

**MINISTRY OF EDUCATION AND TRAINING
THE UNIVERSITY OF DANANG**

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**AN INVESTIGATION INTO LINGUISTIC
FEATURES OF MENTAL PROCESS IN "HOW TO
STOP WORRYING AND START LIVING"
BY DALE CARNEGIE**

Field : The English Language

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Chapter One

INTRODUCTION

1.1. RATIONALE

The writer believes that the analysis will be helpful as the basic clues to further understanding the complexity of the different ideas in English Grammar, especially in Semantic approach.

To analyze this process, the researcher took data from the book 'How to Stop Worrying and Start Living' written by Dale Carnegie (1945)

As the matter of fact that the way people put language in use reflects the feeling or thought they consider. As the result, the obvious birth of the book named "How to Stop Worrying and Start Living" written by Dale Carnegie helps meet the need of the current consideration.

1.2. AIMS AND OBJECTIVES OF THE STUDY

1.2.1. Aims

This study is aimed to understand the linguistic features of mental processes

- Investigate into types of mental process used in How to Stop Worrying and Start Living' by Dale Carnegie
- Describe linguistic features of mental processes in the book.

1.2.2. Objectives

- Collect 1500 first sentences in 'How to Stop Worrying and Start Living' by Dale Carnegie (1945) to analyze the linguistic features in the book.
- Mental processes are conducted with the perception process (24% of the sample), cognition (40%) and affectivity and desideration (36%)

- Work on linguistic features of transitivity with the formula of sensor + mental process + phenomenon. The sensors are considered with the nominal group.

1.3. RESEARCH QUESTIONS

1. Which types of mental process are used in the book *How to stop worrying and start living* by the author Dale Carnegie?

2. What are linguistic features of types of mental process sentences in the book *How to stop worrying and start living* by the author Dale Carnegie?

1.4. SCOPE OF THE STUDY

The study focuses on the linguistic features of mental processes and their types in '*How to Stop Worrying and Start Living*' by Dale Carnegie.

The study will base on the theoretical framework about functional features through Halliday research in 1985, 1994, 2004 and 2014 to investigate in linguistic features of mental process with 1500 first sentences in the book.

1.5. SIGNIFICANCE OF THE STUDY

This study could provide readers with a good insight into semantics in general and mental processes particularly.

1.6. ORGANIZATION OF THE STUDY

The study consists of 5 chapters presented as below:

Chapter One: Introduction

Chapter Two: Literature Review and Theoretical Background

Chapter Three: Research methodology

Chapter Four: Findings and Discussion Dale Carnegie

Chapter Five: Conclusion and Implications

Chapter Two

LITERATURE REVIEW AND THEORETICAL BACKGROUND

2.1. LITERATURE REVIEW

There are many famous linguists in the world having studied semantics. The most influential person in this field is Halliday (1985) with the book “An Introduction to Functional Grammar” with a deep dive into the relationship between functions and semantic interaction.

In fact, there are a lot of researchers having been done on the idea of the role of clauses in processes. Halliday (1985) states six types of processes in the part of the clause as representation. He explains, illustrates and analyzes for each process. He does not pay much attention to sentences in the book but on ‘language in use’ and he tends to refer to ‘clause’ as “a constituent unit in the grammar” (p. 16)

Martin et al (1996) also deal with clauses in their book. He offers some cases to distinguish the differences between Relational and Mental process, Relational and Material process, Mental and Verbal process.

In Vietnamese, there are some studies conducted by some leading linguists. All the authors have had success in the investigation about aspects related to Semantics in English` and Vietnamese. Thanks to the researcher’s results, we properly understand about types of English and Vietnamese process. However, there is no research conducted on the linguistic features of Mental processes in the work ‘How to Stop Worrying and Start Living’ by Dale Carnegie

2.2. THEORETICAL BACKGROUND

2.2.1. Overview of Halliday's metafunctions of clause/sentence

The main theoretical framework of transitivity is founded by Halliday (1985, 1994). The System of Transitivity in SFL is the main framework for the current study. It is a part of the ideational metafunction in SFL. The ideational function of a clause is the third aspect of meaning in a clause. Halliday explains that the ideational metafunction involves two components namely the experiential meaning, which builds a picture of what is the “goings-on” in the clause, and the logical meaning, which analyses the meaning between clauses.

