the expression that contains the types and values of the metaphor of modality in the book by highlighting the expression that contains the metaphor of modality.

The numerous processes for data analysis, as follows: (1) The labeling element of the data is based on the mental process, consisting of sensor and phenomenon. (2) Classify the data of the types and values of the metaphor of modality found by applying Halliday & Matthiessen's (2014) theory of metaphor of modality in systemic functional linguistics. (3) Interpreting the meaning of metaphor of modality based on their congruent form. (4) The last step is drawing a conclusion and verification of the result analysis.

C. RESULTS AND DISCUSSION

1. Types of Metaphor of Modality in the Book *Conversations on Love*

The findings of this study found that there were 53 data that contained the metaphor of modality in the book *Conversations on Love* written by Natasha Lunn. The data is classified into several types of modality as shown in the table below:

Table 1. Types of Metaphor of Modality in the Book *Conversations on Love*

No.	Type of Metaphor of Modality		Frequency
1.	Modalization	Probability	40
		Usuality	-
2.	Modulation	Obligation	6
		Inclination	7
Total			53

From the data table above, among all 53 data that appear which relate to the metaphor of modality, the probability of having the most occurrences with a total of 40 data. This means that in the book *Conversations on Love* written by Natasha Lunn, the writer tends to use the metaphor of modality that indicate probabilities. Following the probability type, the second place for the most data is the inclination type, which has a total of 7 data. Then, the third type of obligation is found in the book, with 6 total data. Meanwhile, data on the type of usuality was not found in the book *Conversations on Love* by Natasha Lunn.

1) Probability Type

Metaphorical Form of Modality:

Our parents aren't going to live forever, so *I think* we need to find a tribe, a family, a community or a group that feels like home.

Table 2. Metaphor of Modality Probability – Data Pr13

I	think	we need to find a tribe, a family, a community, or a group that feels like home.		
Senser	Process: Mental Cognitive	Phenomenon		
Congruent Form:	We <i>probably</i> need to find a tribe, a family, a community, or a group that feels like home.			
We	probably	need to find	a tribe, a family, a community, or a group	that feels like home.
Subject	Adjunct: Mood	Predicator	Complement	Adjunct: Circumstantial

The data presented above shows the metaphor of modality probability type in the book. The metaphor of modality probability type presented by the speaker conveying an opinion using the modality metaphorical expression 'I think' is realized by the mental clause. The mental clause expressing the modality metaphor is categorized as a cognitive mental process. Therefore, the congruent form of the data modality above, which is equivalent to the mental clause 'I think' form of the data presented above, is realized by the mood Adjunct 'probably'.

2) Obligation Type

Metaphorical Form of Modality:

I suppose we do all sometimes get a bit angry with others.

Table 3. Metaphor of Modality Obligation – Data Ob1

Table 3: Metaphor of Modality, Obligation, Data OSI		
I	suppose	we do all sometimes get a bit angry with others.
Senser	Process: Mental Cognitive	Phenomenon

Congruent Form:		Sometimes, we <i>should</i> get a bit angry with others.	
Sometimes,	we	should	get a bit angry with others.
Adjunct: Comment	Subject	Finite	Adjunct: Circumstantial

The data presented above shows the metaphor of modality of obligation type realized by the mental clause 'I suppose'. The mental clause used in expressing the modality metaphor is categorized as a cognitive mental process. The expressing metaphor modality shows the speaker's intention of giving command to the others in the conversation. When using metaphorical of obligation, make utterances less intimidating and polite to show different value. The congruent form of the data is realized by the finite 'should,' which is equivalent to assuming.

3) Inclination Type

Metaphorical Form of Modality:

I wanted to find out how we could see through the mess of all this misunderstanding of ourselves and others and begin to build a real love, not a fantasy.

Table 4. Metaphor of Modality Inclination – Data In1

I	wanted	to find out how we could see through the mess of all this misunderstanding.	
Senser	Process: Mental Desiderative	Phenomenon	
Congruent Form:	I <i>must</i> find out how we could see through the mess of all this misunderstanding		
I	must	find out	how we could see through the mess of all this misunderstanding.
Subject	Finite	Predicator	Adjunct: Circumstantial

The data represented above is identified as an inclination type of metaphor of modality. The inclination type of metaphor of modality is realized by the mental clause 'I want.' The mental process in the expression of inclination is categorized as a desiderative mental process. The expression's mental verb 'want' indicates the speaker's determination to do something in the book. The congruent form of the data is realized by finite 'must,' which is equivalent to the data context.

2. Values of Metaphor of Modality in the Book *Conversations on Love*

In addition to the type of metaphor of modality, (Halliday and Matthiessen, 2014) also put forward the value of the metaphor of modality. The value of the

metaphor of modality are divided into three degrees that are inherent in the expression of metaphor of modality. The three degrees of metaphor of modality are high, median, and low. In this study, the total number of value of metaphor of modality in the book *Conversations on Love* is the data inherent in the expression of the type of metaphor of modality. Each type of metaphor of modality has its values based on the expressions used in the book. The total value of metaphor of modality found in the book are the following below:

Table 5. Values of Metaphor of Modality in the book *Conversations on Love*

No.	Value of Metaphor of Modality	Frequency
1.	High	23
2.	Median	28
3.	Low	2
Total		53

The value of the metaphor of modality is the degree of the speakers' commitment toward the validity of what they are saying in the communication. The value of metaphor of modality is divided into three degrees, which are high, medium, and low. In this study, the value of the metaphor of modality is analyzed based on the expression used in the types of the metaphor of modality. There are 53 amounts of data on the metaphor of modality attached to the value of metaphor of modality, each of the probability, obligation, and inclination types.

