



The Language Of Consciousness: A Literary Exploration Of Metaphor In Mrs. Dalloway By Virginia Woolf

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Abstrak

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Metaphors play an important function in literature since they serve to convey complicated psychological and emotional experiences in a more accessible and imaginative manner. This article investigates the use of metaphor in Virginia Woolf's psychological book Mrs. Dalloway (1925), identifying several metaphor types and revealing their underlying meaning. This study uses a qualitative descriptive method and Ritchie's (2013) framework to categorize and understand metaphors in the novel. The findings suggest that metaphorical terms are useful in depicting the characters' interior sensations. The analysis reveals how metaphor enhances the emotional resonance and psychological realism of the tale through a close reading of selected excerpts.

Kata Kunci: *Metaphor, Mrs. Dalloway, Psychological Novel, Stylistics, Virginia Woolf*

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INTRODUCTION

In literature, language serves as a vehicle for transmitting originality and imagination. The linguistic choices made by an author impact how the narrative resonates with readers, influencing their engagement and encouraging them to keep reading. People frequently resort to literary writings for entertainment, a momentary escape from daily life, or simply to pass the time. Literature can also provide an alternative experience that promotes personal fulfillment while stimulating intellectual curiosity. Literary audiences are drawn to qualitative qualities of a work, particularly those that provide new sensory experiences. The descriptive aspects of literature offer a distinct sort of satisfaction, frequently enhancing one's thinking, evoking emotions, or providing aesthetic pleasure. Ultimately, these impacts are dependent on the author's innovative and deliberate use of words.

Metaphors have a crucial impact on literature, with novels serving as a fertile ground for exploring metaphorical language. This study aims to further analyze the utilization of metaphors in novels, investigating their purposes, influences, and wider significance. By comprehending the role of metaphors in novels, we can gain a valuable understanding of how authors employ this literary tool to evoke emotions, paint vivid imagery, communicate intricate concepts, and enhance the reader's grasp of the narrative. Theories by Ritchie (2013) are used to solve the problems of this study.

Metaphors in novels are studied thoroughly to acquire a better understanding of how authors employ this literary device to enrich narrative, inspire emotion, and explain complicated topics. We discover the nuanced and impactful role of metaphors in fiction by exploring components such as historical development, aesthetic function, character development, symbolism, narrative structure, and reader response. This preliminary investigation serves as a framework for more in-depth assessments of metaphor usage in specific literary works.

Literature Review

From a national journal by Monika's (2020) analysis titled "*An Analysis of Metaphor in 'A Family Affair' by Kate Chopin*," published in the *Journal of English Education Literature and Linguistics*. The purpose of the researcher was to examine the various types of metaphors and their meanings in Kate Chopin's story, "*A Family Affair*." This analysis employed a descriptive qualitative research method, which aimed to provide a factual, accurate, and systematic description of the analysis. The primary source of data for this research consisted of the sentences in the dialogues of "*A Family Affair*," where metaphors were identified and collected. The researcher gathered relevant documents such as reading passages, comprehension questions, articles, books, website data, and other sources suitable for qualitative research. Creswell (2012:223) has suggested that documents can serve as valuable sources of text data for qualitative studies. Additionally, the researcher purposefully selected specific sites or individuals for the study and determined the type of data to be collected. The researcher concluded that Kate Chopin's story "*A Family Affair*" has so many metaphors that should be analyzed. The types and the meaning of each metaphor found in this research are based on the Lakoff & Johnson (1980) theory, which outlines the metaphor. The researcher discovered nine in Kate Chopin's novel "*A Family Affair*". The different types of metaphors identified in this study include ontological and conceptual metaphors. The importance of each metaphor varies based on the types utilized in the short story.

The other analysis on metaphor is from Oktariyani (2018), "*Metaphor in Novel 'Sepatu Dahlan' By Khrisna Pabichara*" from the national journal entitled "*Wanastra*." The key objective of this analysis is to get a thorough understanding of metaphor, based on its creation of meaning, pictures, and the symbolic significance of the field of the environment. The study included a content evaluation and a descriptive qualitative design. The study looked at metaphorical forms based on the process of producing meaning, metaphorical forms based on imagery/imagery, metaphorical forms based on field ecosystem meaning, and metaphoric functions in the novel *Sepatu Dahlan*. The data source used is Khrisna Pabichara's novel *Sepatu Dahlan*. The data collection method consists of repetitive reading of the novel, taking abstract notes or descriptions of every word, phrase, or metaphor in the novel, identifying the specifications listed in the research objectives, and conducting data analysis and interpretation. This study relies primarily on the collection of data. It is required to investigate the instruments employed as a tool via the analysis table. The analysis tables used are based on concepts about the form and function of metaphors. The researcher determined that a metaphor is a verbal expression that expresses one thing by utilizing another's symbol. The language employed by the author will be beautiful and elusive if it is