2.2. THEORETICAL BACKGROUND

2.2.1. Overview of Halliday's metafunctions of clause/sentence

2.2.1.1. Three metafunctions of the clause/sentence

2.2.1.2. Clause as Representation: Ideational/Experiential function

2.2.1.3. Transitivity structure: Participant, Process, Attribute, Circumstance

2.2.1.4. Mental Processes in English

2.3. SUMMARY

The research of Halliday in years is a source of the study to develop the topic. The topic about mental processes and their linguistic features in ‘How to Stop Worrying and Start Living’ by Dale Carnegie (1945) will use the theoretical framework of Halliday research to deep dive into the mental process. Moreover, with all the linguistic features of NG, VG, AdjV, AdvV and PP, this

study will leverage the units of a clause to analyze linguistic features in the mental process and point out the similarity and difference among them.

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Chapter Three

RESEARCH METHODOLOGY

3.1. RESEARCH DESIGN

The study works on the book “*How to Stop Worrying and Start Living*” written by Dale Carnegie (1945). The institution main focus is to define semantic functions in different types of words.

3.2. DATA COLLECTION METHOD

Three groups of verb type are the subjects of the study. The researcher will use the Concord functions of WordSmith 5.0 to collect data. There groups are perception, cognition and with Affection and Desideration.

After that, author will use excel for some basic calculation for some small statistics and comparison.

The study is based on quantitative, descriptive, and qualitative methods in analysis English Mental.

3.2.1. Materials

The book *How to Stop Worrying and Start Living* reflects the positive psychology to which Carnegie implicitly refers in his prescriptions. The positive psychology prescriptions resonate well with the concept of positive organizational behavior labeled as psychological capital. In general, there lessons readers can take from the book are:

- Use a 3-step approach to deal with confusion and you’ll eliminate the worry caused by it.
- Put a stop-loss on stress and grief.
- Take criticism as compliments.

The study aims at investigating the how the different types of

verbs indicating mental process perform in the sample. The result will be classified into group of sensing types. Each group will be put in investigation to study on the value and the implication from its frequency.

The research focus on answering 2 sub-questions:

1. What are the similarities and differences among mental processes and what is the process with the highest frequency rate?
2. Is there a significant difference among perception, cognition and affection and desideration in terms of linguistic features?

The hypotheses of the study are:

1. There are similarities and differences among mental processes. The most frequent type will be the perception, then cognition and then affection and desideration.
2. There is a significant difference among the types of mental process in terms of linguistic features.

3.2.2. Methods to collect Sampling of Mental Clauses.

The steps are conducted in the study:

- Collecting samples of Mental processes in the work of Dale Carnegie
- Presenting and describing to find out the features of each subtype.
- Calculating the frequency of each subtype and drawing tables to show the occurrences of every subtype.
- Analyzing the data and discussing the findings.

3.3. DATA ANALYSIS METHOD

The procedure for analysing the data is carried out to satisfy qualitative approach:

Identifying Mental processes in the work "*How to Stop*

Worrying and Start Living” written by Dale Carnegie.

Categorizing the linguistic features of each subtype of Mental processes used in the work

Calculating the frequency of each subtype.

Describing and analyzing each linguistic features of mental process.

3.4. RESEARCH PROCEDURE

In order to build up the corpus of study, the process of collecting data had to satisfy the following criteria:

- The samples of Mental process clauses are used in “*How to Stop Worrying and Start Living*” written by Dale Carnegie.

- The number of samples are 1500 clauses related to mental processes from the work

- Every clause chosen must have the structures and verbs related to mental process.

All the data collection will be limited with clauses about mental processes in the work ‘*How to Stop Worrying and Start Living*’ by Dale Carnegie. The analysis of the text’s clause is based on Halliday’s theory.

Collected data should be arranged in types of sensing system: Perceptive, Cognitive, Desiderative, Emotive.