1) High Value of Probability Type

Metaphorical Form of Modality:

I know I'll interrogated about not being married.

Table 6. Metaphor of Modality High Value of Probability – Data Pr9

I	know	I'll interrogated about not being married.	
Senser	Process: Mental Cognitive	Phenomenon	
Congruent Form:	I <i>certainly</i> will be interrogated about not being married.		
I	certainly	will be interrogated	about not being married.
Subject	Adjunct: Mood	Predicator	Adjuncts: Circumstantial

The example above shows the high value of probability type of the metaphor of modality. The high value of metaphorical modality is shown by the clause 'I know,' which indicates the certainty of expression used by the speaker in the book. The mental verb 'know' in the expression of the metaphor of modality is categorized as a high probability value. This data identifies a high probability value because the expression implies that the speaker probably knows about the event in

the book. The more certain speaker regarding their statement, the more it has a high value of metaphor of modality. The congruent form of the metaphor of modality in the above is realized by mood Adjunct ‘certainly,’ which is equivalent to ‘I know.’ Both have high values in both congruent and metaphorical forms that show this expression’s certainty.

2) Median Value of Obligation Type

Metaphorical Form of Modality:

I expected our conversation to focus on dating.

Table 7. Metaphor of Modality Median Value of Obligation – Data Ob2

I	expected	our conversation to focus on dating.	
Senser	Process: Mental Desiderative	Phenomenon	
Congruent Form:	Our conversation <i>should</i> focus on dating.		
Our	should	focus	on dating
Subject	Finite	Predicator	Complement

The data presented above the clause the metaphor of modality realizes in the form of a mental process which is shown by the clause ‘I expected’. This clause is the median value of obligation because it presents the expectation of something from the speaker. The expression of the metaphor of modality is process mental desiderative. The congruent form of the data is realized by finite ‘should’. The finite here has a role in indicating the expectation of the speaker in the expression. The finite ‘should’ have a median value of modality.

3) Low Value of Inclination Type

Metaphorical Form of Modality:

I wanted to discover how being open about grief has helped others and might help us all.

Table 8. Metaphor of Modality Low Value of Inclination – Data In7

I	wanted	to discover how being open about grief has helped others and might help us all.	
Senser	Process: Mental Desiderative	Phenomenon	
Congruent Form:	I am <i>willing to</i> discover how being open about grief has helped others and might help us all.		
I	am	willing to	discover how being open about grief has helped

			others and might help us all.
Subject	Finite	Predicator	Complement

The data presented above shows the type of inclination represented by the clause mental verb. The mental verb 'want' is categorized as the process of mental desiderative. The expression has a congruent form of the metaphor of modality in the data above realized by the predicator 'willing to,' which indicates the speaker's readiness or disposition, showing the low value of modality.

D. CONCLUSION

In this study, 53 data were found containing the metaphor of modality expressions consisting of the types and values. Except for the usuality type, the book *Conversations on Love* contains all of them, including probability, obligation, and inclination. As well as all the metaphor for the degree of values: high, median, and low. This demonstrates that there are 40 data containing the probability type metaphor of modality. Based on these findings, the dominant metaphor for modality in the book is probability type. 6 data of obligation type, 7 data of inclination type, and data not found in the usuality type. Meanwhile, the most dominant value of the metaphor of modality is 28 data of the median value. Second, 23 data contain high modality values, the last 2 data have low values for the metaphor of modality.

All the metaphor of modality expressions contained in the *Conversations on Love* book are manifested mainly by mental verbs in the mental processes. Examples of mental cognitive clauses contained in the book are 'I think,' 'I want,' 'I guess,' and 'I know,' with the most dominant use of 'I think'. Furthermore, attributive clause also reflect the metaphor of modality in the book, such as 'it's likely.' The speaker uses probability expressions in the book to express an opinion and judgment. The metaphor of modality of obligation and inclination type realized by mental desiderative 'I want,' 'I wanted,' 'I expected,' and 'I suppose' with the most dominant 'I wanted'. The obligation metaphor of modality expressions used by the speaker shows politeness in giving orders without offending others in conversation. The metaphor of modality inclination type show the speaker's eagerness to accomplish something to convey the speaker's interest in the topic of conversation.

By understanding the meaning of the metaphor of modality, we can avoid misconceptions in language about the meaning of what is conveyed by the speaker. That way, we can understand the speaker's meaning through the conveyed opinions or statements. From the most dominant amount of data found, the speaker often uses the metaphor of modality of the probability type with the median value, indicating uncertainty with the statement of the speaker or the interviewees in the discussion of the topic about how they describe the relationship about love in the book.

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