wrapped in beautiful and poetic language, implying that the exquisiteness of a literary work is determined by the author's language style. This suggests that the author's manner of speech uses metaphors based on his ability. The greater the ability to seek metaphorical language, the more lovely it appears. Metaphors allow the message to be given indirectly by using a picture to illustrate something else. Humans generally employ metaphors because they can help convey an experience that would be difficult to explain otherwise. And the metaphor is not restricted to the usage of the term; it also incorporates the realities of human life. Both of the articles above are relevant because both of them study metaphors in a novel as well as analyze how metaphors can enhance a novel, just like this research intention. The other similarity is that through their research, both researchers have found various types of metaphors that correlate with this research question.

From a national thesis by Amirudin (2020), "*Metaphor and Identity Used in the Novel 'The Time Machine'*," it is concluded that the main purpose of the thesis is to investigate the types of metaphors used in a novel and to create a conceptual mapping of these metaphors. Additionally, the research aimed to identify the personal identity of the characters through the metaphorical sentences found in the novel, providing insights into how the writer represents the characters' identities. The research method employed was descriptive qualitative, as the objective was to describe and analyze sentences categorized as metaphors that reveal the characters' identities in the novel. Data for the study were obtained from 12 chapters of the novel and underwent several stages of investigation. Initially, the researcher read all the chapters in the novel. Then, the researcher analyzed the data based on Lakoff and Johnson's theory and classified them according to the types of metaphors. Subsequently, a conceptual map was created based on the metaphors. In the next stage, the researcher identified the characters' identities through the metaphors found in the novel. Finally, conclusions were drawn based on the study's findings. The results of the study revealed a total of thirteen metaphors in the novel. These metaphors were classified into three types: two ontological metaphors, nine structural metaphors, and two orientational metaphors. Among these thirteen instances, seven metaphoric sentences were identified that described the identity of two characters in the novel. Overall, this research sheds light on the various metaphors employed in the novel and their role in portraying the characters' identities. The findings provide valuable insights into the writer's representation of the characters and contribute to a deeper understanding of the novel's themes and messages.

Another national thesis is by Putri (2013) entitled "*Metaphorical Expression in Andrea Hirata's and John Colombo Edensor.*" It is concluded that the objectives of this research are to identify the varieties of metaphors employed in the source text, analyze the translator's translation processes for these metaphorical expressions, while assessing the translated metaphors' accuracy and acceptability. The overall aim is to understand how metaphorical expressions in Bahasa Indonesia are translated into English. This research adopts a qualitative approach to achieve its objectives. The data for the study are derived from Andrea Hirata's novel, *Edensor*, in Bahasa Indonesia, and its English translation by John Colombo. While the data sheets serve as the secondary instrument. These data sheets include information and classifications on different metaphor types, translation

methodologies, and translation quality assessments. The researcher and peers evaluate the data sheets on a regular basis to guarantee their credibility. The findings are examined further with consultants and responders. The results of this study demonstrate two sorts of metaphors in Andrea Hirata's *Edensor*: dead metaphors and live metaphors. out of the 18 translation techniques, 9 ways were employed to translate the work into English. Borrowing, literal translation, transposition, modulation, established equivalence, adaptation, generalization, language amplification, and reduction are some of the tactics used. Two respondents took part in the study, evaluating the accuracy and acceptability of the translations using questionnaire sheets. According to the respondents, 20 of the 43 data points were correct and acceptable. This suggests that, in terms of translation quality, less than half of the metaphorical expressions in Andrea Hirata's *Edensor* are correct and suitable.

Each thesis is considered relevant due to the correlation of the research question and the aim of the thesis. It is stated that in both theses, the researchers aim to find what the types of metaphors are and how metaphors furtherly enhance the character's identity.

RESEARCH METHOD

The method used for this analysis was qualitative (Creswell, 2013) and involved a close reading of Virginia Woolf's *Mrs. Dalloway*. Qualitative research, as outlined by Creswell, emphasizes interpretive and descriptive analysis to uncover meaning, experiences, and social context. This approach aligns with the study's aim to explore metaphorical language with psychological depth and character complexity. *Mrs. Dalloway* was selected for its rich portrayal of internal consciousness and emotional nuance, offering a compelling canvas for metaphor analysis grounded in literary and psychological theory. The use of a digital text version facilitated easier navigation and annotation, enabling the systematic identification of metaphorical expressions relevant to the theoretical framework of Ritchie and Black. The study prioritized the recognition of metaphor types and their implied meanings by repeatedly engaging with the text to retrieve meaningful excerpts for analysis. No surveys or interviews were conducted, as the focus remained entirely on textual interpretation.