3.5. SUMMARY

The goal of the study was to the frequency of types of sensing with the different mental process that clustering vocabulary in three different ways would yield different results. The experiment could lead to answer important questions regarding vocabulary presentation in semantic contexts and in mental process design.

Chapter Four

FINDINGS AND DISCUSSION

4.1. TYPES AND FREQUENCY OF MENTAL CLAUSES IN THE BOOK

All of the verbs related to sensing and the frequency is different among three types. The combination of each type and direction is closely connected to the beauty of language to express the idea in various settings or situations. Different formats of words are found in the text to describe the variety of emotion and context.

The detail results will be discussed specifically in the next parts of type of sensing and direction of sensing.

4.1.1. Frequency of Types of Mental Clauses

Cognition mental process is the most favorable for idea expression, running up be desiderative process. The final one comes from the perceptive process. A hypothesis could be considered about the interaction between the the frequency and level of idea expression and the purpose of this book. The perception verb is a transitive method to express knowledge or action we capture on a daily basis. That is reason why it exposes with a high frequency.

i) Perception mental process

ii) Cognition mental process

iii) Affection and desideration mental process

4.1.2. Types of Mental Clauses

4.1.2.1. Mental-Cognitive Clauses

Cognition processes convey thinking, knowing, and understanding, or generally to have a mindset to a situation at a certain level.

The group of “Know”, “Think” and “Read” can be sought prevalently, contributing 87%.

If the case of “Know”, “Think”, “Read” is not sufficient to conclude, the remaining words can be investigated. 6% of 13 remaining percentage comes from “Remember” and “Count” as member of the first step –“Remember”.

4.1.2.2. Mental-Perceptive Clauses

As mentioned, the perception vocabulary in the sample is only limited to the list of “See, Hear, Listen, Feel, Look, Seem, Watch, Notice, Smell”.

The author uses the method of frequency to make statistics comparable. The percentage should be understood as the contribution of each word to each type.

4.1.2.3. Mental –Affective and Desiderative Clauses

We can come to a statistic conclusion that the positive feeling is expressed more often than the others. It can be easy to understand because the result from a self-help book, which aims to dismiss the worry about life, so more optimistic words will be put in use than the other ones.

4.1.2.4. Discussions

There are three types of Mental processes, they are Mental process of Perception, Mental process of Cognition, Mental process of Affection and Desideration.

After research, we also find that “*How to stop worrying and start living*” by Dale Carnegie comprises full of 3 sets of semantic features: perception, cognition, affection and desideration.

4.2. LINGUISTIC FEATURES REALIZATIONS OF MENTAL CLAUSES AND THEIR FREQUENCIES

The clause containing the mental process will be the projecting clause and the other will be a projected clause and can contain any process type.

Basically, author arranges all the findings under four main directions as below:

- Mental process with nominal group
- Mental process with embedded clause
- Mental process projecting direct thought as a separate clause
- Mental process projecting indirect thought as a separate clause

Three types are used with four different frameworks. Four types are used with four different frameworks.

4.2.1. senser + mental + phenomenon

S/NG + P/VG + O/NG

Nominal group can be flexible with frameworks, including cognition process, perception process and affection and desideration process. Cognition Verbs mostly show with nominal group

The verbs in this NG indicate present and past tense.

In brief, nominal group can go with flexible frameworks, and the combination of different units of clause makes the sentences meaningful and colorful.

4.2.2. Senser + Mental + Phenomenon

S/NG + P/VG + O/Embedded Clause

Embedded clause can only be combined with cognition and perception frameworks, which is less flexible than Nominal group.

We also see setting temporal adverbs when describing “that

everyone likes singing his song”. This clause is embedded; however, it is used as support for “anyone” as an object.

The verbs in this NG indicate present tense and examples above only come with active clauses.

In brief, Although embedded clause only comes with cognition and perception mental process, they still go with flexibility in terms of position and the modified parts in the sentences.

4.2.3. senser + mental + phenomenon

S/NG + P/VG + O/Projecting Clause (Direct thought)

The mental processes are almost seldom to be used with projecting clause of direct thought.