FINDINGS AND DISCUSSION

This study identified and analyzed metaphors in *Mrs. Dalloway* that reflect the psychological depth and inner consciousness of the characters. Virginia Woolf's stream-of-consciousness technique allows for a layered narrative where metaphors function as interpretive structures that, according to Ritchie (2013), generate meaning through interaction between dissimilar concepts. Below are key findings based on Ritchie's framework:

1. Metaphor of the "Wave" and Emotional Fluidity

In the first paragraph, Clarissa's experience is portrayed metaphorically as "the kiss of a wave." This metaphor, as interpreted via Ritchie's lens, combines the sensation of water with Clarissa's reintegration into society. The emotional undertow evokes sensitivity and excitement, emphasizing the emotive interplay that metaphor allows for.

2. "Leaden Circles Dissolved in the Air" as Time's Fleeting Nature

Big Ben's chimes are depicted as "leaden circles dissolved in the air," a symbol for the weight and impermanence of time. According to Ritchie, this metaphor leads readers to think of time as physically present yet perpetually eroding, which resonates emotionally with Clarissa's meditations on mortality.

3. The "Monster" as Emotional Alienation

Clarissa describes her anger for Miss Kilman as a "brutal monster." According to Ritchie, metaphors externalize interior emotions by translating the inexpressible (hate) onto a vivid image (a beast). The metaphor invites the interpretation of emotion as alien and invasive, providing psychological insights.

4. The "Diamond" and Constructed Identity

Clarissa's self-perception as a "diamond" implies hardness, precision, and polish. Ritchie's theory interprets this as a metaphor for Clarissa's identity being formed, developed, and publicly shown, evoking the tension between authenticity and performance.

5. Septimus's Nature Metaphors and Trauma

Septimus sees nature as living and communicative: "leaves were alive; trees were alive." Metaphors, according to Ritchie, physical imagery allow us to represent abstract notions such as pain or psychosis. Septimus' metaphors illustrate his inner fragmentation and the intense vividness of his hallucinations.

6. The Skywriting and Interpretive Ambiguity

An aeroplane writing in the sky becomes a metaphor for language and meaning. As the letters fade, so too does clarity. Ritchie's framework emphasizes the cognitive tension in this one position communication as simultaneously real and uncertain, mirroring Septimus's paranoia.

7. "Buds on the Tree of Life" as Fleeting Moments

Clarissa's "moments like this are buds on the tree of life" describes moments as organic, delicate, and fleeting. Using Ritchie's approach, this metaphor creates emotional texture by linking ephemeral experiences to natural growth, implying that identity and meaning expand moment by moment.

These findings demonstrate that metaphor in Mrs. Dalloway serves as more than just a stylistic flourish. Based on Ritchie's (2013) theory, each metaphor serves as a cognitive invitation for the reader to reinterpret emotion, time, identity, and trauma through new yet relevant linkages. Woolf's metaphors act as psychological markers, charting Clarissa and Septimus' inner existence.

The metaphors in the novel create rich interpretive tension, which Ritchie calls "interaction-based meaning" that demands the reader's engagement. This allows Woolf to depict nuanced psychological states without explicit exposition. Through metaphor, internal conflicts become visible, and abstract fears are translated into emotionally tangible imagery. As such, metaphor proves central to Woolf's narrative structure, reinforcing her commitment to psychological realism and thematic depth.

CONCLUSION

Based on the analysis of selected metaphors in Mrs. Dalloway, it can be concluded that Virginia Woolf utilizes metaphors not merely for stylistic embellishment but as a powerful literary device that unveils the psychological

interiority of her characters. Through the lens of Ritchie's (2013) metaphor theory, each metaphor functions as a symbolic bridge between disparate concepts, blending the abstract with the concrete, the emotional with the observable. Metaphors such as "the kiss of a wave," "leaden circles," and "buds on the tree of life" illustrate how Woolf encapsulates emotional states, temporal disorientation, and fleeting experiences of meaning. These expressions create a layered understanding of consciousness that is central to the psychological novel form. In particular, Clarissa Dalloway's self-conception and Septimus Warren Smith's post-war trauma are made more vivid and relatable through the use of metaphorical imagery.

The metaphors examined reveal key themes in the novel, such as identity, time, trauma, madness, and existential perception. Woolf's mastery lies in her ability to guide the reader into the emotional and mental realms of her characters without direct exposition. Instead, metaphor serves as a window into the unconscious, subtly suggesting what cannot be plainly stated.

In conclusion, the metaphor in Mrs. Dalloway is indispensable to its psychological and literary richness. The use of metaphor, according to Ritchie's interpretive model, enhances the narrative by inviting reflection, interaction, and layered meaning-making. This study affirms the centrality of metaphor as a literary strategy in psychological fiction, opening the way for further metaphor-based literary inquiry in modernist narratives.

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