4.2.4. Senser + Mental + Phenomenon

S/NG + P/VG + O/Projecting Clause

(Indirect thought)

The cognition verbs represent an event that happens in the past. The NG still has “I” as dominant subject, because they are examples of a person talking about his events in the past.

Adverb group is also practiced in this case, when still is combined with “remember”. Still is an adverb of time that modifies “remember”.

4.3. SUMMARY

From the results and some findings from the analysis when considering the difference of type, the author shows the interesting evidences about the diversity in use of types. We can the similarity and the variety among these groups, and the findings match with theoretical framework. In spite of the level of frequency, there is no limitation to prevent these verbs to present their nature in use. The diversity and the flexibility are still under the observation.

The author also cares for the about the presence of mental process in terms of linguistic features. The author shows the interesting shreds of evidence about the diversity in use of the nominal group when it can be used with four types of lexicogrammatical realizations. We can the similarity between the groups of embedded clauses and projecting indirect thought clauses. Both of them only go with cognition and perception mental process. The appearance of affection and desideration is seldom under observation. Moreover, the case of projection direct thought clauses is specific. Although we can still find this type of the clauses in the sample, they do not go with any type of mental verbs.

In brief, we can see the similarity and difference between mental process and their linguistic features in the book of *'How to Stop Worrying and Start Living'* by Dale Carnegie (1945).

Chapter Five

CONCLUSIONS AND IMPLICATION

5.1. CONCLUSION

As discussed from the introduction of this study, the answers will absolutely address the question if 2 sub-questions are fulfilled.

As we can see from the findings in the type of sensing and direction of sensing, the first question is done with the “yes” confirmation. They are no analogies among three types of sensing.

The perception verbs care more about the active situation when we react with a certain setting or object. The frequency of words within this group is various based on action-requirement. The cognition process goes with other findings. The author approaches three first steps among 8 levels of cognition. The result shows that “Know”, “Think” and “Read” can be sought prevalently, contributing 87%, and the others belonging to next steps of cognitions contribute to 13% in total.

The author also makes the difference in affection and desideration clear. Author implies the frequency may base on the positive-negative-desiderative relationship.

Furthermore, the author also cares for the variety in direction of sensing. From the results and some findings from the analysis when considering the difference of type, the author shows the interesting evidences about the diversity in use of types.

Perception Verbs are flexible with frameworks, when we witness the appearance of all four directions, including nominal, embedded, projecting direct thought and projecting indirect thought. However, the type is usually seen as infinitive format, rather than that

under V-ing format. Cognition Verbs mostly show with the nominal group; nonetheless, words are shown in various clauses with formats, including format of Verb infinitive, passive verb and subjunctive. Affection & Desideration process witnesses the dominance of nominal and direct thought.

Nominal group is available in 4 types of mental process. Embedded clause and projecting clause (indirect thought) can go with cognition verbs and perception verbs.

To sum up, both of 2 sub-questions are fully tackled. The hypotheses of the study are absolutely correct. Thank to this, the big question finally comes to result.

5.2. SUMMARY OF THESIS

In case of perception process, the result implies that we have tendency to face with situation as a passive side to recognize than as active sensors. In terms of cognition mental process, author also shows the relationship between 8 levels of cognition and semantic language. As a finding, people seem to easily go with lowest level of recognition, that make the data is not processed with much information to make easily them easily to be busy with worry, as the main topic of the book. With regards of affection and desideration, the research also emphasizes that “hate” & “discourage” illustrates the negative feelings, all of the other affective and desirable verbs are positive or neutral. Furthermore, the author recognizes the emotion verbs in diversified formats, including V-ing, V-ed, in direct sentences & indirect narratives, in various clauses. Sometimes, they work as adverb, or in function of adjective, or even as a subject or object.

5.3. IMPLICATION

5.4. LIMITATIONS

5.4.1. Limitation of the size of the study

5.4.2. Limitations On Unresolved Issues

5.5. RECOMMENDATION

- i) Semantics
- ii) Pragmatics
- iii) Further research